

Vuk'uzenzele

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Mass COVID-19 vaccine roll-out programme takes shape

PRESIDENT Cyril Ramaphosa has stressed that getting enough COVID-19 vaccines as quickly as possible – and making sure that they reach the people who need them – is one of government’s biggest tasks this year.



Allison Cooper

South Africa’s mass Coronavirus Disease (COVID-19) vaccination programme is set to speed up herd immunity when the first batch of one million Oxford University-AstraZeneca vaccines arrives from the Serum Institute of India (SII) in January.

The second batch of 500 000 vaccines is due to arrive from the SII in February, says Health Minister Zweli Mkhize.

The aim of the vaccination programme is to achieve herd immunity across the population, says President Cyril Ramaphosa.

“When enough people are vaccinated, we will reach what is known as ‘herd immunity’ or ‘population immunity’.

This is when enough of the population is immune to the virus to provide indirect protection

to those who aren’t immune, bringing the spread of the virus under control.

“While the actual level needed for herd immunity is not known, our scientists estimate that we will likely reach herd immunity once around 67% our population is immune. This amounts to around 40 million people,” he explained.

To achieve this, govern

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Minister Mthembu:

A great leader has fallen
Read more on **page 8**

Rest In Peace

Minister Jackson Mthembu

1958 - 2021



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2021 e kaone go Maafrika Borwa ka moka

Dibeke tša mathomo tša ngwaga e bile tše boima go Maafrika Borwa ka moka. Leuba la *coronavirus* le galefile, ka diphetetšo tše diswa tše di oketšegang ka lebelo le ka palo ya godimo go feta pele. Dipetlele di bile ka fase ga kgatelelo ye kgolo ka batho ba bantši ba go hloka thušo ya kalafo.

Mola bontši bja makala a ikonomi bo kgonne go šoma gape dikgwedi tše ntšinyana, go tla tšea nakwana gore ikonomi e kokotlele le mešomo ye e lobilwego gore e tsošološwe. Bjale ka ge ngwaga wo moswa o thoma, malapa a mantši a sa ntše a itemogela ditlamorago tša leuba le maphelong a bona le mo mokgweng wa bona wa boiphedišo.

Lefase bjale le tsena ngwageng wa bobedi wa leuba la *coronavirus*. Go Afrika Borwa, go swana le bontši bja dinaga go dikologa lefase, ngwaga wa 2021 o tla ba le ditlhothlo tše ntši kudukudu. Lephoto la bobedi la diphetetšo tša COVID-19 le ka no latelwa ke maphoto a mangwe, ao a tlogo ama gampe bobedi maphelo a batho ba rena le tsošološo ya ikonomi ya rena.

Le ge ngwaga wo e tla ba wa boima, ke na le tshepho ya gore re tla fenywa leuba le go bea naga ya rena tseleng ye tšielšeng ya tsošološo.

Tshepho ya ka e tšwa go batho ba Afrika Borwa. Ge ke lebelela ka fao Maafrika Borwa a arabilego masetlapelong a go tloga nakong ya ge baerase e fihla mellwaneng ya rena,

ga ke na pelaelo ya gore re na le maatla, taolo le bokgoni bja go fenywa bolwetši bjo.

Ka nnete go be go na le ditetelo, eupša palo ye ntši ya Maafrika Borwa e kwešišitše nyakego ya mapheko mesepelelong le ditirong tša bona, ebile e latetše melawana yeo re ilego ra swanela ke go e phethagatša. Sa bohlokwa gape go feta tatelo, bontši bja Maafrika Borwa bo ithwaletše maikarabelo le go rwalela ba bangwe, ka morago ga keletšo mabapi le ditaba tša go swana le go fana sekgoa, go apara sešira-nko-le-molomo le go hlapa diatla.

Gomme fao re paletšwego, ka manyami, re bone dipolelo.

Bjale re a tseba ka dikotsi tša mafelo ao a tswaletšwego le dikgobokano tša go pitlagana, go se apare sešira-nko-le-molomo le go se fane sekgoa le batho ba bangwe.

Se se a tshephiša mo ngwageng wo re o lebileng. Bjale re tseba tše ntši go fetiša mabapi le bolwetši le gore go thibelwa bjang phatlalalo ya bjona.

