

# Vuk'uzenzele

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English / IsiNdebele

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**Springbok captain makes history**

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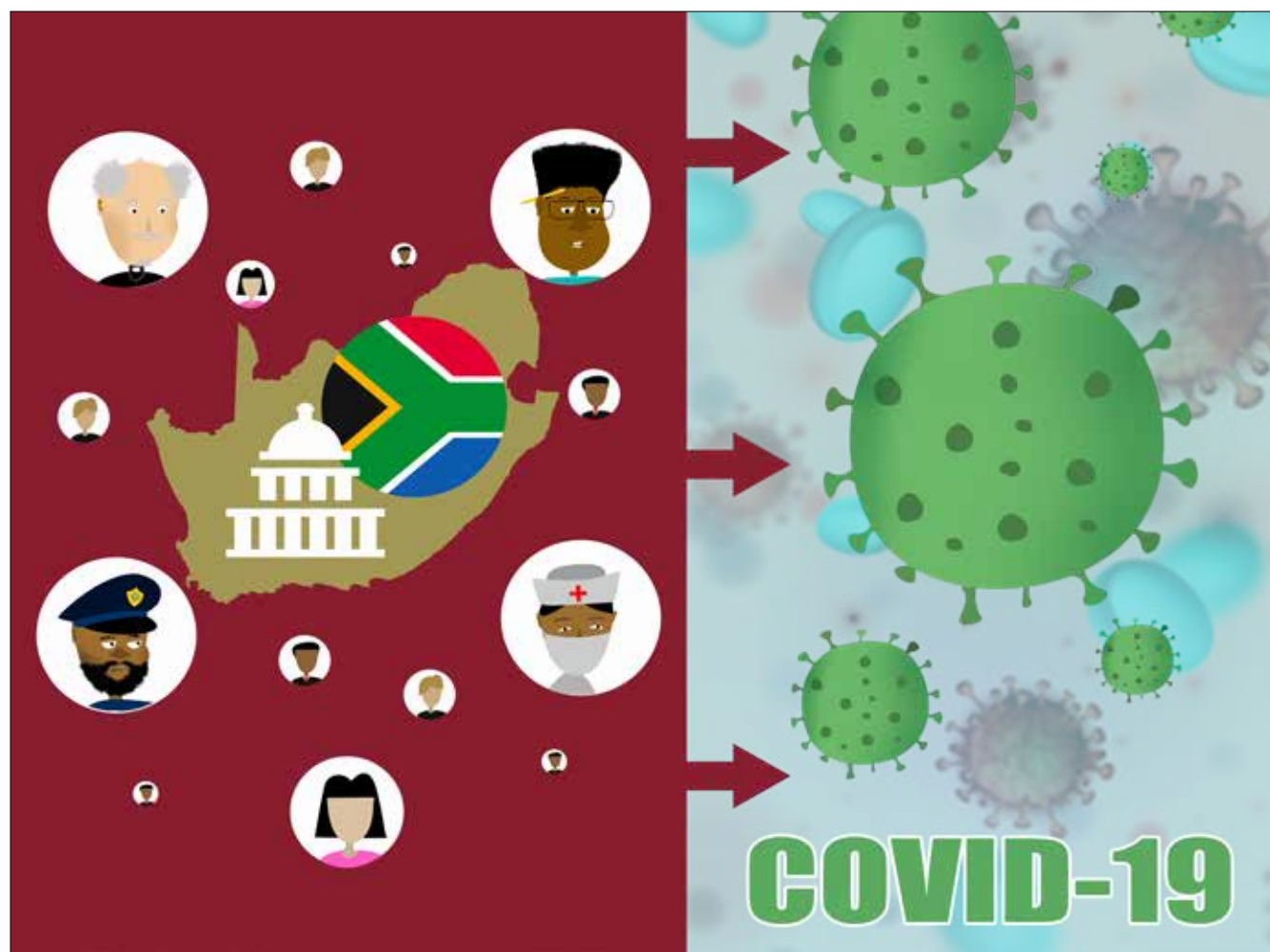


**Poultry farming: not for headless chickens**

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## Protecting SA together



**G**overnment and civil society have acted swiftly to curb the spread of the novel coronavirus (COVID-19), keeping citizens safe and assisting them during these trying times.

