

# Vuk'uzenzele

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English / isiXhosa

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**Springbok captain makes history**

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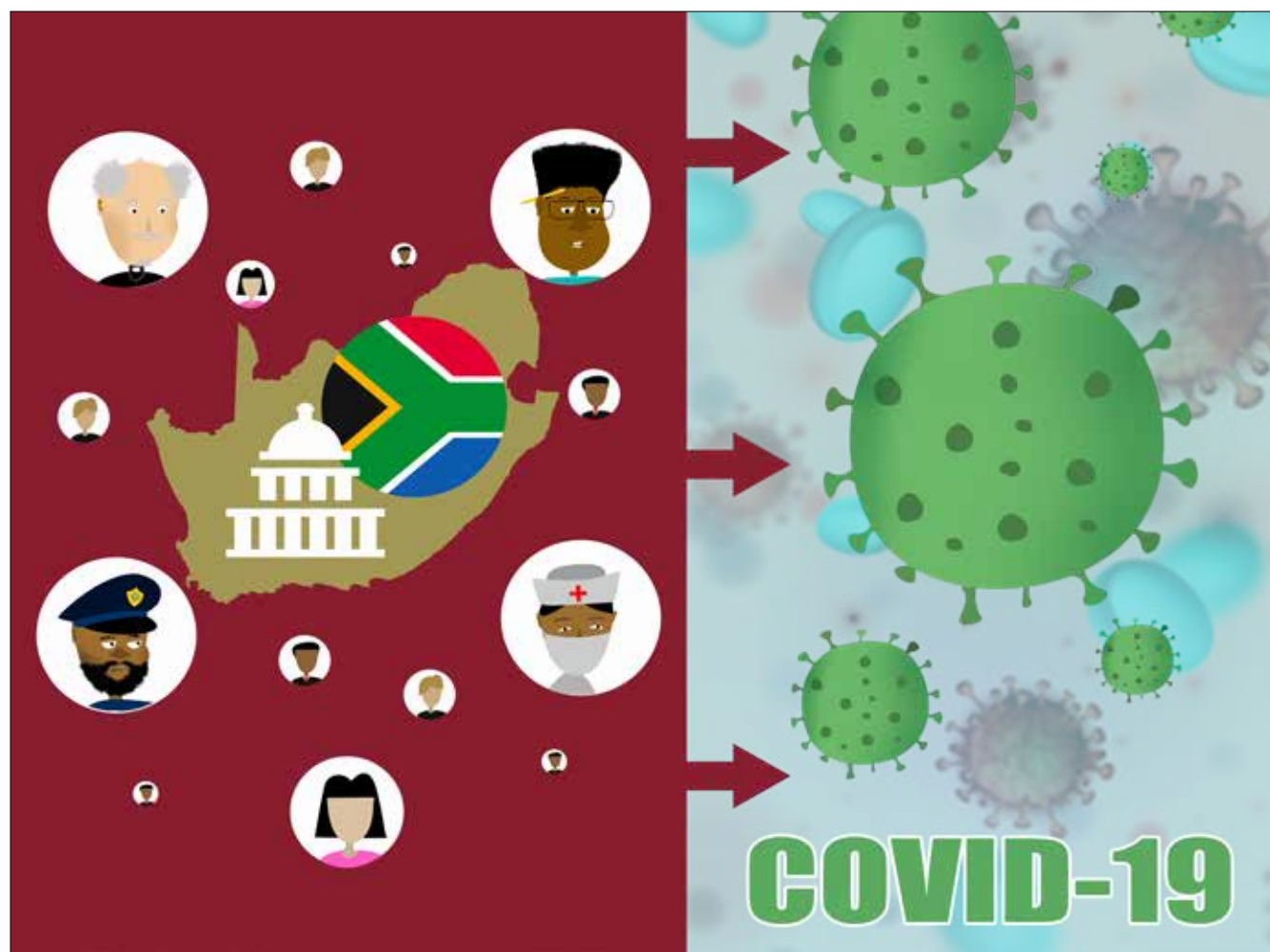


**Poultry farming: not for headless chickens**

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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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### CONTACT US

Vuk'uzenzele @VukuzenzeleNews

Website: [www.gcis.gov.za](http://www.gcis.gov.za)  
[www.vukuzenzele.gov.za](http://www.vukuzenzele.gov.za)

Email: [vukuzenzele@gcis.gov.za](mailto: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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# Ngobambiswano singalwa nefuthe le-COVID-19



Ihlabathi likwiimbuleleko zoxunguphalo lwempilo yoluntu kangangobubanzi obungazange babonwa kwithuba lenkulungwane.

