

# 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

**S**outh 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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## Nwaha wa 2021 wa khwiṅesa kha Maafrika Tshipembe vhoṱhe

**V**hege dza u thoma dza ṅwaha uno dzo vha dzi lemelaho vhukuma kha Maafrika Tshipembe vhoṱhe. Dwadze ḽa tshitzhili tsha corona ḽi khou ṅana, na tshivhalo tsha vha kavhiwaho tshiswa tshi khou gonya nga u ṱavhanyedza nahone tshi ṅhesa u fhira na mathomoni. Zwibadela zwi nga fhasi ha mutsiko muhulu musu vhatu vhanzhi vha tshi khou ṱoda thuso ya dzilafho nga u ṱavhanya.

Musi sekhithara dza zwa ikonomi dzo kona u shuma hafhu lwa miṅwedzi yo vhalaho, zwi ḽo dzhia tshifhinga uri ikonomi i vuwe na uri mishumo yo lozweaho i vhuvedzedzwe. Musi ṅwaha muswa u tshi khou thoma, miṱa minzhi i kha ḽi tshenzhema masiandaitwa a dwadze kha matshilo avho na kha maitele a u kona u ḽitshidza.

ḽifhasi zwazwino ḽi khou dzhena kha ṅwaha wa vhuvhili wa dwadze ḽa tshitzhili tsha corona. Kha Afrika Tshipembe, na kha vhanzhi ha maṅwe mashango u mona na ḽifhasi, ṅwaha wa 2021 u khou ḽa u vha khaedu khulwane vhukuma. Gabelo ḽa vhuvhili ḽa u kavhiwa nga vhuwadze ha COVID-19 ḽi nga kha ḽi tevhelwa nga maṅwe magabelo, ane a ḽo kwama zwoṱhe, mutakalo wa vhatu vhashu na mvusuludzo ya ikonomi.

Naho ṅwaha uyu u tshi ḽo konḽa, ndi na vhuṱanzi ha uri ri ḽo kunda dwadze na u vhea shango ḽashu kha ṅdila yo khwaṱhaho ya mvusuludzo.

Fulufhelo ḽanga ḽi bva kha vhatu vha Afrika Tshipembe. Musi ndi tshi sedza

ṅdila ye Maafrika Tshipembe vha fhindula ngayo kha tshiwo itshi u bva musu tshitzhili tshi tshi swika kha shango ḽashu, a thi timatimi na luthihi uri ri a kona u konḽelela, u ḽifara na u vha na vhukoni ha u kunda vhuwadze uvhu.

Ndi ngoho ho ḽi vha na zwe zwi sa tshimbile nga ngona, fhedzi vhanzhi ha Maafrika Tshipembe vho kona u pfesesa ḽhoda dza nyiledzo ya u tshimbila na miṅwe mishumo, vha tevhedza milayo ye ra i vhea. Zwa vhuṱhogwa vhukuma u fhira na vhuvehdzeli, ndi uri vhanzhi ha Maafrika Tshipembe vho dzhia vhuḽifhinduleli u itela vhone vhaṅe na vhaṅwe vhatu, u tevhedza ngeletshedzo kha mafhungo a fanaho na u vha kule na kule na muṅwe muthu, u ambara masiki na u ṱamba zwanda.

He ra kundelwa hone, nga mbiluvhuṱungu, ro vhone masiandaitwa azwo. Zwazwino ri vho ḽivha khovhakhombo dza fhethu ho valeaho hu sa dzheni muya zwavhuḽi na maguvhangano o ḽalesaho vhatu, dza u sa ambara masiki na u sa vha kule na kule na muṅwe muthu.

Hezwi ndi tshiga tshavhuḽi kha ṅwaha u re phanda hashu. Zwazwino ri vho ḽivha zwinzhi nga ha vhuwadze na uri ri vhu thivhela hani uri vhu si phaḽalale. Naho hu na zwine muthu a nga zwi vhidza uri 'maneto a dwadze' ri khou isa phanda na u ḽiimisela sa Maafrika Tshipembe u ita zwine zwa khou tea u itwa.

Musi ri tshi khou tevhedza nga vhurwane vhukuma maga a mutheo wa thivhelo, ri ḽo vha ri tshi khou thoma fulo ḽihulwane vhukuma ḽa

ṅetshedzo ya khaelo. Musi vhatu vhanzhi vha tshi khou haelwa, ri ḽo vhuḽungu matshilo ra dovha ra kona u bvelela kha u fhungudza khovhakhombo ya u kavhiwa nga tshitzhili u mona na tshitshavha.