Regulations published on 18 March, which came into immediate effect, restricted bars and shebeens from selling alcohol after 6pm from Mondays to Saturdays and 1pm on Sundays and public holidays. The same applies to liquor stores.

While gatherings are limited to 100 people, places that sell alcohol for on-premises consumption can only host 50 people at a time.

In addition, visits to child and youth care centres, old-age centres and shelters, prisons and substance abuse treatment centres are suspended.

All public pools have been closed and all beaches are closed for swimming.

People must get permission at their closest police station to conduct a funeral or wedding as gatherings of over 100 people are banned.

Another measure that will assist South Africans is the cutting of the interest rate by one percent, to 5.25 percent, which will help citizens in debt save money.

Health Minister Zweli Mkhize says government is preparing quarantine sites and training healthcare workers.

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# Sisoke Singalwisana Nomthelela we-COVID-19



Iphasi liqoqomele ngobujamo oburhabako bezamaphilo womphakathi obusezingeni elingakhangela khelibonwe eminyakeni engaphezu kelikhulu.

Ukurhatjheka kwe-coronavirus, okubangela ubulwele obaziwa nge-COVID-19, kusabalele msinyana ngokuthusako begodu barhatjheka nephasele bekwafika esigabeni sokuthi bubizwe ngombulalazwe wephasiloke.

Abunamikhawulo yamazwe, bungena abatjha nabadala, begodu banda ngokufanako emazweni athuthukileko nalawo asathuthukako.

Njengombana amahlelo wokuhlola nokuphengula sele athuthuselwe kelinye izinga nje, imbalo yabatshwayelekileko ngeSewula Afrika kulindelwe bona ikhuphuke.

Ngimemezele mhlaphanje bona ilizwe lekhethu lisebujameni behlekelele obutlhoga amagadango arhabako, eku-ligadango elikhambisana nokurhagala kwengozi ebantwini bekhethu, emphakathini wekhethu nemnothweni welizwe.

Lokhu kuzosisiza ekutheni sibe neqhinga elihlanganyelelo lokulawula ihlekelele le nokuhloma amahlelo wokujamelana nobujamobu ngendlela yamsinyana.

Umulwana lo uzokuphazamisa khulu, begodu amaqa-loqangi wethu kuvikela amaphilo nehlahakuhle yawo woke amaSewula Afrika.

Kufuze godu siqalane noku-

fadalala komnotho okungakalindeleki. Kufuze silindele ukwehla kwezinga epahlani ethunyelwa emazweni angaphandle kwemikhawulo, ukwehla embalweni yabavakatjhi nomthelela omkhulu kezokukhiqiza, ukusebenza kwamabhezini, ukuvulwa nokongiwa kwemisebenzi.

IKhabinethi isebujameni bokudedelela ihlelo elipheleleko lokungenelela ngomnqopho wokukhandela umthelela olindelweko we-COVID-19 emnothweni wethu. Lokhu kwenziwa ngokuthintana nebamabhezini, iinhlango zabasebenzi namanye amaziko athintekako.

Ngu-Louis Pasteur owathi itjhu du litjharhathela labo abanomkhumbulo olungele ubujamo.

ISewula Afrika ibulungele ubujamobu, godu sekusikhatjhana izilungiselele.

Kusukela nakubikwa ngokuwa namkha kokwehla komulwana lo, sithethe amagadango wokuhlola nokubekela ngeqadi esele batshwayelekile.

Ukusikimela kwethu ubujamobu belizwelo kudoswa phambili yiKomitihlanganyela yaboNgqongqotjhe (i-IMC) uSihlalo wayo oyirhola ngeqhono nguNgqongqotjhe wezamaPhilo, uDorh. Zweli Mkhize.

