

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English / Setswana

April 2020 Edition 1



Springbok captain makes history

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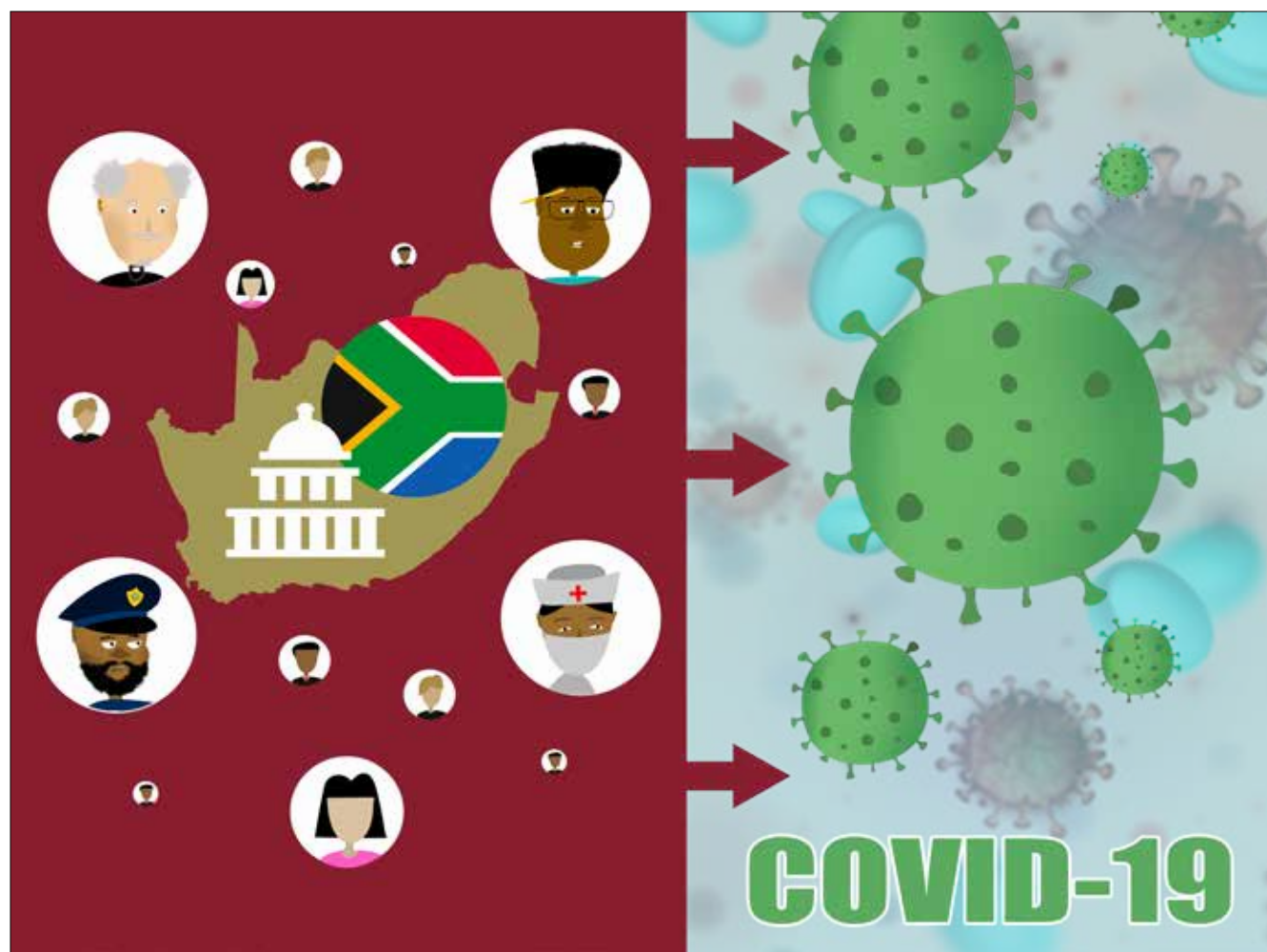


Poultry farming: not for headless chickens

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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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RE GO AGELA BOKAMOSO JO BO BOTOKA
RE ITHUTA GO TSWA MO DITIRONG TSA GA MADIBA



Fa re tshwaragane re ka lwantshana le leuba la COVID-19

Lefatshe le dubana le thankga e e seng kana ka sepe ka matsapa a tshoganyetso mo boitekanelong jwa setšhaba mo palo e e amegang e leng kwa godimo mo e iseng e bonwe mo sebakeng sa dingwagakete.

