

Vuk'uzenzele

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English / Siswati

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Springbok captain makes history

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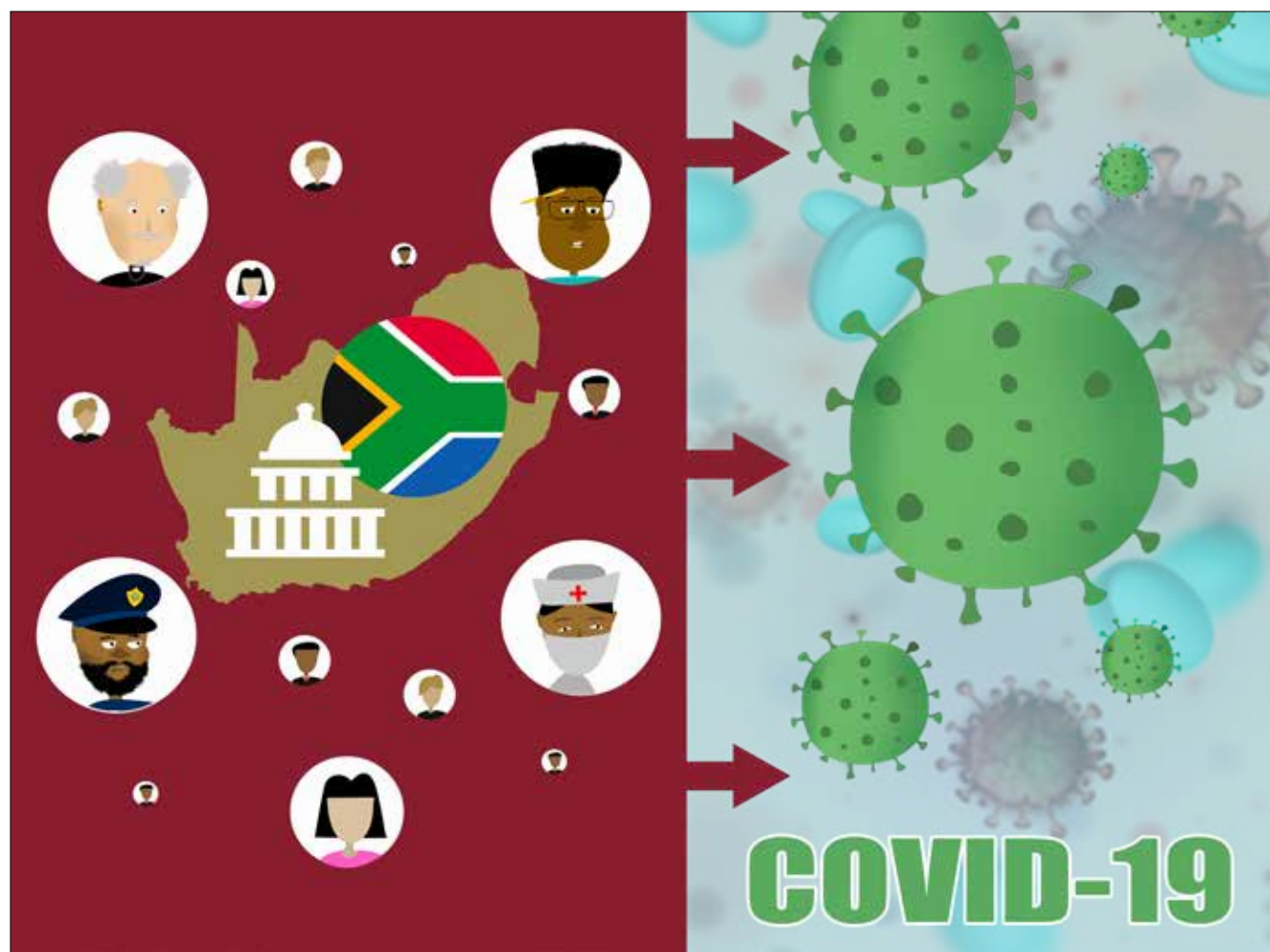


Poultry farming: not for headless chickens

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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

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"Manje sesikhatsi sefu sonkhe sekutsi sisebentisane, sihloniphe Nelson Mandela, sakhe iNingizimu Afrika lensha, lencono yawonkhewonkhe."

