

Vuk'uzenzele

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Hlakola 2021 Kgatišo 2



How are we raising the boy child?
Page 4



STAY SAFE
PROTECT SOUTH AFRICA
TOGETHER WE CAN BEAT CORONAVIRUS



Budget brings tax relief
Page 8

Stay alert during COVID-19 level 1

PEOPLE MUST continue to wear their face masks and follow all other safety protocols so that South Africa can overcome the pandemic and regrow the economy.

Sphelele Ngubane

The country has moved to Coronavirus Disease (COVID-19) alert level 1 but government urges people to continue with all the precautionary measures aimed at curbing the spread of the virus.

The wearing of face masks remains compulsory and there are still some restrictions to maintain low levels of infections and, in particular, to prevent super-spreading events. It has been a year since the first case of COVID-19 was reported in South Africa. More than 1.5 million

people have been infected and over 50 000 have died from the disease.

Dr Nkosazana Dlamini Zuma, the Minister of Cooperative Governance and Traditional Affairs, has provided details of the regulations that have changed, including the new curfew, which is from midnight to 4am. People may only be out of their properties during this time if they have a permit or a security or medical emergency.

Gatherings

The maximum number of people attending a religious, social, political or cultural gathering is 100

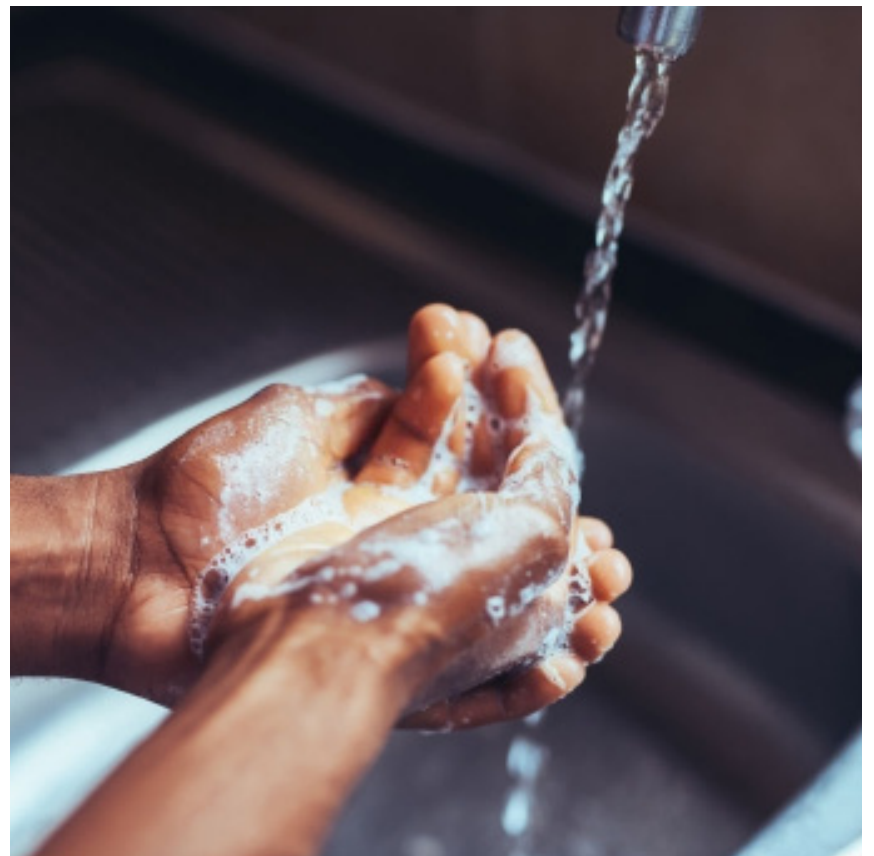
indoors or 250 outdoors, provided that the venue is big enough to allow for social distancing.


The number of people attending a funeral is limited to 100. If the venue is too small for people to be at least one-and-a-half metres from each other, then not more than 50% of the capacity of the venue may be used. Night vigils or after-funeral gatherings, including 'after-tears' gatherings, are not allowed.

