

# Vuk'uzenzele

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English / Tshivenda

April 2020 Edition 2



**Your labour rights**

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**Support for school learners during lockdown**

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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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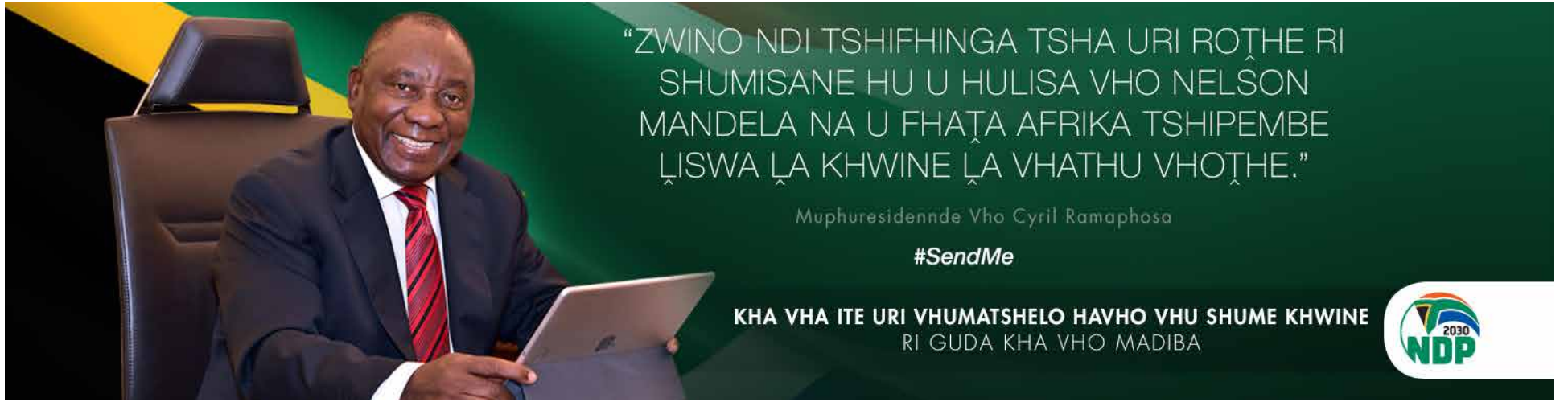
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# Ri rothe, ri nga kona u fhenya COVID-19

**N**ga tshifhinga tsha vhege yothe ya u thoma ya nyiledza ya u bva hayani kha lushaka lwothe nga vhuphara hu u itela u lwa na u tshoṭelwa nga tshitzhili tsha corona hune hu khou ḡaḡisa li-fhasi, ro takala u wana mafhungo a vhuḡi ane a ri ḡisela dakalo na fulufhelo nga tshifhinga hetshi tshi lemelaḡo nahone tshine ra sa ḡivhe uri hu ḡo itea mini.

MaAfrika Tshipembe vha 114 vhe vha vhuiswa u bva ngei Wuhan kha la China hanefha kha dzivhege dzo fhiraho vho fhedza tshifhinga tshavho tsha u valelwa havho thungo na uri vho no ṭanganyiswa na miṭa yavho. Vhothe vho lingiwa vha wanala vha si na tshitzhili na uri vha kha mutakalo na muya wa vhuḡi.

Lwa miṅwedzi, vho vha vho valelwa thungo, lwa u thoma Wuhan lwa maḡuvha a 51 vha dovha hafhu na Polokwane lwa maḡuvha a 14. Vho vha vha sa koni u vha na vhafunwa vhavho, vha sa koni u bva he vha vha vha tshi khou dzula hone na uri vha sa ḡivhi uri dzhatsha le vha vha vhe khaḡo li ḡo fhela lini. Musi ri tshi ḡa-dzisa maḡuvha a 17 o salaho ane Afrika Tshipembe li ḡo vha li tshi kha ḡi vha li kha nyiledza ya u bva hayani, vha ḡo fhedza vho vha kha nyiledza ya u bva hayani lwa maḡuvha a 82.

Tsho vha tshifhinga tsha vhuḡi tsha u vha na tshifhinga na tshigwada tsha maAfrika Tshipembe u ya nga u fhambana havho zwi tshi ya nga miṅwaha, nyambo na siangane dzavho. Ndo takadzwa nga u lwisa havho u kunda na fulufulu khathihi na u ḡiimisela havho



u dzula vha na mutakalo. Vho bva tshivhilelani tsha tshitzhili tsha corona ngei Wuhan kha la China na uri vho vhona zwi tatisaho zwa masiandaitwa a hetshi tshitzhili kha u tzwonzwa vhutshilo ha muthu. A zwi mangadzi u pfa vha tshi ri vha kha mishini wa u tsireledza mutakalo wa avho vha re tsini navho. Zwazwino u konḡelela havho na u vha na tshivhindi vhe vhuṭunguni zwo vha vhuedza, ngauri vha khou humela miṭani ya havho.