MENGAMELI CYRIL RAMAPHOSA

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SIKWAKHELA LIKUSASA LELINCONO
KUFUNDZA KULOKO LOKWENTIWA NGUMADIBA



Sibambisene sonkhe singalwa nalelifutse le-COVID-19

Umhlaba usebuhlungwini lobukhulu kabi ngesimo setemphilo yesive lesiphutfuma ngendlela lengakate seyibonwe phambilini eminyakeni lelikhulu.

Kubhehbetseka kwegciwane le-corona, lokubanga sifo lesibitwa ngekutsi yi-COVID-19, siphutfume ngesivinini lesimangalisako futsi safinyelela yonkhe indzawo, futsi manje sesibitwa ngekutsi lubhubhane lwemhlaba.

Ayivinjwa kuma kwenzawo noma iminyele, ibambe bantfu labancane nalabadzala, futsi imandla emaveni lasatfutukile nakulawo lasatfutuka.

Lapho kukhushulwa lizinga lekucilongwa nekuhlolwa, linani labangenwe ngulesifo eNingizimu Afrika lilindzeleke kutsi likhuphuke.

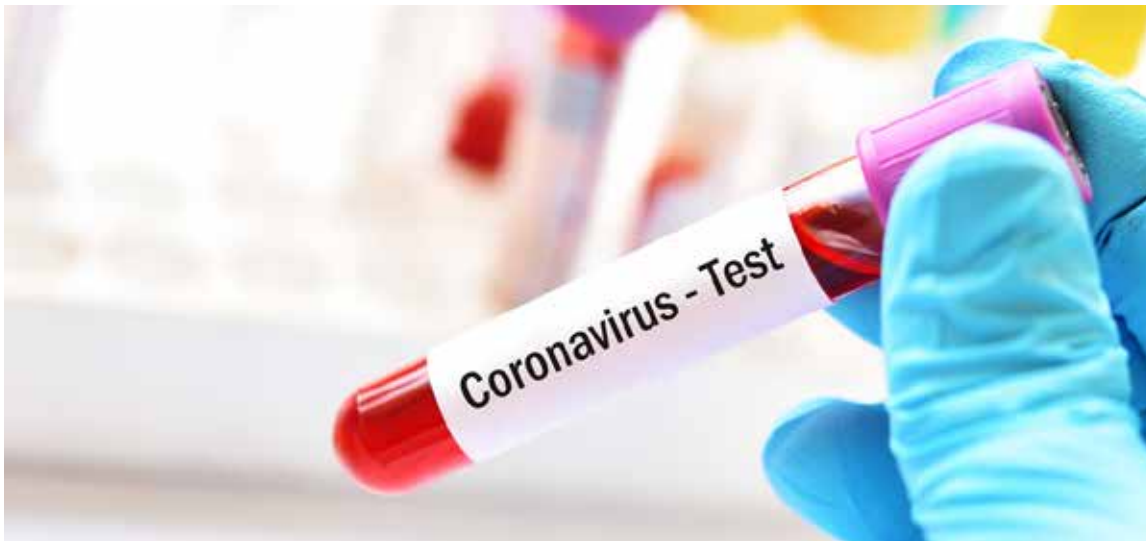
Ngisandza kumemetela simo senhlekelele, lekusinyatselo lesilingana nekuba kubi kwaso kubantfu bakitsi, emmangweni wakitsi nasemnotfweni wetfu.

Loku kutawusenta kutsi sibe nendlela lelanganisile nalechumene yekulawula lenhlekelele kanye nekusungula tinchubo letiphutfumako tekubukana naso, letisheshisa kakhulu futsi letisebenta ngemphumelelo.

Lelegciwane liyaphatamisa kakhulu, futsi lesikubeka embili kuphephisa temphilo nenhlalakahle yabo bonkhe bantfu baseNingizimu Afrika.

Sifanele kutsi futsi sibukane nesimo semnotfo lesibi lesingeke sigwemeke. Sifanele kutsi silindzele kwehla kwelizinga lemphahla letsengiselwa lamanye emave, kwehla kwelinani letivakashi letingenako, nelifutse lelibi kabi kutekukhucita, kusebenta kwemabhizinisi nekwakheka kwematfuba emisebenti nekugcina tisebenti emsebentini.

