

Vuk'uzenzele

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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

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"JWALE KE NAKO YA HORE BOHLE RE SEBETSENG MMOHO, TLOTLONG YA NELSON MANDELA, HO AHA AFORIKA BORWA E NTJHA, E BETERE BAKENG SA BOHLE."

MOPRESIDENTE CYRIL RAMAPHOSA

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RE O AHELA BOKAMOSO BO BETERE
RE ITHUTA HO TSWA HO MADIBA



Tshebeletso ya setjhaba e profeshenale



Ha ke ne ke kgethwa ho ba Mopresidente wa Afrika Borwa, ke itse ho aha naha e sebetsang hantle, e nang le bokgoni le boitshwaro, le ho hloka bobodu, ke ya tse ding tsa dintlha tsa ka tse bohlokwahloka tse ka sehlohlolong.

Ke naha feela e nang le bokgoni, e sebetsang hantle, e maitshwaro a matle mme e tsepameng ntshetsopeleng e tla kgona ho phethahatsa boitlamo ba yona ba ho ntlafatsa maphelo a batho ba naha ena.

Hona ho bolela hore tshebeletso ya setjhaba e tlameha ho hirelwa banna le basadi ba profeshenale, ba nang le tsebo, ba sa inahaneleng ba le bang mme ba nang le botshepehi.

Ba tlameha ho itlamo ka ho phahamisa ditekanyetso tsa Molaotheo, mme ba tlamehile, jwalo ka ha ke ile ka hla-losa puong ya ka ya pele ya bopresidente, "ho sebeletsa setjhaba sa naha ena feela ka botshepehi".

Dibekeng tse pedi tse fetileng, dipuisano le setjhaba di ile tsa nka sebaka mabapi le tokomane ya leano le bohlokwa le tla fana ka matla boitekong ba rona ba ho nolofatsa, ho matlafatsa le ho fana ka bokgoni ho tshebeletso ya setjhaba.

Moralo wa Naha wa Tshebetso wa Nakwana o Mabapi le ho Phahamisa Botsebi ba Tshebeletso ya Setjhaba o ikemiseditse ho aha naha e tla fa batho ba rona ditshebeletso tse betere, tse tshireletsehileng kgahlano le kgahlamelo ya dipolotiki mme le moo batho ba hirwang ho ya ka makgabane a bona.

Moralo ona o ananetswe ke Kabinete ka Pudukwana selomong se fetileng mme le dipuisano tse hlophisitsweng le makala a mmalwa a setjhaba, se dintse di tswelapele.

Dilemo tse 27 ho kenwe demokrasing, ho ka tjho ka tshebeletso tsa setjhaba hore le ha feela ho ena le tse mmalwa tse hlwahlwa, re na le diphepetso tse ngatangata ho a mang mafapha mabapi le botsebi, tshebetso e nang le boiphihlelo le profeshenale.

Boholo ba nako, batho ba hirwa le ho phahamisetswa maemong a hodimo ao a sa ba tshwaneleng kapa ao ba senang mangolo a ona.

Sena se hahlamela tshebetso ya mmuso hampe, empa se boela se eba le seabo ho bolesafu, boitshunyakgare ba dipolotiki mesebetsing ya mafapha, ho hloka boikarabelo, tsamaiso e bohlaswa le bobodu.

Ho boela ho ena le bothata bo amanang le boitshunya-kgare ba sepolotiki le bolaodi

ba phethahatso tsamaisong ya tshebeletso ya setjhaba.

Motho o hloka feela ho sheba tlhokeho ya botsitso e ba teng mafapheng a mmuso ha balaodi ba ka sehloohong ba fapantshwa kapa ho kengwa ba batjha ha ho hirwa Letona le letjha.

Balaodi ba Baholo (di-DG) le dihlooho tsa mafapha (di-HoD) a diprofense ke tsona tseya amehang haholo.

Mafapheng a mang, di-DG, di-HoD le batsamaisi ba phethahatso ba bile le botsitso ka nako ya tshebetso e telele, sena se ile sa dumella mafapha ho sebetsa hantle ntle le tshitiso e ngata. Boholong ba mafapha ana ho ne ho ena le ketapele e tsitsitseng, diphepetso tsa bohlakisi tse hlwekileng mme le matlole a setjhaba a ne a sebediswa ka maikarabelo. Moo ho nang le tahlehelo e hodimo ya dihlooho tsa mafapha, ha ngata ho ba le pherekano e ngata tsamaisong.

E nngwe ya ditshisinyo tse ka sehlohong e entsweng ho moralo ona ke hore tshebeletso ya setjhaba ha ya tlameha ho amana le dipolotiki mme mafapha a mmuso a tlameha ho ntshwa dipolotiking.