U vhuya havho hayani zwo itwa uri zwi konadzee nga vha-hali vha tshivhalo vho lwisaho nga nḡila dzothe uri mushumo wa u vhuiswa ha havha vhatu hayani u konadzee.

Sa lushaka, ri khou livhu-wa zwi hulwanesa Muvhuso na vhatu vha China kha u ṭhogomela vhadzulapo vhashu zwavhuḡi, na kha thuso yavho ya u dzudzanya u vhuiswa havho hayani. Ndi zwa ndeme uri vhuṅzhi ha maAfrika Tshipembe vhe vha vha vhe Wuhan, vho vha vha kha sikoḡashipi tsha u guda u bva kha muvhuso wa China; zwiito zwa vhatu zwine ri khou zwi livhuwesa.

Ri livhuwa vhuḡuma vhatu vhothe vhe vha vha vho dzhenelela kha hoyu mushumo, u bva kha tshigwada tsha vhuḡufhi tsha SAA u ya kha tshigwada tsha vha mishonga, mapholisa na maswole vhe vha vha vhuisa hayani. Muṅwe na muṅwe wavho o takutshedza u dzhia vhuḡi-fhinduleli u itela tsireledzo na vhuva ha vhaṅwe. Vho vha vho ḡiimisela u ḡidzhenisa kha mishini u shavhisaho na u ḡidzhenisa kha u vhetshelwa thungo na vhatu. Na uri zwino, vhothe vha mmbudza uri, vho ḡiimisela mishini u ḡaho.

Ndi khou tama u livhuwa tshiṭafu na vhalangi vha Hodela ya the Ranch i re Polokwane, vhe vha ṭhogomela zwi hulu vho vhu-yaho. Vho vha vho ḡiimisela zwi hulu u ita tshavho tshipiḡa kha u lwisa hashu sa lushaka u fhenya heḡi dwadze. Muṅwe na muṅwe we a shela mulenzhe kha hoyu mushumo, o ita uri Afrika Tshipembe li ḡihudze ngae.

Tshenzhemo ya maAfrika Tshipembe ngei Wuhan – i sumbedza u shuma lu pfa-dzaho – na ṭhoḡea – ya nyiledza ya u bva hayani ya shango. Ndi

nga nṭhani ha maga o kalulaho e muvhuso wa China wa a dzhia o itaho uri vha faredze vhuḡwadze ḡoroboni khulwane ya Wuhan, na uri vhatu vhashu vhothe vha vhu-yo vha songo kavhiwa nahone vho takala.

Wuhan, ḡorobo ya vhatu vha 11 wa miḡioni kha vundu la Hubei, vho vha vha na vhatu vho kavhiwaho vha fhiraho 50, 000. Zwazwino, murahu ha miṅwedzi i fhiraho mivhili nga murahu ha maga a lemelaḡo e a vha o vheiva a nyiledza ya u bva hayani, vundu li na zwiwo zwa u kavhiwa nga huswa zwa fhasi ha zwa 20 kha vhege mbili dzo fhiraho.

U faredzwa ha vhuḡwadze ḡoroboni khulwane ya Wuhan, ngei Vunduni la Hubei, na kha vhuṅwe vhuḡo u ya nga u ralo China ho ṭoḡa vhuḡidini vhuḡulwane nahone ho kalulaho. Ho vha hu tshi khou katela nyiledzo dzo kalulaho kha vhutshilo ha ḡuvha liṅwe na liṅwe na uri hu na masiandaitwa o kalulaho kha ikonomi ya China. Maṅwe mashango e na one a dzhia maga a fanaho na ayo a khou vhoḡa mvelelo dza vhuḡi kha u kona u langa u phaḡalala ha vhuḡwadze u fhirisa mashango e a ongolowa kha u fhindula.

Sa izwi ṭhanganyelo ya nomboro ya zwiwo zwa COVID-19 yo no khaṭhisedzwa li fhasini lothe nga vhuḡphara, yo no hulela u fhira 700,000 na uri tshivhalo tsha mpfu tshi vho fhira 33,000, ri nga vha na zwine ra guda kha aya mashango.

