

# 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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## Unyaka wezi-2021 ongcono kubantu baseNingizimu Afrika

**A**maviki okuqala unyaka abe nzima kubo bonke abantu baseNingizimu Afrika. Ubhubhane lwegciwane le-corona luye lwaba nzima kakhulu, nokusuleleka okusha kwakhuphuka ngesivinini esikhulu futhi kwaya phezulu kakhulu kunakuqala. Izibhedlela zibe ngaphansi kwengcindezi enkulu njengoba abantu abaningi bebedinga ukulashwa.

Ngesikhathi imikhakha yezomnotho eminingi ikwazile ukusebenza futhi izinyanga eziningana, kuzothatha isikhathi ukuthi umnotho uphinde usimame nokubuyiselwa kwemisebenzi elahlekile. Njengoba unyaka omusha uqala, imindeni eminingi isakhahlamezekile ngenxa yobhubhane ezimpilweni zabo nasendleleni yabo yokuphila.

Umhlaba usungena onyakeni wesibili wobhubhane lwegciwane le-corona. INingizimu Afrika, njengamanye amazwe amaningi emhlabeni jikelele, unyaka wezi-2021 uzoba nenselele kakhulu. Ihlandla lesibili lokusuleleka nge-COVID-19 lingalandelwa ngezinye izigaba zokwesuleleka, okuzobeka engcupheni impilo yabantu bakithi kanye nokuvuselelwa komnotho wethu.

Noma ngabe lo nyaka uzoba nzima kangakanani, ngiqinisekile ukuthi sizolunqoba lolu bhubhane sibeke izwe lethu endleleni eya ekululameni.

Ukuzithemba kwami kuvela kubantu baseNingizimu Afrika. Uma ngibheka indlela abantu baseNingizimu Afrika ababhekane ngayo nalolu sizo

kusuka kwaqubuka igciwane ezweni lakithi, anginalo ungabazane ukuthi siqinile, sineziyalo futhi singakwazi ukunqoba lesi sifo.

Yebo kukhona abebhulukile, kodwa iningi labantu baseNingizimu Afrika lasiqonda isidingo semikhawulo ekuhambahambeni kanye nasekwenzeni imisebenzi ethile, futhi bayithobela imithethonqubo okwakufanele ibekwe. Futhi okubaluleke ukudlula ukuthobela imithethonqubo, abantu abaningi baseNingizimu Afrika bazibophezela bona kanye nabanye, ngokulandela iseluleko odabeni olufana nokuqhelelana, ukugqoka isifonyo kanye nokuhlana izandla.

Futhi lapho esingenzanga kahle khona, sikwazile, ngebhadi, sikubonile ukushayeka. Manje sesiyazi ngobungozi bezindawo ezivalekile nemibuthano enesiminyamina, bokungagqoki izifonyo nokungaqhelelani kwabanye.

Lokhu kuluphawu oluhle onyakeni esiya kuwo. Manje sesazi okuningi ngalesi sifo nokuthi singakugwema kanjani ukubhehetheka kwaso. Naphezu kokuba omunye angakubiza ngokuthi 'ukukhathaliswa ngubhubhane', ukuzimisela kwethu akwehlile neze njengabantu baseNingizimu Afrika ukuthi senze lokho okumele sikwenze.

Njengoba sithobela kakhulu kunakuqala izinyathelo zokugwema ukusuleleka ngegciwane, sizophinde siqalise umkhankaso omkhulu wokugoma. Uma abantu abaningi begonywa, sizosindisa izimpilo futhi siqhubeke nokunciphisa ubungozi bokusuleleka kubantu.

Ukuthola imigomo eyanele ngokushesha okukhulu - nokuqinisekisa ukuthi ifikelela kubantu abayidingayo - kuzoba omunye wemisebenzi emikhulu yonyaka. Lokhu kuzoba yinselele enkulu njengoba wonke amazwe emhlabeni aphuthumela ukuthola imigomo enqunyelwe ekhona. Kodwa sisebenza kanzima nesibambisene nabo ebhizinisini, kwezabasebenzi kanye nomphakathi ukwenza lokhu. Sisebenza ngezindlela ezehlukene ukuthola imigomo, okubandakanya ukusebenza nesikhungo somhlaba i-COVAX, uhlelo loBumbano Lwamazwe ase-Afrika kanye nangezixoxo zethu nabakhqiqizi bemigomo.

Njengoba sibambisene ukunqoba ubhubhane, kuzodingeka ukuthi sisebenze ngokubambisana ukwakha kabusha nokuguqula umnotho wethu. Sinalo ikhono kanye nentshisekelo yokusungula imisebenzi yezomnotho, sikhulise umnotho wethu futhi sakhe imisebenzi. Futhi senze njalo phakathi nalo ubhubhane.