Boprofeshenale bo bohloka hore ho tle ho be le botsitso tshebeletso ya setjhaba, haholoholo ho ba maemong a hodimo tshebetso. Basebetsi ba setjhaba ba tlameha ho tswelapele ho etsa mosebetsi wa bona "ho sa kgathalatshe hore na ho na le phetholo ya Matona, Ditho tsa Lekgotla la Phethahatso kapa Balekgotla mokgatlong o busang o ikarabellang tsamaisong, kapa ha mekgatlo ya dipolotiki e fetoha ka mora dikgetho".

Re sisinya palo ya diphepetso tse tla finyellang hole,

tse jwalo ka ho atolosa nako ya tshebetso ya Dihlooho tsa Lefapha ho ya ka makgabane le tshebetso ya bona, ho etsa dihlahlobo tsa bokgoni ba ho phethahatsa tshebetso le ho mema Komishini ya Tshebeletso ya Setjhaba ho ba le seabo diinthaviung tsa mesebetsi ya di-DG le Batlatsi ba Balaodi ba Moholo (di-DDG).

Ho kenya tshebetso ditseko tsa seriti ho batho bohle ba hlwahlweng ho lenane la diinthaviu ho tla thusa hore re kgone ho fumana basebetsi ba mmuso ba tla sebetsa ka botshepehi. Re boela re hloka ho atolosa ditlahlobo tsa dikamohelo tse tlamang bohle tseo re ileng ra di tsebahatsa ka Mmesa 2020 tseo ha jwale di tobaneng le bahlanka ba mmuso ba baholo hore jwale di etswe le ke basebetsi ba mmuso kaofela. Dinaha tse tswelang pele tse atlehileng di ile tsa kenya mekgwa e jwalo ho di thusa ho ntshetsapele boprofeshenale lekaleng la ditshebeletso tsa setjhaba.

Jwalo ka ha re hlahositse ho moralo wa nakwana, "tsamaiso ya naha e tlameha ho tsamaiswa ka botshepehi le ho phethahatsa thomo ya sepolotiki ka mahlahahlaha ho ya ka taelo ya bakgethi le mokgatlo, mme ho hloka hore ho ikgulwe dipolotiking ha ho tla ntlheng ya ditshebeletso."

Re sisinya mekgwa o mong o hlwahlwa wa ho hira le ho kgetha basebetsi ba setjhaba, tsamaiso ya kamohelo ya basebetsi ba batjha le tshebetso. Sena se kenyeletsa ho ithuta ho tswelapele le tsela e hlakileng ya ntshetsapele ya boprofeshenale ba mosebetsi e mong le mong wa setjhaba.

Moralo wa nakwana o hatella tlhokeho ya ho netefatsa hore basebetsi ba mmuso ba ikarabella tshebetso e

bohlaswa ya ditjhelete tsa setjhaba, ho fedisa tlwaelo ya ho se fumantshwe kotlo tsamaisong e bohlaswa ya ditjhelete le e sa tshwanelang ya mehlodi ya mmuso.

Boprofeshenale tshebetso ya mmuso bo kenyeletsa kwetliso ya basebetsi ba diakhaonto makaleng a mmuso ka bophara ho ya ka ditekanyetso tse ikamahantsha le ketsamolao.

Sekolothupello sa Naha sa Mmuso (NSG) se bapala karolo e bohlokwa ntlheng ena.

Boprofeshenale ha bo bolele ho ba le mangolo a tshwanetseng le botsebi ba matsoho feela, empa le ho ba le maemo a tshwanetseng a maitshwaro a nang le hlomphe, boitlomphe, le seriti ha o sebetsa le ditho tsa setjhaba.

Tshebeletso ya setjhaba e fapane, e na le mekgahlelo e mengata e kenyeletsang botsebi, mangolo a boiphihlelo le bokgoni. Boholo ba basebetsi ba setjhaba bona le botsebi bo ikgethileng bo hlokehang phanong ya kabelo ya ditshebeletso e tshwanetseng. Ka hoo, ha se hore re hloka tshebeletso ya setjhaba e nyenyane: seo re feela re se hloka ke tshebeletso ya setjhaba e nang le mehlodi yohle e tshebetso e nang le boitsebi bo tshwanetseng, maitshwaro a boprofeshenale le boitlamo ba ho sebeletsa setjhaba.

Banna le basadi ba tshebeletso ya setjhaba ba hloka ho fumantshwa bokgoni hore ba kgone ho bapala dikarolo tsa bona ho kganneng ntshe-tsopele le ho matlafatsa demokrasie ya rona. Hona ke netefatso ya rona e kgolo ya naha e nang le bokgoni e sebeletsang ditlhoko tsa baahi ba yona.