Ikhabhinethi isenchubeni yekwephetsa iphakheji lenkhulu yetingenelelo tekunciphisa lelifutse le-COVID-19 lelindzelekile



emnotfweni wetfu. Loku kwentiwa ngekubonisana nemabhizinisi, tisebenti kanye naletinye tikhungo letifanele.

Ngu-Louis Pasteur lowatsi sigwaca lesihle ngulesishoshako.

INingizimu Afrika, ime ngemumo, futsi beyiloku injalo sikhatsi lesidze.

Kusukela ngesikhatsi kubikwa kubhedvuka kwalesifo kwekucala savele saphakamela etulu semisa ngemumo tindlela tekucilonga nekulawula lesifo.

Kubukana kwetfu kwavelonkhe nalesifo kuchutjwa Likomidi leTindvuna (i-IMC) lelilolwa kahle kakhulu yiNdvuna yeTemphilo, Dkt. Zweli Mkhize lobuye futsi abe ngusihlalo walo.

Indlela le-MIC nemacembu lesekelako labukene naso lesimo lesiphutfumako ibe sibonelo yabuye futsi yacinisekisa, ikakhulu ekusiteni kucedza kuphaphuleka nekwekfuka kwesive.

Ngitawube ngingusihlalo weMkhandlu waVelonkhe weKukhipha Sicondziso sekuchumanisa tonkhe tinhlangothi tekuphendvula kwetfu kwavelonkhe.

INingizimu Afrika inelirekhodi lelitiwako lekulawula timo letiphutfumako tetemphilo yesive. Sinelwati, tintfo netindlela tekusebenta kanye nemakhono. Bososayensi nebetekubhedvuka kwelubhubhane basezingeni letemhlaba.

Simise ngemumo luhlaka lwetinyatselo letiphutfumako, futsi sitawenta kutsi kube nemali yekufezekiswa kwato.

Tifaka ekhatsi kuvalwa kwetivakashi letibuya emaveni lasengotini lenkhulu; kuhlolwa lokuphococelekile, kutihlunga kulabanye noma kuvalelwa bodvuna kwebantfu baseNingizimu Afrika lababuya kulamave lawa; nekucinisa kugadza, kucilongwa nekuhlolwa eminyeleni yekungena kuleli laseNingizimu.

Kutihlunga kulabanye kwetihlalo kubaluleke kakhulu uma ngabe sifanele kutsi silawule kubhehbetseka kwale-COVID-19.

Imibutsano yebantfu labangetulu kwalaba-100 ayikavumeleki futsi nekugujwa kwemikhosi yemalanga avelonkhe kumisiwe. Kuvakashela kuto tonkhe tikhungo tekucondziswa kwesimilo (emajele) kumisiwe ntsi kute kube ngemalanga lange-30. Luhambo lwetikhulu tahulumende lungakabaluleki lwekuya kulamanye emave kwalelwe ngekwehmetsetfo futsi-ke neluhambo lwangekhatsi kuleli lakitsi alukhutsatwa.

Kutawuvalwa iminyele yekuhamba phasi lenge-35 kanye namibili yaselwandle, kanjalo netikolwa nato titawuvalwa kusukela mhla tinge-18 Indlovulenkulu kute kwendlule impelantsontfo yeLiphasika. Masinyane-nje sitawumemetela tinyatselo leti-

tawutsatfwa mayelana nemanyuvesi nemakolishi.

Liphasika likulenyanga letako, sikhatsi lesingwele kutekholo letinyenti nesikhatsi lapho kuba khona tinkonzo letikhulu nemibutsano. Imimango yetekhohlo ifanele kutsi itsatse tincumo mayelana naloko lokuvuna kahle kakhulu temphilo yemakholwa kanye nalelive lonkhe.

Kulawula tekuhlanteka kufanele kutsi kuciniswe kakhulu kuto yonkhe imikhakha.

Tonkhe takhamuti tifanele kutsi tinakekele tekuphephata tate ngekugcina timiso letifana nekugeza tandla ngensipho noma ngesibulalimagciwane sekugeza tandla kanye nekuvala imilomo netimphumulo ngethishu uma bakwehlele noma bathimula noma ngekugoba umkhono ukwehlele noma uthimulele ngekhatshi kuwo.