Indlela i-IMC neenqhema ezikhethiweko zibusikimele ngayo ubujamo balihlekelele ibe sibonelo esihle begodu yavuselela nethemba, khulu-

khulu ekwehliseni amaphaphu emphakathini.

Ngizokuba ngusihlalo womKhandlu wokuKhutjha kwemiYalo weliZwelo ngomnqopho wokulungelelanisa yoke imikhakha esikimele ubujamo behlekelele eyehlele ilizwe lekhethu.

ISewula Afrika inomlando omuhle ekulawuleni ubujamo oburhabako bezamaphilo.

Sinelwazi, amano nelemuko. Abososayensi nabodorhodere abakhethekileko bokulawulwa kwamalwele esinabo ngabasezingeni lephasi.

Sethule amagadango namahlelo ambalwa wokujamelana nobujamobu oburhabako, begodu sizokufaka neemali zokuwasekela bona asungulwe.

Afaka hlangana, ukujanyiswa kokungena kweemvakatjhi ezibuya emazweni asele asengozini yomulwana we-coronavirus; ukuhlololwa ubulwele okukatelelekeleko, ukuzivalela ngokwakho nokuvalawakulawulwa namkha ukubekelwa ngahlanye kwamaSewula Afrika abuya emazweni la; nokuqinisa amagadango nemibandela yokungena ngelizweni efaka hlangana ukuhlololwa ubulwelobu emadoyelweni nebungenweni belizwe leSewula Afrika.

Ukuhlalela kude nabanye namkha ukubalekela ukutjhidelana khulu kwabantu kuqakathekile emizamini yokukhandela ukurhatjheka kwe-COVID-19.

Imihlangano ezokukhanjelwa babantu abangaphezu kwekhulu ivalwe ngokomthetho neminyanya yokugidinga amalanga akhethekileko welizwe iyatshwiliswa. Ukuvakatjhela amasentha wokuhlunyelelisa kwesimilo akusavunyelwa bekube ngemva kwamalanga ama-30 ukuthoma gadesi. Ukukhambela emazweni wangaphetjheya okunga-

kaqakatheki kweemphathimandla zombuso akukavunyelwa begodu namavakatjho wangelizweni akakhuthazwa.

Ubungeno belizwe obuma-35 beentthuthi zendleleni bangelizweni namazibuko amabili azokuvalwa. Iinkolo nazo ziyavalwa ukusukela mhlana ali-18 kuNtaka ukufikela ngemva kwepelaveke yephasika. Sizokumemezela msinyana amagadango athethweko mayelana namayunivesithi namakholiji.

Ngenyanga ezako kuzokuba yiPhasika, isikhathi esicwengileko sabantu beenkolo ezihlukahlukene nesikhathi lapho imihlangano yeenkerege yembalo ephezulu izokubanjwa khona. Imiphakathi yezekolo kufuze ithathe iinqunto mayelana nalokhu ukwenzela ivikeleko lezamaphilo wamarhamende wazo nelizwelo.

Amagadango wezehlanzeko newezamaphilo kufuze aqinise kiwo woke amaziko.

Zoke izakhamuzi kufuze ziqalelele ukuphepha kwazo ngokuhlonipha amagadango afana nokuhlamba izandla ngesibha ngaso soke isikhathi nofana basebenzise isihlanzekisi nokuvala iimpumulo nofana umlomo ngethitjhu nofana ngendololwana egobekileko nabakhohlelako nalokha nabathimulako.

Njengengcenywe yomzamo wethu welizwelo umNyango wezamaPhilo uzokuraga nejima eliqinileko lokuyelelisa ngeendlela zokukhandela ubulwelobu, zokutshwayelana nokuthelelana nokubusabalalisa. Ngikhuthaza woke amaSewula Afrika bona azihlomise ngokufunda imitlolo ekhuluma ngokuzivikela ku-Coronavirus.