Borders



- Land borders: Nothing changes as the 20 land borders which have

Cont. page 2





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"BJALE KE NAKO YA GORE KA MOKA GA RENA RE ŠOME MMOGO RE HLOMPHE NELSON MANDELA, RE AGE AFRIKA BORWA YE MPŠHA YA BOHLE."

MOPRESIDENTE CYRIL RAMAPHOSA

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RE GO AGELA BOKAMOSO BJO BOKAONE
RE ITHUTA GO MADIBA



Ditirelo tša mmušo tše di nago le bokgoni



Ge ke be ke kgethwa goba Mopresidente wa Afrika Borwa, ke boletše gore go hloma mmušo wa tokologo le potego, wo kgonago le wa bokgoni ebile o hloka bomenetša ke seo se bego se le sa tše dingwe tša dilo tšeo di tlogo pele ga tšohle.

Ke fela mmušo wa bokgoni, wa tsheketšo, wa potego le wo o lebantšego šedi ya ona tlhabollong wo o ka kgonago go fihlelela boikgafo bja go kaonafatša maphelo a badudi ba naga ye.

Se se ra gore ditirelo tša mmušo di swanetše go šongwa ke banna le basadi ba bokgoni, tsebo ya mošomo, ba go se inaganele ba le noši le ba potego.

Ba swanetše go ikgafa go šireletša metheo ya Molaotheo, le gore, bjalo ka ge ke boletše polelong yaka ya mathomo ya go tsena setulong, "ba swanetše go šoma ka potego le go hlankela setšhaba fela".

Mo dibekeng tše pedi tša go feta, ditherišano tša setšhaba di tšweletše ka sengwalwa se bohlokwa sa pholisi seo se tla tlišago hlohleletšo ye kgolo mo matsapeng a rena a go hlatloša, go maatlafatša le go aba ditirelo tša setšhaba ka go thwala batho ba maleba.

Seakanywa sa Tlhako ya Phethagatšo ya Bosetšhaba

se se lebeletšego go Aba Ditirelo tša Mmušo ka Bokgoni se nepile go hloma mmušo wo o hlankelago batho ba gaborena bokaone, mmušo wa go ba kgakala le khuetšo ye sego maleba ya go šunyašunya nko ga boradipolotiki le fao dithwalo di dirwago go ya ka maleba.

Tlhako ye e dumeletšwe ke Kabinete ka Dibatsela ngwaga wa go feta ebile ditherišano tšeo di beakantšwego ka tshwanelo le mafapha a go fapafapana a setšhaba di gare di tšwetšwapele.

Mengwaga ye 27 ka gare ga mmušo wa temokrasi, go nale dipolelo tše lego gona ka ditirelo tša mmušo eupša le ge e le gore mošomo o dirwa ka bothakga le botswerere, re santše re nale ditlhotlo tše kgolo dikgorong tše ntši tša mmušo tša go amana le mabokgoni, bokgoni ba mošomo le tsebo.

Sa go nyamiša kudu, batho ba thwetšwe le go hlatlošwa maemong a godimo ao ba se nago bokgoni bja ona goba mangwalo a thuto a maleba.

Se ga se ame fela tiragatšo ya mmušo eupša se nale le seabe sa go thwala ka sepišša, go šunyašunya nko ga boradipolotiki mešomong ya dikgoro, tlhokego ya boikarabelo, taolo ye mpe le letsogo le kobong.

Go nale bothata bjo bongwe

ba go swana le bjo bja go šunyašunya nko ga boradipolotiki le khuduthamaga tshepedišong ya ditirelo tša mmušo. Motho a ka bona fela ka go tekateka ga dikgoro tša mmušo ge balaodibagolwane ba šutišwa goba ge go tsenywa ba bangwe maemong a bona nako le nako ge go thwalwa Tona.