Go anama ga mogare wa *corona*, e leng ona yo o bakang bolwetse jo bo bidiwang *COVID-19*, go nnile ka bonako le go anama ka bophara, mme ga jaanong bo bidiwa gore ke leuba le le aparetseng lefatsheng.

Ga bo kgetholole ka dinaga kgotsa melelwane, bo fetela botlhe bana le bagolo mme e bile bo tswetse go anama mo dinageng tse di gatetseng pele le tse di santseng di iketsetsa.

Jaaka go lekola le go dira diteko ka bolwetse jono go tswetse go atolosiwa, palo ya bao ba tshwaeditsweng ka fa nageng ya Aforika Borwa go solofetswe gore e tla tswelela go oketsega.

Sešweng jaana ke sa tswa go tsibosa bolwetse jono jaaka seemo sa masetlapelo a naga, e leng kgato e e lekaneng matshosetsi a batho ba rona ba tobaneng le ona, mo setšhabeng sa rona le mo ikonoming ya rona.

Seno se tla re kgontsha go nna le thulaganyo ya taolo ya masetlapelo e e golaganeng le e e tsamaisiwang ka tshwanano mmogo le go tlhoma tsamaiso ya tsibogelo ka potlako e e nang le mosola ya dikgetse tsa tshoganyetso.

Mogare ono o santse o tla tlhola mathata a a seng kana ka sepe, se se kwa setlhoeng mo go rona ke go boloka boitekanelo jwa maAforika Borwa otlhe.

Re tshwanetse gape go samagana le phutlhamo ya ikonomi e re ka se kgoneng go e efoga.

Re tshwanetse go itse gore go tla nna le kwelotlase mo ditlhagisiweng tse di romelwang kwa dinageng tsa kwa ntle, phokotsego mo bojanaleng mo batho ba tswang kwa dinageng tsa

kwa ntle mmogo le seabe se se seng kana ka sepe mo tlhagisong ya dilo, mo tsamaisong ya dikgwebo le mo go tlhodiweng ga ditiro le mo go fokodiweng ga batho kwa ditirong.

Kabinete e samagane le go konosetsa maano a go tsereganya go samagana le seabe seo *COVID-19* e tla nnang le sona mo ikonoming ya naga ya rona. Maano ano a logiwa ka go buisana le badikgwebo, mekgatlho ya badiri mmogo le ditheo tse dingwe tse di maleba.

Louis Pasteur o ne a bua mafoko a gore letlhogonolo le tswela molemo bao megopolo ya bona e ipaakanyeditseng lona.

Aforika Borwa e setse e ipaakantse, e bile ga e a bolo go ipaakanya.

Fa e sale bolwetse jono bo rupoga le go begiwa lwantlha re ne ka gang ra tsaya dikgato ka go tsenya tirisong dikgato tsa tekolo.

Tsibogelo ya naga ya rona mo bolwetseng jono e tswetse go gogwa kwa pele ke Komiti ya Ditona tsa Naga (IMC) e monnasetulo wa yona le moeteledipele wa yona e leng Tona ya Boitekanelo, Ngaka Zweli Mkhize.

Tsela eo IMC ya rona mmogo le ditlhophatshegetso tsa yona di e tsereng mo go tsibogeleng kgang eno ya tshoganyetso e nnile sekai le go re tiisa mmooko, bogolosegolo mo go thibeleng gore go nne le letshogo le le seng kana ka sepe mo nageng.

Ke tla tsaya maemo a modulasetilo wa Lekgotlataolo la Naga go tsamaisa dithulaganyo tsothle tse di amanang le tsibogelo ya naga mo mererong eno.

Aforika Borwa e na le di kgetse tse dintsi tsa katlego mo go samaganeng le malwetse a tshoganyetso a a amang boitekanelo jwa baagi.

Re na le kitso, bokgoni le boitseanape. Borrasaense ba rona mmogo le babatlisisi ba

malwetse ba naga ya rona ke ba ba leng mo maamong a a kwa godimo mo lefatsheng.