Ukusasazeka kwentsholongwane ye-corona, ebangela isifo esaziwa ngokuthi yi-COVID-19, kukhawuleza kwaye kwanda ngendlela exhlabisa, kwaye ngoku kuchazwa njengokugula okugubungele ihlabathi jikelele.

Ayithintelwa yimida ephakathi kwamazwe nephakathi kwemimandla, isulela abancinane nabadala, futhi yanda emazweni aphuhlileyo naphuhlayo ngokufanayo.

Njengoko ukuhluzane mvavanyo kusandiswa, inani labantu abasulelekileyo eMzantsi Afrika kulindeleke ukuba lande.

Kutshanje ndibhengeze isimo sesizwe sentlekele, inyathelo elihambelana nobuzaza besothuso phakathi kwabantu bethu, kuluntu lwethu nakuqoqosho lwethu.

Oku kuya kwenza ukuba sikwazi ukuba nentsebenzo-cebo yolawulo lwentlekele emanyanisiweyo nenxulunyaniswayo nokuseka iinkqubo zokusabela kwimo yoxunguphalo, ezingxamisekileyo nezisebenzayo.

Le ntsholongwane iza kuphazamisa ngokugqithisileyo, kanti okuphambili kuthi kukhusela impilo nokuphila

jikelele kwabo bonke abantu baseMzantsi Afrika.

Kwakhona sifanele ukhlangabeza intsilelo engenakuthinteleka kuqoqosho. Kufuneka silindele ukwehla kwiimveliso ezithengiswa ngaphandle, ukwehla kwamanani abakhenkethi abafika kweli kunye nefuthe elixhalabisayo kwimisebenzi yokwenza iimveliso, uzinzo loshishino kunye nokudalwa kwemisebenzi kananjalo nokugcineka kwayo.

IKhabhinethi iphezu kokuqoshelisa umqulu oqukanyiselweyo wamalange ongenelelo ukuze kuncitshiswe ifuthe elilindelekileyo le-COVID-19 kuqoqosho lwethu. Oku kwenziwa ngokubonisana naboshishino, abasebenzi kunye namanye amaziko anonxulumano.

Ngu-Louis Pasteur owathi ithamsanqa lithanda ingqondo ezilungiseleleyo.

UMzantsi Afrika uzilungiselele, kwaye sekulithuba kunjalo.

Ukususela mhla kwaxelwa le ntlekele okokuqala senze amanyathelo okumisela imigaqo yokuhluzane nokuthintela ukwanda kwentsholongwane ye-corona.

Ukusabela kwethu njengesizwe bekuqhutywa yiKomiti yabaPhathiswa bamaSebe ahlukahlukileyo (i-IMC) echotshelwa nguMphathiswa wezeMpilo, uGq Zweli Mkhize.

Indlela i-IMC namaqela anika inkxaso asabele ngayo kolu

nxunguphalo ingumzekelo omhle kwaye iqinisekisa, ngakumbi ngokuncedisa ekugxotheni uloyiko loluntu.

Ndiza kuchophela iBhunga leSizwe loYalelo malunga nonxulumano lwayo yonke imiba yokusabela kwethu kwesizwe.

UMzantsi Afrika unerekhodi yomkhondo onika ithemba kulawulo lweemeko zonxunguphalo malunga nempilo yoluntu.

Sinalo ulwazi, sixhobile kananjalo sinobuchule. Iingcali zethu zenzulwazi kunye nezeendyikitya zezifo zezodidi lwehlabathi.

