

# Vuk'uzenzele

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English / isiZulu

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**Springbok captain makes history**

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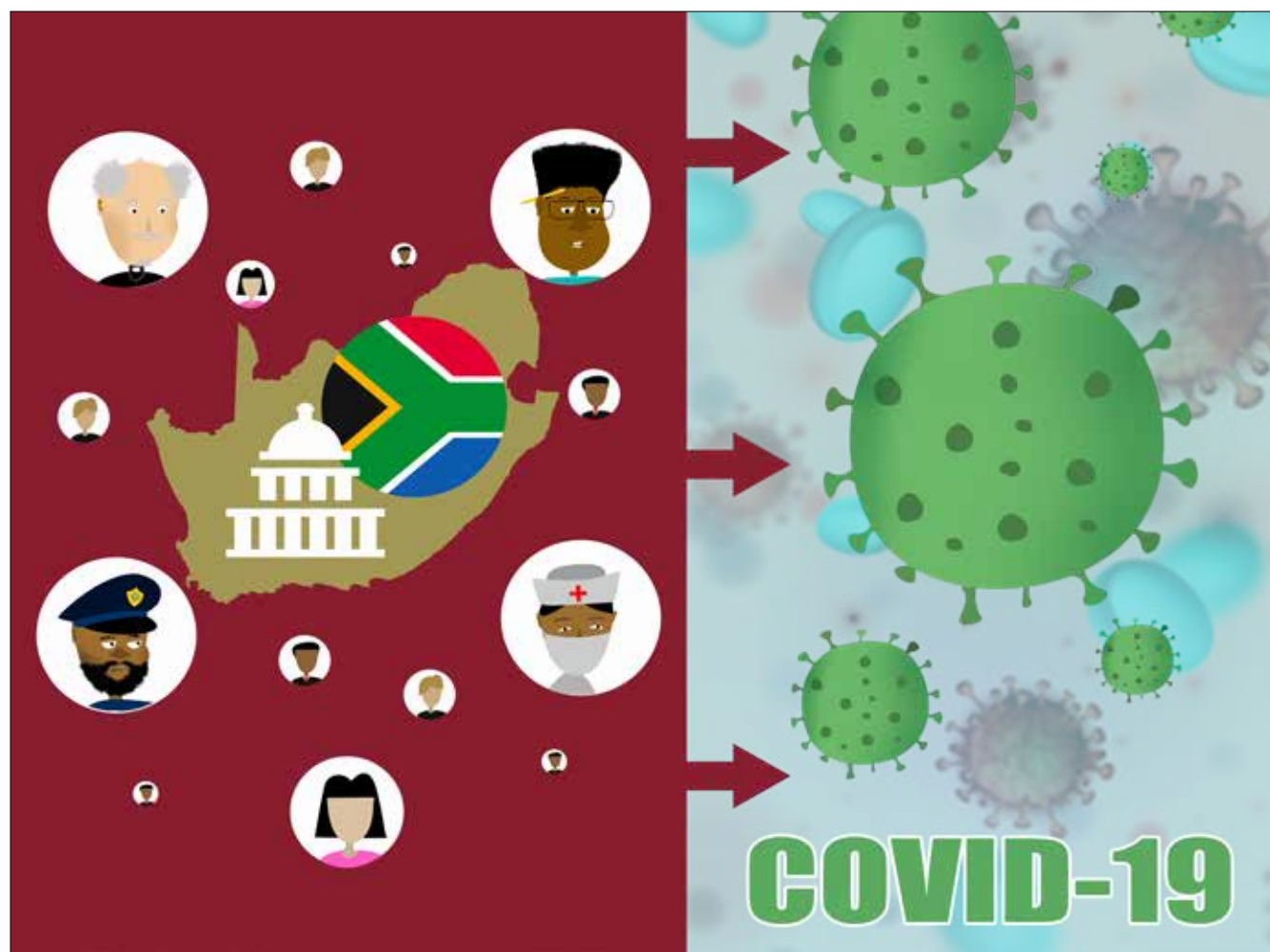


