

# Vuk'uzenzele

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English / Sesotho

April 2020 Edition 2



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# Stay at home, save South Africa!



■ In the coming days and weeks, 10 000 Community Health Care Workers will be deployed across the country to conduct door-to-door screening in our most vulnerable communities

### More Matshediso

**T**he novel coronavirus (COVID-19) outbreak has claimed thousands of lives and turned the world upside down.

South Africa has not been spared, with its infection rate growing.

Government initially imposed restrictions to enforce social distancing but as the infections spread, a national lockdown was announced by President Cyril Ramaphosa and came into effect on 26 March.

He highlighted that never before in the history of South Africa's democracy has the country been confronted with such a severe situation.

The President said the nationwide lockdown was a necessary move to contain the spread of COVID-19 and 'flatten the curve' in South Africa.

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# Ha re le mmoho re ka e hlola Covid-19

**N**akong ya beke ya pele ya ho kginwa ha metsamao le ditshebetso tseo e seng tsa mantlha naha ka bophara e le mokgwa wa ho lwantsha sewa sa kokwanahloko ya corona e tetebsang lefatshe lohle, re ile ra ba motlotlo ka ditaba tse monate tse ileng tsa re tlisetsa thabo le tshepo nakong ena e boima, e hlokanng botsitso.

Maafrika Borwa a 114 a ileng a balehiswa Wuhan mane China dibekeng tse mmalwa tse fetileng a ile a phethela nako ya bona ya tshekeho mme a boelannngwa le ba malapa a bona. Diteko di bontshitse hore bohle ha ba na yona kokwanahloko ena ebile ba boemong bo botle ba bophelo le ba maikutlo.

Ka dikgwedi tse ngata, ba ne ba kginetswe metsamao le ditshebetso tseo e seng tsa mantlha, ba qadile ho kginwa ba sa le kwana Wuhan ka nako ya matsatsi a 51, ya nto ba a mang a 14 ha ba se ba le Polokwane. Ba ne ba sa kgone ho ba mmoho le baratuwa ba bona, ba sa kgone ho tswa dibakeng tsa bodulo tseo ba neng ba kwaletse ho tsona, ba bile ba se na le bonnete ba hore na tshothleho eo ya bona e tla fela neng. Ha re balella le matsatsi a 17 a setseng ao ka ona ho tla beng ho ntse ho kginwe metsamao le ditshebetso tseo e seng tsa mantlha Afrika Borwa, bona ba tla be ba kginetswe metsamao le ditshebetso tseo e seng tsa mantlha ka matsatsi a 82 ka kakaretso.

Ho bile monate ho ba mmoho le sehlopha sena sa Maafrika Borwa a fapaneng, ka dilemo tsa bona tse fapaneng, le dipuo esita le moo ba holetseng



teng. Ke ile ka kgahlwa ke mamello le sebete sa bona, esita le boikitlaetso ba bona ba ho dula ba shahlile. Ba tswa setsiketsing sa kokwanahloko ena ya corona Wuhan kwana China, mme ba bone masaakokometse ao kokwanahloko ena e a bakileng maphelong a batho. Ha ho makatse ke hona ho ba utlwa ba re ba letsholong la ho tshireletsa maphelo a bao ba phelang le bona. Jwale mamello ya bona le boitelo di putsitswe, hobane ba kgutlela ho ba malapa a bona.

Ho kgutla ha bona ho kgonahaditswe ke batho ba bangata ba kgabane ba ileng ba itela ka hohlehohle, ho netefatsa hore tshebetso ena ya pusetso ya bona kwano lapeng e a atleha.

Re le naha, re lebisa diteboho tse se nang moedi ho Mmuso le batho ba China ka tlhokomelo e ntle hakaalo eo ba e fileng baahi ba naha ya rona, esita le ka thuso ya bona ya ho hlophisa pusetso ya bona kwano lapeng. Ho bohlokwa ho tseba hore Maafrika Borwa a mangantanyana a ne a ile Wuhan ka matlole a ho ithuta a tswang mmusong wa China; e leng ketso e mosa eo re e ananelang haholo.

