

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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Ngwaga wa 2021 o o botoka go Maaforika Borwa otlhe

Dibeke tsa ntlha tsa monongwaga di nnile bokete thata go Maaforika Borwa otlhe. Leroborobo la mogare wa *corona* le etegetse, ka ditshwaetsego tse dintshwa tse di oketsegang ka bonako le seelo se se fetang sa pele.

Maaokelo a nnile ka fa tlase ga kgatelelo e kgolo ka ntlha ya fa batho ba bantsi ba ne ba tlhoka tlhokomelo ya kalafi.

Le fa tota bantsi ba makala a ikonomi bo ne ba kgona go dira gape dikgwedi di le mmalwa, go tla tsaya nako gore ikonomi e boele manonglegoreditirotsedi lathegetseng batho di busediwe mannong. Jaaka ngwaga o mošwa o simolola, malapa a mantsi a santse a itemogela ditlamorago tsa leroborobo le mo matshelong a bona le mo ditseleng tseo ba iphedisang ka tsona.

Ga jaana lefatshe le tsena mo ngwageng wa bobedi wa leroborobo la mogare wa *corona*. Mo Aforika Borwa, fela jaaka dinaga di le dintsi go ralala lefatshe, 2021 e tla nna ngwaga o o bokete tota. Lekhubu la bobedi la ditshwaetso tsa *COVID-19* le ka latelwa ke makhubu a mangwe gape, a a tla nnang matsho-setsi mo boitekanelong jwa batho ba rona gammogo le mo tsosolosong ya ikonomi.

Le fa tota ngwaga o o tla nna bokete, ke na le bonnete jwa gore re tla fenywa leroborobo le, le go tlhoma naga ya rona mo tseleng ya tsosoloso.

Ke na le tshepo e e tle-tseng mo bathong ba Aforika Borwa. Fa ke leba ka moo Maaforika Borwa a tsibogetseng bothata jo, go simolola

ka nako ya fa mogare o o goroga mo nageng ya rona, ga ke na pelaelo ya gore re na le tlhotlheletsego, tlhomamo le bokgoni jwa go fenywa bolwetse jo.

Ke nnete gore go nnile le matlhaodi, fela bontsi jwa Maaforika Borwa bo ne bo tlhaloganya tlhokego ya dikiletso mo motsamaong le mo ditirong tsa bona, mme ba ikobela melawana e re neng ra tshwanelwa ke go e tlhoma.

Tota se se nnileng bothokwa go feta go ikobela melawana ka gore, Maaforika Borwa a ne a rwala maikarabelo ka bobona le boemong jwa ba bangwe, morago ga maele a a jaaka gore ba se atamelane, ba apare dimmaseke le go tlhapa diatla.

Kwa re tlhaetseng teng, ka bomadimabe, re ne ra bona ditlamorago. Ga jaana re itse ka ga dikotsi tsa mafelo a a sa tsenelweng ke mowa le dikokoano mo batho e leng ba bantsi mo go tsona, dikotsi tsa go se apare mmaseke le go se katologane ka tolamo le ba bangwe.

Se ke sesupo se se siameng sa ngwaga o re leng mo go ona.

Ga jaana re itse go le gontsi ka ga bolwetse jo le gore re ka thibela jang kanamo ya bona. Mme le fa tota go na le se se ka bidiwang 'letsapa la leroborobo', seno ga se kae gore re le Maaforika Borwa ga re na maikemisetso a go dira tse di tshwanetseng go dirwa.

Jaaka re ikobela mekgwa-thibelo ya motheo go gaisa pele, re tla bo re thankgolola letsholo le legolo la meento.

Fa batho ba bantsi ba ka entiswa, re tla kgona go boloka matshelo le go tswelela go

fokotsa seelo sa tshwaetso go ralala naga.

Go bona meento e e lekaneng ka bonako - le go netefatsa gore e fitlhelela batho ba ba e tlhokang - e tla nna nngwe ya ditirokgolo tsa monongwaga. Se e tla nna kgwetlho gonne naga nngwe le nngwe mo lefatsheng e lwela go fitlhelela palo e e rileng ya meento. Fela re semeletse mmogo le balekane ba rona ba kgwebo, mekgatlo ya badiri le baagi go netefatsa gore se se a diragala. Re dira mo maphateng a a farologang go bona meento e, go akaretse setheo sa boditshaba sa COVAX, letsholo la Dina-gatshwaraganelo tsa Aforika gammogo le ditherisano tsa rona le batlhagisi ba meento e.

Jaaka re dira mmogo go fenywa leroborobo le, re tla tlhoka go dira mmogo go aga sešwa ikonomi ya rona le go e tlhabolola. Re na le bokgoni le maikemisetso a go tsosolosa tsamaiso ya ikonomi, go godisa ikonomi ya rona le go tlhola ditiro. Re ikemiseditse go dira se re ntse re le mo teng ga leroborobo.