**Poultry farming: not for headless chickens**

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**JOBS INSIDE:**

## Protecting SA together



**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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# Ngokubambisana singalwisana ne-COVID-19

**U**mhlaba ubhekene nomunyu wesimo esiphuthumayo sempilo yomphakathi esingakaze silinganiswe eminyakeni elikhulu.

Ukusabalala kwegciwane le-corona, okubangela isifo esaziwa nge-COVID-19, sekudlondlobale ngokushesha okuyisimanga, njengamanje selithathwa njengobhubhane emhlabeni-jikelele.

Lolu bhubhane alukhethe ndawo namngcele, seluhlasele abancane nabadala, lukhuphuka ngamandla emazweni athuthukile nasathuthuka.

Njengoba sekukhuphuke izinga lokuhlolwa kwaleli gciwane, inani labathelekile eNingizimu Afrika kulindeleke ukuthi likhule.

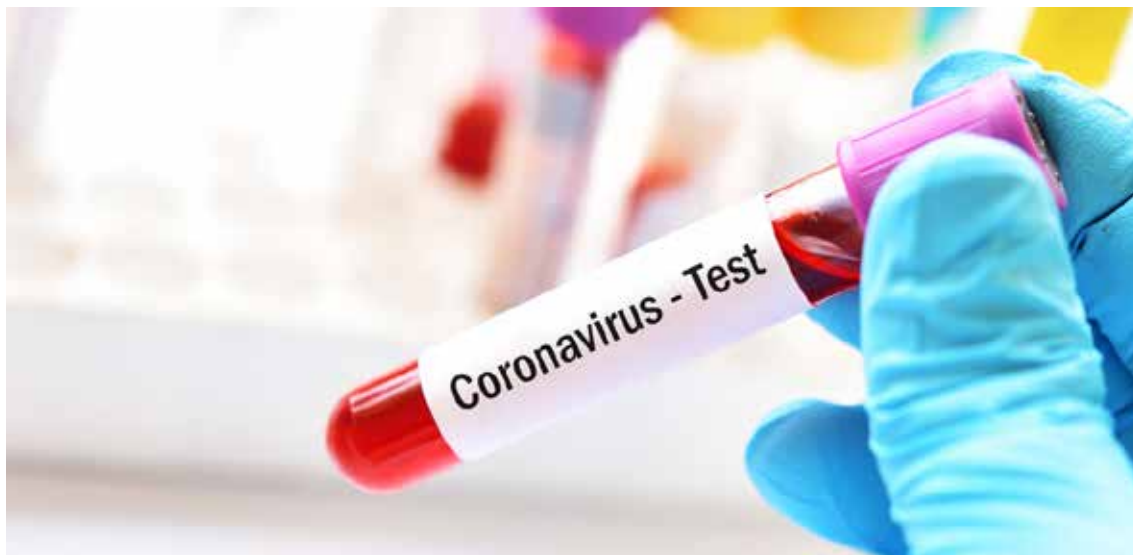
Ngisanda kumemezela isimo senhlekelele sikazwelonke, okunguhlelo lokubhekana nenhlekelele oluhambisana nobukhulu betwetwe kubantu bakithi, umphakathi wakithi kanye nasemnothweni wethu.

Lokhu kuzokwenza ukuba sibe nendlela ehlanganisiwe yokulawula inhlekelele nokubeka endaweni izinhlelo eziphuthumayo, ezisheshayo nezisebenzayo zokubhekana nesimo.

Leli gciwane lizophazamisa kakhulu, okuseqhwilwini kuthina ukuvikela impilo nenhlalakahle yabo bonke abantu baseNingizimu Afrika.

Kumele futhi sibhekane nokuwa komnotho esingekke sakubalekela. Kumele silindele ukwehla eziphuthumayo ezithunyelwa kwamanye amazwe, ukwehla kwenani lezizakashi kanye nomthelela omkhulu ekukhiqizeni, ekusebenzeni kwamabhizinisi kanye nokusungulwa nokugcinwa kwemisebenzi.