Gomme ka ntle le seo motho a ka se bitšago 'go lapišwa ke leuba', ga se re nyefiše bjalo ka Maafrika Borwa go seo se swanelwago go dirwa.

Ge re latela gape ka tlhokomelo magato a thibelo a motheo, re tla ba gape re thakgola lesolo le legologolo la mokento. Ge batho ba bantšintši ba kentwa, re tla boloka bobedi maphelo le go gatela pele go fokotša kotsi ya phetetšo go kgabaganya setšhaba.

Go hwetša dithibelamalwetši tše di lekaneng ka lebelo mo go kgonegang – le go kgonthiša gore di fihlelela ba-

tho bao ba di nyakang – e tla ba o mongwe wa mešomo ye megolo ya ngwaga. Se e tla ba tlhohlo ye kgolo ka ge naga ye nngwe le ye nngwe mo lefaseng e lwela go hwetša kabo ye e lekantšwego ya dithibelamalwetši. Eupša re gare re šomišana le bašomišana ka lekaleng la kgwebo, mekgatlong ya bašomi le setšhabeng go dira gore se se direge. Re šoma ka mahlakoreng ka moka go hwetša dithibelamalwetši, go akaretšwa le ka lesolong la COVAX la lefase, lesolong la Kopano ya Afrika le ka dipoledišanong tša rena ka noši le batšweletši ba dithibelamalwetši.

Bjalo ka ge re tšea kgato mmogo go fenywa leuba, re tla swanela go šomišana go agaleswa le go fetola ikonomi ya rena. Re na le bobedi bokgoni le thato ya go hlohleletša tiro ya ikonomi, go godiša ikonomi ya rena le go hlola mešomo. Le go dira bjalo kgabagareng ya leuba.

Ditšhelete tša setšhaba di ka fase ga kgatelelo ye kgolo, bjale le go feta pele ka lebaka la ditshenyegelo tša rena tša karabo ya maphelo go COVID-19 le magato a kimollo a leago le ikonomi ao re a phethagatšang go thuša dikgwebo le malapa ao a hloka-go. Go phuhlama ga ikonomi gape go bolela gore letseno la motšhelo le lona le theogile kudu. Go na le dikarolo tše dingwe tša ikonomi tše di tlogo tšea nako ye teletšana go tsoga ka lebaka la nyako ya fase ya dihlagišwa lefaseng ka kakaretšo le mapheko a maeto a boditšhabatšhaba.

Ke ka lebaka leo re swane-



lago go hlabolla le go šetša mo dipeakanyong tša rena tša kagoleswa ya ikonomi. Gagolo, Peakanyo ya Kagoleswa ya Ikonomi le Tsošološo yeo re e tsebišitšego ngwaga wa go feta e theilwe godimo ga kwano ye e nabileng magareng a bašomišana ba leago ka moka dikgatong tše di nyakegang go aga ikonomi leswa. Se se bea motheo wa go tia wa tšhomišana ye botse yeo e kgoboketšago methopo, mabokgoni le maatla a dikarolo ka moka tša setšhaba.

Re bona se ka ditsela tša go fapana tša tiragatšo. Mohlala, re be re šomišana kudu le bathekgi ba ditšhelete ba poraebete le diinstištšhušene tša mohlakanelwa tša tlhabollo go beakanya diprotšeke tša mananeokgoparara ka makaleng a go swana le a dinamelwa, madulo a batho, meetse le dikgokagano tša megala.

Ka go šomiša Sekhwama sa Mananeokgoparara bjalo ka o mongwe wa mekgwa ye re e šomišago, re bopela diprotšeke tše dimmotlolo tša thekgo ya ditšhelete tše di kgoboketšago methopo ya go balega bobedi ka makaleng a setšhaba le a poraebete. Se se bohlokwa kudu bjale ka ge ditšhelete tša setšhaba e le tše nnyane.

Tsošološo ya Mešomo ya Bopresidente ke ye nngwe ya mehlala ya tšhomišana ye e šomago. Go kwešiša gore kgolo ya ikonomi e tla tšea nakwana go fetogela go mešomo ya lekala la poraebete, re thakgotše tsošološo ya mešomo go thoma go hlola dibaka tša mešomo bjale. Lenaneo le le laolwa ka Kantorong ya Bopresidente, eupša le phethagatšwa ke dikgoro tša go fapana tša mmušo. Ka lenaneo le, batho ba masome a diketekete bao ba sa šomego ba kgona

bobedi go hwetša letseno le go ithuta ge ba aba ditirelo tša leago tša go ba le mohola.