Izimali zikahulumeni ziphansi kwenkulu ingcindezi, manje kakhulu ngenxa yokubiza kakhulu kwezinsiza zezempilo zokubhekana ne-COVID-19 kanye nezinhlelo zokuxhasa ngokwenhlalo nangokomnotho esazibeka ukuze kusizwe amabhizinisi namakhaya antulayo. Ukuphazamiseka komnotho futhi kuchaza ukuthi imali yentela yehle ngokubonakalayo. Kunezinye zomnotho ezizothatha isikhathi eside ukuphinde zivuke futhi ngenxa yokwehla kwesidingo sawo emhlabeni nemikhawulo ebeke ekuvakasheleni amazwe



angaphandle.

Yingakho kumele siqhambuke nezinto ezintsha futhi sigxile ezinhlelweni zethu zokwakha kabusha umnotho. Uhlelo Lokwakha Kabusha Nokuvuselelwa Komnotho esalumemezela ngoMfumfu ngonyaka owedlule lusekwe esivumelwaneni phakathi kwabonke ababambiqhaza emphakathini ezinyathelweni ezidingekayo ukuze kwakhiwe kabusha umnotho. Lokhu kuyisisekelo esiqinile sokusebenzisana ngempumelelo okuholela ezinsizeni, emakhonweni kanye nomdlandla wazo zonke izingxenyekomphakathi.

Lokhu sikubona ngezindlela eziningi ezibonakalayo. Isibonelo, besisebenza ngokusondelana nabaxhasimali abazimele kanye nezikhungo zokuthuthukisa ezahlukahlukene ukulungiselela imisebenzi yezingqalasizinda ezindaweni ezifana nezokuthutha, izindawo zokuhlala abantu, amanzi kanye nezokuxhumana. Ngokusebenzisa Uxhasomali Lwengqalasizinda ukusa phambili, sisungule izindlela zokuxhasa ngemalile misebenzi edonsa ezindaweni eziningi emikhakheni kahulumeni kanye nezimele. Lokhu kubaluleke kakhulu esikhathini lapho izimali zikahulumeni zingekho.

Uhlelo LukaMongameli Lokusungula Imisebenzi ngesinye sezibonelo sokusebenzisana osekuqalile. Ukuqonda ukuthi kuzothatha isikhathi ukuthi ukukhula komnotho kuchazwe njengokusungulwa kwemisebenzi emkhakheni ozimele, sethule uhlelo lokusungula imisebenzi ukuze siqale sakhe amathuba emisebenzi manje. Loluhlelo luhlelwe eHhovi likaMongameli, kodwa luqaliswa ukusebenza iminyango kahulumeni eyehlukene nemikhakha eyehlukene. Ngalolu hlelo, amashumi ezinkulungwane zabantu

abangasebenzi bayakwazi ukuthola imali nokufunda njengoba behlinzeka ngemisebenzi ebalulekile yomphakathi.

Ngokuhamba kwesikhathi, loluhlelo luzobandakanya ingxenyekomphakathi', lapho sizosebenza ngokubambisana nabanye abasebenzi bomphakathi ukuthi baqashe abantu emisebenzini eyehlukene - kusuka ekuqinisekiseni ukuthi ukudla kuyatholakala, kuya ekulweni nodlame olubhekiswe kwabobulili obuthile kuya ekwenzeni ngcono imijondolo - konke lokhu kunegalelo ekwenzeni into eyodwa enhle.

Wonke lo msebenzi uqiniswa ngokugxila okukhulu kuzinguquko zomnotho ezizobanokugxila okukhulu ekukhuleni. Lokhu kubandakanya ukunwetshwa komthamo wesiphehlilandla sikagesi, ukwenza amachweba ethu asebenze ngokufanele futhi abesezingeni lokuncintisana, ukuthuthukisa ukufinyelela kuzinsiza ze-inthanethi ethengekayo, nokuthuthukisa isikhathi sokuthola izimvume zamanzi, zezimayini kanye nezinye. Le mizamo ihlelwe futhi ibekwe iso ngokuhlanganyela yihhovisi lami kanye Nomgcinimafa Kazwelonke.

Kuningi okusamele kwenziwe kulo nyaka esibhekene nawo. Futhi kumele singangabazi ukuthi kumele sibhekane nezinsalela ezisabisayo.

Kodwa sibonisile ukuthi, njengesizwe, siyakwazi ukuphumelela uma sisebenza ngokubambisana ukufeza injongo efanayo.

