

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/isiNdebele

February 2021 Edition 1

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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 ar-

rive 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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Umnyaka wee-2021 Ongcono Kiwo Woke amaSewula Afrika

Iimveke zokuthoma zomnyaka gade zibudisi tle kiwo woke amaSewula Afrika. Umbulalazwe oyingongwana i-corona uthuwelele, ukuthetheleka okutjha kwehlandla lesibili kwanda ngokurhabako kwaba ngaphezulu kunaphambilini. Iimbhedlela zizifumene zingaphasi kwegandelelo elikhulu njengombana abantu abanengi bebandinga ukwelatjha.

Nanyana amabhizinisi amanengi aphumelele ukusebenza iinyanga ezimbalwa nje, kusazokuthatha isikhatjhana kobana umnotho utlurhe bekuvuselelwe nemisebenzi ephelele abantu. Njengombana kuthoma umnyaka omutjha nje, imindeni eminengi isazifumana iqalene nobudisi obuze nombulalazwe emaphilweni wabo wangamalanga.

Sikhuluma nje amazwe wephasiloke angema emnyakeni wesibili angaphasi kobujamo bombulalazwe oyingogwana i-corona. ESewula Afrika, njengakamanye amazwe amanengi ephasini zombebele, umnyaka wee-2021 uzokuba neentjhi-jilo ezikulu. Ihlandla lesibili lokuthetheleka nge-COVID-19 lingalandelwa ngamanye amahlandla, azokuthusela amaphilo wabantu bekhethu nokuvuselelwa komnotho welizwe lekhethu.

Nanyana kubonakala bona lomnyaka ophezulu uzokuba budisi, nginerhuluphelo yokobana sizowehlula lombulalazwe sibuyisele nomnotho welizwe lekhethu endleleni yokuvuselelwa.

Ithemba lisebantwini be-

Sewula Afrika. Nangiqala indlela amaSewula Afrika azinikele ngayo kilepi kusukela lokha ingogwana le nayehlela kokuthoma elizweni lekhethu, anginakho ukuzaza bona sinakho ukuzimisela, ukuziphatha kuhle nekghono lokwehlula ubulwelobu.

Ngiyavuma bona kube khona ukungavumelani kezinye iinkhathi, kodwana inengi lamaSewula Afrika lazwisisa isidingo sokubekwa kwemileyo yokuqintelisa imisebenzi nokukhambakhamba kwabantu, bathobela imileyo esayethulako. Okuqakatheke ukudlula ukuthobela imileyo yokuqinteliswa kwamakhambo, inengi lamaSewula Afrika laba nokuziphendulela nokucabangela abanye, ngokulalela iinluleko eendabeni ezifana nokujama nokuhlala maqalanga, ukufaka imaski nokuhlamba izandla qobe.

Ngetjhudwelimbi, lapho singakaziphathi kuhle khona, siyibonile imiphumela yalokho. Gadesi sele sibazi ubungozi obuza nokuba seendaweni eziminyeneko nemihlangano enabantu abanengi, ukungafaki amamaski nokungabi maqalanga kabanye abantu.

Lokhu kumatshwayo amahle emnyakeni ophezulu lo. Sele sinelwazi elidephileko gadesi ngobulwelobu nangokukhandela ukurhatjheka kwabo. Nangaphandle kwalokho okungabizwa ngokuthi 'kuqedwa amandla mbulalazwe', asikapheli amandla simaSewula Afrika ukwenza lokho okutlhoga ukwenziwa.

Nasithobela amagadango

asidingoqangi wokuvikela ngokukhulu ukuzimisela, sizokukghona nokusabalalisa ijima elikhulu lomjovo. Lokha inengi labantu lihlatjwa umjovo ovikela abantu ebulweleni be-corona, kuzokuhlengeka amaphilo bekwehle ubungozi bokuthelana hlangana nesitjhaba.

Ukufumana imijovo eyaneleko ngokurhabako – nokuqinisekisa kobana ifikelela abantu abayitlhogako – kuzokuba ngomunye wemisebenzi emikhulu yomnyaka lo. Lokhu kuzokuba yiselele ekhethekileko njengombana woke amazwe ephasini loka alwela ukufumana isibalo esingesincani semitjhoga abekelwe sona. Kodwana sisebenza ngamandla nabatjhebisani bezamabhizinisi, iinhlango zabasebenzi nezomphakathi ukuphumelelisa lokhu. Sisebenzisana nemikhakha embalwa ejimani lokufumana imitjhoga yomjovo, hlangana nayo kune-COVAX Facility, iHlangano yoBunye be-Afrika (i-AU) nemikhulumiswano esinayo nabakhiqizi bemijovo.

