

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

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Rest In Peace

Minister Jackson Mthembu

1958 - 2021



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2021 yo antswa eka maAfrika-Dzonga hinkwavo

Mavhiki lamo sungula ya lembe a ma tika eka maAfrika-Dzonga hinkwavo. Ntungukulu wa khonahayirasi wu nyanyile, ku ri na mitlule-tavuvabyi leyintshwa leyi tlakukaka hi ku hatlisa swinene naswona yi ri ehenhla swinene kutlula leswi a swi ri xiswona eka nkarhi lowu nga hundza. Swibedhbele swi le hansi ka ntshikelelo lowukulukumba tanihileswi vanhu vo tala va dingaka vutshunguri.

Loko tisekitara tiningi ti kotile ku tirha nakambe eka tin'hweti to talanyana. Swi ta teka nkarhi eka ikhonomi ku hlakarhela na le ka mitirho leyi lahlekeke ku va yi tlhela yi kumeka hi vuntshwa. Tanihiloko lembe ra ha sungula, mindyangu yo tala ya ha twa switandzhaku swa ntungukulu lowu eka vutomi na vutihanyisi bya yona.

Sweswi misava yi le ku ngeneni eka lembe ra vumbirhi ra ntunguku lowu wa khonahayirasi. Eka Afrika-Dzonga, tanihi le ka matiko manyingi emisaveni hinkwayo, lembe ra 2021 ri ta tlhontlha kutlula mpimo.

Gandlati lera vumbirhi ra mitlule-tavuvabyi ya COVID-19 ri nga ha landzeriwa hi magandlati man'wana, leswi swi nga ta xungeta havumbirhi bya rihanyu ra vanhu va ka hina na nhlakarhelo wa ikhonomi.

Swi ri karhi swi tika tanihileswi lembe ri nga ta va xiswona, ndza tiyisa leswaku hi ta wu hlula ntungukulu lowu kutani hi veka tiko ra ka hina hi ndlela yo tiya eka ndlela ya nhlakarhelo.

Vutitshembi bya mina byi huma eka vanhu va Afrika-

Dzonga. Loko ndzi languta hilaha maAfrika-Dzonga va anguleke hakona eka nkit-sinkitsi lowu kusukela hi xikandyana lexi xitsongwa tsongwana lexi xi fikeke haxona etibuweni ta ka hina, a ndzi na ku kanakana leswaku hi na nkondzelelo, vutikhomi na vuswikoti bya ku hlula vuvabyi lebyi.

Hakunene a ku ri na leswi pfumelerike, kambe vuningi lebyikulu bya maAfrika-Dzonga byi twisise xidingo xa swipimelo eka mfambafambo na migingiriko ya vona, naswona byi landzelele swinawana leswi hi bohekeke ku swi veka.

Hambi ku ri swa nkoka swinene kutlula ku landzelela, maAfrika-Dzonga vanyingi va byarhe vutihlamuleri bya vona vini na bya van'wana, va landzelela switsundzuxo eka timhaka to fana na ku siya mfphuka exikarhi vanhu, va ambala xipfalaxikandza na ku hlamba swandla.

Naswona laha hi kayiveleke kona, hi ndlela yo khomisa tingana, hi vonile switandzhaku. Sweswi ha tiva hi mayelana na mixungeto ya tindhau leti pfalekeke na tinhlengoletano leti nga tala vanhu, hi ku nga ambali swipfalaxikandza na ku nga siyi mpfhuka kusuka eka van'wana.

Leswi swi hlola leswinene elembeni leswa ha taka. Sweswi hi tiva swo tala swinene hi mayelana na vuvabyi lebyi na hilaha ku siveriwaka hakona ku hangalaka ka byona. Naswona hambileswi ku nga na leswi munhu a nga swi vulaka 'nkarhalo wa ntungukulu' a hi tiyimiselangi switsongo tanihi maAfrika-Dzonga ku endla leswi swi dingaka ku endliwa.

Tanihiloko hi landzelela hambi hi ndlela ya vurhswana swinene magoza yo sivela ya masungulo, hi ta tlhela hi simeka pfhumba ra nsawutiso wa xintshungu.

