

Vuk'uzenzele

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COVID-19 restrictions eased



Allison Cooper

The steady decline of new Coronavirus Disease (COVID-19) infections over the past few weeks has resulted in the easing of some of the adjusted level 3 lockdown regulations.

Addressing the nation recently, President Cyril Ramaphosa said South Africa has recorded its lowest daily increase in infections since the beginning of December and the number of hospital admissions has decreased. "This indicates that the country has passed the peak of the second wave," he confirmed.

The President thanked citizens for adhering to the adjusted level 3 lockdown regulations, stating that the measures necessary to contain the spread of the virus have caused great hardship and difficulty for some people.

"We are acutely aware that these restrictions have negatively affected businesses and threatened jobs in the hospitality, tourism and related industries. That is why we are determined that such restrictions should not continue any longer than is absolutely necessary to contain the pandemic and minimise the loss of life.

"We will continue to work with business and labour in these sectors to revive busi-

nesses and restore jobs, both in the immediate and longer term," the President confirmed.

Adjusted level 3 regulations

Cabinet has eased the following adjusted level 3 regulations:




- Curfew is from 11pm to 4am.
- Establishments must close

by 10pm.

- Faith-based gatherings are permitted, subject to health protocols. They may not exceed 50 people (indoor venues) or 100 people (outdoor venues). Where the venue is too small to accommodate these numbers with appropriate social distancing, no more than 50% of the capacity of the venue may be used.

- Public places such as beaches, dams, rivers, parks and public swimming pools are open, subject to health protocols.
- The sale of alcohol by licensed premises for off-site consumption is allowed from Monday to Thursday, from 10am to 6pm.

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Ndi khuliso vhukuma u ranga phanḁa Mbumbano ya Afrika (AU)

Themo ya Afrika Tshipembe ya u vha Murangaphanḁa wa Mbumbano ya Afrika yo swika magumoni. Sa zwe ra sumbedza kha uvhu vhuimo nga ṛwaha washu, ndi khou humbudzwa nga ha maambe a kale a uri 'kha tshiwo hu na tshikhala'.

Tshashu tshikhala tsho vha tshi konḁaho, ro ri u wana tshikhala tsha u ranga phanḁa kha ṛwedzi wonoyo ha mbo ḁi vha na tshiwo tsho vhwigwaho tsha tshitzhili tsha corona kha dzhangho.

Zwipikwa zwe ra zwi vhetshela themo yashu, zwine vhukati hazwo ha vha na u isa phanḁa mulalo na tsireledzo, u maanḁafhadzwa ha ikonomi ya vhafumakadzi na u engedzedza ṭhanganyo ya ikonomi, zwo fanela u vha zwo vhetshelwa kule na zwezwezwo u itela u thoma ha lwiwa na dwadze.

Mushumo washu muhulwane wo vha u wa u livhisa vhuḁikumedzeli ha Mbumbano ya Afrika kha u haseledza nga ha tshiimo tsha shishi tsho kalulaho tsha jifhasi kha miṛwaha ya ḁana.

COVID-19 yo kwama mashango oṭhe kha dzhangho. U swika zwino hu na tshivhalo tshi fhiraho 3.5 miḁioni tsha u kavhiwa ho khwaṭhisedzwaho Afrika, nahone vhathu vha fhiraho 88,000 vho no lovha nga ṛwambo wa ili dwadze.

Tshovha tshiwo tsha zwa mutakalo, zwa vhusavhathu, zwa matshiliso na zwa ikonomi kha mashango a Afrika, nga maanḁesa mashango ane a kundelwa u wana thuso ya zwishumiswa u itela u langa tshiimo tsha mutakalo tsha

shishi tshingafha.

Naho zwo ralo, naho tshivhumbeo tsha dwadze tsho vha nga ṛdila i sa athu u vhonwa, na zwenezwi zwo vha maitele ane mashango a Afrika a ṭangana u itela u lwisana na dwadze.

Nga u ita izwo ro sendela zwiḁulu kha vhukoni ha dzhangho lone jine, vhukoni ho fanelaho na zwiimiswa zwi fanaho na Senthara dza Afrika dza Ndango na Thivhelo ya Vhulwadze (Afrika CDC).

Afrika a ji ngo dzula ja peta zwanḁa musu vuhulu ha vhu-kuma na khombo ya dwadze zwo bvelela. U bva mathomoni a dwadze nga fhasi ha vhurangaphanḁa ha AU, ro bveledzisa nga u ṭavhanya jiano ja u fhindula ja dzhangho, je ja vha ji tshi khou tshimbidzwa nga Afrika CDC na zwigwada zwa mmbi dza mushumo wa dzingu.