Balaodipharephare (di-DG) le Baetapele ba Dikgoro (di-HoD) diprofenseng ba amega kudu ka maatla. Mo dikgorong tše dingwe di-DG, di-HoD le balaodiphethiši ba dutše lebaka le letelele maemong a bona, gomme seo sa kgontšha dikgoro go šoma ntle le tšhitišo. Go tše ntši tša dikgoro tše fao boetapele bo tioletšego, dipolelo tša bohlaikiši di atiša go ba tše botse le gore go nale boikarabelo ba ditšhelete. Fao e lego gore baetapele ba dikgoro ba tsena ba e tšwa, go fela go eba le tlhakatlhakano ya tsamaišo ya kgoro.

Ye nngwe ya ditšhišinyo tše bohlokwa tše dirilwego ka gare ga tlhako ya seakanywa se ke gore ditirelo tša mmušo di swanetše go hloka seabe sa boradipolotiki le gore dikgoro tša mmušo di swanetše go ba kgakala le dipolotiki.

Go aba ditirelo ka bokgoni go maleba go hlola tielelo ditirelong tša mmušo, kudukudu maemong a godingwana. Bahlankedi ba mmušo ba swanetše go kgona go tšwelapele go dira mešomo ya bona "go sa kgathale diphetogo dife goba dife tša Ditona, Maloko a Khuduthamaga goba makhanselara ka gare ga mokgatlo wo bušago e le bona ba laolago tshepedišo, goba diphetogo tša mekgatlo ya dipolotiki morago ga dikgetho".

Re gare re šišinyo dipeakanyolefsa tše dintši tše

di kwagalago, go swana le go oketša paka ya mošomo ya Dihlogo tša Dikgoro go lebeletšwe mošomo wo botse wo ba o dirago le ka fao ba phethagatšago mošomo, go dira diphetleko tša go amana le bokgoni ba mošomo le go laletša Khomišene ya Ditirelo tša Mmušo dipoledišanong tša go thwala di-DG le Matsogo a Balaodipharephare (di-DDG).

Go tsebagatša diteko tša potego go badiradikgopelo ka moka bao ba hlokotšwego go tla thuša gore re tle re kgone go goka bahlankedi ba mmušo ba go kgona go hlankela setšhaba ka potego. Go nyakega gape gore re oketše ditlhaloblo tša kgapeletšo tša go šoma ka gare ga kgoro tšeo re di tsebagaditšego ka Moranang 2020 tšeo gabjale di ngwalwago ke balaodibagolwane gore di ngwalwe gape le ke bašomedi ba bangwe ba mmušo. Mebušo ye atlegilego ya go hlabologa e nale magato a go swana le a go thuša go tšwetšapele bokgoni ba mošomo ditirelong tša mmušo.

Ka ge go ngwadilwe ka gare ga tlhako ya seakanywa, "mmušo wa mehlang o swanetše gore ka potego le ka mafolofolo o tšwelepele go phethagatša thomelo ya sepolotiki yeo e hlamilwego ke bakgethi le mekgatlo ya dipolotiki, le gore ba emiše ka go ba bomponeng ba dipolotiki ka seng sa bona."

Re gare re šišinyo lemanoga la go tiišetšwa letsogo ge go goketšwa le ge go hlokolwa bahlankedi ba mmušo, taolo ya tlwaetšo ya bašomi le tiragatšo mešomong. Se se akaretša thuto ye tšwelago pele le tlhahlo ye hlakilego ya bokgoni ba mošomo go mohlankedi wo mongwe le wo mongwe wa mmušo.

Tlhako ya seakanywa e gate-

lela kudu nyakego ya go dira gore bahlankedi ba mmušo ba ikarabele mabošaeding a bona, go fediša setlwaedi sa go se ikarabele godimo ga taolompe le tšhomišobošaedi ya didirišwa tša mmušo.

Go aba ditirelo tša mmušo ka bokgoni go hloka gore bahlankedi ba go sepetšša dikgoro ka moka tša mmušo ba hlahlwe mešomong ka dipeakanyetšo tše maleba tša theosemolao.

Sekolotlhalo sa Bosetšhaba sa Mmušo (NSG) se nale tema ye bohlokwa yeo se ka e kgathago tabeng ye.

