

# Vuk'uzenzele

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English / Tshivenda

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**Springbok captain makes history**

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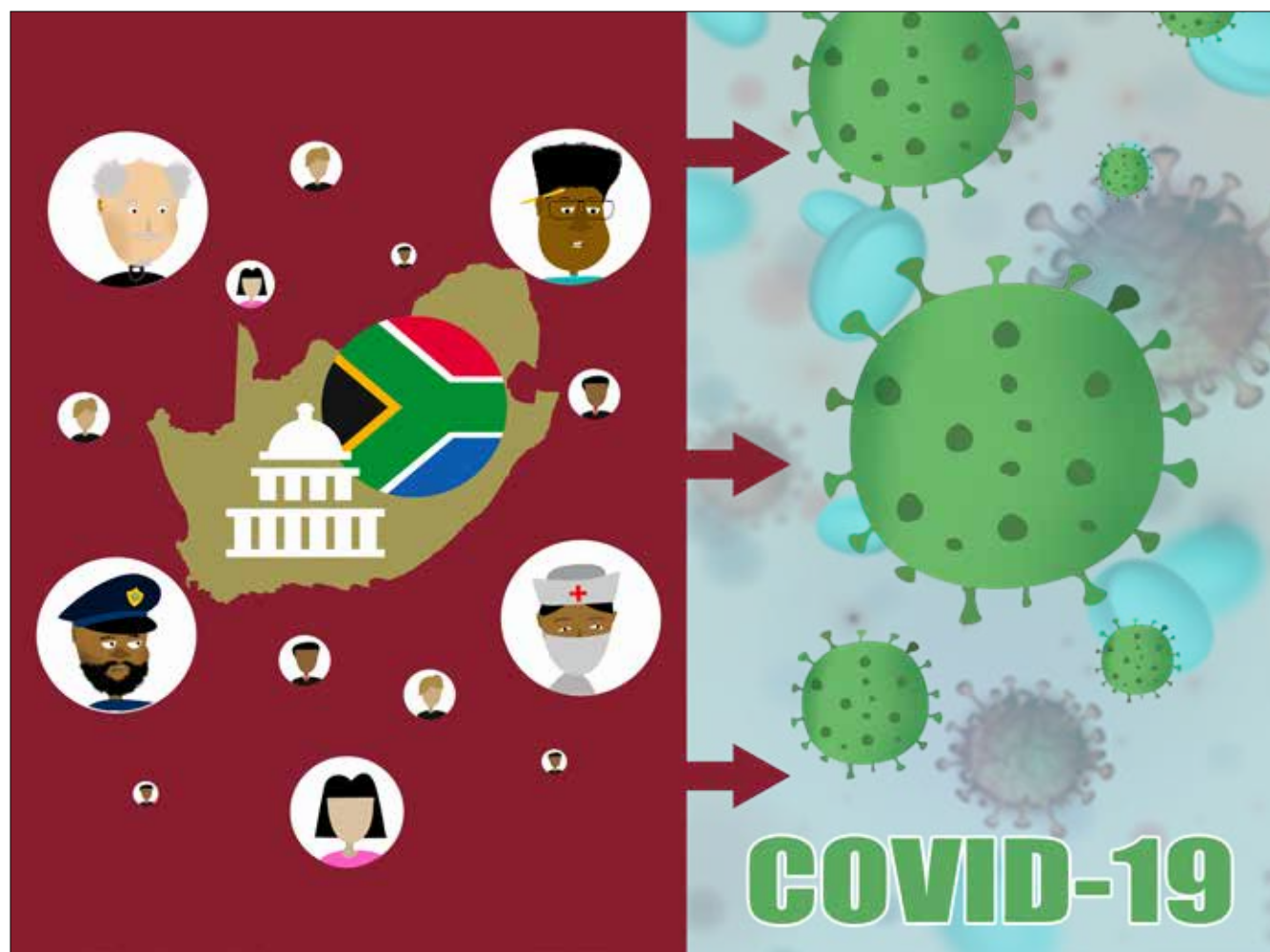