Zwazwino zwo khaṭhisedzwa uri nḡila i khou shume-saho ya uri lushaka lu kone u faredza u phaḡalala ha vhuḡwadze ndi uri vhatu vha dzule mahayani na uri vha ḡikhethetele

na u dzula thungo na vhaṅwe lwa vhege dza tshivhalo. Na uri ndi zwa ndeme uri nyiledza ya u bva hayani na maṅwe maga a shishi othe a a tevhedzwa zwo khaṭha na uri a dzulele u shumiswa.

Sa zwine maAfrika Tshipembe vha bvaho Wuhan vha nga ṭanziela, nyiledzo dzo kalulaho kha vhutshilo ha ḡuvha liṅwe na liṅwe, kha mutshimbili na kha u tou ṭangana na vhatu zwi a konḡesa vhuḡuma u zwi konḡelela. Kha nyimele ya Afrika Tshipembe, nyiledza ya u bva hayani i dovha ya engedza vhuḡeme na mutsiko, na uri ri khou ita zwothe nga hune ra kona u fhungudza masiandaitwa kha vhatu vhashu.

Fhedzi pfunzo ye ra guda u bva kha maAfrika Tshipembe vha bvaho Wuhan ndi ya uri nyiledza ya u bva hayani i a shuma. I sumbedza uri arali ra khaṭhisa u tevhedza milayo ine ya vha hone ri nga imisa u phaḡalala ha tshitzhili, ri nga kona u tsitsela fhasi tshikalo tsha u kavhiwa. I sumbedza uri arali ri tshi shumisana na ndango ya mutakalo kha u ita zwine ra tea u ita, a ri nga ḡo tou vha ri tshi khou vhuḡlunga vhutshilo hashu fhedzi, fhedzi na ha vhaṅwe vha dzulaho na riṅe.

Tshiṭori tsha maAfrika Tshipembe vho vhu-yaho u bva Wuhan tshi tea u ri fha ṭhuṭhuwedzo na fulufhelo kha vhege dzi ḡaho dzi konḡaho.

Tshiṭori tshavho tshi ri vhu-dza uri hu na tshedza magu-moni a thanele, na uri arali ra dzula ro ḡifara na u dovha ra ṭhomphe nyiledza ya u bva hayani, na uri arali ri tshi shumisana, ri ḡo fhenya. **U**

# Nyiledzo ya u bva hayani



**Muthu muñwe na muñwe** u do vha o valelwa fhethu hune a dzula hone nga nndani ha musu vha tshi do tode a u ita tshumelo dza ndeme, u ya u renga zwirengwa zwa ndeme na mishonga, u ya u hola mundende kana u ya u toda thuso ya shishi, u ya u wana thuso ya mishonga ya vhulwadze ha tshothe kana ya u vhulunga vhutshilo.



**Mitangano yothe** yo iledzwa, nga nndani ha ya mpfu, hune vhathu a vho ngo tea u fhira 50. Tsudzuluwo vhukati ha mavundu, dorobo khulwane na zwiṱiriki zwo iledzwa.



**Mabindu** na zwiñwe zwiimiswa zwothe zwi do ima u shuma nga nndani ha musu a kha zwa vhubveledzi, ndisedzo kana u netshedza tshumelo kana thundu ya ndeme.



Nga nndani ha mavhengele a zwiliwa, zwiphaza, dzikhemisi na mañwe mavhengele ane a rengisa thundu ya ndeme, mañwe mavhengele othe na mimoḽo ya hu rengwaho hone i tea u vala. Vharengi vha tea u ima tshikhala tshi linganaho tshikwea tsha mithara na muñwe na uri vha dzhieḽe nṱha maga othe a u langa u kavhiwa.

# Hayani



**Fhethu hothe** ha vhurerele, phaka dza nnyi na nnyi, dzibitshini, phuluni dza u bammbela, dzikilabu, dzithiyetha, dzibaisikoponi, na dzikhasino dzi do valelwa vhatu.



**Hodela dzothe, dzi lodzhi na mi di ine ya vha vhudzulo ha vhaeni** i do vala nga nndani ha ine yo swielela vhaendelamashango vane a hu na huwe hune vha nga ya u dzula hone kana arali hu tshi khou shumiswa sa fhethu ha u khethela na u vhetshela thungo vhatu



**Fhethu huwe na huwe** ha vhurerele, ha zwa mvelele, mitambo, ha u bvisa vhuludu, vhudimvumvusi kana miwe mitambo i ngaho yeneyo ine ya di anzela u farwa fhethu ha nnyi na nnyi hu do valwa.

