

Vuk'uzenzele

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Springbok captain makes history

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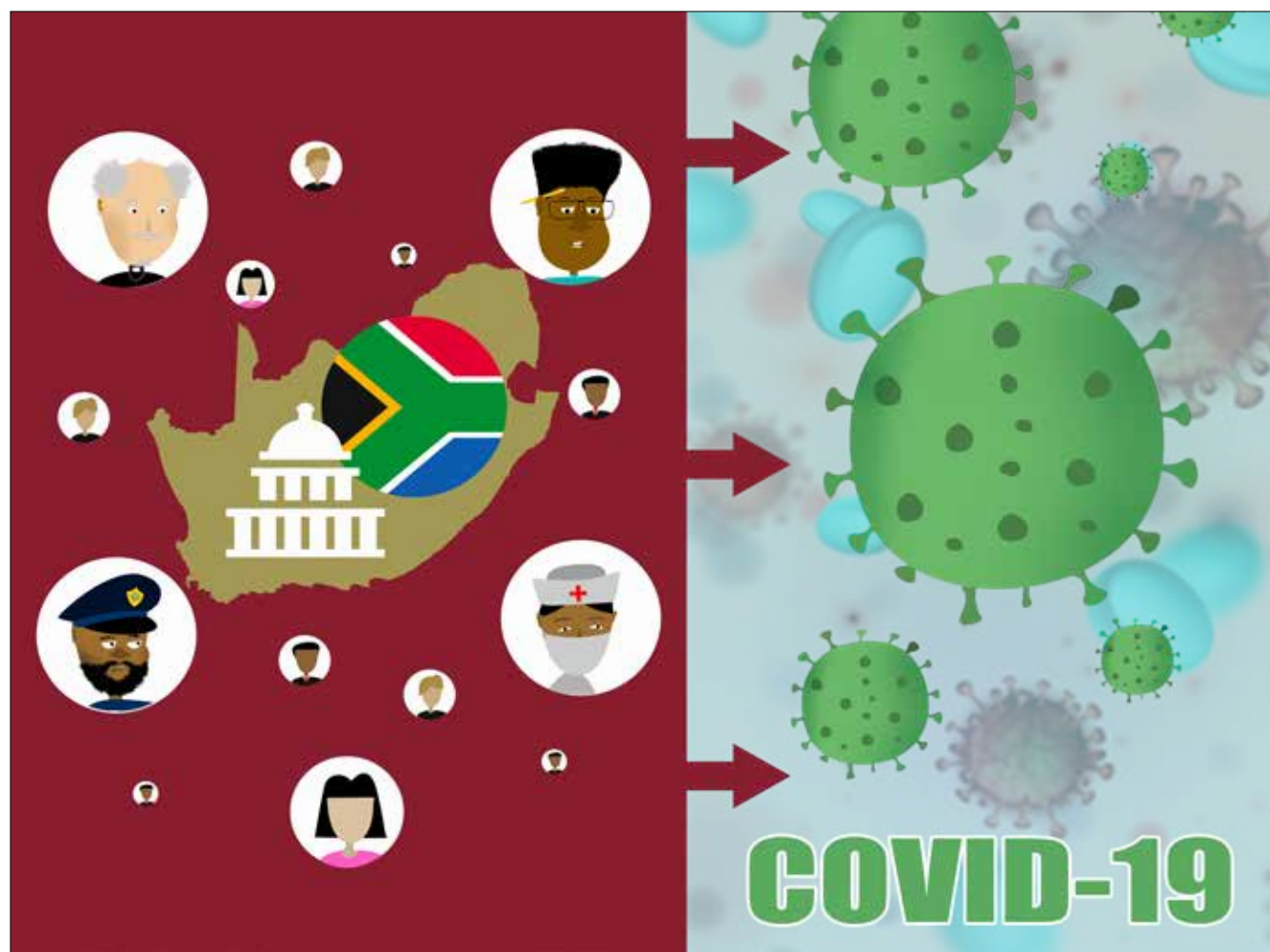


Poultry farming: not for headless chickens

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Protecting SA together



Government 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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"BJALE KE NAKO YA GORE KA MOKA GA RENNA RE ŠOME MMOGO RE HLOMPHE NELSON MANDELA, RE AGE AFRIKA BORWA YE MPSHA YA BOHLE."