IKhabhinethi isizophothula izindlela eziphelele zokungenelela ukwehlisa umthelela olindelekile we-COVID-19 emnothweni wethu.



Lokhu kwenziwa ngokubonisana namabhizinisi, abasebenzi kanye nezinye izikhungo ezifanele.

Kwakungu-Louis Pasteur owathi umnotho uhambelana nengqondo elungiselelwe.

INingizimu Afrika isizilungiselele, futhi kudala yazilungiselele.

Kusuka kwabikwa okokuqala ngokuqubuka kwalolu bhubhane sesisukumile ukubeka ngomumo izinhlelo zokuhlola kanye nokugcina labo asebethelilekile.

Ukusukuma kwethu njengezwe kuqhutshwa iKomidi Elakhiwe Ngongqongqoshe (i-IMC) eliholwa ngusihlalo walo uNgongqoshe Wezempilo, uDkt Zweli Mkhize.

Indlela i-IMC kanye namaqembu asekeyo asisukumele ngaso lesi simo senhlekelele kube yisibonelo nokuqinisekisa, ikakhulukazi ekusizeni ukuqeda ukwenyuka kwamaphaphu komphakathi.

Ngizobe ngingusihlalo Womkhandlu Wokuyala Kazwelonke ukuxhumanisa zonke izingxenye zikazwelonke zokubhekana nale nhlekelele.

INingizimu Afrika inomlando omuhle ekulawuleni izimo eziphuthumayo zempilo yomphakathi. Sinolwazi, indlela kanye nobungcweti. Ososayensi bethu kanye nodokotela bezifo basezingeni lomhlaba.

Sibeke ngomumo izinhlelo eziningi zokubhekana nalezi simo esiphuthumayo, futhi sizohlinzeka ngosizomali ukweseka ukuqaliswa kwazo.

Zibandakanya ukumiswa kokuvakasha kwezivakashi eziqhamuka emazweni esiwathatha njengayingozi kakhulu; ukuhlolwa okuyimpoqo; ukuzihlukanisa noma ukuhlaliswa bodwana kwabantu baseNingizimu Afrika ababuya kula mazwe; nokuqinisa ukugada, nokuhlola emachwebeni angenela kuleli zwe.

Ukuziqhelelanisa kubantu emphakathini kubalulekile uma sifuna ukunqanda ukusabalala kwe-COVID-19.

Imibuthano yabantu abangaphezu kwe-100 ayivumelekile kanye nemigubho yezinkumbi zabantu yezinsuku zikazwelonke isimisiwe. Ukuvakasha kuwo wonke amajele kumisiwe izinsuku ezingama-30 kusuka manje. Uhambo lwaphesheya kwezilwandle olungabalulekile lwezikhulu zikahulumeni selumisiwe futhi nohambo lwalapha ekhaya nalo alugquqzelwa.

Inani lezintuba ezingama-35 namachweba amabili azovalwa, kanjalo nezikole kusuka mhla ziyi-18 kuNdasa kuze kube ngemva kwe mpelasonto yePhasika. Maduze nje sizomemezela ngezinhlelo mayela-

na namakolishi namanyuvesi.

Ngenyanga ezayo kuzoba kuyiPhasika, isikhathi esingcwele sezinkolo eziningi kanye nesikhathi lapho kuba nezinkonzo zezinkumbi nemibuthano. Izinkolo zomphakathi kumele zithathe izinqumo ngalokhu ngokubhekela impilo yamalungu amabandla abo kanye nezwe lilonke.

Inhlanzeko kumele iqinisekise kuyo yonke imikhakha.

Zonke izakhamuzi kumele zibeke ukuphepha kwazo ezandleni zazo ngokulandela izindlela ezifana nokuhlale uhlanza izandla ngamanzi nensipho noma ngesibulali-magciwane sezandla kanye nokulawula amakhala nomlomo ngethishu noma ngokugobisa indololwane uma ukwehlela noma uthimula.