Simisele isiseko samanyathelo emo yoxunguphalo, kwaye siza kubonelela ngenkxaso-mali yokuxhasa impumezo yawo.

Aquka ukuvalwa khambo lweendwendwe ezivela emazweni angumngcipheko ophezulu; iimvavanyo ezigunyazisiweyo, ukuzikhwebula kwabanye okanye ukuvalelwa okwenzelwa abemi baseMzantsi Afrika xa bebuya kula mazwe; ngokunjalo nokomelezwa kobucuphi, ukuhluzane neemvavanyo kumazibuko ekungenwa ngawo kwiRiphabliki.

Ukuqelelana ngokwentlalo kubalulekile ukuze siqande ukusasazeka kwe-COVID-19.

Zithintelekele iindibano zabantu abangaphezu kwe-100 kananjalo irhoxisiwe nemibhiyozo yezihlwele zabantu ngeentsuku zesizwe. Lonke utyelelo kuwo onke amaziko oluleko lumiswe kwiintsuku ezingama-30 ukususela ngoku. Naluphi uhambo olungekho phambili lwasehlabathini lwamagosa karhulumente aluvumelekanga kanti nohambo olungekho phambili phakathi kweli lizwe alukhuthazwa.

Kuza kuvalwa amazibuko

asemhlabeni angama-35 epelele kunye namazibuko ase-lwandle amabini, ngokunjalo nezikolo ukususela ngomhla we-18 kweyoKwindla kude kube semva kwempelaveki yePasika. Siza kukhawuleza sivakalise amanyathelo malunga neeyunivesithi kunye neekholeji.

Siya kwiPasika kwinyanga ezayo, ithuba elingcwalisiweyo malunga neemvaba zenkolo eziliqela elikwalixesha lobukho beenkonzo zezihlwele zabantu kunye neendibano. Uluntu lweenkolo malwenze izigqibo malunga nalo mba ngengqalelo eyiyona ibonisa umdla kwimpilo yamabandla alo nakwilizwe liphelele.

Ulawulo lococeko lufanele ukugxininiswa kuwo onke amacandelo.

Ummi ngamnye ufanele ukulawula ukhuseleko lwa-khe ngokuthobela amanyathelo afana nokuhlamba izandla rhoqo ngesepha okanye ngezicoci zezandla nokugquma impumlo nomlomo wabo ngephepha lokusula impumlo okanye ngengqiniba egotyweyo xa umntu ekhohlela okanye ethimla.

Njengenxenye yelinge lesizwe iSebe leMpilo liza kuqhuba ngephulo eligxininisa nelisoloko liqhuba lokwazisa abantu ngothintelo lweempawu, ukudluliselwa kwazo kwabanye nezokusuleleka. Ndikhuthaza bonke abemi baseMzantsi Afrika ukuba baziqhelanise nempahla efanekileyo yothintelo.

La manyathelo afana nalawo amanye amazwe, futhi kubalulekile ukuba sonke siqonde ukuba awasiso isohlwayo kodwa alilinge lokhuseleko loluntu.

Enye yeengozi ezizezona zinkulu kweli xesha kukuswela ulwazi nokufumana iinkcuka-

cha ezingachanekanga.

Makhe siyeke ukusasaza iindaba ezingeyonyaniso nezingaqinisekiswa, ngakumbi kumajelo osasazo lwasentlalweni. Oku kungawenza mandundu umoya wenkxalabo wesizwe osowukhona konakalise nomzamo wesizwe.

Kwakhona masingazibandakanyi neentetho ezichasene nokulunga esizibone kwamanye amazwe ezingqaliswe kwizizwe zamazwe apho indyikitya yesifo iqale khona okanye ezisesizikithini sayo ngoku eYurophu. Ngokucacileyo le ntsholongwane ye-corona ichaphazela abantu bazo zonke izizwe.

Masibonakalise isisa kwabo basulelekileyo, kananjalo nakwabo babuyele ekhaya bevela emazweni angumngcipheko ophezulu.