Tanihiloko vanhu vo tala va ri karhi va sawutisiwa, havumbirhi hi ta ponisa vutomi na ku hunguta hi ndlela leyi yaka emahlweni nxungeto wa mitlule-tavuvabyi eka vanhu va rixaka hinkwavo.

Ku kuma swisawutisi swo enela hi ku hatlisa hilaha swi kotekaka hakona - na ku tiyisisa leswaku swi fikelela vanhu lava va swi dingaka - swi ta va xin'wana xa swintirhwana leswikulukumba swa lembe. Leswi swi ta va swi tlhontlha swinene tanihileswi tiko rin'wana na rin'wana emisaveni ri lavaka ku kuma mphakelo lowu pimiweke wa swisawutisi. Kambe hi le ku tirheni hi matimba na vatirhisani eka mabindzu, vatirhi na vaaki lava nga na ku tsakela kun'we ku endla leswi swi humelela. Hi le ku tirheni eka matlhelo yo tala ku kuma swisawutisi, ku katsa na hi ku tirhisa xitirhisiwa xa COVAX xa misava hinkwayo, pfhumba ra Yuniyoni ya Afrika na hi ku tirhisa mivulavurisano ya hina vini na vamaki va swisawutisi.

Loko hi tirhisa ku hlula ntungukulu lowu, hi ta dinga ku tirhisa ku aka hi vuntshwa na ku hundzuluxa ikhonomi ya hina. Hi na havumbirhi bya vuswikoti na hiseko ku hlohlotela ngingiriko wa ikhonomi, ku kurisa ikhonomi ya hina na ku tumbuluxa mitirho. Na ku endla tano exikarhi ka ntungukulu.

Timali ta mfumo ti le hansi ka ntshikelelo lowukulu, sweswi swi nyanyisiwa hikwalaho ka ndhurho wa angu-

lo wa hina wa swa rihanyu eka COVID-19 na magoza ya mphalalo wa vanhu na ikhonomi lama hi ma vekeke ku pfuneta mabindzu na miti leyi nga swela. Nkhanyano wa ikhonomi wu tlhela wu vula leswaku mali ya xibalo yi ehlile hi ndlela yo tivikana.

Ku na swiphemu swin'wana swa ikhonomi leswi swi nga ta teka nkarhi wo leha swinene ku hlakarhela hikwalaho ka xikoxo xa misava hinkwavo xa le hansi hi ku angarhela na swipimelo eka tendzo ta matiko ya misava.

Leswi hi swona swi endlaka hi dinga ku va na maendlelo mantshwa na ku kongomisa eka makungu ya hina ya ku aka ikhonomi hi vuntshwa.

Hi ndlela yo tivikana, Kungu ro Aka hi Vuntshwa na Nhlakarhelo wa Ikhonomi lerhi ri tiviseke hi Nhlangua n'wexemu ri simekiwile eka ntwanano wo angarhela exikarhi ka vatirhisani va vaaki eka magoza lama dingiwaka ku aka hi vuntshwa ikhonomi leyi. Leswi swi vumba masungulo yo tiya ya ntirhisano lowu tirhaka kahle lowu wu tswongaka eka swipfuno, vuswikoti na matimba kusuka eka swiyenge hinkwaswo swa rixaka.

Hi le ku voneni ka leswi hi tindlela leti endlekaka to hambanahambana. Tanihi xikombiso, hi vile hi ri eku tirhisaneni na vanyikatimali lava nga riki va mfumo na mihlangano ya nhluvukiso ya matikonyingi ku lulamisa tiphurojeke ta swimakiwakulu eka swiyenge swo fana na vutleketli, vutshamiso bya vanhu, mati na vuhlanganisi bya swa tiqingho. Hi ku tirhisa Nkwama wa Swimakiwakulu tanihi yin'wana ya tindlela leti, hi le ku hluvukiseni ka timodlolo to nyika timali ta tiphurojeke leti ti tswongaka eka swihlovo swo hlayanyana eka havumbirhi bya tisekitara ta mfumo na leti nga riki ta mfumo. Leswi i swa nkonka swinene hi nkarhi lowu timali ta mfumo ti nga tsongahala.