Mafelelong, lenaneo le le tla akaretša karolo ya 'mošomo wa leago', fao re tlogo šomišana le bakaonafatši ba bophelo go thwala batho ka ditirong tša go fapana – go tloga go kaonafatšo ya khwetšagalo ya dijo, go ya go go šoganeng le dikgaruru tša bong go ya kaonafatšong ya metse ya mešašana – gore ka moka di kgathetema go morero wo mobotse.

Mošomo wo ka moka o tiišetšwa ke nepišo ye maatla go dipheotošo tše tša ikonomi tše di tlogo nepiša kudu-kudu godimo ga kgolo.

Tše di akaretša katološo ya bokgoni bja tšweletšo ya mohlagase, go dira gore mabopo a rena a šome botse go fetiša le go ba le bokgoni, go kaonafatša phihlelelo ya porotepente ye e sa turego, le go kaonafatša dinako tša phihlelelo ya meetse, meepo le dilaesense tše dingwe.

Maiteko a a beakanywa le go lekolwa mmogo ke kantoro ya ka le Kgoro ya Bosetšhaba ya Matlotlo.

Go na le tše ntši tše di swanelang go dirwa mo ngwageng wo re o lebileng. Gomme re swanela go se hloke pelaelo ya gore re tla swanela go lebanale ditlhothlo tše ntši tše di tšhošago.

Eupša re bontšhitše gore, bjalo ka setšhaba, re kgona go atlega ge re šomišana go nyaka morero wa go swana.

Ge re ka šoma ka kgopolo yeo, le go dira gore go swaragana ga rena go re tšwele mohola, re tla kgonthiša gore 2021 e tliša maphelo a kaone le bophelo bjo bo kaone go batho ba rena ka moka.

Ke le lakaletša tšohle tše di botse mo ngwageng wo moswa. **U**

Busting the myths



Allison Cooper

People with albinism do die. They do not have superpowers. Their blood can't heal others and their body parts will not make you rich.

"They also do not repre-

sent an ancestor," says Dr Khensani Ngobeni-Mkize, a Mbombela-based specialist dermatologist (skin doctor).

"Albinism is a group of inherited genetic disorders in which there is reduced or no melanin production in the skin, hair and eyes," she adds.

Melanin is the pigment that

gives human skin, hair and eyes their colour.

"The only difference between a person with albinism and person without it, is the lack of colour. Due to reduced melanin, they have problems with their eyesight and prefer being in the shade because they are sensitive to the sun," says Dr Ngobeni-Mkize.

There are two forms of albinism, oculocutaneous (affects the skin and eyes) and ocular (affects eyes only).

Dr Ngobeni-Mkize urges parents of children with albinism to empower their child. "See an eye specialist, make sure they get a proper education, encourage them and help educate the community about albinism. This is very important to stop the stigmatisation and discrimination."


Sun protection is vital

Melanin is important because it creates colour in the skin, hair and eyes, which protects them against the damaging rays of the sun.

It's vital that people with albinism protect themselves from the sun to avoid skin cancer. A skin sore could be cancer if it changes, grows, bleeds, will not heal, or is

painful or itchy. They should also have their skin checked every six months and have their eyes checked by an eye doctor, who can provide them with glasses that can improve, but not cure, their eyesight.

Protect yourself from the sun by:

- Wearing a broad-brimmed hat.
- Wearing a light scarf or shirt with a collar to protect the neck.
- Applying broad-spectrum sunscreen, with UVB and UVA protection, that contains minerals and is water resistant. Apply sunscreen 20 minutes before sun exposure and re-apply frequently.
- Avoiding the sun between 10am and 3pm.
- Drinking water.
- Eating a well-balanced diet. 