Re tsentse tirisong metseletsele ya dikgato tsa tshoganyetso, mme re tla tsenya tirisong matlole a a tla thusang go tshetsa dikgato tseno.

Tsona di akaretsa dikgato tsa go kgaoletsa baeti ba ba tswang kwa dinageng tse di amegileng bogolo go tla ka fa nageng; go dira diteko mo bathong botlhe go sa kgathalesege gore ke bo mang, go ikgoga mo bathong kgotsa go ikalafa tebang le baagi ba naga ya Aforika Borwa ba ba tswang kwa dinageng tse di amegileng bogolo; mmogo le go gagamatsa matsholo a go disa maemo, a go dira ditekolo le a go dira diteko mo mafelong a go tsena ka fa nageng ya Rephaboliki.

Go botlhokwa gore re se kgobokane mo lefelong le le lengwe go thusa go fokotsa go anama ga *COVID-19*.

Go kgobokana ga batho ba ba fetang ba le 100 go kganetswe mme e bile gape meletlo e e ketekang matsatsi a a botlhokwa ka fa nageng e emisitswe. Go etela batshwarwa le gona go emisitswe sebaka sa matsatsi a le 30 go simolola gona mo motsotsong yono. Maeto a a seng botlhokwa a badiredipuso go etela dinaga tsa kwa ntle a emisitswe mme le maeto a a seng botlhokwa a ka fa nageng le ona ga a rotloediwe gore le ona a tsewe.

Mafelo a go tsena ka fa nageng a le 35 a dinaga tse di katogileng mawatle mmogo le mafelo a le mabedi a go tsena ka fa nageng a a kwa mawatle a tla tswalelwa, mmogo le dikolo go tloga ka la bo 18 Mopitlwe go fitlha ka matsatsi a khunologo ya Tsogo ya Morena. Mo nakong e e sa fediseng pelo re tla tsibosa dikgato tse re di tsereng tebang le diyunibesiti le dikholeje.

Mo kgwedding e e tlang re tla bo re keteka Tsogo ya Morena, e leng paka e e botlhokwa thata

mo badumeding ba le bantsi e bile gape ke nako eo dikereke ka mefuta di nnang le meletlo e megolo ya go kopana. Dikereke e tla nna tsona tse di itseelang tshwetso ka botsona ka phuthogo ya tsona mabapi le merero ya boitekanelo e e tla amang bona le baagi naga ka bophara.

Phepafatso e tshwanetse go nna kwa setlhoeng thata mo makaleng otlhe.

Moagi mongwe le mongwe o tshwanetse go tsaya tshwetso ka pabalesego ya bona ka go obamela dikgato di tshwana le go tlhapa diatla gangwe le gape ka metsi a sesepa kgotsa go itshasa diatla ka sebolayamegare kgotsa go thiba nko kgotsa molomo ka thišu kgotsa ka sejabana fa ba ethimola kgotsa fa ba gotlholo.

Jaaka karolo ya matsapa a rona ka fa nageng Lefapha la Boitekanelo le tla tswelela ka letsholo la lona le legolo le le tswelletseng la go bula baagi matlho ka thibelaketegelo, go anama le go tshwaetswa ke matshwao. Ke rotloetsa maAforika Borwa otlhe go ikamanya le metswedi e e matshwanedi ya thibelaketegelo.

Dikgato tseno di tshwana le tse dingwe tse di tsewang kwa dinageng tse dingwe, mme rotlhe re tshwanetse go tlhaloganya gore ga di dirisediwe go otlhaya motho ope mme ke dikgato fela tsa go babalela setšhaba sa rona.

Kotsi e kgolo go gaisa fa maemo a le jaana ke go tlhoka kitso le go nna le tshedimosetso e e fosagetseng.

Re tshwanetse go kgaotsa go phasalatsa maaka le dikgang tse boamaruri jwa tsona bo sa totobadiwang, bogolosegolo mo mafaratlhatlheng a ditlhaletsano. Seno se ka fetlha maikutlo a a sa iketlang a re setseng re le mo go ona mmogo le go dubakaka maiteko a naga a go ritibatsa maemo.

