

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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Unyaka ka-2021 ongcono kubo bonke abemi boMzantsi Afrika

Iiveki zokuqala zonyaka bezinzima kubo bonke abemi boMzantsi Afrika. Ubhubhane wentsholongwane *i-corona* uye wanwenwa kakhulu, kukho usulelo olutsha olukhula ngokukhawuleza kwaye luhamba ngesantya esikhulu kunangaphambili. Izibhedlele zaphantsi koxinzelelo olukhulu nanjengoko abantu abaninzi bebefuna ukufumana ingqwalasela ngokwezonyango.

Nangona uninzi lwamacandelo ezoqoqosho ekwazile ukusebenza kwakhona ngeenyanga ezininzi, kuza kuthatha ixesha ukuba uqoqosho lubuyele kwimeko yesiqhelo kunye nokubuyiselwa kwemisebenzi elahlekileyo. Njengokuba kuqala unyaka omtsha, iintsapho ezininzi zisaziva izivubeko zobhubhane kubomi bazo nakwindlela yokuphila.

Ihlabathi ngoku lingena kunyaka wesibini wobhubhane wentsholongwane *i-corona*. KuMzantsi Afrika, njengakumazwe amaninzi kwihlabathi liphela, unyaka ka-2021 uza kuba nomceli mngeni omkhulu. Ityeli lesibini lokosuleleka yi-COVID-19 lisenokulandelwa ngamanye amatyeli, wona ayakuthi abe sisoyikiso empilweni zabantu bethu kunye nokubuyiselwa koqoqosho lwethu.

Nokuba kunzima kulo nyaka, kodwa ndiqinisekile ukuba siza kuwoyisa lo bhuhane kwaye sibeke ilizwe lethu ekhondweni lendlela yokubuyela kwimeko yesiqhelo.

Ukuzithemba kwam kuvela kubantu baseMzantsi Afrika. Ukuba ndijonga indlela abemi boMzantsi Afrika

abasabele ngayo kule ngxaki ukusukela oko intsholongwane yafika elunxwemeni lwethu, andithandabuzi ukuba somelele, sithobela umthetho kwaye siyakwazi ukulwa nesi sifo.

Ngokuqinisekileyo bekukho iimeko ezohlukileyo, kodwa uninzi lwabemi boMzantsi Afrika bebeyiqonda imfuneko yezithintelo kwiintshukumo zokuhamba nakwimisebenzi yabo, kwaye bathobela imigaqo ethe yabekwa ukuba ilandelwe. Okubaluleke nangakumbi kunokuthobela imigaqo, uninzi lwabantu baseMzantsi Afrika bazithathele uxanduva ngokwabo benza njalo nakwabanye, belandela iingcebiso kwimiba efana nokugcina umgama phakathi kwethu, ukunxiba iimaskhi kunye nokuhlamba izandla.

Kwaye apho sisilele khona, ngelishwa, sizibonile iziphumo. Ngoku siyazi ngomngcipheko weendawo ezivalekileyo kunye neendibano ezixineneyo, xa kungaxitywanga iimaskhi kunye nokungagcini umgama phakathi kwethu.

Oku kuhlakulela indlela yonyaka ozayo. Ngoku siyazi ngakumbi malunga nesi sifo kunye nendlela yokuthintela ukusasazeka kwaso. Kwaye ngaphandle nje kwento umntu anokuyibiza ngokuba 'kukudinwa ngubhubhane', sizimisele njengabemi boMzantsi Afrika ukwenza into ekufuneka yenziwe.

Njengokuba sibambelela ngokungqongqo ngakumbi kumanyathelo asisiseko sokuthintela isifo, siza kube siqalisa iphulo lokugonya abantu abaninzi. Njengokuba besiya begonywa abantu, siya kusindisa ubomi kwaye sinciphise ngokuthe gqolo

umngcipheko wosulelo kuluntu lonke.

Ngokufumanaugonyoolwaneleyo ngokukhawuleza - kwaye kuqinisekiswa ukuba luyafikelela ebantwini abaludingayo- lowo iya kuba ngowona msebenzi mkhulu wonyaka. Oku kuya kuba ngumceli mngeni njengoko ilizwe ngalinye kwihlabathi likhalela ukufumana isabelo kolo gonyo olulinganiselweyo. Kodwa sisebenza nzima kunye namaqabane kwezoshishino, abasebenzi kunye noluntu ukwenza oku kufikeleleke. Sisebenza kwimida eliqela ukuzama ukufumana iyeza lokugonya, kubandakanya indawo yehlabathi ye-COVAX, inyathelo leMbumba ye-Afrika kunye nokuzibandakanya kwethu nabavelisi bezitofu zogonyo.