Re boela re leboha batho bohle ba neng ba kene kga-

bong ya tshebetso ena, ho tloha ho basebetsi ba difofane tsa khamphani ya Difofane tsa Afrika Borwa (SAA) ho ya sehlopheng sa bongaka le mapolesa le masole, ba ba tlisitseng kwano lapeng. E mong le e mong wa bona o ile a itlhahisa kapele, e le ho nka boikarabelo bakeng sa polokeho le paballeho ya ba bang. Ba ne ba ikemiseditse ho kena letsholong le boima le bile le le kotsi hammoho le ho inehela ka bobona hore ba kgethelwe.

Mme jwale, bohle ba mpoella hore ba se ba le malalalaotswe bakeng sa letsholo la bona le latelang.

Ke rata ho leboha basebetsi le batsamaisi ba Ranch Hotel ya Polokwane, ba ileng ba hlokomela baahi ba neng ba busetswa kwano lapeng ka bokgabane bo bohlo. Ba ne ba ikemiseditse ho kenya letsoho matsapeng a rona a naha a ho hlola bohloko bona. E mong le e mong ya bileng le seabo tshebetsong ena o entse hore Afrika Borwa e be motlotlo.

Malebela a Maafrika Borwa kwana Wuhan a bontsha tshebetso e ntle esita le tlhokeho ya boemo ba ho kginwa ha metsamao le ditshebetso tseo e seng tsa mantlha. Ke ka lebaka la dikgato tse matla tseo mmuso wa China o di nkileng

toropong e kgolo ya Wuhan ho laola bohloko bona, moo batho ba habo rona bohle ba kgonneng ho kgutla ba sa tshwaetseha ba bile ba ntse ba phetse hantle.

Wuhan, toropo e kgolo e nang le batho ba 11 milione provenseng ya Hubei, e ne e na le ditshwaetso tse fetang 50 000.

Jwale, kamora dikgwedi tse fetang tse pedi kamora ho kenngwa tshebetsong ho matla ha ho kginwa ha metsamao le ditshebetso tseo e seng tsa mantlha, provense e se e bile le ditshwaetso tse ntjha tse katlase ho 20 dibekeng tse pedi tse fetileng.

Taolo ya bohloko bona Toropong ya Wuhan, Provinseng ya Hubei le dibakeng tse ding tsa China ka bophara, e ne e hloka matsapa a maholohadi a qollehileng. E ne e akga dithibelo tse matla maphelong a letsatsi le letsatsi mme e na le kgahlamelano e mpe moruong wa China. Dinaha tse ding tse nkileng dikgato tse tshwanang le tseo di na le katleho e kgolokgolo taolong ya ho ata ha bohloko bona, ho feta dinaha tse ileng tsa sisitheha ho arabela koduweng ena.

Jwaloka ha palo yohle ya ditshwaetso tsa COVID-19 tse netefaditsweng lefatshe ka bophara e ntse e hola ebile e feta 700 000, mme palo ya mafu e feta 33 000, ho na le dithuto tseo re ka ithutang tsona dinaheng tseo.

Jwale ho totobetse hore mokgwa o sebetsang hantle ka ho fetisisa bakeng sa hore setjhaba se laole ho ata ha bohloko bona, ke wa hore batho ba dule malapeng a bona mme ba itsheke ho ba bang ka dibeke tse mmalwa bonnyane. Ebile ho bohlokwa hore ho kginwa

hona ha metsamao le ditshebetso tseo e seng tsa mantlha esita le mekgwa e meng yohle ya tshohanyetso, ho ikamahannngwe le yona kahohlehohle mme e phethahatswe kamehla.

Jwaloka ha Maafrika Borwa a tswang Wuhan a ka paka, dithibelo tse jwalo maphelong a letsatsi le letsatsi, ka metsamao le ho kopana ha batho ho tlwaelehleng, di mamelleha ha boima. Boemong ba Afrika Borwa teng, ho kginwa ha metsamao le ditshebetso tseo e seng tsa mantlha ho tliša maima a eketsehileng le kगतello ya maikutlo, empa re etsa makgobonthithi ohle ao re ka a kgonang ho fokotsa thefuleho bathong ba habo rona.