Re tshwanetse gape go se ikamanye le dipuo tse di bosula tse re di boneng mo dinageng

tse dingwe tse di lebisitsweng kwa batswantle ba dinaga tseo bolwetse jono bo runtseng kwa go tsona kgotsa kwa dinageng tse ga jaana bolwetse jono bo lautsang batho gone kwa bogareng jwa Yuropa. Go totobetse gore selo seno ke mogare yo o aparelang batho ba merafe yotlhe.

Tla re nneng le kutlwelobotlhoko mo go batho bao ba aparetsweng ke leru leno, mmogo le bao ba sa tswang go goroga fa gae go tswa kwa dinageng tseo di aparetsweng bogolo ke bolwetse jono.

Tla re thusaneng le bao ba tlhokang thuso le bao ba leng mo tlalelong thata, go na le go ba naya mokwatla. Re tla tswelela go somarela metheo ya go itshokelana le go tlotlana e leng yona e e re dirang gore re nne batho bathong.

Mo legatong la baagi botlhe ba Aforika Borwa ke leboga setlhopha seo se latileng baagi ba naga ya rona kwa Wuhan, China, mmogo le baeteledipele le batho ba ba kwa porofenseng ya kwa Limpopo ba ba samaganeng le dithulaganyo tsa tlhatlhubo ya bolwetse jono.

Tseno ke dinako tse di bokete tota.

Fela ke fa matsapa a re farafere jaana moo re ntshang ga tshwene.

Re tla tsaya ditshwetso tse di sa etsaetsegeng, ka maikemisetso le ka mafolofolo.

Re tla tsaya ditshwetso tse re di utlwanetseng, go nne ke dikgato tsa moAforika Borwa mongwe le mongwe tse di tla thusang gore re atlege mo matsapeng a re a tsayang.

Jaanong re aparetswe ke motsi wa *Thuma Mina*, mme jaanong o re tlhoka go feta mo malobeng.

Leru leno le le re aparetseng ga jaana le lona le tla feta.

Re tla supoga mo dinaleng tsa page.

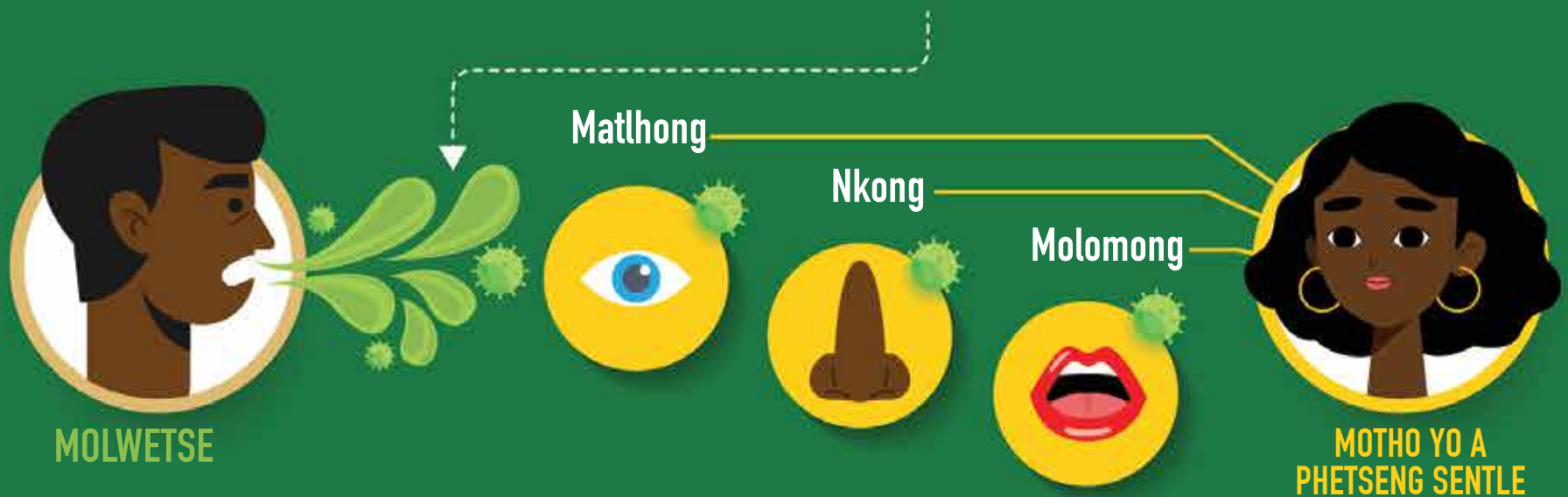
Re maAforika Borwa rona. 