Matlole a bosetshaba a ka fa tlase ga kgatelelo e kgolo, segolo ga jaana ka ntlha ya tsi-bogo ya rona ya boitekanelo kgatlhonong le *COVID-19* gammogo le ditsereganyo tsa kimololo ya loago le ikonomi tse re di dirileng go thusa dikgwebo le malapa a a humanegileng. Kwelotlase ya ikonomi e kaya gore le lotseno lwa lekgetho le lona lo ile tlase thata. Go dikarolo dingwe tsa ikonomi tse di tla tsayang sebaka go boela manong ka ntlha ya kwelotlase ya tlhokego ya ditlhagisiwa tsa bona go ralala lefatshe ka



kakaretso, gammogo le ka ntlha ya dikiletso mo maetong a boditshaba.

Ke ka moo re tlhokang go nna manontlhotlho le go tsepama mo maanong a rona a go bopa ikonomi ya rona sešwa. Sa botlhokwa, Leano la Poposešwa le Tsosoloso ya Ikonomi le le neng la itsisiwe mo kgwedding ya Diphlane ngogola le ikaegile ka tumalano e e anameng magareng ga balekane ba loago ka ga dikgato tse di tlhokang go tsewa go tsosolosa ikonomi.

Se se tlhoma motheo o o tsepameng wa tirisanommo e e nang le maungo, e e ikaegileng ka metsweditso, bokgoni le maatla a maphata otlhe a setshaba.

Re bona se ka ditsela tse di farologaneng tse di dirang. Sekao, re ntse re dirisana mmogo le batlamedi ba matlole ba makala a poraefete le ditheo tsa tlhabololo ya maphatamantsi go baakanyetsa diporojeke tsa mafaratlhatlha mo makaleng a a jaaka dipalangwa, mafelobonno a batho, metsi le mafaratlhatlha a ditlhaeletsano. Go dirisa Letlole la Mafaratlhatlha jaaka sengwe sa dikgontshi, re tlhola ditsela tsa kabomatlotlo ya diporojeke tse di nang le metswedi e e farologaneng mo lekaleng la puso le la poraefete. Se, se botlhokwa thata segolo jaaka matlole a puso a tlhabela.

Lenaneo la ga Moporesitente la Tsosoloso ya Ditiro ke sekao se sengwe sa semphato se se dirang.

Ka go tlhaloganya gore go tla tsaya nako gore kgolo ya ikonomi e bake diphatlhatiro mo lekaleng la poraefete, re thankgolotse tsosoloso ya ditiro go simolola go tlhola ditshono tsa ditiro ga jaana.

Lenaneo le, le eteletswe pele ke Kantoro ya Moporesitente, fela le tsenngwa tirisong ke mafapha a a farologaneng a puso le makala a a farologa-

neng. Ka lenaneo le, dikete tsa batlhokatiro di kgona go nna le lotseno le go ithuta jaaka ba rebola ditirelo tse di botlhokwa tsa loago.

Mo tsamaong ya nako, lenaneo le, le tla akaretse karolo ya 'ditiro tsa loago', mo re tla dirisanang le ba lekala la loago go thapa batho mo ditirong tse di farologaneng - go akaretse le mo maphateng a tlhagiso ya dijo tse di sa tlhaeleng, mo maphateng a a samaganang le tirisodikgoka mo bathong ba bong jo bo rileng, le mo maphateng a a tlhabololang mafelobonno a a sa tlhomamang - e leng se se nang le seabe se se molemo go botlhe.

Tiro yotlhe e, e kgontshiwa ke tsepamo e e tseneletseng mo diphetogong tsa ikonomi tse di tla nnang le tsepamo e kgolo mo kgolong. Tsona di akaretse go okediwa ga mothamo wa go fetlhiwa ga motlakase, go dira gore magorogelo a naga ya rona a nonofe le go nna a maemo a a gaisang, go tokafatsa phitlhelelo ya mafaratlhatlha a tlhaeletsano a a tlhwalhwalase, le go tokafatsa nako ya thebolo ya dilaesense tsa metsi, meepo le tse dingwe.

Maiteko a, a laolwa le go bewa leitlho ke Kantoro ya me mmogo le Lefapha la Matlotlo a Bosetshaba.

Go na le tse dintsi tse di ka dirwang mo ngwageng o. Le fa go le jalo, ga re a tshwanela go lebala gore re tlile go samagana le dikgwetlho tse dintsi tse di masisi.