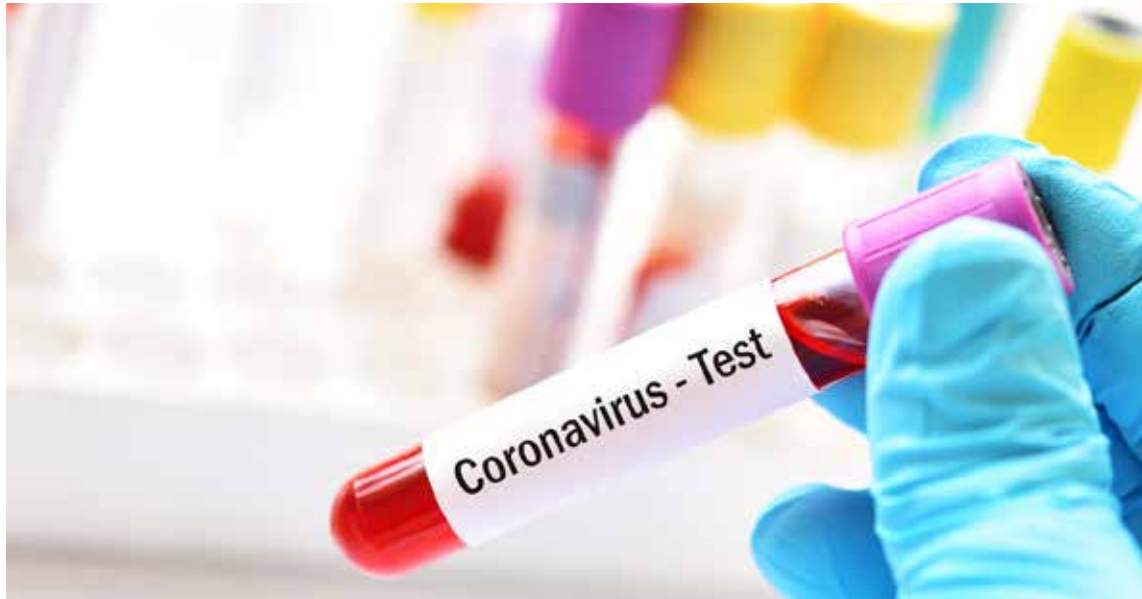
MOPRESIDENTE CYRIL RAMAPHOSA

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RE GO AGELA BOKAMOSO BJO BOKAONE
RE ITHUTA GO MADIBA



Mmogo re ka lwantšhana le leuba la COVID-19



Lefase le bohlokong bja tšhoganetšo ya tša maphelo a setšhaba mo seemong seo elego gore ga sa ka sa bonwa mo nakong ya go feta ngwagakgolo.

Go keka ga twatši ya corona, yeo e hlolago bolwetši bjo bo tsebegago ka la COVID-19, go tloga go diragetše le go phatlalala ka bjako, gomme gabjale bo goeditšwe bjalo ka bolwetši bja lefase.

Twatši ye ga e tsebe lefelo goba mellwane, e fetetše bana le bagolo, gomme e golela pele ka go swana ka dinageng tšeo di hlabologilego le tšeo di hlabologago.

Bjale ka ge tekolo le teko di dirwa go tsenelela, palo ya diphetetšo e letetšwe go golela godimo.

Ke sa tšwa go goeletša seemo sa masetlapelo sa bosetšhaba, elego mokgwa woo o tlo lwantšhanago le bošoro bja kotsi ye go batho ba borena, go setšhaba sa borena le go ikonomi ya rena.

Se se tla re kgontšha go ba le mokgwataolo wa masetlapelo woo o logagantšwego ebile o kgokaganego gape le go hlama ditsela tša ka pejana ebile tšeo di phethagetšego tša tšhoganetšo.

Twatši ye e tlo tshwenya kudu, gomme moreromogolo wa rena ke go hlokomela maphelo le boitekanelo bja maAfrika Borwa kamoka.