**Poultry farming: not for headless chickens**

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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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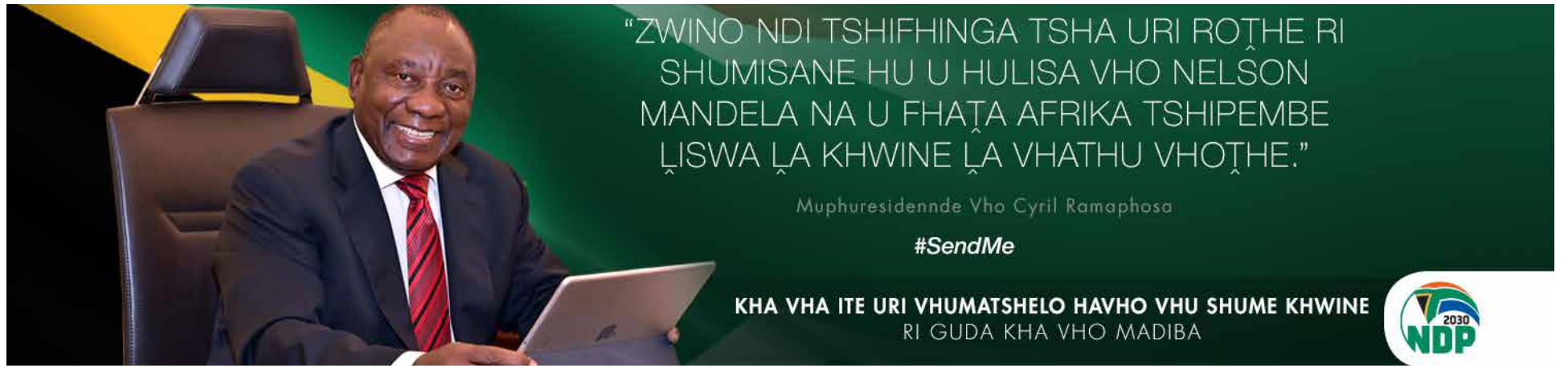
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“ZWINO NDI TSHIFHINGA TSHA URI ROṬHE RI SHUMISANE HU U HULISA VHO NELSON MANDELA NA U FHAṬA AFRIKA TSHIPEMBE LI SWA LA KHWINE LA VHATHU VHOṬHE.”

Mphuresidennde Vho Cyril Ramaphosa

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KHA VHA ITE URI VHUMATSEHO HAVHO VHU SHUME KHWINE RI GUDA KHA VHO MADIBA



# Ri rothe ri nga kona u lwa na masiandaitwa a COVID-19

Lifhasi li khou tlangana na vhuleme vhuhulu ha tshiimo tsha shishi kha mutakalo wa lushaka nga nqila ine a i athu vhonwa kha minwaha i fhiraho qana.

U phaḡalala ha tshitzhili tsha corona, tshine tshi vhangwa vhwadze ha COVID-19, ho gidima na u phaḡalala nga nqila i shavhisaho, na uri zwino tshi vho tou ambiwa sa tshiwo tsha dwadze lo phaḡalalaho lifhasini.

A tshi qivhi mikaṅo ya fhethu kana vhuṅo, tsho kavha vhaulwane na vhaṭuku, na uri tshi khou hulela kha mashango o bvelelaho na ane a khou bvelela.

Musi u tshatshuvha na u ita ndingo zwi tshi khou engedzea, tshivhalo tsha u kavhiwa tshi khou lavhelelwa u gonya Afrika Tshipembe.