Empa seo re ithutileng sona ho Maafrika Borwa a tswang Wuhan ke hore ho kginwa ha metsamao le ditshebetso tseo e seng tsa mantlha, ho a sebetsa. Ke sesupo sa hore haeba re ka fela ra ikokobeletsa melawana e teng ya ho kgina ho ata ha kokwanahloko ena, re tla kgona ho fokotsa sekgahla sa ditshwaetso. Ho a bonahala hore haeba re ka sebedisana mmoho le ba apesitsweng matla ho tsa bophelo bo botle ho etsa seo re tshwanetseng ho se etsa, re tla be re sa boloke maphelo a rona feela, empa le a bao re phelang le bona.

Pale ya Maafrika Borwa a kgutlang Wuhan e tlameha ho re kgothatsa e be e re tshepo dibekeng tse boima tse tlang.

Pale ya bona e re bolella hore ho na le kganya e teng kapele, hore haeba re tsitlallela sepheo sa rona, re dula re itshwere hantle re bile re hlomphe ho kginwa ha metsamao le ditshebetso tseo e seng tsa mantlha, hore haeba re sebetsa mmoho, re tla hlola. **V**

**TSA MORAORAO KA HO KGINWA  
HA METSAMAO LE DITSHEBELETSO  
TSEO E SENG TSA MANTLHA**

# HO KGINWA HA METSAMAO DITSHEBELETSO TSEO E S TSA MANTLHA



**Motho e mong** le e mong o tla kgineha sebakeng seo a dulang ho sona ntle le haeba ho hlokeha hore a ilo fana ka ditshebeletso tse hlokehang, kapa a ilo reka dithepa le meriana tse hlokehang, a ilo lata tjhelete ya peyi kapa a hloka ditshebeletso tsa tshohanyetso, thuso e pholosang bophelo kapa kalafo ya bongaka ya mafu a diqobo.



**Dikopano tsohle** ha di a dumellwa, ntle le mapato, ao **ho ona ho tla ya batho ba sa feteng ho 50**. Ho tsamatsamaya dipakeng tsa diprovence, ditoropo tse kgolo le ditereke tse fapaneng, ha ho a dumellwa.



**Dikgwebo tsohle** esita le ditheo tse ding, di tla lesa ditshebetso tsa tsona ntle le haeba di kenya letsoho tlhahisong, diphepelong kapa phanong ya dithepa kapa ditshebeletso tse hlokehang.



Ntle le mabenkele a rekisang di-grosare, di-spaza, dikhemisi le mabenkele a mang a rekisang dithepa tse hlokehang feela, mabenkele ohle a thekiso esita le ditsi tse kgolo tsa mabenkele di tla kwalwa. Bareki ba tlameha ho siya sekgeo sa *1 square metre* dipakeng tsa e mong le e mong ba be ba ikobele mekgwa e meng yohle ya taolo ya tshwaetso.



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Ho kgina metsamao le ditshebeletso tseo e seng tsa mantlha tsa naha, ho tla nka matsatsi a 21 ho tloha ka 23:59 ka la 26 Tlhakubele ho fihlela ka 23:59 ka la 16 Mmesa 2020.



# OLE ENG



**Dibaka tsohle** tseo ho rapellwang ho tsona, dipaka tsa setjhaba, mabopo a mawatle, matamo a ho sesa, dibaka tsa boithabiso tsa bosiu, dipapadi tsa kalaneng, dibaesekopo le dikhasino, di tla kwallwa setjhaba.



**Dibaka tsohle tsa dihotele, tsa dilotjhe le tsa matlo a baeti** di tla kwallwa, ntle le moo ho hlokehang hore ho amohelwe bahahlaudi ba se nang sebaka se seng seo ba ka dulang ho sona naheng ya rona, kapa haeba di sebedisetswa tshekeho le kgethelo.



**Dibaka dife kapa dife** moo diketsahalo tsa bodumedi, tsa botjhaba, tsa boithabiso, tsa boikgathollo kapa tse ding tse kang tseo di atisang ho tshwarelwa teng, di tla kwallwa setjhaba.