Fela re setse re supile gore jaaka naga, re kgona go atlega fa re dira mmogo go fitlhelela maitlhommo a a tshwanang.

Fa re ka gakologelwa seno, mme ra semelela mmogo, re tla netefatsa gore 2021 e tliša boitekanelo le matshelo a a botoka go batho ba rona botlhe.

Ke lo eleletsa ngwaga o mošwa wa katlego le nala.

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. **U**

Go godisa ngwana yo o nang le bolwetse jwa seebana

Allison Cooper

Le fa tota e ka nna kgang e e tsho-sang gore mo lelapeng go na le ngwana yo a nang le bolwetse jwa seebana, o le motsadi wa gagwe o ka dira gore ngwana yo a golele mo lelapeng le le amogetseng maemo a gagwe, le le nang le lerato e bile le tlhologanya seemo sa gagwe go dira gore a gole a dumela gore o na le bokgoni jwa go atlega.

Go ya ka setheo sa Epilepsy South Africa, batsadi ba ka tshwenyegela isago ya ngwana wa bona mme se, sa ba ketefaletsa go amogela le go bua ka bolwetse jo. O ka nna le maikutlo a tshakgalo, kgatelelo, tlhalelo le go ipona molato, fela o ka fenyha maikutlo a le ketsaetsego ka go ithuta ka ga bolwetse jo.

Seebana ke kidibalo e e tswelelang gangwe le gape fa go na le kelelo e e sa tlhomamang ya motlakase mo bobokong.



Goreng ngwanake?

Go tlhologanya seebana le gore ke ka ntlha ya eng kidibalo e tlhagelela ga go tlhalose gore ke ka ntlha ya eng se se diragalela ngwana wa gago.

Mo teng ga dikgetse di le 66 mo go tse 100, ga go itsiwe gore seebana se bakiwa ke eng. Seno se itsege ka gore ke seebana se se sa itsegegeng.

Mo dikgetseng tse dingwe tse di setseng di le 34 mo go di le 100, go ka itsiwe dibakitsa maemo a, e leng se se itsegegeng jaaka seebana se se nang le matshwao.

Go ka nna le dibaki tse di farologaneng jaaka kgobalo

mo tlhogong, e e ka diragalelang batho ba bogolo jo bo farologaneng; kgobalo ka nako ya pelego, jaaka go tlhalela okisejene ka nako ya pelego; mototwane o o bakwang ke letshoroma, tshwaetsego ya boboko, tshoromo ya boboko kgotsa makidiane a bongwana; gammogo le dikgoreletsego kgotsa go tlhoka tekatekano ga masole a mmele kgotsa go fetoga ga popego ya masole a mmele.

Ngaka e tla go kwalela melemo a lebeletse dingwaga tse ngwana a nang le tsona, maemo a gagwe a mmele le mofuta wa kidibalo e ngwana wa gago a itemogelang yona.

Gakologelwa, melemo e e thibelang kidibalo ga e fodise seebana fela, go le gantsi, e tla fokotsa seelo sa dikidibalo le bomasisi jwa tsona.

Maele ka ga go godisa ngwana yo o nang le seebana:

- Lemosangwana wa gagoka maemo a. Bana ba bonnye ba dingwaga tse tharo ba ka tlhologanya gore boboko bo laola mmele. Bana ba bagolwane ba tshwanetse go newa tlhaloso ka bottlalo.
- Itsise ba losika le ditsala tsa ngwana wa gago ba ba gaufi, barutabana le batlhankedi ba sekolo ba ba maikarabelo.
- Netefatsa gore ngwana wa gago o bona tlhatlhobo e e tseneletseng ya boitekanelo go tswa go moitseanape wa porofesinale, segolo moitseanape wa methapo.
- Rotloetsa bokgoni jwa ngwana wa gago le tiragalo efe fela e e ka tokafatsang go ikamogela ga gagwe, go ipona a na le boleng le go itshepa.

- Netefatsa gore go nna le motho yo mogolo yo a mo lebeletseng fa a dira ditiro dingwe, jaaka go thuma.
- Netefatsa gore melemo e tsewa ka tolamo jaaka go laetswe.
- Tlhagisa lenaneo la ditiro tse a tshwanetseng go di dira mme go nne le nako e ntsi ya go ikhutsa, go nne le dijo tse di nang le dikotla tse a tshwanetseng go di ja gararo ka letsatsi gammogo le nako ya go ikatisa ka gale.
- Fa o tlhalosa dikidibalo, dirisa mafoko a ngwana wa gago a tla a tlhologanyang.
- O se letle ngwana wa gago go ikidibatsa e le tsela ya go ipata gore a se dire ditiro tse di rileng tsa ka fa lapeng kgotsa go dira jalo gore a se rwale maikarabelo. **U**

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