U wana khaelo dzo lingana nga u ṱavhanyedza – na u khwaṱhisedza uri dzi swika kha vhatu vane vha khou dzi ṱoda – zwi ḽo vha muṅwe wa mishumo mihulwanesa ya ṅwaha. Hezwi zwi ḽo vha khaedu nga maanda saizwi shango ḽiṅwe na ḽiṅwe ḽi tshi khou ṱavha mukosi wa u wana ṅḽisedzo yo pimiwaho ya khaelo. Fhedzi ri khou shuma nga maanda na vhashumisani kha mabindu, vhashumi na vhadzulapo u itela u vhone uri hezwi zwi khou konadzea. Ri khou shuma na vhurangaphanda ho vhalaho u wana khaelo, hu tshi katelwa nga kha tshimiswa tsha COVAX tsha ḽifhasi ḽoṱhe, vhurangeli ha Mbumbano ya Afrika na nga kha nyambadzano dzashu na vhabvedzi vha khaelo.

Musi ri tshi khou shumisana roṱhe u kunda dwadze, ri ḽo tea u shumisana roṱhe u fhaṱa nga huswa na u shandukisa ikonomi yashu. Ri na vhukoni ra dovha ra vha na lutamo lwa u ṱuṱuwedza mushumo wa zwa ikonomi, u alusa ikonomi na u sika mishumo. Ra dovha hafhu ra vha na lutamo lwa u ita izwi musu ri vhukati ha dwadze.

Masheleni a tshitshavha a nga fhasi ha mutsiko muhulu, nga maanda zwino u fhira na mathomoni ngauri mbadelo dza thusedzo ya mutakalo washu kha COVID-19 na maga a ṱaḽulo kha zwa ikonomi na matshiliso ro a vhea u itela u thusa mabindu na miṱa i shayaho. U tsela

fhasi ha ikonomi na zwone zwi amba uri mbuelo dza muthelo dzo tsa zwiḽulwane vhukuma. Hu na zwine zwipiḽa zwa ikonomi zwine zwa ḽo dzhia tshifhinga tshilapfu u vuwa nga vhang ḽa ḽhoda ya ḽifhasi nga u angaredza yo tselaho fhasi na nga nyiledzo dza u tshimbila dza mashango a dzitshaka.

Ndi ngazwo ri tshi tea u vha na vhutumbuli na u sedza vhukuma kha pulane yashu ya u fhaṱa nga huswa ikonomi yashu. Tsha vhuṱhogwa, Pulane ya Mvusuludzo na U fhaṱa nga huswa Ikonomi yashu ye ra i ḽivhadza nga Tshimedzi ṅwaha wo fhiraho yo ḽitika nga thendelano yo ṱandavhuwaho vhukati ha vhashumisani Vha matshiliso vhoṱhe kha mushumo u khou ṱoda u itela u vusuludza ikonomi nga huswa. Hezwi zwi vhea mutheo wo khwaṱhaho wa tshumisano i shumaho ine ya bva kha zwiko, vhukoni na nungo zwa khethekanyo dzoṱhe dza tshitshavha.

Ri khou vhone hezwi kha zwithu zwine zwa khou itwa zwo fhambanaho. Sa tsumbo, ri khou shuma tsini na tsini na vhalambedzi vha phuraivethe na zwiimiswa zwa mveledziso zwinzhi zwo fhambanaho u dzudzanya thandela dza themamveledziso kha masia a vhuendi, vhudzulo ha vhatu, maḽi na vhudavhidzani ha muyani. Hu tshi khou shumiswa Tshikwama tsha Themamveledziso sa tshinwe tsha zwiendedzi, ri khou bveledzisa mimodele ya ndambedzo u itela thandela idzi dzine dza bva kha zwiko zwo fhambanaho zwa sekhithara dza phuraivethe na dza muvhuso. Hezwi ndi zwa vhuṱhogwa nga maanda nga tshifhinga tshine masheleni a tshitshavha a vha maṱuku.

