

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English / Sesotho

April 2020 Edition 1



Springbok captain makes history

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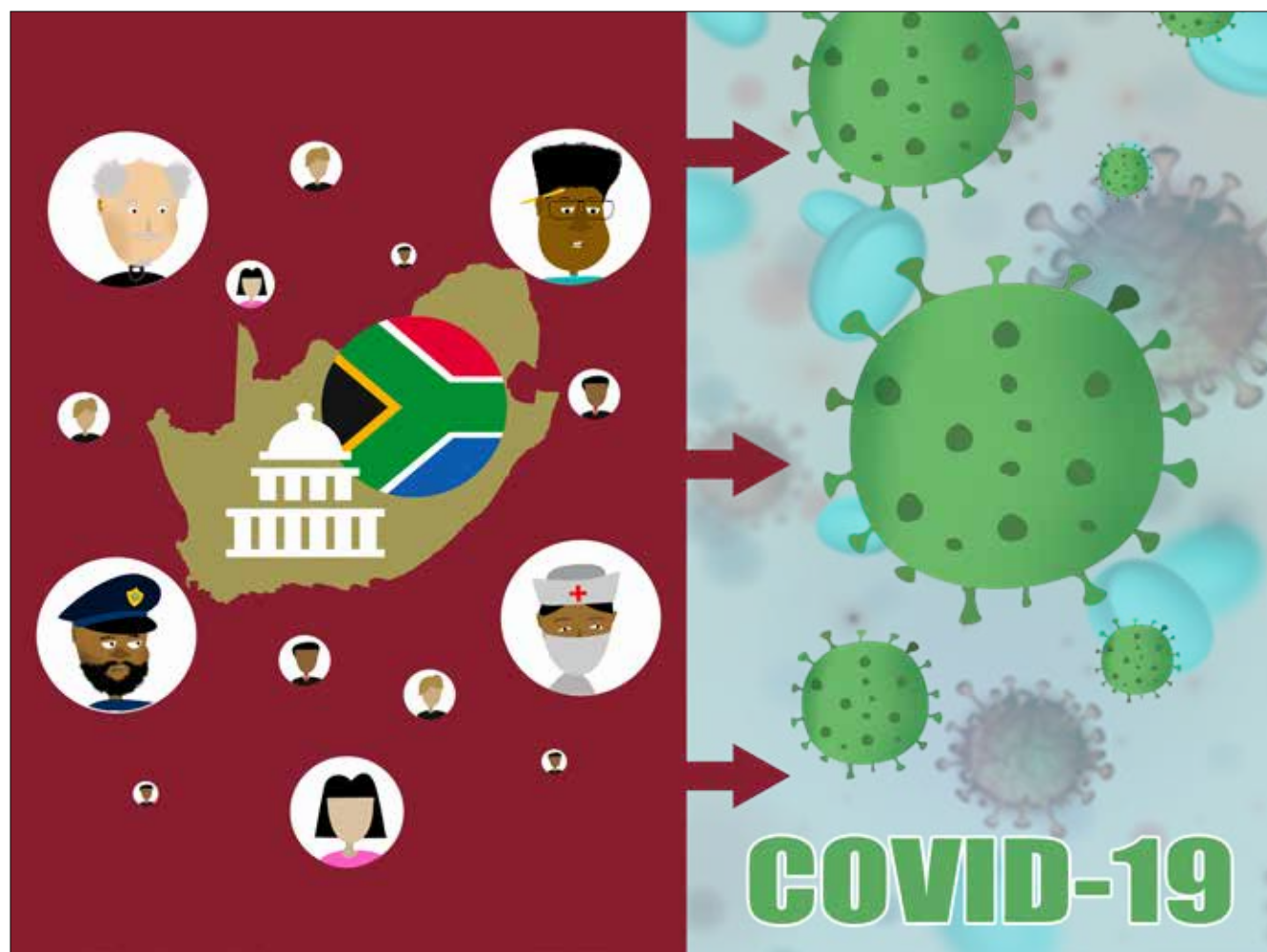


Poultry farming: not for headless chickens

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JOBS INSIDE:

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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CONTACT US

Vuk'uzenzele @VukuzenzeleNews

Website: www.gcis.gov.za
www.vukuzenzele.gov.za

Email: vukuzenzele@gcis.gov.za
Tel: (+27) 12 473 0353

Tshedimosetso House:

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083



"JWALE KE NAKO YA HORE BOHLE RE SEBETSENG MMOHO, TLOTLONG YA NELSON MANDELA, HO AHA AFORIKA BORWA E NTJHA, E BETERE BAKENG SA BOHLE."