Njengengxenye yemizamo kazwelonke UMnyango Wezempilo uzoqhubeka nomkhankaso omkhulu oqhubekayo wokuqwasisha ngokuvikela, ukusatshalaliswa kanye nezimpawu zokuthelileka. Ngigququzela bonke abantu baseNingizimu Afrika ukuzihlomulisa bona ngolwazi olufanele lokuzivikela.

Lezi zinhlelo ziyafana nalezo zakwamanye amazwe, futhi kubalulekile ukuthi sonke siqonde ukuthi azisiso isijeziso kodwa zibhekele ukuphepha komphakathi.

Enye yezingosi ezinkulu kulesi

sikhathi ukungazi nokuba nolwazi olungelona iqiniso.

Kumele sipheze ukusabalalisa izindaba ezingelona iqiniso nezinqaninisekisiwe, ikakhulukazi ezinkundleni zokuxhumana. Lokhu kwandisa umuzwa wokuthuka osuvele ukhona ezweni futhi kucekela phansi imizamo yezwe.

Akumele futhi sivumele izenzo zokucwasa esizibone zenzeka kwamanye amazwe ebezibhekiswe kubantu bamazwe lapho ukuqubuka kuqale khona noma endaweni emaphakathi e-Europe. Kuyacaca ukuthi leli igciwane elihlasela abantu balolonke uhlanga.

Ake sehlise uzwelo kulabo abathelekile, nalabo abasanda kubuya ekhaya bebuya emazweni esiwathatha njengayingozi kakhulu.

Asisize labo abadinga usizo nalabo ababuthaka, kunokuthi sibaxwaye. Sizozhubeka sithembeke ezimfundisweni zokubekizelelana nokuhlolonipha ezichaza thina njengabantu.

Egameni labo bonke abantu baseNingizimu Afrika ngibonga iqembu ebelilande abantu bakithi e-Wuhan, e-China, kanjalo nobuholi kanye nabantu baseLimpopo abasiza ngohlelo lendawo yokuhlalisa ngabodwana labo abathelekile.

Lesi isikhathi esinzima.

Futhi ezikhathini zobunzima lapho kwambulwa khona amandla ethu.

Sizosukumela phezulu sithathe izinqumo, ngokuzimisela nokuba nenhloso. Sizosebenza ngokubambisana, ngoba ukuphumelela kwemizamo yethu kuncike ekusebenzeni kwawo wonke umuntu waseNingizimu Afrika.

Umzuzu kaThuma Mina ususengamele, mhlawumbe kakhulu kunakuqala.

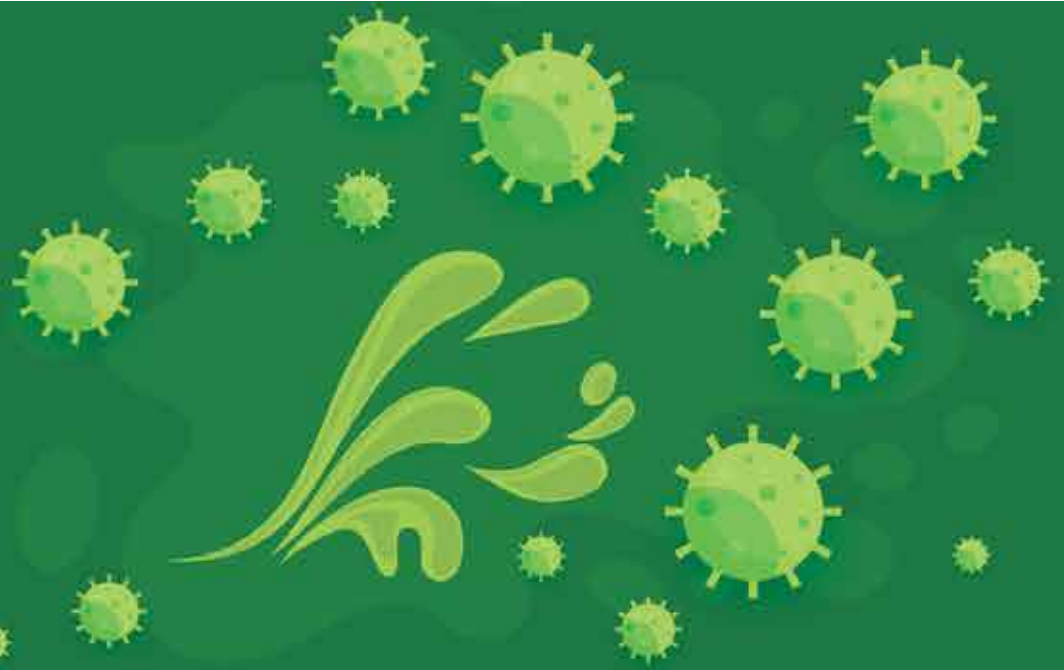
Nalokhu kuzodlula.