Xihlohloteri xa Mitirho xa le Hofisini ya Phuresidente i xikombiso xin'wana xa xinakulobye lexi nga eku tirheni. Ku twisisa leswaku swi ta teka nkarhi leswaku ku kula ka ikhonomi ku hundzuka mitirho ya sekitara leyi nga riki ya mfumo, hi si-

mekile xihlohloteri xa mitirho ku sungula ku tumbuluxa swivandlanene swa mitirho sweswi. Nongoloko lowu wu le ku tirhisanisiweni kusuka eka Hofisini ya Phuresidente, kambe ku le ku simekiweni hi tindzawulo ta mfumo to hambanahambana na swiyenge swo hambanahambana.

Hi ku tirhisa nongoloko lowu, vakhume va migidi va vanhu lava nga tirhiki va kota havumbirhi bya ku hola na ku dyondza tanihileswi wu nyikaka vukorhokeri bya swa vanhu bya nkoka.

Hi nkarhi, nongoloko lowu wu ta katsa xiphemu xa 'ku thoriwa ka vanhu', laha hi nga ta tirhisa na vatekaxiave xa vanhu ku thola vanhu eka migingiriko yo hambanahambana - kusuka eka nsirhelelo wa swakudya, kufika eka ku tirhana na madzolonga yo ya hi rimbewu ku antswisa vutshamiso lebyi nga riki bya ximfumo - leyi yi hoxaka xandla eka ku vuyerisa vanhu hinkwavo.

Ntirho lowu hinkwawo wu le ku tiyisisiweni hi nkongomo wa vurhena eka miantswiso liya ya ikhonomi leyi yi nga va na nkongomo lowukulukumba eka ku kula.

Leswi swi katsa ndlandlamukiso wa vuswikoti byo endla gezi, ku endla tinhlaluko ta hina ti tirha hi ku hatlisa na ku va leti phikizana, ku antswisa mfikelelo wa netiweke yo chipa, na ku antswisa mikarhi yo heta ku phurosesa tilayisense ta swa mati, ta swa vucelamigodi na tin'wana. Matshalatshala lama ma le ku tirhisanisiweni na ku vekiwa tihlo hi hofisi ya mina na Vutamelankwama bya Rixaka.

Ku na swo tala leswi faneleke ku endliwa elembeni leswa ha taka. Naswona a hi fanelangi ku kanakana leswaku hi ta boheka ku jamelana na mitlhontlho leyo tika yo tala.

Kambe hi kombisile leswaku, tanihi rixaka, ha swi kota ku humelela loko hi tirhisa eka ku hlongorisa xikongomelo xo fana.

Loko hi tsundzuka leswaku, na loko hi tirhisa vun'we bya hina, hi ta tiyisisa leswaku 2021 yi tisa rihanyu ro antswa na vutomi byo antswa eka vanhu va ka hina hinkwavo.

Ndzi mi navelela leswinene eka lembe lerintshwa.

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. 

Ku kurisa n'wana loyi a nga na switshetshela

Allison Cooper

Hambiloko swi nga ha va xihlamariso eka ndyangu ku thumba leswaku n'wana u na switshetshela, u nga vumba ntwisiso, rirhandzu na ku amukela mbangu lowu n'wana wa wena a kulaka eka wona na ku tshemba eka vuswikoti bya yena bya ku humelela.

Hi ku ya hi Nhlangoano wa Switshetshela wa Afrika-Dzonga, vatswari va nga vilerisiwa hi mayelana na vumundzuku bya n'wana wa vona na ku kuma switshetshela swi tika ku swi amukela kumbe ku vulavula hi swona. U nga titwa u hlundzukile, u tshikelelekile, u nga enerisekangi na ku tivona nandzu, kambe u nga kota ku hlula matitwelo lama na nchavo hi ku tidyondzisa hi mayelana na xiyimo lexi.