MOPRESIDENTE CYRIL RAMAPHOSA

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RE O AHELA BOKAMOSO BO BETERE
RE ITHUTA HO TSWA HO MADIBA



Mmoho re ka lwantsha sekgahla sa COVID-19

Lefatshe le ditleneng tsa tshohanyetso ya bophelo bo botle ba setjhaba boemong bo so kang bo bonwa nakong e fetang dilemo tse lekgolo.

Ho ata ha kokwanahloko ya corona, e bakang lefu le tsejwang e le COVID-19, ho bile ka lebelo le tshosang le ho nama, mme jwale e hlahoswa e le sewa.

Ha e tsebe meedi ya naha kapa ya bodulo, e tshwaeditse batjha le ba baholo, mme e ntse e phahama ka ho tshwana dinaheng tse tswetseng pele le tse ntseng di tswela pele.

Leha ho ntse ho eketswa diteko, palo ya ditshwaetso Aforika Borwa e lebeletswe ho phahama.

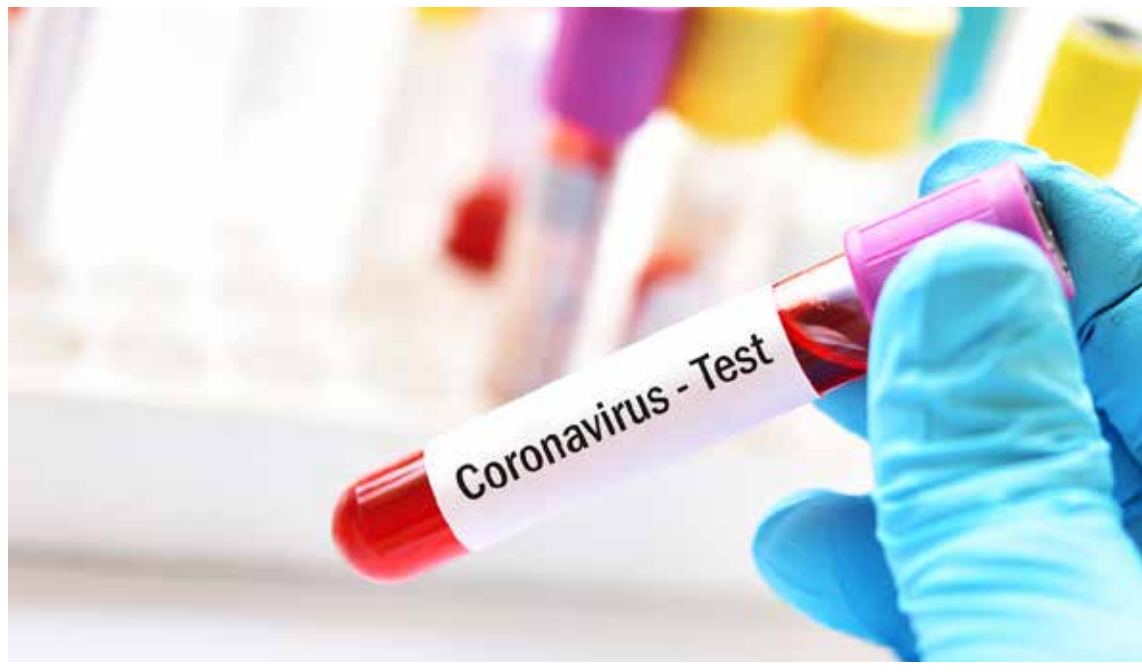
Haufinyana ke ile ka tsebahatsa boemo ba koduwa, boemo bo tsamaelanang le botebo ba tshoso bathong ba bo rona, setjhabeng sa rona le moruong wa rona.

Sena se tla re thusa ho ba le tsela e kopanetsweng le e hokahantsweng ya taolo ya koduwa ena le ho teka ditsamaiso tsa tshohanyetso, tsa potlako le karabelo e hlwahlwa.

Kokwanahloko ena e tla lobokanya dintho haholo, mme taba ya rona e ka sehlohlolong ke ho baballa bophelo bo botle le boitekanelo ba maAforika Borwa kaofela.