Njengokuba sisebenza kunye ukoyisa lo bhuhane, kuya kufuneka sisebenzisane ukwakha ngokutsha nokuguqula uqoqosho lwethu. Sinawo amandla kunye nomqweno wokukhuthaza imisebenzi yezoqoqosho, ukukhulisa uqoqosho lwethu kunye nokudala imisebenzi. Oku sikwenza kanye ngexesha likabhuhane.

Izimali zikarhulumente ziphantsi koxinzelelo olugqithisileyo, ngoku nangakumbi ngenxa yeendleko zeziphumo kwezempilo kwi-COVID-19 kunye nemilinganiselo yezoncedo kwezintlo nezooqoqosho esiyimisileyo ukukhawulelana namashishini kunye namakhaya ahluphekayo. Ukucuthwa koqoqosho kukwathetha ukuba ingeniso yerhafu yehla kakhulu. Kukho iindawo ezithile zoqoqosho eziza kuthatha ixesha elide ukubuyela kwimeko yesiqhelo ngenxa yemfuno



esezantsi jikelele ngokubanzi kunye nezithintelo kuhambo lwamazwe aphesheya.

Yiyo loo nto kufuneka ukuba sibe nezinto ezintsha kwaye sigxile kwizicwangciso zethu zokwakha ngokutsha uqoqosho. Ngokubalulekileyo, isiCwangciso soKwakhiwa ngokutsha nokuVuselelwa koQoqosho esasibhengeza kweyeDwarha kulo nyaka uphelileyo sisekwe kwimvumelwano ebanzi phakathi kwawo onke amaqabane ezintlo ngezenzo ezifunekayo zokwakha ngokutsha uqoqosho. Oku kubeka isiseko esifizekileyo sentsebenziswano kusetyenziswa izixhobo, amacebo kunye namandla awo onke amacandelo oluntu.

Sibona oku ngeendlela ezahlukeneyo. Umzekelo, besisebenza ngokubambisana nabaxhasi ngezimali babucala kunye namaziko ophuhliso lwamazwe amaninzi ukulungiselela iiprojekthi zeziseko zophuhliso kwiindawo ezinje ngezothutho, ukuhlaliswa kwabantu, amanzi kunye nonxibelelwano ngomnxeba. Sisebenzisa iNgxowa-mali yeZiseko njengenyendlela, siphuhlisa iindlela zokuthola inkxaso-mali kwezi projekthi sisebenzisa imithombo emininzi kumacandelo karhulumente nawabucala. Oku kubaluleke ngakumbi ngexesha apho iimali zikarhulumente zinqongophele.

IPhulo likaMongameli le-Nkqubo yokuDala iMisebenzi ngomnye umzekelo wentsebenziswano ekusebenzeni. Ukuqonda ukuba kuya kuthatha ixesha ukukhula koqoqosho ukuba kuguqule kumashishini abucala, sisungule inkuthazo yengqesho yokuqalisa ukudala amathuba emisebenzi ngoku. Le nkqubo iyaququzelelwa isuka kwi-Ofisi kaMongameli, kodwa isetyenziswa ngamasebe karhulumente ohlukeneyo kunye nezigaba ezohlukeneyo. Ngale nkqubo, amashumi amawaka

abantu abangaphangeliyo bayakwazi ukuzuzisa umvuzo kwaye bafunde njengoko bebonelelwa ngeenkonzozentlalo ezixabisekileyo.


Ekuhambeni kwexesha, le nkqubo iza kuquka indawo 'yokuqeshwa koluntu', apho siza kudibana nabanye ababandakanyekayo bezentlalo ukuqesha abantu kwimisebenzi eyahlukeneyo-ukusuka ekuphuculeni ukuba kukho ukutya, ukujongana nobundlobongela obusekelwe kwisini ukuya ekuphuculeni iindawo zokuhlala zasemijondolo - konke oko kunegalelo elilungileyo kokuqhelekileyo.

Wonkelo msebenzi uqiniswa kukugxilwa ngokukoko kwezozingqoqosho eziza kuqwalasela ngakumbi ekuphuhliseni. Oku kubandakanya ukwandiswa kwamandla okuvelisa umbane, okwenza amazibuko ethu asebenze ngakumbi kwaye akhuphisane, kuphuculwe ukufikelela kwizixokelelwano zonxibelelwano ngeintanethi ezifikelekayo ngexabiso, kunye nokuphucula amaxesha okufumana amanzi, kwezemigodi kunye namanye amaphephamvume. Ezi nzame ziyaququzelelwa kwaye zibekwe iliso ngokudibeneyo yi-ofisi yam kunye noNongxowa weSizwe.