Tshiṱuṱuwedzi tsha Vhusikamushumo tsha Muphuresidenende ndi inwe ya tsumbo ya tshumisano kha mushumo. Ri tshi khou pfesesa uri zwi ḽo dzhia tshifhinga uri nyaluwo ya ikonomi i shanduke i vhe mushumo wa sekhithara ya phuraivethe, ro rwela ṱari tshiṱuṱuwedzi tsha vhusikamushumo u itela u thoma u sika zwikhala zwa mishumo zwino. Mbekanyamushumo iyi i khou konanywa u bva

kha ofisi ya Muphuresidenende, fhedzi i khou shumiswa nga mihasho ya muvhuso yo fhambanaho na madavhi o fhambanaho. Nga mbekanyamushumo iyi, fumi ḽa zwigidi zwa vhatu vha shayaho mushumo vha a kona u hola na u guda sa musu vha tshi khou ṅetshedza tshumelo dza matshiliso dza ndeme.

Nga tshifhinga, mbekanyamushumo iyi i ḽo katela tshipiḽa tsha 'mishumo ya matshiliso' hune ra ḽo farisana na vhaṅwe vhashumeli vha zwa matshiliso u thola vhatu kha mishumo ya tshaka dzo fhambanaho – u bva kha u khwiṅisa tsi-reledzo ya zwiliwa, u ya kha u lwa na khakhathi dzo ḽitikaho nga mbeu na u ya kha khwiṅifhadzo ya madzulo a songo dzudzanywaho – zwoṱhe zwi shela mulenzhe kha u bveledza zwivhuya zwi vhuedzaho vhatu vhoṱhe.

Mushumo uyu woṱhe u khou khwaṱhisa nga ndavheleso ya vuhali kha mvusuludzo ya ikonomi ine ya ḽo vha na ndavheleso khulwanesa kha nyaluwo. Hezwi zwi katela ṱandavhudzo ya ṅadzo ya mveledzo ya muḽagasi, u itela uri vhuimangalavha na vhuḽamabupo vhu shume zwavhuḽi na u kona u ṱatisana na ha maṅwe mashango, u khwiṅisa tswikelelo kha zwirathisi zwo angalalaho zwi swikeleleaho, u khwiṅisa zwifhinga zwa u khunyeledza ḽaisentsi ya maḽi, ya u gwa migodi na dza zwine. Vhuḽidini uvhu vhu khou konanywa na u lavheleswa zwo ṱangana nga ofisi yanga na Vhufaragwama ha Lushaka.

Hu na zwinzhi zwine zwa kha ḽi tea u itwa ṅwahani uno. Ri songo vhuva ra timatima uri ri ḽo tea u livhana na khaedu nanzhi dzi konḽaho.

Fhedzi ro zwi sumbedza uri, sa lushaka, ri a kona u bvelela musu ri tshi khou shumisana roṱhe u bveledza ṅdivho i vhuedzaho roṱhe.

Arali ra nga humbula izwo, na uri arali ra nga shumisa vhuṱhihi hashu, ri ḽo khwaṱhisedza uri ṅwaha wa 2021 u ḽisa mutakalo na matshilo a khwiṅe kha vhatu vhashu vhoṱhe.

Ndi tamela vhatu vhoṱhe zwivhuya kha ṅwaha muswa. **U**

# Busting the myths



Allison Cooper

**P**eople 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 vha mubebi a alusaho n'wana a re na tshifakhole

Allison Cooper

**M**usi zwi tshi nga vha dzhenuwu kha vha muṭa musu vha tshi wana uri n'wana u na vhwadze ha tshifakhole, vha nga sika vhuṭo vhu ṭanganedzaho vhu re na ndivho na lufuno vhone n'wana wavho a nga aluwa khaho na u fulufhela vhuṭoni hawe ha u bvelela.

U ya nga vha Epilepsy South Africa, vhabebi vha nga vhaledzwa nga ha vhumatshelo ha n'wana wavho na u kondelwa u ṭanganedza vhwadze ha tshifakhole kana u amba nga haho. Vha nga dinalea, vha pfa vha na mutsiko, vha pfa vha sa fushei na u qivhea mulandu, fhedzi vha nga kunda vhuṭipfi uvhu na mbilaelo dzavho nga u qifunza nga ha vhwadze uvhu.

Vhwadze ha tshifakhole ndi u anzela u fhelelwa nga muya wa wa lwa tshivutshela zwi dovhololaho lunzhi, zwi itea musu hu na u bva ha tshika kha sele dza vhuṭaledzi u ya kha maluvhi lu songo dowealeho.

### Ndi ngani zwi tshi itea kha n'wananga?

U pfesesa vhwadze ha tshifakhole na uri ndi ngani vhu tshi itea nga tshivutshela a zwi ṭalutshedzi uri ndi ngani izwi zwi tshi itea kha n'wana wavho.