Ke ipiletsa ho lona hore le nke karolo ho tsamaiso ya dipuisano le setjhaba tse mabapi le moralo wa nakwana, o fumanehang websaeteng ya NSG, ho etsa hore lentsewela hao le utlwhale.

Tshebeletso ya setjhaba ha se ya mokgatlo ofe kapa ofe o le mong feela, kapa ha ya tlameha ho laolwa ke mokgatlo o nang le ditababelo tse itseng. Ha ya tlameha ho iketsa molao ka bo yona.

Tshebeletso ya setjhaba ke ya batho bohle ba Afrika Borwa. E tlameha ho ba sebeletsa mme e sebeletse bona feela. **U**

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**

Ho keteka Letsatsi la Naha la Lefu la *Down Syndrome*

Kgaogelo Letsebe

Mokgatlo wa Matjhaba wa Mafu a *Down Syndrome* o hlwahile 21 Tlhakubele e le Letsatsi la Lefatshe la Lefu la *Down Syndrome* la ho keteka ba lwanelang kenyetsetso ya baratuwa ba bona ba phehang ka lefu lena.

Lefu la *Down Syndrome* (DS) ke lefu la ho se tsepame ha khromosome le ba teng nakong ya ha motho a ba mmeleng. Ngaka Midah Maluleka, e leng ngaka e dulang Mpumalanga o re: "Ho na le dikhromosome tse 21 (*Trisomi 21*) tse fetang tse bakang tiehiso kgolong ya mmele le kelello. Ha ho a hlaka hore na keng se bakang khromosome ena ya tlatsetso.

Feela ho totobetse hore ha e amane le dilemo, maemo a



moruo, morabe le tumelo.

Mme le boela le sa amane le lefutso."

Maluleka o boela a tlatsalensa hore DS ke lefu la khromosome e sa tsepamang le tlwaelehileng haholoholo ho masea a qetang ho hlaha. "Ho lesea le leng ho a 1 000 a hlatseng dinaheng tsa lefatshe tse ka pelepele le ho le leng ho masea a 650 a hlahela dinaheng tse thuthuhang tse jwalo ka ya rona, a ya ameha.

Bonyane 80% ya bana ba angwang ke DS ba tswalwa

ke bomme ba dilemo tse ka tlase ho 35, le ha feela basadi ba dilemo tse ka hodimo ho 35 ba nkwa e le bona ba kotsing e kgolokgolo ya ho tswala ngwana ya hlahang ka DS."

O re ka ha lefu lena le ka iponahatsa ho tloha nakong ya ho ba mmeleng, ho na le matshwaho a bonahalang a itseng a ka elwang hloko. "Mekgahlelong ya pelepele ya boimana, ho kgothaletsa hore baimana ba nang le dibeke tse 12 yo ha ho tse 13 ba ye sekheneng. Sena se

lekanyetsa ka ho nepahala botenya ba mokedikedi o thishungeka morao molaleng wa lesea o bitswang *nuchal translucency*. Ha ngata mokedikedi ona o ba moholoholo ho masea a nang le DS.

Teko e nngwe hape ya pele ho peleho ke e bitswang *amniocentesis*. Sena ke hahontshwa ha mokedikedinyana wa senamane popelong ebe o romellwa ho ya hlahloba khromosome. Teko e batla e nepahetse ka 98% sephethong sa ditlhahlobo."

Maluleka o re bana ba nang le DS ba kgona ho phela maphelo a felletseng, a nang le bophelo bo botle le maphelo a malele.

Le ha feela ho sena pheko, batho ba nang le DS ba una molemo ho tswa malapeng a nang le lerato, tlhokomelo ya bongaka e nepahetseng, bokenadipakeng nako esale

teng, ditshebeletso tsa thuto le mosebetsi wa matsoho.

Ka lebaka la tlhokomelo ya bongaka e tswetseng pele, bohlo ba batho ba hlahang ba ena le DS matsatsing ana ba baphela nako e telele e kabang dilemo tse 55. Batho ba nang le DS ba na le maikutlo le ditlhoko tse tshwanang le tsa motho ofe kapa ofe mme ba tshwanetswe ke menyetla le tlhokomelo e tshwanang, "ho rialo Maluleka.

Tijhere ya Leboya Bophirima, Tshepo Kekana o re, "Ha se baithuti bohle ba nang le ditlhoko tse ikgethileng ba hlohang ho kena dikolo tsa phodiso kapa tsa ditlhoko tse ikgethileng. Ho na le ba mmalwa ba kgona ho ithutela dikolong tse tlwaelehileng.

Ka ho tswella ho ithuta, ho fumantshwa tshetsetso le mamello, baithuti bana ba ka atleha." **U**