Go ba motswadi wa ngwana wa go ba le bolwetši bja go hwa dithunthwane

Allison Cooper

Mola e ka ba semaka mo go ba lapa go tseba gore ka lapeng go na le ngwana wa go ba le bolwetši bja go hwa dithunthwane, o le motswadi o ka dira gore ngwana wa gago a golele mo lapeng leo le amogetšego, leo le nago le lerato le kwešišo go dira gore ngwana wa gago a gole ka tumelo ya gore o na le bokgoni bja go atlega.

Go ya ka Epilepsy South Africa, gare ga tše dingwe batswadi ba ka tshwenyega ge ba nagana ka bokamoso bja ngwana wa bona, gomme se se ka dira gore go be boima go bolela ka bona goba go amogela gore bana ba bona ba na le bolwetši bja go hwa dithunthwane. O ka kwa o befetšwe, o gatelegile monagano, o inyatša le go

itshola, eupša o ka fola mo maikutlong le go emiša go ba mo tlalelong ka go ithuta ka bolwetši bjo.

Bolwetši bja go hwa dithunthwane ke bolwetši bja go idibala gantšhi, gomme se se direga ge go na le tokollo ya mohlagase ya go se tlwaele ge ka bjokong.

Gobaneng ngwana wa ka?

Go kwešiša bolwetši bja go hwa dithunthwane le gore gobaneng motho a idibala gantšhi ga go hlalose lebaka la gore se se diragaletšeng go ngwana wa gago.

Mo dipegong tša go balelwa go tše 66%, mabaka a tlhola ya dithunthwane ga a tsebege. Se se bitšwa dithunthwane tša go se tsebege. Mo dipegong tša go šala mabaka a tlhola a ka hlaolega, gomme a tsebja bjalo ka dithunthwane tša go ba le dika.

Go ka ba le mabaka a go fa-

pana a go bo hlola go swana le kgobalo ya hlogo, yeo e ka diregago mo mengwageng efe goba efe; kgobalo ya pelego, go swana le tlhalelo ya oksitšene nakong ya pelego; dithunthwane tša letadi, go ruruga bjoko, menentšaethisi goba mooko wa bobjana; le go se lekane ga dikhemikhale tša mmele.

Ngaka e tla fana ka dihlare a lebeletše mengwaga, seemo sa mmele le ka fao ngwana wa gago a idibalago ka gona. Gopola, dihlare tša go thibela go idibala ga di fodiši bolwetši bja go hwa dithunthwane eupša, gantši di fokotša bontši le bogale bja go idibala.


Maele a mangwe mabapi le go ba motswadi wa ngwana wa go ba le bolwetši bja go hwa dithunthwane:

- Lemoša ngwana wa gago ka bolwetši bjo. Bana ba

bonnyane bja mengwaga ye meraro ba ka kwešiša gore bjoko bo laola mmele. Bana ba bagolwane ba swanela go fiwa tlhalošo ka botlalo.

- Tsebiša maloko a kgauswi le bagwera ba ngwana wa gago, barutiši le bahlanke di ba bangwe ba sekolo ba maikarabelo.
- Kgonthiša gore ngwana wa gago o amogela tshakatsheko ka botlalo ya kalafo ya go dirwa ke setsebi sa go ba le mangwalo a maleba, gabotse ngaka ya bjoko le methapo.
- Gatelela bokgoni bja ngwana wa gago le mediro ye mengwe yeo e tlogo kaonafatša boikamogelo bja gagwe, boitlhompho le boitshepho.
- Kgonthiša gore go ba le tlhokomelo ka motho yo mogolo mo medirong ye mengwe, go swana le go rutha.
- Kgonthiša gore dihlare

di šomišwa le go nwewa ka mehla bjalo ka ge go laeditšwe.

- E ba le lenaneo la ditiro tše di swanetšego go dirwa ka mehla, go be le nako ye ntši ya go khutša, go be le dijo tša phepo ye botse gararo ka letšatši le boitšhudullo bja ka mehla.
- Ge o hlalosa bolwetši bja go idibala šomiša mantšu ao ngwana wa gago a flogo a kwešiša.
- Setsogoe dumeletšengwana wa gago go šomiša bolwetši bja go idibala go širela gore a se dire mešongwana ya ka gae goba go amogela maikarabelo. 

Go hwetša tshedimošo le thušo ka botlalo, leletša Epilepsy South Africa go 0860 374 537 goba etela www.epilepsy.org.za