Amagadango la ayafana nalawo abekwe ngamanye amazwe, godu kuqakathekile kobana sizwisise soke kobana akusiwo wokujezisa kodwana ngewokuqinisekisa ukuphe-

pha komphakathi.

Enye yeengozi ezikulu ngalesisikhathi kukutlhoga ilwazi nokurhatjha izwangobatjho engasilo iqiniso.

Kufuze silise ukurhatjha ilwazi elingasilo neendaba ezingakaqinisekiswa, khulu-khulu eenkundleni zokuthintana. Lokhu kungarhagalisa ubujamo esele buqokeme ngelizweni kulimaze nemizamo yelizwelo.

Singakhethululi abantu bamanye amazwe besiphelane ihliziyo lokha omunye nakanombono ophikisanako ovezwa ngamanye amazwe kuzakhamuzi ezivela lapho kuwe khona umulwana we-coronavirus kokuthoma neendaweni ezisekabeni yeYurophu. Lo mumulwana ongena abantu bazo zoke iintjhaba.

Asehlisele izwelo lethu kilabo abatshwayelekileko nakilabo ababuyele ngelizweni lekhethu babuya emazweni anobungozi bobulwelobu.

Asisize labo abatlhogako nabanganabuyo, kunokubanina. Sizokuhlala sibambebele efundisweni yokubekezelelana nehlonipho ekumatshwayo asihlathululako njengabantu.

Egameni labantu boke beSewula Afrika ngithokoza isiqhema esibuyise izakhamuzi zekhethu ukusuka e-Wuhan, e-China, kunye noburholi nabantu be-Limpopo abasizako ngehlelo lokufukanyiswakulawulwa.

Lesi kusikhathi esibudisi. Kanti kungeenkathini ezibudisi lezi lapho amandlethu avela khona.

Sizokuthatha amagadango aqinileko, ngokuzimisela nangomnqopho. Sizokusebenza ngokubambisana, ngombana ipumelelo yemizamo yethu iyame kiwo woke amaSewula Afrika.

Isikhathi se-Thuma Mina sifikile kithi, mhlamunye ukudlula ngaphambilini.

Lokhu nakho kuzakudlula. Sizokuphumelela.

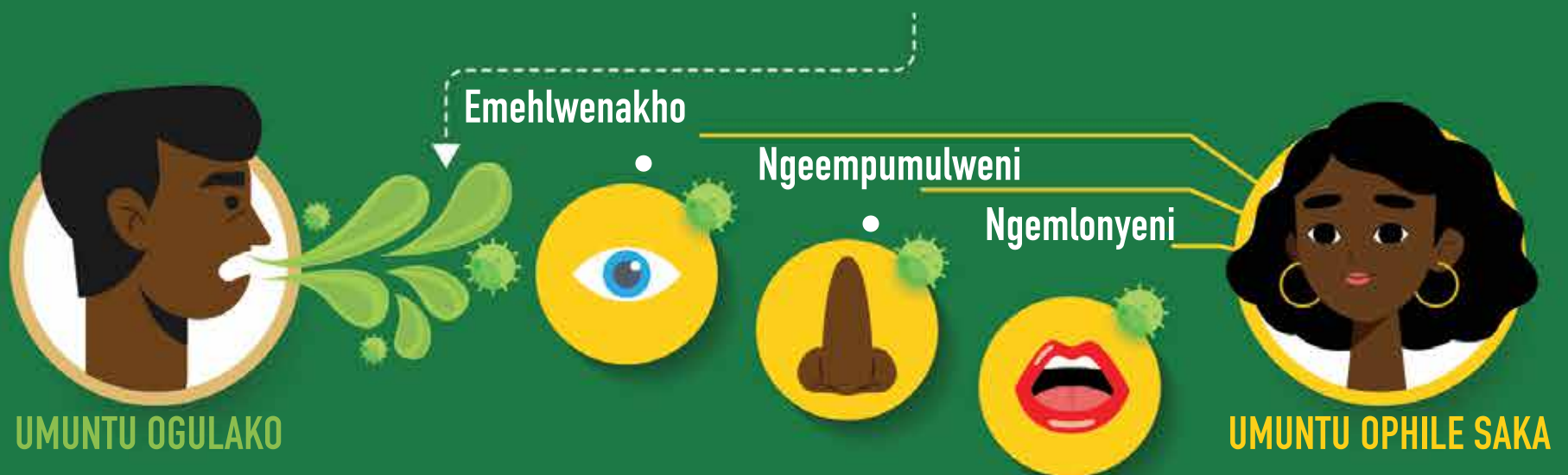
SimaSewula Afrika.