Re boetse re lokela ho sebetsana le bothata bo kekeng ba qojwa ba moruo. Re lokela ho lebella ho theoha ha diyantle, ho theoha ha bahahlaudi le kgahlamelo e matla tlhahisong, phallo e ntle ya kgwebo le tlhahiso ya mesebetsi le ho e baballa.

Kabinete e motjheng wa ho phethela mekgwa e pharalletseng ya boitshunyako bakeng sa ho bebofatsa kgahlamelo e lebeletsweng ya COVID-19 moruong wa rona. Sena se etswa ka ditherisano le di-



kgwebo, mekgatlo ya basebetsi le ditheo tse ding tse amehang.

Ke Louis Pasteur ya neng a re lehlohonolo le tswela molemo kelello e itokiseditseng.

Aforika Borwa e itokiseditse, mme e se e le nako e itokisitse.

Esale ho runya ha lefu lena ho tlalehwa lekgetlo la pele re ikitlaeditse ka ho tla ka mekgwa ya tekolo le ya thibelo.

Karabelo ya rona ya naha e kgannwa ke Komiti e Kopanetsweng ya Matona (IMC) tlasa bodulasetulo le ketapele ya Letona la Bophelo bo Botle, Ngaka Zweli Mkhize.

Mokgwa oo IMC le meifo ya tshetsetso e arabetseng ka ona o bile ka bobedi o teyang mohlala le o tshepisang, ka ho qolleha ho thusa ho tlosa letshoho la setjhaba.

Ke tla ba modulasetulo wa Lekgotla la Naha la Taolo bakeng sa ho hokahanya dintlha kaofela tsa karabelo ya rona ya naha.

Aforika Borwa e na le nalane e ntle haholo ya ho laola ditshohanyetso tsa kalafo ya setjhaba. Re na le tsebo, disebediswa le boitsebelo. Borasaense le ditsebi tsa rona tsa mafu a sewa ke tsa maemo a hodimo lefatsheng.

Re na le maiteko a mekgwa e matla ya tshohanyetso, mme

re tla fana ka thuso ya tjelele bakeng sa ho a kenya tshebetso.

A kenyeletsa thibelo ya baeti ho tswa dinaheng tse nang le kokwanahloko ena ka bongata; ho etsa diteko tse tlamang bathong kaofela, ho ikwalla kapa ho behwa ditulong tse kgethehileng bakeng sa maAforika Borwa a tswang dinaheng tsena; le ho matlafatsa ho beha leihlo, ho lekola le ho etsa diteko madibohong a ba kenang ka hara Rephabliki.

Ho sielana sebaka ha setjhaba ho hlokolosi haeba re batla ho laola ho ata ha COVID-19.

Diboka tsa batho ba fetang 100 di thibetswe le mekete e meholo ya matsatsi a naha e fedisitswe. Diketelo tsa ditsi tsa tlhabollo ya batshwaruwa di fanyehilwe hanghang bakeng sa matsatsi a 30. Maeto ao e seng a bohlokwa a matjhabeng bakeng sa bahlanka ba mmuso a thibetswe mme ha ho kgothaletswe le maeto a ka lapeng ao e seng a bohlokwa.

Madiboho a 35 kaofela le dikou tse pedi tsa lewatile di tla kwalwa, jwalo feela le dikolo ho tloha ka la 18 Tlhakubele ho fihlela kamora mafelo a beke ya Paseka. Haufinyana re tla tsebisa ka ditharollo tse mabapi le diyunivesithi le dikoletjhe.

Kgwedi e tlang ke Paseka, e leng nako e halalelang ya ditumelo tse ngata le ho ba nako eo ka yona ho tla ba le ditshebetso le dikopano tsa batho ba bangata. Badumedi ba lokela ho nka diqeto tabeng ena molemong wa bophelo bo botle ba diphutheho tsa bona le naha ka kakaretso.

Taolo ya bohlweki e lokela ho matlafatswa ke makala ohle.

Moahi e mong le e mong o lokela ho nka boikarabelo ba polokeho ya hae ka ho ipapisa le ditsela tse kang ho dula o hlapa matsoho ka sesepa kapa ka sebolayadikokwa sa matsoho le ho kwahela nko kapa molomo ka thishu kapa ka setswe se kobehileng ha o kgohlela kapa o thimola.