Ro limuha zwa uri shango jine na jine kha dzhangho ji ḁo kwamea zwiḁulwane nga dwadze. Vhunzhi ha mashango ha nga ḁo vha na zwishumiswa zwi no ṭoḁea u itela u swikelela khaedu dza mutakalo wa tshishavha kana u tsireledza ikonomi dzao, Ngauralo ro tendelana sa mashango a Afrika u thola Maafrika vhanzhi u fhira vha maṛwe madzhangho sa vhaimeleli vha tshipentshela, vhane vha ḁo ambedzana na vhabadeli vha dzitshakatsbaka na zwiimiswa zwo ṭanganelanaho u itela u ita uri zwi vhe nga fhasi ha thikhedzo ya masheleni na phalalo ya tshikolodo zwi tshi itelwa Afrika.

Nga iyi ṛdila, nga u shumisana sa dzhangho jithihi, ro kona u swikelela thusedzo ya mbadelo dza

zwikolodo ya mashango manzhi na thusedzo ya masheleli malugana na phindulo dzashu kha COVID-19 na mbuedzedzo ya ikonomi.

Naho mashango a Afrika o ya kha tshishavha tsha dzitshakatsbaka u itela thikhedzo, ro thoma ra ḁithusa nga riṇe vhaṇe – u thoma na u ṛetshedza tshikwama tsha masheleni tsha phindulo ya COVID-19 ya dzhangho.

Malugana na tshumisano inwe na inwe yo vhumwaho na lushaka lwa lupfumo lwa khwine na lushaka lwa vhaṇetshedzi vha dzitshakatsbaka, ro ḁivhetshela vhutumbuli na puḁatifomo i simulaho ya ṛetshedzo ya dzilafho ya Afrika u itela u konisa mashango oṭhe a Afrika uri a wane tshishumiswa tsha u ḁitsireledza nga u ṭavhanya na dziṛwe ṛḁisedzo dza dzilafho nga maitele a sa dzihho sia nahone a swikeleleaho.

Zwazwino ngauri khaelo ya COVID-19 i hone, ro shuma sa tshigwada u khwaṭhisedza uri dzhangho ji wana mukovhe waḁo u sa dzihho sia, musu ri tshi khou shumisana na tshiiimiswa tsha COVAX ro rangwa phanḁa nga Tshigwada tsha Mushumo wa u Wana Khaelo tsha Afrika. Phaḁaladzo ya khaelo yo no thoma dzhangoni nahone ri khou tama u vha na vhnunzhi ha vhadzulapo vho haelwaho kha dzhangho mafheloni a ṛwaha wa 2021 u itela u swikelela tshipikwa tsha u haelwa ha tshivhalo tsha vathu vhanzhi.

Ro shuma ri tshithu tshithihi u itela u tsireledza mutakalo, vathu na vhuḁitshidzi kha dzhangho. Nga u ita nga u ralo, ro sumbedza vhukoni hashu



u itela vhuḁifulufheli hashu riṇe vhaṇe na vhukoni hashu ha u vha vhatshaeli vha mveledziso ya riṇe vhaṇe.

Naho ri fhasi ha ndango ya COVID-19, ro kona u vhea mbadelophanḁa kha vhnunzhi ha zwipikwa zwashu zwa u thoma.

Nga tshifhinga tsha themo yashu, Fhethu ha Mbambadzo ya mahala ya Dzhangho ja Afrika (AfCFTA), ho fhedzisela ho rwelwa ṭari, u sumbedza tshifhinga tshiswa tsha mbambadzo vhukati ha madzingu a Afrika a re na ṭhoḁea khulwane ya zwiḁiwa na ṭhanganyiso ya ikonomi.

Na nga fhasi ha zwiimo zwi konḁaho zwo ḁiswaho nga dwadze, dzhangho jo bvela phanḁa na u lwela u swikelela ṛdivho ya 'u fhungudza vhusayamishumo kha vhaswa' ya dzhangho. AU yo dzheniswa nga maanḁa kha nyambedzano u mona na Grand Ethiopian Renaissance Dam, kha u swikelela u imisa dzinndwa kha ja Libya na u bveledza mulalo ngei Republic of South Sudan.

Inwe ndavheleso kha themo yashu yo vha i ya u maanḁafhadza ikonomi ya vhafumakadzi, zwine ra ḁo bvela phanḁa na u zwi ita

nga murahu ha themo yashu na kha miṛwaha ya fumi ya mukatelo wa zwa masheleni na ikonomi ya Vhafumakadzi vha Afrika u swika nga ṛwaha wa 2030.

Musi ri tshi khou ṛetshedza mbaḁana shango ja Democratic Republic of Congo (DRC) ri sia muimeleli wa bodo khulwane ya dzhangho kha vhuimo ho dziaho.