KUNENTO YINYE EKUFUZE UYIZWISISE MAYELANA  
NOKURHATJHEKA KOMULWANA WE-CORONA (I-COVID-19)

# UKURHATJHEKA KOMULWANA WE- CORONA (I-COVID-19)

\*Umulwana we-Corona liwoma lamavayirasi eliwileko elingabangela ubudisi bokuphefumula obungathoma bungomani ojayekekileko ukufikela lapha kuba buLwele bokuPhefumula kaBudisi (i-Severe Acute Respiratory Syndrome).

Umulwana lo urhatjheka lokha amathosi angena:



Nawubona omunye umuntu akhohlela/athimula/agula, ungakhetha uku:

1. Jamela kude naye.

2. Ungabi hlangana neenqubuthu



(ibanga elimamitha ayi-0,5 ukuya kama-2 lizakuphephisa ekungenweni mathosi amakhulu)



(Abantu abatshwayelekileko abanawo amatshwayo abonakalako, kodwana bangakutshwayela nge-corona nange sele banayo.)

Ngesinye isikhathi amathe womuntu ogulako angafumaneka kezinye izinto....



IZANDLA



AMABADI



IINSETJENZISWA



IKHONDLWANA  
LOMTJHININGQONDO



IIMBIGIRI



AMAPENI/IMISOBO



IIMBAMBELELO  
ZEENTEPISI



IINSETJENZISWA  
ZOKUDLA

Nawungathinta okhanye kwalokhu ungakatjheji bona zinobungozi, bese uthinta ubuso bakho, uhlikihle amehlwakho nofana ubuso bomunye umuntu, ningangenwa bulwelobu.

AMAGADANGO AMANE EKUFUZE ALANDELWE UKUKHANDELA

# UKUTSHWAYELEKA



1

## HLAMBA IZANDLA ZAKHO

Hlambisa izandla zakho ngesibha. Rhuhla ilingemva lezandla zakho, hlangana nemino nangaphasi kweenzipho. Hlamba izandla zakho ngesibha ngaso soke isikhathi ngaphambi kokudla nalokha ubuya ebantwini abanengi.



2

## UKUHLANZEKA NGEENKHATHI ZOKE

Vala umlomakho ngethitjhu nawukhohlelako nofana uthimula. Hlala uqaphele bona ungazithinti ubuso ngezandla ezisilapheleko. Nakufanele uthinte ubuso bakho, qinisekisa bona uzihlambisise ngesibha izandla zakho.



3

## NINGAGOMI NDAWONYE NAMKHA NIDLHEGANE NGEZITJA

Ibhakthiriya ingadluliselwa emikhweni, iimforogo, amakhezo namastro. Sebenzisa kwaphela izitja ezihlwengileko begodu ningasezani/ningaselelani iinselo. Hlamba izandla zakho qobe ngaphambi kokuthi udle.



4

## IYA KUDORHODERE NAWUNGAZIZWA KUHLE

Amatshwayo ajayelekileko afaka hlangana ukukhohlela, amathimila avinyilikako, umgomani nokuphelelwa mumoya. Nawuzwa elinye lamatshwayo la, funa isizo lezokwelatjhwa msinyana.

INOMBORO YOBUJAMO OBURHABAKO YAKWA-NICD  
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HLALA UYELELE BEGODU UHLALE UHLANZEKILE

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