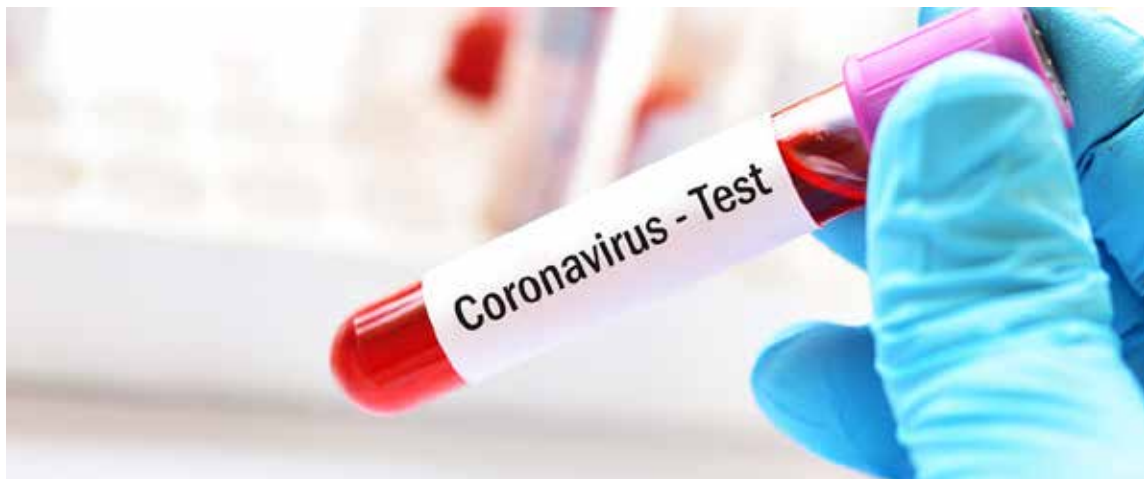
Ndi kha qe tou bva u qivhadza zwenezwino uri hetshi ndi tshiimo tsha tshiwo tsha lushaka, tshikalo tshi linganyiswaho na vhuhulu ha nyimele ya tshutshedzo kha vhatu vhashu, lushaka lwashu na ikonomi yashu.

Hezwi zwi qe ri konisa uri ri vhe na kushumele kwa ndangulo ya tshiwo kwo konanywaho na kwo tlanganelaho na u dzudzanya sisiteme dza shishi dza u fhindula nga u tshavhanya na nga vhuṅoni.

Hetshi tshitzhili tshi qe khakhisa zwiḡulwane vhuṅuma, na uri zwa ndemesa kha riṅe ndi u tsireledza mutakalo na vhuṅva ha Mafrika Tshipembe vhoṭhe.

Ri tea u dovha ra amba nga ha u wa ha ikonomi he ha vha hu songo lavhelelwa. Ri tea u lavhelela u tsela fhasi ha zwivhambadzwaseli, u tsela fhasi ha madalo a vhaendelamashango khathihi na masiandaitwa o kalulaho kha vhubvedzi, u shuma kwae ha mabindu na u sika mishumo khathihi na u i vhuṅungu.

Khabinethe i kati na u khunyeledza tshoḡea dza thusedzo i angaredzaho zwoṭhe u itela u fhungudza masiandaitwa a COVID-19 kha ikonomi



yashu. Hezwi zwi khou itwa hu na u ambedzana na mabindu, vhashumi na zwiṅwe zwiimiswa zwi kwameaho.

Ndi Vho Louis Pasteur vhe vha amba uri mashudu a wela vha mihumbulo yo qilugisela.

Afrika Tshipembe lo qilugisela, nahone lo qilugisela u bva na kale.

U bva tshe ha vhiḡwa u taha ha vhwadze lwa u tou thoma, ro shuma u dzudzanya fhethu ha u tshatshuvha na u vhekanya maga a u vhoṅa uri vhwadze vhu a langea uri vhu sa phaḡalale.

Phindulo yashu sa lushaka yo rangiwa phanḡa nga Komiti ya Minisiṭa dza Tshivhalo (IMC) yo dzulwaho phanḡa nga Minisiṭa wa Mutakalo, Vho Dokotela Zweli Mkhize.

Nqila ine IMC na zwiḡwada zwa thikhedzo vha khou fhindula ngayo kha iḡi shishi yo vha tsumbo na khwaṭhisedzo kha zwoṭhe, nga maanḡa kha u thusa u dzimela u tshuwa ha lushaka.

Ndi qe vha ndi tshi khou dzula phanḡa Khoru ya Ndaela ya Lushaka u itela u konanya masia oṭhe a vhuḡhinduli hoṭhe ha lushaka.

Afrika Tshipembe li na rekhodo yavhuḡi ya u langa zwiimo zwa shishi kha mutakalo wa tshitsavha.

Ri na nqivho, nqila na vhuṅoni. Vhorasantsi na vhaqivhi vha zwa mishonga kha u langa zwa malwadze a phaḡalalaho vha maiimo a nṅha lifhasini.