Masibancedise abaswelelo nabo banobuntununtunu obuthe chatha, endaweni yokubaphepha. Ngolo hlobo siya kuhlala sithembekile kwiintsulungeko zokunyamezelana nezentsholongwane ezisichaza njengabantu abanye.

Egameni labo bonke abantu baseMzantsi Afrika ndibulela iqela elilande abantu bethu e-Wuhan, e-China, ngokunjalo neenkokeli kunye nabantu baseLimpopo abasancedisa kwinkqubo yokuvalelwa kwabachaphazelekayo.

Lixesha lobunzima eli.


Kanti kukumaxesha embandezelo apho amandla ethu abonakala khona.

Siza kwenza izigqibo ngaphandle kokuthandabuza, ngokuzimisela nangogqaliselelo. Siza kusebenza njenge-mbumba, kuba impumelelo yemizamo yethu ixhomekeke kwizenzo zommi ngamnye waseMzantsi Afrika.

Iithuba likaThuma Mina liphezu kwethu, mhlawumbi ngendlela engazange yaba khona ngaphambili.

Nako oku kuza kudlula.

Siza kweyisa.

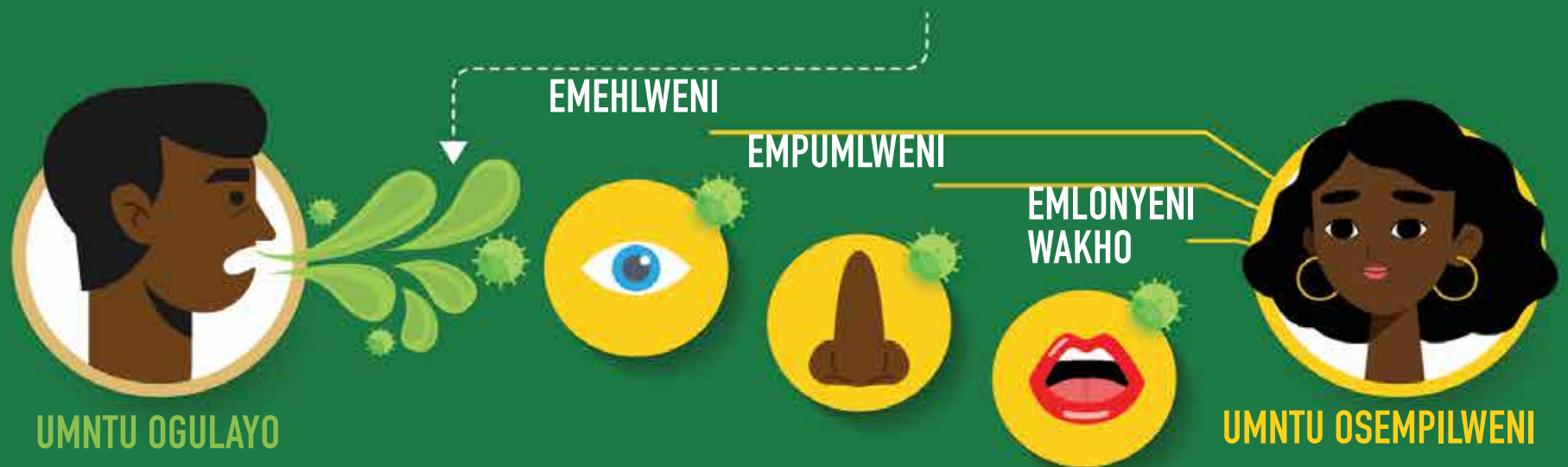
Singabemi baseMzantsi Afrika. 

INYE KUPHELA INTO OFANELE UKUYIQONDA  
NGENDLELA ESASAZEKA NGAYO INTSHOLONGWANA

# YE-CORONA I-COVID-19

\*Iintsholongwana ze-corona ubukhulu becala zilusapho olubanzi lweentsholongwana ezinokubangela iintlobo zosulelo kumjelo wokuphefumla ukususela kwifiva eqhelekileyo ukuya kwiNgqokelela yeeMpawu zoMjelo wokuPhefumla eziBukhali (Severe Acute Respiratory Syndrome - SARS).