GO SELO SE LE SENGWE FELA SE O TLHOKANG GO SE TLHALOGANYA KA GA COVID-19 MME SONA KE KA MOO MOGARE WA CORONA O ANAMANG KA TENG

KA MOO MOGARE WA CORONA* WA COVID-19 O ANAMANG

*Megare ya corona ke sethlopha sa megare e e tlohang malwetse a a amang dikarolo tsa go hema tsa mmele go akaretsa bolwetse jo bo tlwaelegileng jwa mokgothwane mmogo le a mangwe a Malwetse a a Tsistsibanyang Mmele a go Hema (SARS).

Mogare o o anama fa marothodi a ona a ka go tsena mo:



Fa o bona motho a gotlholala/ethimola/a bontsha a lwala, o ka nne wa se:

1. mo atumele.

2. Efoga go nna fa gare ga matšhwititšhwiti a batho



(sekgala sa go tloga go dimitara di le 0,5 go ya go di le 2 di lekane go go baya mo polokesehong ya go ka rothelwa ke marothodi a magolo)



(Batho ba ba tshwaeditsweng ba ka nne ba se bontshe matshwao, fela ba santse ba ka go tshwaetsa.)

Ka dinako dingwe marothodi a mathe a motho yo a lwalang a ka rothela mo dilong tse dingwe tse di jaaka....



DIATLA

MOJAKO

DIDIRISIWA TSA THEKENOLOJI

MAOSO WA KHOMPHIUTARA

DIKOPI

DIPENE

DITSHIPI TSA GO ITSHWARELE TSA

DIJANA

Mme fa o ka itebala mme wa kgoma e nngwe ya dilwana tseno ka phoso mme wa isa matsogo mo sefatlhegong, wa ipikitla matlho kgotsa wa kgoma sefatlhego sa yo mongwe wa ba o ba ratang, lo ka iphitlhela le fetetswe ke bolwetse jono.

DIKGATO DI LE 4 TSE O TSHWANETSENG GO DI TSAATSIA GO EFOGA GO TSHWAETSEGA



1

TLHAPA DIATLA

Tlhapa ka manonthotho diatla ka metsi a a nang le sesepa. Tlhapa diatla ka fa morago, ka fa gare ga menwana le ka fa teng ga dinala. Ka gale tlhapa diatla ka metsi a a nang le sesepa pele o ka ja le fa o tswa kwa ntle mo go leng batho ba bantsi.



2

GO ITLHOKOMELA

Thiba molomo ka thišu fa o gotlholo kgotsa fa o ethimola. Se ikgome mo sefathegong ka diatla tse di leswe. Fa o gapeletsega, tlhapa pele diatla tsa gago ka manonthotho ka metsi a a nang le sesepa.



3

LO SE NATHELANE DIJO KGOTSA LA ADIMANA DIDIRISIWA TSA GO JELA

Megare e ka ikala mo didirisiweng tsa go jela jaaka dithipa, diforoko, maswana le mo didirisiweng tsa go soreletsa dino. Dirisang fela maswana a a phepafaditsweng mme lo seke lwa nwa seno se le sengwe mo kaneng e le nngwe. Tlhapa diatla tsa gago ka dinako tsotlhe pele o ka ja.



4

BONA NGAKA FA O SA IKUTLWE SENTLE

Matshwao a a tlwaelegileng a akaretsa go gotlholo, go elela mamina, go opiwa ke tlhogo le go hupela mowa. Fa e le gore o itemogela a mangwe le a mangwe a matshwao ano, bona thuso ya kalafo ka bonako.

**MOGALA WA TSHOGANYETSO WA SETHEO SA NAGA SA MALWETSE A A
FETELANANG (NICD) O O DIRANG BOSIGO LE
MOTSHEGARE WA 0800 029 999**

NNA O NTSHITSE MATLHO DINAMENG MME O ITLWAETSE GO ITLHOKOMELA

Seemo seno se tswelletse go golela pele, lebelela diphetogo mo go www.health.gov.za le mo go www.nicd.ac.za