Afrika Tshipembe ji ḁo isa phanḁa na u ita mushumo waḁo wa u bveledza ṭhanganyo kha dzhangho, na u tikedza Murangaphanḁa a khou ḁaho na dzangano kha vhuḁikumedzeli haḁo ha u swikelela madzangalelo a Adzhenda ya AU ya 2063.

Musi dzangano ja Mbumbano ya Afrika jo no thomiwa nga ṛwaha wa 1963, Miraḁo ya muvhuso vho ṭavha mbeu ya tshumisano na vthuthihi u itela vhutshilo ha khwine ha vathu vhoṭhe vha Afrika.

Vho khwaṭhisedza uri vthuthihi ha Afrika ho vha vhu ha ndeme vhukuma arali vhuḁondoli na mutakalo wa vathu vha Afrika zwo vha zwi tshi khou fanela u khwaṭhisedzwa.

ḁivhazwakale i sumbedza vhuṭanzi ha uri mbeu hedzi a dzi anzeli u wela kha mavu a aṇwaho, na uri lwa miṛwaha minzhi thandela ya vthuthihi ha dzhangho yo tshenzhema mbambe nnzhi na mathomo ane a si vhe one.

Fhedzi tshutshedzo ya lufu yo ṛetshedzwaho nga ili dwadze yo livhisa mashango a Afrika kha u shuma o ṭanganelana.

Musi ri vhuḁatini ha tshiwo tsha COVID-19, mbeu ya vthuthihi na tshumisano ye ya ṭavhiwa nga vhomakhulukuku washu vhe vha ri vulela ṛdila yo dovha hafhu ya tshila nahone yo engedzea.

Tshifhinga itshi tsha ndingo khulwane na vhuḁonḁi tsho vha vhukati ha awara dza khwine sa dza AU.

Ri khou pfa ro huliswa nga u ṛetshedzwa tshikhala tsha u ranga phanḁa dzangano nga itshi tshifhinga, musu zwo sumbedzwa nga nyito uri Mbumbano ya Afrika zwi amba mini.

Haya ndi one magumo ane vhadzulapo vhoṭhe vha dzhangho ja Afrika vha ḁo pfa vha tshi ḁihudza ngao nahone a ḁo ḁisa ṭhuthuwedzo. 1

COVID-19 vaccines arrive in SA

Allison Cooper

South Africa's fight against the Coronavirus Disease (COVID-19) took a big step forward with the arrival of one million AstraZeneca vaccines (Covishield), manufactured by the Serum Institute of India (SII) recently.

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President Cyril Ramaphosa that received the vaccines at



the OR Tambo International Airport.

"Now that the vaccines have arrived, they will be tested at the National Control Laboratory to confirm that their integrity has been maintained during transportation. After testing, they will be distributed across the country to thousands of our healthcare workers who every day put their own lives

at risk to save others," says President Ramaphosa.

The distribution of vaccines to healthcare workers is phase one of South Africa's mass COVID-19 vaccination programme.

The National Department of Health will coordinate the vaccine rollout with provincial health departments and the private healthcare sector. "Provincial health depart-

ments have submitted their distribution plans and we have identified about 200 facilities to which the vaccines can be distributed," the President says.

No-one will pay for their vaccination. The cost will either be covered by a person's medical aid or by the State.

President Ramaphosa says the vaccine will be available to all adults living in South Africa, regardless of their citizenship or residence status.

While encouraging citizens to get vaccinated, he also stressed that no one will be forced to take the vaccine. "Nobody will be forbidden from travelling, from enrolling at school, or from taking part in any public activity if they have not been vaccinated. Nobody will be given this vaccine against their will, nor will the vaccine be administered in secret. Any

rumours to this effect are both false and dangerous."

How to access the vaccine?

The Department of Health has developed the Electronic Vaccine Data System (EVDS) to streamline the vaccine registration and rollout process.

"This will allow us to capture all relevant data associated with the administration of the vaccine. The system allows a person to make an appointment as soon as they qualify for a vaccination, at the vaccine centre closest to them. The system will record vaccinations as they are administered," President Ramaphosa explains.

Health Minister Dr Zweli Mkhize launched the EVDS recently and urged all active healthcare workers to register on the portal (<https://vaccine.enroll.health.gov.za>).

Khaelo ya COVID-19: Zwine vha fanela u zwi divha

Allison Cooper

Musi mbekanyamushumo ya u haela nga vhezhi Dwadze la Tshizhili tsha corona (COVID-19) ine ya khou thoma u shuma kha vhashumeli vha ndondolo ya mutakalo nga Luhuhli i kati, Nyangadzamafungo ya Vuk'uzenzele i bvisela khagala uri khaelo ya COVID-19 ndi mini, i shumisa hani na uri ndi ngani i ya ndeme kha u thivhela u phadalala ha tshizhili.