Jwaloka mesebetsi wa rona wa naha, Lefapha la Bophelo bo Botle le tla tswella ka letshollo le keneletseng le le tswellang la ho hlahisa temoso ka thibelo, phetisetso le matshwao a tshwaetso. Ke kgothaletsa maAforika Borwa ohle ho tseba ka thepa e amehang ya thibelo.

Mekgwa ena e a tshwana le ya naha tse ding, mme ho bohlokwa hore re utlwisise hore ha se kotlo empa e le taba ya polokeho ya setjhaba.

E nngwe ya dikotsi tse kgolo nakong ena ke ho hloka tsebo le

tlhahisoleseding e fosahetseng.

Re lokela ho emisa ho hasa ditaba tsa leshano le tse sa tiisetwang, ka ho qolleha ho marangrang a setjhaba. Sena se ka mpefatsa maikutlo a seng a tsitsipane a setjhaba le ho senya boiteko ba naha.

Re boetse ha re a lokela ho inehella ho pontsho ya maikutlo a kgethollo ao re a boneng dinaheng tse ding a lebisitsweng ho baahi ba dinaha tseo lefu lena le runtseng ho tsona le motsong wa hajwale o Yuropa. Ho hlakile hore kokwanahloko ena e ama batho ba dinaha kaofela.

Ha re bontsheng kutlwelobohloko ho ba tshwaeditsweng, le ho ba kgutletseng lapeng ho tswa dinaheng tse kotsing haholo.

Ha re thuseng ba hloka thuso le bohle ba kotsing haholo, ho e na le ho ba nena. Re tla dula re tshepahetse dintleng tsa rona tsa mamellano le hlomphe tseo re tsebahalang ka tsona jwaloka batho.

Lebitsong la batho bohle ba Aforika Borwa ke leboha moifo o latileng baahi ba bo rona Wuhan, Tjhaena, hammoho le ketapele le batho ba Limpopo ba thusang ka motjha wa ho ba beha tulong e kgethehileng.

Ena ke nako e boima.

Mme leha ho le jwalo ke nakong tsa mathata moo matla a rona a pepesehang.

Re tla sebetsa ka matla, ka maikemisetso le sepheo. Re tla sebetsa re le ngatana nngwe, hobane maiteko a rona a itshetlehile hodima diketso tsa maAforika Borwa e mong le e mong.

Motsotso wa *Thuma Mina* o mahetleng a rona, mohlomong ho feta pele.

Ntho ena le yona e tla feta.

Re tla hlola.