Re swanetše gape re bolele le ka go wa ga ikonomi, elego selo seo re ka se se efogego. Re swanetše re letele go fokotšega ga diromelwantle, go fokotšega ga baeng ka nageng gape le seemo se mpe tšweletšong, tshepedišong ya dikgwebo le tlhamong ya mešomo.

Kabinete e gare e feleletša lenaneo la ditharollo go fokotšha seabe seo se letetšwego sa COVID-19 go ikonomi ya rena.

Se se dirwa ka dipoledišano le ditheo tša kgwebo, tša mešomo mmogo le tše dingwe tšeo di amegago.

Louis Pasteur o kile a re lehu-mo le tšwela mohola mogopolo woo o itokišitšego.

Afrika Borwa e itokišitše, gomme e bile bjalo nako e letetšana.

E sa le mola go phulega ga bolwetši go begwago la mathomo, re ile ra tla ka mekgwa ya go lekola le go laola.

Karabelo ya rena ya bosetšhaba e sepetšwa ke Komiti ya Ditona (IMC) yeo e etilwego pele ka bokgwari ke Tona ya Tša Maphelo, Ngaka Zweli

Mkhize.

Mokgwa woo ka wona IMC le dihlopha tša thekgo di arabetšego tšhoganetšo ye, e bile wa bokgwari gape woo o thobago pelo, kudu mo go thušeng go fokotšha letšhogo setšhabeng.

Ke tla be ke le bodulasetulong bja Lekgotla la Ditaello la Bosetšhaba go kgokaganya makala kamoka a dikarabelo tša bosetšhaba.

Afrika Borwa e na le rekoto e botse ya go kgona go laola ditšhoganetšo tša maphelo a setšhaba. Re na le tsebo, didirišwa le bokgoni. Boramahlale le ditsebi tša malwetši tša borena ke ba maemo a godimo.

Re tlele ka setlamo sa mekgwa ya tšhoganetšo, gomme re tlo fana ka mašelang go thekga phethagatšo ya yona.

Yona e akaretša dikiletšo tša baeng ba go tšwa dinageng tšeo di amilwego kudu; diteko tša kgapeletšo, go ipeela kgakala goba go beelwa kgakala ga maAfrika Borwa ao a tšwago dinageng tšeo; gape le go matlafatša tlhokomelo, tekolo le diteko mo mafelong ao go tse-nwago ka ona ka Repabliki.

Go ipeela kgole le batho go bohlokwa ge eba re nyaka go kgona go laola go keka ga COVID-19.

Dikopano tša batho ba go feta

100 di ileditšwe, gomme le meketeko ya matšatši a bosetšhaba e phumotšwe. Go etela dikgolego go kgaoditšwe matšatši a 30 go tloga gonabjale. Maeto a boditšhabatšhaba ao esego a bohlokwa a bahlankedi ba mmušo a ileditšwe gomme maeto ao esego a bohlokwa a ka gare ga naga a hloka go fokotšwa.

Mafelo a go tsena ka nageng a 35 a naga mmogo le a mabedi a lewatlang a tla tswalelwa, gomme le dikolo di tla tswalelwa ka di 18 Hlakola go fihla ka morago ga Paseka. E se kgale re tla tla ka ditharollo tša mabapi le diyunibesithi le dikholetšhe.

Kgwedi yeo e tlogo e tla be e le Paseka, e lego lebaka leo le kgethegilego go ditumelo tša go fapana, gape ebile e le nako yeo ka yona ditirelo le dikopano tše dikgolego di diragalago. Batho ba ditumelo tšeo di fapanego ba swanetše ba tšee sephetho go lebeletšwe dikgahlegelo tša maphelo a diphuthego tša bona le a naga ka bophara.

Taolo ya bohlweki e swanetše go matlafatšwa makaleng ka moka.

Modudi yo mongwe le yo mongwe o swanetše a rwale maikarabelo a polokego ya gagwe ka go latela mekgwa ye bjalo ka go hlapa diatla ka sesepe goba go šomiša sebolayaditwatši sa diatla gape le go khupetša nko goba molomo ka thišu goba ka go koba sejabana ge a gohlola goba a ethimola.