Ro dzudzanya mutevhe wa maga a shishi, na uri ri khou vhoṅa uri ndambedzo i vhe hone u itela u tikedza u thoma u shuma hao.

A katela nyiledzo dza vhaeni u bva mashangoni a re na tshutshedzo khulwanesa, ndingo dzi kombetshedzaho, u qikhetha nga iwe muṅe kana u valelwa thungo ha Mafrika Tshipembe vane vha khou bva mashangoni a nṅa u thivhela u phaḡalala ha vhwadze; khathihi na u khwaṭhisa vhuḡavhelesi, u tshatshuvha na ndingo mikaṅoni i no dzhenwa ngayo kha Riphabuliki.

U sa sokou ita miṭangano ndi zwa ndeme arali ri tshi tṅoḡa u langa u phaḡalala ha COVID-19.

Maguvhangano a vhatu vha fhira ho 100 o ileldzwa na vhuṭambo ha u pembela nga magogo kha maḡuvha a holodei a vhu tsha qe vha hone. Madalo kha senthara dzoṭhe dza vhuḡulami a kha qe vha o fhaḡewa lwa maḡuvha a 30 u tou bva zwino. U endela mashangoḡavha zwi sa tou kombetshedza nga vhaofisiri vhoṭhe vha muvhuṅo ho ileldzwa na uri u enda ha fhano hayani hu sa tou kombetshedza a hu tṅuṅwedzwi.

Mikaṅo ya 35 ya shangoni na mivhili ya lwanzheni i qe valwa, na zwikolo u bva nga la 18 la tshafamuhwe u swika mafhelo a vheḡe ya Paseka. Hu si kale ri qe qivhadza maga o dzhiwaho malugana na dziyunivesithi na magudedzi.

Nwedzi u qaho ndi Paseka, tshifhinga tshikhethwa tsha lutendo lwa

vhanzhi na uri ndi tshifhinga tshine mishumo minzhi na maguvhangano zwa qe farwa. Tshitsavha tsha vha lutendo vha tea u dzhia tsho kha heḡi fhungo vho dzhielesa nṅha madzangalelo a mutakalo wa vhaereki vhavho na shango loṭhe nga vhuṅphara.

Ndaulo ya ndondolamutakalo i tea u engedzedzwa kha sekhihara dzoṭhe.

Mudzulapo muṅwe na muṅwe u tea u dzhia vhuḡifhinduleli ha tsireledzo yawe nga u dzhiela nṅha maga a tsireledzo angaho u dzulela u tamba zwangḡa nga tshisibe kana u zwi moṅa nga sanithaiza khathihi na u vala ningo na mulomo nga thishu kana u thivha nga tshangḡa musu vha tshi hoṭola kana u atsamula.

Sa tshipiḡa tsha ndingedzo ya lushaka, Muhasho wa Mutakalo u qe bvela phanḡa na fulu nga vhuḡulu liṅe la khou qe ya phanḡa u ita tsivhudzo nga ha thivhelo, u phaḡaladza na tsumbadwadze dza u kavhiwa. Ndi tṅuṅwedza Mafrika Tshipembe vhoṭhe uri vha qivhe nga ha zwithivheli zwo teaho.

Haya maga a fana na ayo a maṅwe mashango, na uri ndi zwa ndeme zwa uri roṭhe ri pfesese uri a si a u ri vhaisa, fhedzi ndi fhungo la tsireledzo ya tshitsavha.

Tshinwe tshine tsha vha khombo khulwanesa tshifhinga hetshi ndi u dzhiela fhasi fhungo heḡi na u sa vha na mafhungo o fhelelaho.

Ri tea u litsha u sokou tshimbidza

mafhungo a si one nahone a songo khwaṭhisedzwaho, nga maanḡa kha nyanḡadzamafhungo dza zwitshavha. Hezwi zwi nga kuṭedza liṅuḡi la u sinyuwa liṅe lushaka lwo no vha khaḡo khathihi na u tshinyadza ndingedzo dza lushaka.