Ndi mini zwine khaelo ya ita? Khaelo i pfumbudza maswole a muvhili wavho (ane a lwisa u kavhiwa), u itela u bvededza zwithivhelamalwadze (Phurotheini ine ya lwisa vhwadze) – nga ndila ine ya nga lwisa ngayo arali vho tanwa kha tshizhili.

Ndi ngani khaelo i ya ndeme? U haelwa COVID-19 ndi ndila i shumaho u itela u ditsireledza kha tshizhili

vhunga khovhakhombo ya u kavhiwa havho i tshi vha yo fhungudzea. Vha vha vho no vha kha tshiimo tsha fhasisa tsha u fhirisela tshizhili kha muñwe muthu.

Tshipikwa tsha u haela ndi u swikelela u haela tshivhalo tshihulwane tsha vhatu u itela u fhungudza vuhali ha tshizhili – musu vhadzulapo vho linganaho vho haelelwa tshizhili zwi netshedza tsireledzo yo dzumbamaho kha avho vha songo haelwaho, zwa livhisa u phadalala ha tshizhili fhasi ha ndango.

Khaelo dzo fanela na kha u thivhela u phadalala ha COVID-19?

Hu na vhuñanzi ho khwañhaho ha sainthifiki ha uri u haelwa ndi yone ndila ya u ditsireledza kha u kavhiwa hu hulwane.

Khaelo i do ita uri nge ndi songo farwa nga COVID-19?

A hu na khaelo na nthihi ine ya netshedza tsireledzo yo fhelelaho (tsireledzo ya 100%).

U haelwa ha vhatu vhanzhi nazwo a zwi netshedzi tsireledzo yo fhelelaho kha avho vha songo haelwaho, Naho zwo ralo, nga kha u haelwa ha vhatu vhanzhi, vhatu avha vha do vha na tsireledzo ya vhukuma.

Muhalo wo tsireledzea?

Khaelo dza COVID-19 dzi fhira kha u todea zwiuhulu, maitete a ndingo nanzhi, hu tshi katelwa na ndingo dza vhukoni dzi kwamaho mahumi a zwigidi zwa vhatu.

Khaelo inwe na inwe yo shumiswaho kha mbekanyamushumo ya u haela vhatu vhanzhi Afrika Tshipembe yo fanela u tendelwa nga vha Maandalanga a Ndaulo ya Zwishumiswa zwa Mutakalo vha Afrika.

Khaelo dzi vhidzwaho u pfi Oxford University-AstraZeneca dzo no tendelwa kale u shumiswa nga vhalanguli vho fhambananaho u mona na lifhasi zworalo dzi khou kovhiwa kha manwe mashango.

Ndi ngafhi hune Afrika Tshipembe la khou wana hone khaelo dza u thoma?

Tshigwada tsha u thoma tsha khaelo tshi khou swikaho Afrika Tshipembe (milioni nthihi nga Phando na 500 000 nga Luhuhli) ndi tsha khaelo dzi vhidzwaho u pfi Oxford University-AstraZeneca dzi bvaho kha tshimiswa tsha Serum Institute tsha India.

Ndi vho nnyi vane vha do wana khaelo u thoma?

Vhaanganyelwa vha 1.25 milioni kha shango vane vha vha vhashumeli vha ndondolo ya mutakalo vha do tangedza khaelo u thoma.

Kha Luṭa Iwa vuhvili, Vhashumeli vha ndeme vha fanaho na vhadededzi, mapholisa, vhashumeli vha masipala, vhareili vha dzithekhisi na vhanwe vhashumeli vha ndeme; vhatu vane vha vha kha zwiimiswa zwi fanaho na mahayani a vhaaluwa, madzulo na dzidzhele; na vhatu vha minwaha i fhiraho 60 na

vhaaluwa vha re na malwadze a fhiraho mavhili hu do thomiwa ngavho.

Kha Luṭa Iwa Vhuraru, hanefha kha 22.5 milioni ya vhadzulapo vha vhaaluwa vho salaho vha do haelwa.

Tshipikwa ndi u haela 67% ya vhadzulapo mafheloni a nwa wa 2021. Nga hesho tshifhinga ri do kona u swikelela u haelwa ha tshivhalo tsha vhatu vhanzhi.

Ndi nnyi a khou rengaho khaelo?

Muvhuso ndi wone murengi wa khaelo u wothe nahone u do dzi kovhela mivhuso ya madzingu na sekthithara dza zwa mishonga dza phuraivethe.

Vhothe avho vho haelwaho vha do nwalwa kha redzhiṣṣara ya lushaka vha dovha hafu vha netshedzwa garaṭa ya u sumbedza uri vho haelwa.

Mafungo aya o netshedzwa nga Mhasho wa Mutakalo