Bjalo ka karolo ya maitekelo a rena a bosetšhaba, Lefapha la Tša Maphelo le tla tšwela pele ka lesolo leo le tseneletšego la go kwalakwatša temošo ka ga thibelo, phetetšo le dika tša phetetšo. Ke hlohleletša maAfrika Borwa ka moka go itlwaetša tšhomišo ya didirišwa tša maleba tša thibelo.

Ye nngwe ya dikotsi tše di-

kgolo mo nakong ye ke go ihlokomološa gape le go phatlalala ga tshedimošo yeo esego ya nnete.

Re swanetše re emiše go phatlalatša ditaba tšeo e sego tša nnete ebile le tšeo di sa netefatšwago, kudu mararankoding a leago.

Se se ka feteletša maikutlo ao a šetšego a le godimo a setšhaba gwa ba gwa senya le maitekelo a bosetšhaba.

Se sengwe gape ke gore re se ke ra gokwa ke mekgwa ya kgethollo yeo re e bonego ka dinageng tše dingwe ye e lebišitšwego go badudi ba dinaga tšeo phulego ya bolwetši e thomilego gona goba moo bo atilego ka Yuropa. Ye ke twatši yeo e amago batho ba lefase kamoka.

A re bontšheng kwelobohloko go bao ba fetetšwego, mmogo le go bao ba boilego gae go tšwa dinageng tšeo di amilwego kudu.

A re thušeng bao ba re hlo-kago ebile ba leng kotsing ya go fetelwa, esego go ba hlokomologa. Re tla dula re tshepa-galetše mekgwa ya kgotlelelo le tlhompho tšeo di re hlalošago bjalo ka batho.

Legatong la batho ka moka ba Afrika Borwa, ke leboga sehlopha seo se bušitšego magagaborena go tšwa Wuhan, China, gape le boetapele le batho ba Limpopo bao ba thušago tshepedišong ya peelothoko.

Ye ke nako e boima. Le ge go le bjalo, ke dinakong tše boima fao maatla a rena a bonalago.

Re tla ema ka maoto le go tla ka diphetho ka bjako, ka maikemišetšo le ka morero. Re tla ba ngata e tee ka ge e le boikarabelo bja moAfrika Borwa yo mongwe le yo mongwe go kgontšha katlego ya maitekelo a rena.

Nako ya Thuma Mina e fihlile, mohlomongwe ebile e tlele kudu go feta peleng.

Se le sona se tla feta.

Re tla fenyha.