Bokgoni ga bo amane fela le mangwalo a maleba a thuto le mabokgoni a sethekni, eupša bo amana le go ba le maitshwara a maleba a tlhompho, tlhomphogo le potego ge o šomišana le maloko a setšhaba.

Ditirelo tša mmušo di arogane ka go fapafapana ga tšona, ka mabokgoni a go fapafapana, mangwalo a dithuto le maikarabelo. Bahlankedi ba bantši ba mmušo ba nale mabokgoni a go ikgetha ao a lego maleba kabong ye atlegilego ya ditirelo. Ka gona, ga se gore go nyakega palo ye nnyane ya badiredi ba mmušo: seo re se hlokago ke ditirelo tša mmušo tšeo di swanelago morero wo di o diretšwego tša mabokgoni a maleba, potego ya bokgoni le boikgafo ba go hlankela batho ba gaborena.

Banna le basadi ba ditirelo tša mmušo ba swanetše go fiwa mabokgoni a go kgatha tema ya bona go tliša kgatelepele le go dira gore go rene moya wa temokrasi. Ye ke kgonthišišo ya rena ye kaonekaone ya mmušo wa bokgoni wa go hlankela dikgahlegelo tša badudi.

Ke ipiletša go lena ka moka go ba karolo ya ditshepedišo tša ditherišano ka ga tlhako ye ya seakanywa, yeo e ka hwetšagalago wepsaeteng ya NSG, le go dira gore mantšu a lena a kwagale ka go kgatha tema seakanyweng se.

Ditirelo tša mmušo ga se tša mokgatlo wo itšego wa dipolotiki, ebile ga se tša swanela go ba tšeo di laolwago fela ke sehlopha se itšego seo se nago le kgahlego. Ga se tša swanela go ikgapa di ikgoroša ka botšona.

Ditirelo tša Mmušo ke tša batho ka moka ba Afrika Borwa. Di swanetše go hola bona, bona fela. **1**

Local doctor opens free clinic for Chatsworth community

COMMUNITY-FUNDED clinic gives patients with COVID-19 a fighting chance.

■ Dr Diveshni Govender helping a COVID-19 patient at the Havenside Clinic.



A new clinic opened by a Durban-based doctor is assisting the community in the fight against the Coronavirus Disease (COVID-19)

and it is doing it for free. The clinic, operating from the Havenside Community Hall in Chatsworth, was established by Dr Diveshni Govender (39) in a bid to

cope with the second wave of COVID-19 infections. Hundreds of patients have been treated at the clinic since it opened its doors in January. "The number of COVID-19

patients we were seeing increased to the point where I had to treat some patients in their cars, in the shopping complex where my practice is located," she says.

Dr Govender contacted community activists to assist with getting her access to use the Havenside Community Hall as a makeshift clinic. Govender says that the clinic is run on donations from several non-governmental organisations, businesses and members of the community.

The 30-bed clinic has helped patients like Jeeveshni Abraham (47) and her family. Abraham, her husband and two children were admitted to the clinic after her symptoms started to worsen.

"At the clinic, we received quality care and medication. We also had access to oxygen to help with breathing a little easier when we were in distress. The clinic also admitted my brother, his wife and children when they con-

tracted the virus," she says.

When Abrahams and her family were discharged from the clinic they received medicine packages to take home.

Dr Govender says that the free medicine they dispense from the clinic is made possible through donations from members of the community.

According to her, the clinic mainly treats patients who are above 45 years of age, with about 10% of patients under the age of 12. She says that the clinic has also partnered with a private ambulance company to transport patients who need elevated care to a hospital, at no cost.

Dr Govender says: "The partnership has saved several lives as patients who are in urgent need of transport to a hospital no longer have to wait a long time for an ambulance."