Uma sikhumbula lokho, futhi uma sibeka ukubumbana kwethu ekusebenzeni, sizozinqinisekisa ukuthi unyaka wezi-2021 uletha impilo engcono nezimpilo ezingcono kubonke abantu bakithi.

Nginifisela okuhle kodwa onyakeni omusha. **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. 

## Ukukhulisa ingane enesithuthwane

Allison Cooper

**N**akuba kungenzeka ukuthi ukwethuse umndeni ukuthola ukuthi ingane inesithuthwane, ungakwazi ukwakha ikhaya eliqondisisayo, elinothando futhi elamukelayo lapho ingane yakho izokwazi ukuthi ikhule futhi inokukholelwa ekhonweni layo lokuphumelela.

Ngokwenhlangano yeSithuthwane eNingizimu Afrika i-Epilepsy South Africa, abazali bangakhathazeka ngekusasa lengane yabo futhi bakuthole kunzima ukwamukela isithuthwane noma ukukhuluma ngaso. Kungenzeka uzizwe uthukuthele ugane unwabu, ukhathazekile, ungelisekile futhi uzizwe unecala, kodwa ungakwazi ukunqoba le mizwa kanye nexhala ngokuzifundisa ngale simo.

Isithuthwane ukujwayela ukuba nokudlikiza komzimba okuphindelelayo, lokho



okwenzeka uma kube khona ukubanika kwemithambo okungajwayelekile ebucho-sheni.

### Kungani kumele kwenzekengani yami?

Ukuqondisisa isithuthwane kanye nokuthi kungani ukudlikiza komzimba kwenzeka kungekuchazele ukuthi kungani lokhu kwenzeka enganeni yakho.

Ezimekweni ezicishe zisondele kuma-66%, imbangela eyisisusa sesithuthwane ayaziwa. Lokhu kubizwa ngokuthi *i-idiopathic epilepsy*. Ezimekweni ezisele imba-

ngela eyisisusa ingatholakala, lokhu kwaziwa ngokuthi *i-symptomatic epilepsy*.

Kungaba nembangela eyisisusa ehlukehlekene njengokulimala ekhanda, okungenzeka kunoma yisiphi isigaba sobudala; ukulimala ngesikhathi ubelethwa, okufana nokuswelakala kwe-oksijini eyanele ngenkathi ubelethwa; ukubophana kwamamasela okudalwa imfiva, ukuvuvukala kobuchopho, isifo solwembu lobuchopho noma isimumungwana sobungane; kanye nokuphazamiseka noma ukungalingani komzimba noma kwamakhemikhali emzimbeni.


Udokotela uzokunika umuthi ozohambiselana nobudala, isimo sobunjalo bomzimba kanye nohlobo lokudlikiza ingane yakho enakho. Khumbula, ukuthi umuthi wokulwa nokudlikiza komzimba awuselaphi isithuthwane kodwa, ezimekweni eziningi, uzokwehlisa ukwenzeka kaningi kanye nobunzima

bokudlikiza.

Amathiphu okukhulisa ingane enesithuthwane:

- Yenza imizamo yokuthi ingane yakho yazi ngalesi simo. Izingane ezincane kusuka eminyakeni emithathu zingakuqondisisa ukuthi umqondo ulawula umzimba. Izingane esezindala kumele zinikwe incazelo ebanzi.
- Yazisa izihlobo kanye nabangani bengane yakho abaseduze, othisha kanye nabanye abasebenzi abaqotho besikolo.
- Qinisekisa ukuthi ingane yakho ithola ukuhlolwa kokwelashwa okubanzi kungcweti ofanelekile, okungcono kungaba udokotela wezinza.
- Gcizelela amakhono engane yakho kanye nanoma yimuphi omunye umsebenzi ongasiza ukuthuthukisa ukuzamukela kwayo, ukubona ukubaluleka kwayo kanye nokuze-themba kwayo.
- Qinisekisa ukuthi umuntu omdala uyayiqapha emi-

nye imisebenzi, njengokubhukuda.

- Qinisekisa ukuthi umuthi uphathwa ngendlela eyiyo futhi uphuzwa njengoba uyaleliwe.
- Hlinzeka uhlelo lwemisebenzi olunezikhathi zokuphumula eziningi, ukudla okuthathu okunempilo kosuku futhi nokuzivocavoca njalo nje.
- Uma uchaza ngokudlikiza sebenzisa amagama ingane yakho ezowaqonda.
- Ungavumi ukuthi ingane yakho isebenzise ukudlikiza njengezaba zokungenzi imisebenzi yasekhaya noma ukwamukela ukuziphatha ngobuqotho. 

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