Switshetshela i mbhulo wa ku va na mitlumbeko leyi vuyelelaka, leyi yi humelelaka loko ku ri na ku humesiwa ka gezi loku nga tolovelekangiki ebyongweni.



Hikwalahokayini n'wananga?

Ku twisisa switshetshela na leswaku hikwalahokayini mitlumbeko yi humelela a swi hlamuseli leswaku hikwalahokayini leswi swi humelela eka n'wana wa wena.

Eka kwalomu ka 66% ta timhangu, xivangelo lexi tumbeleke xa switshetshela a xi tiveki. Leswi swi vuriwa switshetshela swa xivangelo lexi nga tivekiki. Eka timhangu leti nga sala, swivangelo leswi tumbeleke swi nga kumeka, leswi swi tivekaka tanihi switshetshela leswi nga na swikombeto.

Ku nga va na muxaka wa swivangelo leswi tumbeleke swo tanihi ku vaviseka ka le nhlokwani, loku ku nga humelelaka eka malembe hi vukhale wahi kumbe wahi; ku vaviseka eku velekiweni, ko tanihi ku pfumaleka ka moyatenga hi nkarhi wa ku velekiwa, milombyana ya ku hisa miri, mpfimbabyongo, mpfimo wa nkuva wa byongo kumbe ximungwamungwana xa vutsongwana; mikavanyeto kumbe mikandzingu ya mpfivelaseleni kumbe bayokhemikali.

Dokodela u ta lawulela mirhi hi ku ya hi malembe hi vukhale, xiyimo xa le mirini na muxaka wa mitlumbeko leyi n'wana wa wena a nga na yona. Tsundzuka, murhi wo lwisana na milombyana a wu horisi switshetshela, kambe eka swiyimo swinyingi, wu ta hunguta mbuyelelo na ku tika ka mitlumbeko.


Switsundzuxo swin'wana hi ku kurisa n'wana loyi a nga na switshetshela:

- Lemukisa n'wana wa wena hi xiyimo lexi. Vana va

vutsongwana bya kwalomu ka malembe manharhu va nga kota ku twisisa leswaku byongo bya vona byi lawula miri. Vana lavakulunyana va fanele ku nyikiwa nhlamuselo yo angarhela swinene.

- Tivisa maxaka ya le kusuhi na vanghana va n'wana wa wena, vadyondzisi na tiofixiyali tin'wana ta xikolo leti nga na vutihlamuleri.
- Tiyisisa leswaku n'wana wa wena u kuma nhlalhuvo wa vutshunguri wo angarhela hi phurofexinali leyi nga thwasa, ngopfungopfu nyurolojisi.
- Hlamusela hi ku tshikelela vuswikoti bya n'wana wa wena na nghingiriko wihi kumbe wihi lowu wu nga ta antswisa vutiamukeli byakwe, nkoaka wakwe na vutitshembi byakwe.
- Tiyisisa leswaku ku na vulanguteri bya munhu lonkulu eka migingiriko yin'wana, yo tanihi vuhlamberi.
- Tiyisisa leswaku mirhi ya kumeka naswona yi nwiwa

nkarhi na nkarhi tanihilaha yi lawuleriweke hakona.

- Nyika swiendlo swa nkarhi hinkwawo leswi kunguhatiweke swa ku wisa ko ringanela, miphamelo ya swakudya leyi ringaneri-siweke yinharhu hi siku na vutiolori bya nkarhi na nkarhi.
- Loko u ri karhi u hlamusela mitlumbeko tirhisa marito lama n'wana wa wena a nga ta ma twisisa.
- U nga pfuki u pfumelele n'wana wa wena ku tirhisa mitlumbeko tanihi nxangu ya ku tihumesa eka mitirho ya le kaya ya siku na siku kumbe ku amukela vutihlamuleri. 

Ku kuma vuxokoxoko byo tala na ku pfuneka, tihlanganise na Nhlangoano wa Switshetshela wa Afrika-Dzonga eka 0860 374 537 kumbe u endzela www.epilepsy.org.za