Dr Govender is assisted by two nurses and has also employed a cleaner to assist at the clinic. **U**

Go ketekwa Letšatši la Lefase la Dikgopolo tša Meswahla

Kgaogelo Letsebe

Setheo sa Boditšhaba sa Dikgopolo tša Meswahla se netefaditše letšatši la 21 Hlakola bjalo ka Letšatši la Lefase la Dikgopolo tša Meswahla go keteka bao ba lwelago gore go akaretšwe magagabobona bao ba phelago ka bolwetši bo. Kgopolo ya Moswahla (DS) ke bolwetši ba go amana le digammele bjo bo tšwelelago nakong ya pele. Setsebi sa tša bongaka seo se šomelago Mpumalanga Ngaka Midah Maluleka o bolela gore "go nale tlhamego ya seagammele sa tlaletšo sa bo21 (*Trisomy 21*) seo se hlolago go diega kgolong ya mmele le ya kgopolo. Ga gona lebaka le lego pepeneneng la go hlola seagammele se sa tlaletšo.

Go hlatsetšwe gore ga bo amane felo le seemo sa motho



sa bophelo, morafe goba bodumedi. Ebile ga se leabela."

Maluleka o boletše gape le gore DS ke bolwetši bja go tlwaelega kudu bja digammele mo maseeng. "Lesea le tee godimo ga masea a sekete la go belegwa dinageng tše hlabologilego le lese a tee godimo ga masea a 650 la go belegwa dinageng tšeo di hlabologago go swana le naga ya gaborena, ba angwa ke se. Palo ya go lekana 80% ya bana bao ba angwago ke bolwetši bja DS ba belegwa ke bommagobana ba ka fase ga mengwaga ye 35, le ge ba-

sadi ba mengwaga ya go feta 35 e le bona bao ba bonwago ba le kotsing ye kgolo ya go ba le bana ba go belegwa ka DS."

O bolela gore ka ge bolwetši bjo bo ka bonwa go tloga ge lese a le belegwa, go nale dika tše dingwe tšeo ka setlwaedi go tsebagalago gore ke tšona tšeo di ka lebelelwago. "Mo dikgatong tša mathomo tša go ima, bommagobana ba eletšwa go šomiša sekene sa go fetleka lese a le sa le ka mpeng le na le dibeke tše 12 go iša go tše 13. Sekene se se fetleka ka nepalago bokoto ba

diela tša ka morago ga molala wa lese a, tšeo di bitšwago gore ke *nuchal translucency*.

Gantši tšona diela tše e ba tše kgolo go masea a go ba le DS.

Diteko tše dingwe tša go dirwa ge mmagongwana a sa imile di bitšwa *amniocentesis*. Diteko tše ke ge kelo ye nnyane ya *amniotic fluid* e tšewa ya romelwa gore se fetleke digammele. Teko ye e nepagetše ka 98% thekolong."

Maluleka a re bana ba go ba le DS ba kgona go phela maphelo a bona ka botlalo, ba phele gabotse le go phela lebaka le le telele.

Le ge e le gore ga gona kalafo, batho ba go ba le DS ba ka holega ka go ba ka magaeng a lerato le borutho, ba fiwa tlhokomelo ye maleba ya bongaka, ba hwetša thušo e sale ka pela, le go abelwa ditirelo tša thuto le tša thutelatiro. Ka baka la tlhokomelo

ya maphelo ye gatetšego pele, batho ba bantši bao ba matšatšing a lehono ba belegilwego ka bolwetši bja DS ba ka phela tekano ya mengwaga ye 55. Batho ba go ba le DS le bona ba nale maikutlo le dinyakwa tša go swana le tša motho mang le mang e bile ba swanelwa ke menyetla le tlhokomelo ya go swana le ya batho ba bangwe," a realo Maluleka.

Morutiši yo a lego profenseng ya Leboa Bodikela Tshepo Kekana o re, "Ga se barutwana ka moka ba dinyakwa tša go ikgetha bao go nyakegago gore ba išwe dikolong tša go ba phošolla mafokodi a bona a tlhago le tša go ikgetha. Go nale ba bantši bao ba kgonago go ithuta dikolong tša setlwaedi. Ka go tšwelela go ba ruta, go ba thekga le go ba le bopelotelele, barutwana ba ba ka kgona go tšwelela." **U**