Nasithatha amagadango sisoke wokwehlula lombulalazwe, sizokudinga ukusebenzisana kobana sakhe kabutjha besitjhugulule umnotho welizwe lekhethu. Sinakho kokubili, ikghono nokuzimisela ukuthuthukisa umnotho, ukukhulisa umnotho wethu nokuvula amathuba wemisebenzi, ukukhuthaza umnotho welizwe lekhethu, ukukhulisa umnotho wethu nokuvula amathuba wemisebenzi. Begodu sikghone ukukwenza lokhu hlangana nehlekelele yombulalazwe.

Umbuso ungaphasi kwe-likhulu igandelelo leemali, khulukhulu ngonobangela wesidingo somkhakha wezepilo sokuthengwa kwepahla yokuzivikela ku-COVID-19 namagadango wokusiza wezehlalakhule newezomnotho esawethulako ukusiza amabhizinisi nemindeni enganabuyo. Ukutekateka komnotho kutjho ukuncipha kwengenisomali efulaneka ngokubhadelwa komthelo. Kuneengcinye zomthelo ezizokuthatha isikhathi eside ukubuyela esigeni ngokwesidingo sephasi esehlileko nokuqinteliswa kwamakhambo wokuya emazweni wangaphandle.

Kungebangelo sitlhoga ukuba nekghono sinqophe emahlelweni wethu wokuvuselela umnotho. Ngokuqakathekileko, iQhinga lokuVuselela nokuNzinzisa umNotho esalimemezela ngoSewula wanyakenye liyame esivumelwaneni esinabileko hlangana nabo boke ababambisani ngamagadango ekufuze athathwe lokha nakwakiwa kabutjha umnotho. Lokhu kwakha isisekelo esiqinileko setjhebiswano eliqinileko elineensetjenziswa, amakghono namandla wemikhakha yoke yomphakathi.

Sitjheja lokhu ngeendlela ezibonakalako nezihlukileko. Isibonelo, gade sisebenzisana khulu nabasekeli ngeemali bangeqadi neenhlango nezomikhakha ehlukehlukeneko eletha ituthuko ukulungisa amaphrojekthi womthangalasekelo emikhakheni yeenthuthi, zokuhlaliswa kwabantu, zamanzi nezokuthintana.

Ngokusebenzisa isiKhwama sokwAkhiwa komThangalasekelo njengenye yeendlela zokusebenza, sitlama imifuziselo yesekelomali yamaphrojekthi la asuselwa emithonjeni ehlukehlukeneko emikhakheni yombusoneyangeqadi. Lokhu kuqakatheke khulu ngesikhathi lapho umbuso utlhayelelwa khona yimali.

IsiQalelelo sezemiSebenzi sikaMengameli kungesinye seembonelo netjhebiswano elisebenzako. Kuyazwisiseka kobana kuzokuthatha isikhathi ukukhula komnotho ufi-kelela lapho amakhamphani

wangeqadi aqatjha khona, sihlome isiqalelelo sokuvula amathuba wemisebenzi nje-nganje. Lelihlelo lilawulwa yi-Ofisi kaMengameli, kodwana liphunyelelwa minyango karhulumende ehlukehlukeneko neminye imikhakha. Ngehlelwele, amatjhumu weenkulungwana wabantu abangasebenziko bakghona ukukhonzela nokufunda nabanikelwa imisebenzi yomphakathi eqakathekileko.

Ngokukhamba kwesikhathi, lelihlelo lizokufaka hlangana 'ingcinye yemisebenzi yomphakathi', lapho sizokubambisana nabanye abalimindima khona kuzakuqatjha abantu emikhakheni ehlukehlukeneko – ukusuka ekwenzeni ngcono ihlelo lokufumaneka kokugoma okwaneleko, ukuya ekulwisaneni nenturhu eqothele ubulili obuthileko nokuthuthukisa iindawo zemithathlana – lokhu kusiza ekwenzeni izinto ezihle ngepumelelo.

Woke umsebenzi lo uyayiqiniswa ngokutjhejisisa amatjhuguluko wezomnotho azokuqalana nokukhula komnotho. Lokhu kufaka hlangana ukukhulisa ikghono lokuphehla igezi, ukwenza amadoyelo wethu asebenze ngefanelo nangepumelelo, kuthuthukiswe ukufikeleleka kweinthanethi etjhiphileko nokuthuthukisa iinkhathi zokufumaneka kwamalayisensi wamanzi, weemayini namanye amalayisensi. Imizamo le ilawulwa begodu itjhejwa ngokuhlanganyelwa yi-ofisi yami neZiko leeMali leliZwelo.

Kunengi ekufuze sikwenze emnyakeni lo begodu akukafaneli senze ngasuthi asiboni bona sizokuhlangana neentjhi-jilo ezibudisi.

Kodwana sitjengisile bonyana, njengesitjhaba, siyakhona ukuphumelela nasisebenzisana ngomnqophomunye.