Sizonqoba

SingabaseNingizimu Afrika. **V**

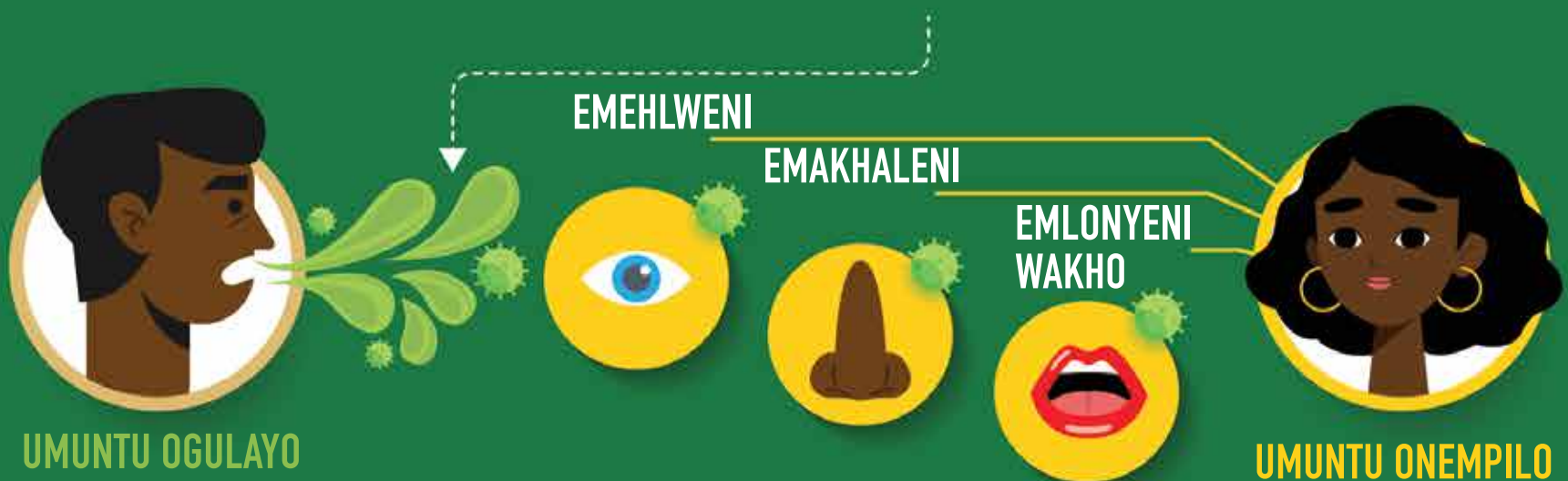
IYODWA NJE VO INTO OKUFANELE UYIQONDE  
MAYELANA NOKUSABALALA KWEGCIWANE

# LE-CORONA I-COVID-19



**\*Igcwane le-Corona liyinhlanganisela yamagciwane angadala izifo zokuphefumula ezisuka kumkhuhlane ojwayelekile kuya eziFweni Zokuphefumula Ezibucayi Kakhulu i-Severe Acute Respiratory Syndrome (SARS).**

Leli gcwane lisabalala uma amathonsi omuntu ohlaselwe yileli gcwane engena;



Uma kwenzeka ubona umuntu okhwehlelayo/ ethimula / egula, ungakhetha uku:

1. Qhela ngokwanele kuloyo muntu.

2. Gwema izixuku zabantu



(ibanga elingu- 0,5m kuya kwelingu- 2m lizokwenza ukuba uphephe kula mathonsi anegciwane)



(Njengoba abantu abanaleli gcwane kwesinye isikhathi abatshengisi izimpawu, kodwa basengakwesulela ngalo).