Njengencenye yemtamo weLitiko Letemphilo sitawuchubeka ngemkhanhaso wetfu lomkhulu wekucaphelisa mayelana nekuvikela, kwesuleleka netimphawu tekwesuleleka. Ngikhutsata bonkhe bantfu baseNingizimu Afrika kutsi batetayete tintfo letifanele tetekuvikela.

Letindlela leti tiyafanana naleto talamanye emave, futsi kubalulekile kutsi sivelele kutsi atisiso sijezi-kepha tentelwe kuphephisa sive.

Yinye yetingoti lenkhulukati ngalesikhatsi lesi kungati kanye

nelwatiso lolungasilo liciniso.

Sifanele kutsi siyekele kwandzisa tindzaba letingemanga naletingakacinisekiswa, ikakhulu etinkhundleni tetekuchumana. Loku kungachubisela ekhatsi linyeva esimeni lesesivele sisibi bese kumosha imitamoyavelonkhe.

Sifanele futsi kutsi singahambisani nekungabeketeli labo labenemibono leyehlulekile njengobe sikubonile kulamanye emave lokucondziswa kutive takulamanye emave lapho kwacala khona lokubhehbetseka kwalolubhubhane noma lenkhala lekhona kwamanje yesimo lesibi kakhulu eYurophu. Kucacile kutsi leli ligciwane lelihlasele bantfu bato tonkhe tive.

Asivelane nalabo labangenwe ngulesifo, nalabo lasebabuye ekhaya bavela emaveni lasenkingeni lenkhulu kakhulu.

Asisite labo labadzinga lusitobabo labahlaseleka kalula, esikhundleni sekubabalekela. Sitochubeka nekuwagcina emagugu ekubeketela nekuhlonipha lachaza bungitsi sibantfu.

Egameni labo bonkhe bantfu baseNingizimu Afrika ngibonga lelitimba lelilandze labantfu bakitsi bebase-Wuhan, eShayina, kanye nebaholi baseLimpopo labasita ngenchubo yekubavalela bodvuna ngenhloso yetekuvikeleka.

Lesi sikhatsi lesimatima.

Kantsi futsi sikhatsi lesibi lapho khona kubonakala emandla etfu.

Sitawutsatsa sincumo, ngekutimisela nangenhloso. Sitawusebenta sibambisene, ngoba kuphumelela kwemitamo yetfu kusemahlombe abo bonkhe bantfu baseNingizimu Afrika.

Sikhatsi se-Thuma Mina sesifikile, mhlawumbe ngendlela lesingakate sefika ngayo phambilini.

Nako lokutsi futsi kutawendlula. Sitawuncoba.

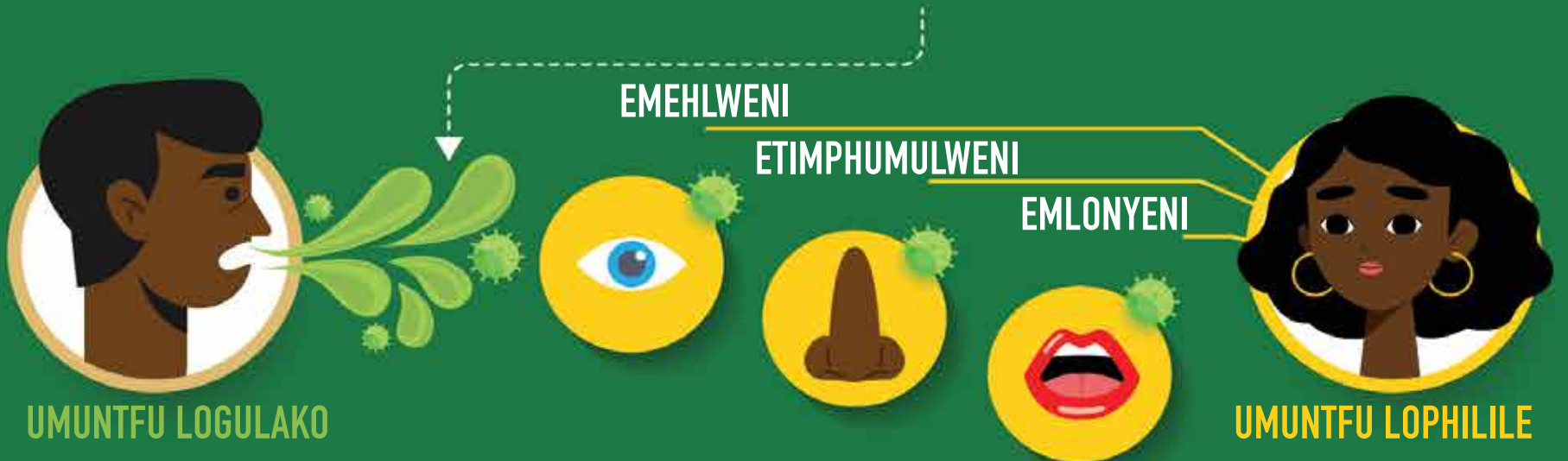
Sibantfu baseNingizimu Afrika.