Na uri riṅe ri songo qidzhenisa kha maitele a u sa konḡelelana hune ra vha na kuvhonele ku sa fani sa zwine ra khou zwi vhoṅa kha maṅwe mashango he u taha ha uvhu vhwadze ho thoma hone kana hune zwazwino ha vho tou vha luḡholelani lwa hone ngei Yuropa. Hetshi tshi tou vha tshitzhili tshine tshi kavha vhatu vha tshaka dzoṭhe.

Kha ri vhe na pfeḡlovhuṅungu kha avho vho kavhiwaho, na kha avho vho vhuḡyaho u bva mashangoni a re na tshutshedzo khulwanesa.

Kha ri thuse avho vane vha khou tṅoḡa thuso na vhashayatsireledzo, madzuloni a u vha valela nṅa. Ri qe dzula ri tshi khou fulufhedzea kha zwa ndeme zwa u konḡelelana na tshompho ine ya amba uri ri vhoṅnyi sa vhatu.

Ndo imela vhatu vha Afrika Tshipembe, ndi livhuwa tshigwada tshe tsha vhuisa vhaṅwe nga riṅe u bva ngei Wuhan, China, khathihi na vhuṅangaphanḡa na vhatu vha Limpopo vane vha khou thusa nga fhethu ha u valela vhatu u thivhela u phaḡalala ha vhwadze.

Ndi zwifhinga zwi konḡaho.

Honeha, ndi kha zwifhinga zwi lemelaḡo hune nungo dzashu dza dzumbululea.

Ri qe dzhia tsho nga u tshavhanya, ri na ndivho na u qeimisela. Ri qe shuma sa nanda, sa izwi u bvelela ha ndingedzo dzashu ho qisendeka kha nyito dza Muafrika Tshipembe muṅwe na muṅwe.

Tshifhinga tsha Thuma Mina tshi kha riṅe, huṅwe tshavha na u fhira mathomoni.

Hezwi na zwone zwi qe fhira.

Ri qe kunda.

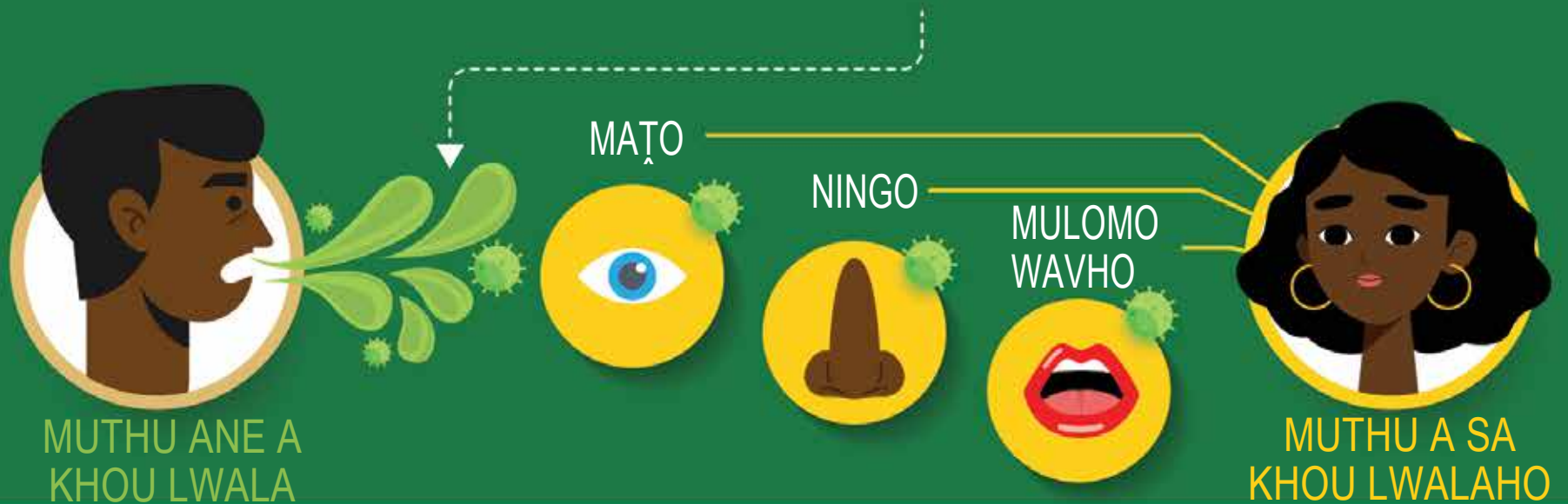
Ri Mafrika Tshipembe.