Kwesinye isikhathi amathe omuntu oguliswa yileli gcwane angangena kwezinye izinto ezifana nalezi....



IZANDLA

IMINYANGO

OMAKHALE-  
KHUKHWINI

I-MOUSE

IZINKOMISHI

AMAPENI

IZINDAWO  
ZOKUBAMBELELA

IZITSHA

Kanti-ke uma kwenzeka uthinta ezinye zalezi zinto ngephutha, bese uthinta ubuso bakho, ucikice amehlo akho noma uthinte ubuso bothandiweyo wakho, nonke ningazithola nitheleleka ngalokhu kugula.

IZINTO EZINE OKUMELE UZIQAHELISISE  
UPHINDE UZILANDELE UKUGWEMA UKUTHELELEKA

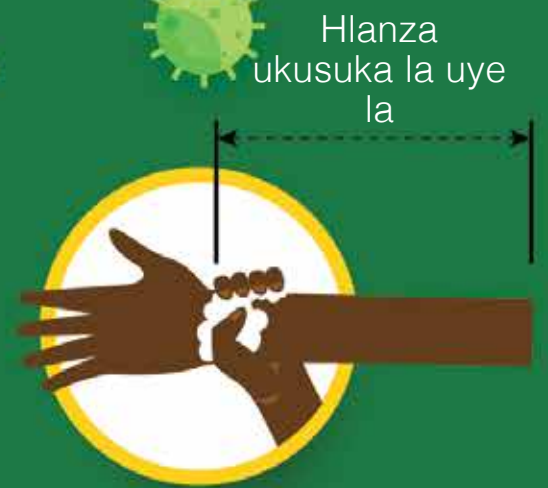
# NGALELI GCIWANE



1

## HLANZA IZANDLA ZAKHO

Hlansisa izandla zakho ngensipho. Hlanza izandla zakho macala onke, phakathi kweminwe kanye naphansi kwezinzipho. Hlanza njalo izandla zakho ngensipho ngaphambi kokuba udle nangemuva kokuphumela ngaphandle.



2

## INHLANZEKO KUMUNTU NGAMUNYE

Vala umlomo wakho ngethishu uma ukhwehlela futhi uthimula. Ngaso sonke isikhathi qikelela ukuthi uyakugwema ukuzithintathinta ebusweni ngezandla ezingcolile. Qinisekisa ukuthi uqala ngokuhlansisa izandla zakho ngensipho ngaphambi kwakho konke okwenzayo, uma kufanele.



3

## NINGABELANI NGOKUDLA KANYE NEZITSHA EZIZODWA

Amagciwane ayakwazi ukusabalala ngemibese, izimfologo zokudla, izinkezo kanye nokokumunca iziphuzo. Sebenzisa izitsha ezihlanzekile kuphela futhi ungabelani ngeziphuzo. Hlanza izandla zakho ngaso sonke isikhathi ngaphambi kokuba udle.



4

## BONANA NODOKOTELA UMA UNGAPHILILE KAHLE

Izimpawu zaleli gciwane ezivamile zibandakanya ukukhwehlela, amakhala agxazayo, imfiva kanye nokuphelelwa ngumoya. Uma ngabe uhlaselwa ngezinye zalezi zimpawu, thola usizo lwezokwelashwa oluphuthumayo.

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HLALA UZIQAHPHILE FUTHI ULANDELE IMIGOMO YENHLANZEKO

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