Kha zwiwo zwi ṭoḏaho u swika 66% , tshivhangitshihulwane tsha vhwadze ha tshifakhole a tshi qivhei. Hezwi zwi vhidzwa u pfi *idiopathic epilepsy* (vhwadze ha tshifakhole vhu vhangwaho nga dzidzhini hu si na u khakhisea kha tshivhumbeo tsha vhwadze). Kha zwiṅwe zwiwo zwo salaho tshivhangitshihulwane tshi a toplea, ndi kha vhwadze vhu vhidzwaho u pfi *symptomatic epilepsy* (vhwadze ha tshifakhole vhu vhangwaho nga khuvhalo dzi kwamaho maluvhi).

Hu nga kha qivha na zwi vhangitshifakhole dzo fhambanaho u fana na khuvhalo kha ṭhoho, hezwi zwi nga itea kha muthu wa miṅwaha miṅwe na miṅwe; khuvhalo musu n'wana a tshibebiwa, u fana na u shayeya

ha okisidzheni nga tshifhinga tsha mbebo, u pfa vhuṭungu hu vhangwaho nga mufhiso; u fhisa ha maluvhi hu vhangwaho nga u kavhiwa nga zwitshili; vhwadze ha lukanda lwa u tsiredza maluvhi kana tshifumbu tsha vhuhanani; u khakhisea kana u ṭahela ha tsukanyo kana mvungo wa khemikhaḷa muvhilini.

Dokotela u ḏo randela mishonga zwi tshi ya nga miṅwaha ya muthu, nyimele muvhilini na lushaka lwa tshifakhole tshine n'wana wavho a vha natsho. Vha humbule, mishonga ya u lwa na u khwiḏukana a i alafhi vhwadze ha tshifakhole, fhedzi kha nyimele nanzhi, i fhungudza u dzulela u itea na vuhulu ha tshivutshela tsha vhwadze.


### Dziṅwe tsivhudzo nga ha u vha mubebi a alusaho n'wana a re na vhwadze ha tshifakhole:

- Kha vha ite uri n'wana a limuwe uri u na vhwadze. Vhana vhaṭuku u

bva kha miṅwaha miraru vha a kona u pfesesa uri vhwadze vhu langa muvhili. Vhana vhwadze vha fanela u ṭetshedzwa ṭalutshedzo yo fhelelaho nga ha vhwadze.

- Vha qivhadze mashaka a tsini na khonani dza n'wana wavho, vhaḡudisi na vhaṅwe vhashumi vha tshikoloni vha ṭhogomelaho n'wana wavho.
- Vha khwaṭhisedze uri n'wana wavho u wana ndingo dza zwa dzilafho nga vhuḏalo nga vho gudelaho vha re na ndalukanyo, nga maṅḡa dokotela wa maluvhi.
- Vha ombedzele vhuṭoni ha n'wana na miṅwe mishumo kana mitambo ine ya ḏo khwiḡisa vhuḏiṭanganedzi, vhuḏifulufheli na u sa qinyadza.
- Vha khwaṭhisedze uri hu vha na muthu muhwadze a vheaho iṭo n'wana na u mu thusa kha miṅwe mishumo kana mitambo, u fana na u bambela.

Vha khwaṭhisedze uri mishonga i khou shumiswa na u nwiwa tshifhinga tshoṭhe u ya nga he ya randelwa zwone.

- Vha ṭetshedze mutevhe wa zwithu zwine zwa tea u itwa tshifhinga tshoṭhe hu na tshifhinga tshinzhi tsha u awela, zwiḡiwa zwa pfushi luraru nga qivha na u ita nyonyoloso misi yoṭhe.
- Musu vha tshi ṭalutshedza nga ha tshivutshela tsha vhwadze nga maṅḡa tshifakhole kana u oma lurumbu kha vha shumise maipfi ane n'wana wavho a ḏo a pfesesa.
- Vha songo tenda na luthihi n'wana wavho a tshi shumisa tshivutshela tsha vhwadze sa nḡila ya u sa ṭoḏa u ita mishumo hayani kana u ṭanganedza vhuḏifhinduleli. 

U wana mafhungo nga vhuḏalo kana thuso, vha kwama Epilepsy South Africa kha 0860 374 537 kana vha dalela webusaithi ya [www.epilepsy.org.za](http://www.epilepsy.org.za)