HU NA TSHITHU TSHITHIHI TSHINE VHA TEA U TSHI  
PFESESA NGA HA URI TSHITZHILI TSHA

# CORONA COVID-19 TSHI PHADALALA HANI

\*Zwizhili zwa Corona ndi muṭa muhulu wa zwizhili zwine zwa nga vhanga malwadze a mufemo u bva kha mukhushwane u ya kha Singiromu dza malwadze a Mufemo a Khombo a Vhulayaho (SARS)

Tshizhili tshi phadalala musi marotha a tshi rothela kha;



Arali vha vhona muthu ane a tou hoṭola/atsamula/ u lwala zwi tshi tou vhone, vha nga nanga:

1. U ṭutshela kule nae.



(0,5m u ya kha 2m zwi ḡo ita uri vha tsireledzee kha marotha mahulwane)

2. Kha vha ṭutshela u vha fhethu hune ha vha na vhathu vhanzhi



(Vhathu vho kavhiwaho vha nga kha ḡi sa vha na tsumbadwadze, fhedzi vha a kona u fhirisela.)

Tshinwe tshifhinga mare a muthu ane a khou lwala a nga ḡi sokou wela kha zwinwe zwithu...



ZWANDA

MAVOTHI

DZIDIVAISI

MAUSU

DZIKHAPHU

DZIPENI

TSIMBI DZA U  
FARELELA

ZWA U LA  
NGAZWO

Na uri arali vha nga kwama tshinwe tsha izwi zwithu nga phoswo, vha dovha vha ḡifara khofheni, vha swoṭa maṭo avho kana khofheni ha ane vha mu funa, vha nga kha ḡi lwala vhoṭhe.

MAGATSIRELEDZO ANE VHA NGA A  
TEVHELA U ITELA U

# THIVHELA U KAVHIWA



1

## KHA VHA TAMBE ZWANDA ZWAVHO

Kha vha tambe zwanda zwavho nga vhurwane. Kha vha tambe zwanda zwavho nga nna, phara dza minwe na ngomu kha nala. Kha vha tambe zwanda zwavho nga tshisibe tshifhinga tshothe vha sa athu la na nga murahu ha musu vha tshi bva vathuni.



2

## VHUDELE KWAE HA MUTHU ENE MUNA

Kha vha thivhe mulomo nga thishu musu vha tshi hotola kana vha tshi atsamula. Vha litshe u difara tshifhatuwo tshavho nga zwanda zwa mashika misi yothe. Arali vha tshi tea u tshi fara, kha vha vhe na vhuanzi ha uri vho thoma nga u tamba zwanda zwavho nga tshisibe nga vhurwane.



3

## VHA SONGO LA ZWILWA NA MUNWE KANA U SHUMISELANA ZWA U LA NGAZWO

Bakithera dzi nga kha di pfukiselwa nga kha phanga, forogo, dzilebula na zwiitiroo. Kha vha shumise fhedzi zwa u la ngazwo zwo kunaho na uri vha songo nwisana zwinwiwa. Kha vha tambe zwanda zwavho misi yothe vha sa athu la.



4

## KHA VHA VHONE DOKOTELA ARAI VHA SA DIPFI ZWAVHUDI

Tsumbadwadze dzo dowealeho dzi katela u hotola, lumiladi lwa ningo, mutetemelo na u fhelelwa nga muya. Arali vha tshi khou tshenzhema dzihwe dza idzi tsumbadwadze, kha vha wane thogomelo ya dzilafho nga u tavhanya.

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VHA NICD IRI DZA 24 NDI 0800 029 999

KHA VHA DZULE VHO FHAUWA NA U DIDOWEDZA MAITELE A NDONDOLAMUVHILI

Tshiimo tshi khou hulela nga zwiuku, kha vha dzulele u sedza maswamaswa kha [www.health.gov.za](http://www.health.gov.za) na [www.nicd.ac.za](http://www.nicd.ac.za)