Okuninzi apha kufuneka kwenziwe kulo nyaka siya kuwo. Kwaye kufuneka singathandabuzi ukuba kuya kufuneka sijongane nemiceli mngeni emininzi.

Kodwa sibonisile ukuba, njengesizwe, siyakwazi ukuphumelela xa sisebenza kunye ukulandela injongo enye.

Ukuba siya kukhumbula oko, kwaye ukuba sibeka ubunye bethu kwintshukumo, siya kuqinisekisa ukuba owama-2021 uya kuza nempilo engcono kunye nobomi obungcono kubo bonke abantu bethu.

Ndininqwenelela okuhle kodwa kunyaka omtsha. 

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. 

Ukuba ngumzali womntwana onesathuthwane

Allison Cooper

Ngelixa inokothusa into yokuba usapho lwazi ukuba umntwana onesathuthwane, ungazama ukuba wenze ikhaya elinokuqonda, elinothando nelamkelayo apho umntwana wakho angakhula khona kwaye akholelwe kumandla akhe okuphumelela.

NgokoMbutho weSathuthwane eMzantsi Afrika i-Epilepsy South Africa, abazali banokukhathazeka ngekamva lomntwana kwaye bakufumane kunzima ukwamkela okanye bathethe ngoko. Ungaziva unomsindo, udandathekile, ungonelisekanga kwaye uzive unetyala, kodwa ungazoyisa ezi mvakalelo kunye noxinzelelo lwakho ngokuzifundisa ngale meko.

Isathuthwane yimeko yokuxhuzula okuphindaphindayo, okwenzekayo xa kukho ukukhutshwa kwemithambo ngendlela engaqhelekanga ebuchosheni.



Kutheni ingumntwana wam nje?

Ukuqonda ngesathuthwane nokuba kutheni exhuzula nje akuchazi ukuba kutheni le nto isenzeka emntwaneni wakho.

Malunga nama-66% eemeko, oyena nobangela wesifo sesathuthwane awaziwa. Oku kubhekiswa kuko njengesifo se-*idiopathic epilepsy*. Kwiimeko ezizezinye unobangela uyabonakala, unokuchazwa njengesifo se-*symptomatic epilepsy*.

Kukho iintlobo ezahlukeneyo ezibangelwa kuzakala engqondweni, oko kunokwenzeka nakweyiphi na iminyaka; ukonza-

kala ekuzalweni, kufana nokunqongophala kwe-oksijini ngexesha lokuzalwa; ukuxhuzula ngenxa yomkhuhlane, ukudumba kobuchopho okwenziwa lusuleleko, ukudumba kwenwebu yobuchopho okanye imasisi yabantwana; kunye nokuphazamiseka okanye ukungalingani komzimba okanye kwamakhemikhali emzimbeni.


Ugqirha uya kuyalela ngokukhutshwa kwamayeza ngokusekelwe kwiminyaka yomntwana, imeko yomzimba kunye nohlobo lokuxhuzula umntwana wakho analo. Khumbula, iyeza elinqumisa ukuxhuzula alinyangi

isifo sesathuthwane kodwa, ngamaxesha amaninzi, liya kunciphisa ukubanzima nokuqina kokuxhuzula.

Ezinye iingcebiso malunga nokukhathalela umntwana onesifo sesathuthwane:

- Yazisa umntwana wakho ngale meko. Abantwana bebancinci beneminyaka emithathu ubudala bayaqonda ukuba ingqondo ilawula umzimba. Abantwana abadala kufuneka banikwe inkcazelo ebanzi ngakumbi.
- Yazisa izalamane ezisondeleyo kunye nabahlobo bomntwana wakho, ootitshala kunye namanye amagosa esikolo anoxanduva.
- Qinisekisa ukuba umntwana wakho ufumana uvavanyo olunzulu lwezonyango kugqirha ofanelekileyo, ngokufanelekileyo ugqirha wemithambo yoluvo.
- Gxininisa kubuchule bomntwana wakho kunye nawuphi na umsebenzi oza kuphucula ukuzamkela, ukuzixabisa noku-

zithemba.

- Qinisekisa ukujongwa ngumntu omdala kwimisebenzi ethile, enjengokudada.
- Qinisekisa ukuba amayeza ayaselwa kwaye asetyenziswa rhoqo njengoko kumiselwe.
- Nika inkqubo emiselweyo kunye nokuphumla okuninzi, izidlo ezithathu ezilungeleleneyo ngosuku kunye nokuzilolonga rhoqo.
- Xa uchaza ukuxhuzula sebenzisa amagama aya kuqondwa ngumntwana wakho.
- Ungaze uvumele umntwana wakho asebenzise ukuxhuzula njengesizathu sokungezi imisebenzi yasekhaya okanye ukwamkela uxanduva. 

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