Nasikhumbula lokho, begodu nasisebenzisa ubunye bethu, sizokuqinisekisa bonyana umnyaka wee-2021 uletha zamaphilo ezingcono nepilo engcono kibo boke abantu bekhethu.

Nginifisela okuhle kodwa emnyakeni omutjha. **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. 🍏

Ukukhulisa Umntwana Onesithunthwana

Allison Cooper

Nanyana kungaba yinto ethusa umndeni ukuzwa bona umntwanabo unesithunthwana, nokho umbelethi angakwazi ukwakha ikhaya elizwisako, elinethando nelamukela ubujamo bomntwana nelinebhoduluko elungileko lapho umntwana azokukhulela khona, abe nokuzithemba bonyana angaphumelela.

NgokweHlangano eQalelela ubuLwele besiThunthwana yeSewula Afrika (i-Epilepsy South Africa) ababelethi bangatshwenyeka ngengomuso lomntwanabo begodu babone isithunthwana kubujamo obubudisi ukubamukela namkha ukukhuluma ngabo. Kungenzeka uzizwe ukwatile, ugandelelekile ngokomkhumbulo, usisehluleki begodu uzibeke umlandu, kodwana ungabehlula ubujamobu obukhambisana nevalo nokungahlaliseki ngokufunda ngokunabileko



ngobulwelobu.

Isithunthwana kusiqhelo sokuyatha ngokubuyelelweko, okwenzeka lokha ingqondo ilahlekelwa lilawulo ngokungakajayeleki nakuba nokuqhasuka kwemithambo ekhambisa umlilo.

Kubayini Kwenzeke Kewami Umntwana?

Ukuzwisisa ubulwele besithunthwana nonobangela wokuyatha angeze kwakunikela ihlathululo yokobana kubayini ubulwelobu bungegene kewakho umntwana. Ezehlakalweni zobujamobu

ezipheze zibe ma-66% unobangela wesithunthwana akaziwa. Lokhu kubizwa ngokuthi yi-idiopathic epilepsy. Kezinye izehlakalo, unobangela osisusa sesithunthwana angatholakala, lokhu kwaziwa ngokuthi yi-symptomatic epilepsy.

Kungaba nabonobangela abambalwa abanjengokukhubala ehloko, okungenzeka nofana kimiphi iminyaka yokukhula; ukukhubala okwenzeka ngesikhathi umntwana abelethwa, njengokuthayelelwa yi-oksijini nakabelethwako; ukudoseka kwemisipha, ukuvuvuka kobuchopho, ubulwele bobuchopho nomgogodlha namkha umungu obamba umntwana lokha nakasese lisana.

Udorhodere uzokunikela iinhlaha ukuya ngeminyaka yomntwana, ubujamo bepilo nomhlobo wesithunthwana esibambe umntwana. Yelela, iinhlaha ezilawula ukudoseka kwemisipha aziphelisi isithunthwana, kodwana, ngokuvamileko zehlisa amahlandla nobudisi

obuza nokuyatha.

Amaphuzu Ayelelisa Ngokukhulisa Umntwana Onesithunthwana:

- Qinisekisa bona umntwanakho uyazi ngobujamobu. Abantwana abaneminyaka esuka kemithathu bangazwisisa bona ubuchopho bulawula umzimba. Abantwana abadadlana kufuze banikelwe ihlathululo ezeleko.
- Bikela iinini nabangani bomntwanakho, abotijhere nezinye iimphathimandla zesikolo ezithintekako.
- Qinisekisa bonyana umntwanakho ufumana ukuhlolwa kezokwelatjhwa okupheleleko okwenziwa ngusolwazi obanduliweko, kwenyulwa usolwazi wemizwa ukwenza lomsebenzi.
- Khuthaza amakhono womntwanakho neminye imisebenzi engakhuphula ukuzemukela kwakhe, ukuze azibone aqakathekile begodu azithemba.
- Qinisekisa bona uba ngaphasi kwetjhejo labantu

abakhulu nakeminye imidlalo efana nokududa.

- Qinisekisa kobana umntwanakho usela iinhlaha ngefanelo njengokutjho kukadorhodere.
- Menzele ihlelo elikhethikeleko lemisebenzi elibekela ngeqadi isikhathi esaneleko sokuphumula, umuphe ukugoma okunepilo kathathu ngelanga bekazithabulule umzimba njalo njalo.
- Lokha nawuhlathululela umntwanakho ngobulwele bokuyatha kumele usebenzise amagama azowazwisisa.
- Ungamvumeli umntwanakho bona asebenzise ubulwele bokuyatha njengesiviko sokubalekela ukwenza imisetjenzana yangekhaya namkha ukuziphatha ngefanelo. 🍏

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