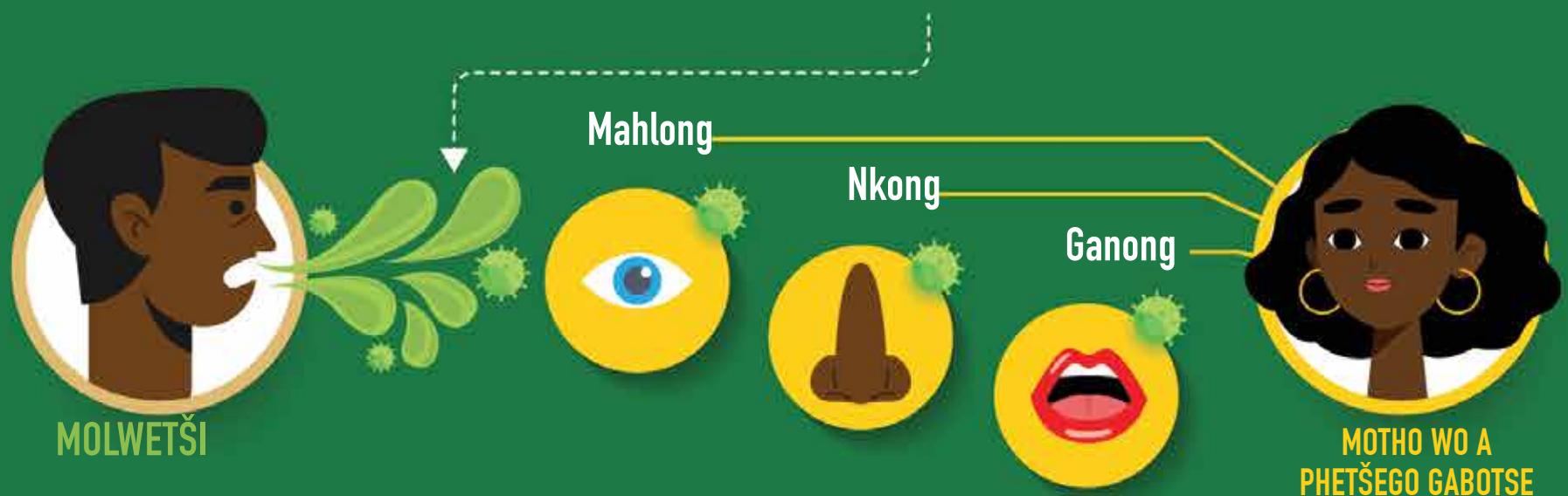
Re maAfrika Borwa rena. 🇿🇦

GO NA LE SELO ŠE TEE FELA SEO O HLOKAGO GO SE KWEŠIŠA MABAPI
LE KA FAO TWATŠI YA CORONA YA COVID-19, E PHATLALALAGO KA GONA

KA FAO TWATŠI YA CORONA* YA COVID-19 E PHATLALALAGO

Ditwatši tša Corona ke sehlopha se segolo sa ditwatši tšeo di ka hloago diphetetšo tša go hema tše bjalo ka mokhuhlwane woo o tlwaelegilego go ya go go palelwa ke go hema go šoro (SARS).

Twatši ye e phatlalala ge marothi a ka go tsenwa ka:



Ge o ka bona motho a gohlola/ethimola/lwala, o ka kgetha go:

1. Emela kgole le yena.

2. Efoga fao go nago le lešaba la batho



(Seripa sa mitara go ya go dimitara tše 2 di ka go thuša gore o se tsenwe ke marothi)



(Batho bao ba fetetšwego ba ka no se bontšhe dika tša bolwetši, efela ba ka go fetetša.)

Ka nako e nngwe mare a motho yoo a lwalago a ka fihla dilong tše dingwe...



Gomme ge o ka kgoma ye nngwe ya dilo tše ka phošo gomme wa kgoma sefahlego sa gago, wa pikitla mahlo a gago goba wa kgoma sefahlego sa motho yo mongwe, gona ka moka ga lena le ka lwala.

DITSELA TŠE 4 TŠEO O KA DI LATELAGO GO EFOGA GO FETELWA KE TWATŠI YE



1

HLAPA DIATLA

Hlapa diatla ka sesepe go tsenelela. Hlapa bokamorago bja tšona, magareng ga menwana le ka manaleng. Hlapa diatla ka mehla ka meetse a sesepe pele o eja le morago ga ge o bile gare ga batho.



2

GO IHLOKOMELA KA MALEBA

Khupetša molomo wa gago ka thišu ge o gohlola le ge o ethimola. O se kgome sefahlego sa gago ka diatla tša ditšhila. Ge o ka gapeletšega go dira bjalo, gona netefatša gore o hlapa diatla pele ka sesepe go tsenelela.



3

O SE KE WA ABELANA DIJO LE DIBJANA

Dipaktheria di ka kgona go dula dithipeng, diforokong, malepoleng le mathopšaneng. Šomiša feela dibjana tšeo di hlwekilego gomme o se ke wa abelana dino. Hlwekiša diatla tša gago ka mehla pele o eja.



4

BONA NGAKA GE O SA IKWE GABOTSE

Dika tšeo di tlwaelegilego di akaretša go gohlola, mamina a go elela, go fiša ga mmele gape le go felelwa ke moya. Ge e ba o na le se sengwe sa dika tše, gona nyaka thušo ya tša maphelo ka pelapela.

MOGALA WA DINYAKIŠIŠO WA SEHLONGWA SA BOSETŠHABA SA MALWETŠI A GO FETELA (NICD) WO O ŠOMAGO BOŠEGO LE MOSEGARE: 0800 029 999

NTŠHA MAHLO DINAMENG GOMME O PHELE O IHLOKOMETŠE

Seemo se se golela pele, bona tša moragorago go www.health.gov.za le go www.nicd.ac.za