YINYE KUPHELA INTFO LODZINGA KUYIVISISA
MAYELANA NEKUTSI LIGCIWANE

LE-CORONA I-CONVID-19 YANDZA KANJANI

*Emagciwane e-Corona angumndeni lomkhulu wemagciwane langabanga kugula kwetitfo temtimba letiphatselene nekuphefumula kusukela emkhuhlaneni lowetayelekile kuye kuNhlanganisela yeTimpawu teKugula Lokumatima kweTitfo teMtimba Letiphatselene neKuphefumula (i-SARS).

Leligciwane landza uma ngabe lamatfonsana angena;



Uma ngabe ubona umuntu akhwehlela/athimula/agula, ungakhetsa ku:

1. Khwesha kuye.



(Emamitha la-0,5m kuya kula-2m kutakugcina uphephile ematfonsini lamakhulu)

2. Gwema ticuku tebantfu



(Bantfu labangenwe nguleligciwane kungenteka bangakhombisi timbi, kepha babe bakhona kutselela labanye.)

Ngalesinye sikhatsi ematse emuntu logulako angangena kuletinye tintfo...



TANDLA

IMINYANGO OMAKHALEKHIKINI IMAWUSI

TINKOMISHI

EMAPENI

TIBAMBELELI
TETITEMBISI

TITJA

Futsi uma ubamba nanoma ngukuphi kwaletintfo ngengoti, bese sewubamba buso, uhlikihle emehlo noma buso balabo lobatsandzako, kungenteka kutsi nigule nonkhe.

TINDLELA LETINE TEKUCAPHELA

KWAPHAMBILINI LETIFANELE KULANDZELWA KUTE

KUGWENYWE KWESULELEKA



1

GEZA TANDLA TAKHO

Gezisa tandla takho ngensipho. Geza lingemuva letandla takho, emkhatsini wemino nangaphansi kwetingalo. Geza tandla takho ngensipho ngaso sonkhe sikhatsi ngembi kwekudla nalapho ubuya ekuhambeni kubantfu.



2

KUHLANTEKA LOKUHLE

Vala umlomo wakho ngethishu uma ukhwehlela nanoma uthimula. Gwema kutsintsa buso bakho ngaso sonkhe sikhatsi ngetandla letingcolile. Uma ngabe ufanele kutsi wente njalo, cinisekisa kutsi ugezisa tandla takho ngensipho kucala.



3

UNGABELANI NALABANYE KUDLA NETITJA

Emagciwane angendlula ngemikhwa, timfologo, tipuni nemibhobho yekunatsa. Sebentisa titja letihlobile kuphela futsi ningabelani tinatfo. Geza tandla takho njalo nje ngembi kwekutsi udle.



4

BONANA NADOKOTELA UMA NGABE AWUPHILI KAHLE

Timpawu letivamile tifaka ekhatsi kukhwehlela, timphumulo letimpompotako, ifiva nekuphefumulela etulu. Uma ngabe unanoma ngutiphi taletimpawu, tfole kwelashwa masinyane.

LUCINGO LOLUPHUTFUMAKO LWE-NICD
LOLUSEBENTA IMINI NEBUSUKU
(EMA-AWA LANGE-24) 0800 029 999

HLALA UCAPHELE NGASO SONKHE SIKHATSI FUTSI USEBENTISE TINDLELA TEKUHLANTEKA LETIKAHLE

Lesimo siyajikeleta, hlala njalo ubuka letisematseni www.health.gov.za futsi www.nicd.ac.za