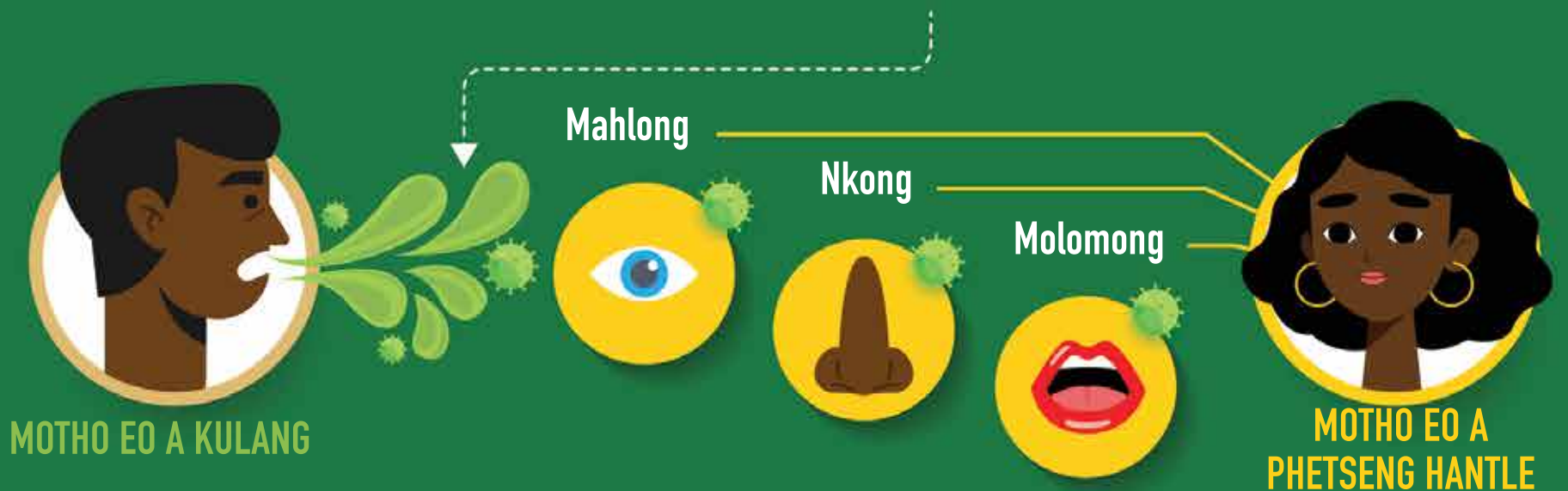
Re maAforika Borwa rona. **U**

NTHO E NNGWE FEELA EO O LOKELANG HO E UTLWISISA YA
KA MOKGWA OO KOKWANAHLOKO YA *CORONA*
YA *COVID-19* E ATANG KATENG

KA MOKGWA OO KOKWANAHLOKO YA *CORONA** YA *COVID-19* E ATANG

*Dikokwanahloko tsa *corona* ke lelapa le leholo la dikokwanahloko le ka bakang tshwaetso ya phefomoloho e kenyeletsang ho tloha ho sefuba se tlwaelehileng ho isa ho Lefu la Matshwafo le Matla Haholo (SARS).

Kokwanahloko e ata ha marothodi ana a o kena ka:



Haeba o bona motho ya bonahalang a kgohlela/a ithimola/a kula, o ka kgetha ho:

1. Ba hole le yena.



(0,5m ho isa ho 2m ho tla o boloka kgahlanong le marothodi a maholo)

2. Phema letshwele



(Batho ba tshwaeditsweng ha ba bontshe matshwao, feela ba ka nna ba o tshwaetsa.)

Ka nako e nngwe mathe a motho ya kulang a ka kena dinthong tse kang...



MATSOHO



MAMATI



DISEBEDISWA



MAOSE



DIKOPI



DIPENE



DITSHEPE TSA
DITEPISI



DIJANA

Mme haeba o ka ama e nngwe ya dintho tse na ka phoso, mme yaba o ama sefahleho sa hao, o pikitla mahlo kapa sefahleho sa moratuwa wa hao, le ka nna la kula kaofela.

DITEMOSO TSE 4 TSEO O KA DI LATELANG

BAKENG SA HO PHEMA TSHWAETSO



1

HLAPA MATSOHO

Hlapa matsoho ka sesepa ka botlalo. Hlapa bokamorao ba matsoho a hao, pakeng tsa menwana le ka tlasa manala. Dula o hlatswa matsoho ka sesepa pele o ja le kamora ho kgutla ha o tswa kopana le batho ka ntle.



2

BOHLWEKI BO BOTLE BA BOWENA

Kwahela molomo ka thishu ha o kgohlela kapa o ithimola. Phema ho ama sefahleho ka matsoho a ditshila ka dinako tsohle. Haeba o lokela ho etsa jwalo, netefatsa hore o hlapa matsoho ka botlalo pele.



3

O SEKE WA AROLELANA DIJO LE DIJANA LE BA BANG

Baktheria e ka fetisetswa dithipeng, diferekong, dikgabeng le ho distro. Sebedisa feela dijana tse hlwekileng mme o seke wa arolelana dino le ba bang. Dula o hlatswa matsoho pele o ja.



4

IKOPANYE LE NGAKA HAEB A O SA PHELA HANTLE

Matshwao a tsebahalang a kenyeletsa ho kgohlela, mamina, feberu le ho hema habohloko. Haeba o ka ba le le leng la matshwao ana, batla thuso ya bongaka ka potlako.

**NOMORO YA TSHOHANYETSO E SEBETSANG BOSIU LEMOTSHEHARE YA
INSTITJUTE YA NAHA YA MAHLOKO A TSHWAETSANG (NICD) 0800 029 999**

DULA O FADIMEHILE MME O ITHUELE DITLWAELO TSE NTLE TSA BOHLWEKI

Maemo a ntse a fetofetoha, lekola a ka sehlohlolong ho www.health.gov.za le ho www.nicd.ac.za