Le ntsholongwane ye-corona isasazeka xa amathontsana ayo engena;



Ukuba ubona umntu obonakala ekhohlela / ethimla / egula, usenokukhetha:

1. Ukuthi qelele kuye.

2. Kuthintele ukuba phakathi kwezihlwele zabantu



(umgama oyi-0,5m ukuya kwi-2m uya kukukhusela kumatshontsana amaninzi)



(Abantu abasulelekileyo basenokungabonisi zimpawu, kodwa babe besulela abanye.)

Maxa wambi amathe omntu ogulayo anokufikelela kwezinye izinto...



IZANDLA



IINGCANGO



IZIXHOBO  
ZONXIBELELWANO



IMAWUSI



IIKOMITYI



IIPENI



IZIXHASI  
ZOKUBAMBELELA



IZIXHOBO

Kananjalo xa uchukumise ngempazamo nayiphi na into kwezi, uze ubambe ubuso bakho, unyikinye amehlo akho okanye ubambe ubuso besithandwa sakho, ningagula nonke.

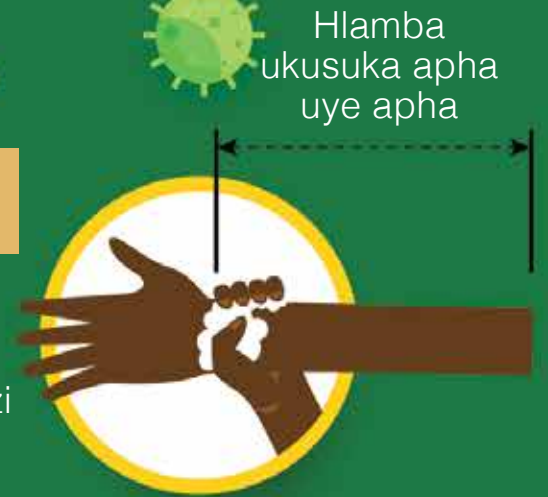
# IMIQATHANGO EMINE ELANDELWAYO EKUTHINTELENI UKUSULELEKA



# 1

## HLAMBA IZANDLA ZAKHO

Hlamba izandla zakho ngesepa ngocoselelo. Hlamba umva wezandla zakho, phakathi kweminwe naphantsi kweenzipho. Zihlambe ngesepa namanzi izandla zakho qho phambi kokuba utye nasemva kokuba ubuphumile uphakathi koluntu.



# 2

## UCOCEKO OLULUNGILEYO LOBUQU BOMNTU

Gquma umlomo wakho ngephetshana lokusula impumlo xa ukhohlela okanye uthimla. Kuthintele ukubamba ubuso bakho ngezandla ezimdaka ngawo onke amaxesha. Ukuba kufanelekile kuwe, qiniseka ukuba izandla zakho uqala uzihlambe ngesepa namanzi ngocoselelo.



# 3

## MUSA UKWABELANA NOMNTU NGOKUTYA NANGEZIXHOBO

Iintsholongwane zinakho ukugqithiselwa phambili ngeemela, ngeefolokhwe, ngamacephe nangezixhobo zokufunxa iziselo. Sebenzisa izixhobo ezicocekileyo kuphela kwaye ungarhabulisani namntu ngento eniyiselayo. Zicoce qho izandla zakho phambi kokutya.



# 4

## BONANA NOGQIRHA XA UNGAPHILANGA

Iimpawu zesiqhelo ziquka ukukhohlela, impumlo evuzayo, ifiva nephika. Ukuba unazo naziphi na kwezi mpawu, funa uncedo lonyango msinyane.

# UMNXEBA OVULWE KWIIYURE EZINGAMA- 24 ZOSUKU WE-NICD UTHI 0800 029 999

HLALA UPHAPHILE FUTHI USEBENZISE IMIGAQO YOCOCEKO EFANELEKILEYO YOBUQU BAKHO

Le meko iyakhula, jonga iinkcukacha ezintsha apha [www.health.gov.za](http://www.health.gov.za) nalapha [www.nicd.ac.za](http://www.nicd.ac.za)