

# Vuk'uzenzele



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**STATE OF THE NATION ADDRESS**

**GROW SOUTH AFRICA**

**SONA special edition**



## SA rolls up sleeves for COVID-19 vaccination



President Cyril Ramaphosa was one of the first South Africans to receive the Johnson & Johnson (J&J) COVID-19 vaccine.

**Allison Cooper**

**P**resident Cyril Ramaphosa and Health Minister Dr Zweli Mkhize recently led the nation by example when they launched South Africa's mass Coronavirus Disease (COVID-19) vaccination programme. They joined the first healthcare workers in the country to be vaccinated.

The President demonstrated his confidence in the Johnson & Johnson (J&J) COVID-19 vaccine and helped to allay people's fears when he was vaccinated against the virus at the Khayelitsha District Hospital in the Western Cape.

The first batch of J&J vaccines arrived in the country on 16 February.

"It gives me great pleasure to announce that the first batch of 80 000 doses of the J&J vaccine is being prepared for distribution across South Africa with immediate effect," the President says.

"As this batch has already been approved by the South African Health Products Regulatory Authority, these vaccines will be rapidly dispatched to all provinces," he added.

Most vaccination centres were ready to begin the vaccination programme from 17 February.

The President says he is pleased

that the vaccination programme commenced in mid-February, as was previously announced by government.

This feat was realised even though South Africa's roll-out of the AstraZeneca vaccine that arrived on 1 February, had to be suspended as they are not effective against the 501Y.V2 virus variant that is dominant in the country.

Minister Mkhize says the AstraZeneca vaccines will be distributed to countries that do not have the 501Y.V2 virus variant. "There will, therefore, be no wasteful expenditure," he confirmed.

"I would like to congratulate the Vaccine Inter-Ministerial Committee, the Ministerial Advisory Committee on Vaccines, Minister Mkhize and his team, and the Medical Research Council for responding so rapidly and effectively to this challenge," the President says.

Nurse Zoliswa Gidi-Dyosi will go down in history as South Africa's first healthcare worker to receive the vaccine. To date, over 380 000 healthcare workers have registered to be vaccinated.

### J&J vaccine is safe

The President confirmed that the J&J vaccine was shown to be safe

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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



# Mehato ya ho tsosolosa moruo



**E**se e tla ba selemo jwale re bile le ke-tساهalo ya pele ya kokwanahloko ya khorona e ileng ya tlalehwa naheng ya rona. Sewa sena se baki-le ditshenyehelo tse kgolo bophelong ba setjhaba esita le maphelong a dimilione tsa batho ba habo rona.

Basebetsi ba bangata ba lahlehetswe ke karolo ya meputso ya bona ha dihora tsa bona tsa tshebetso di fokotswa, mme ba bangata ba fokotswa mesebetsing.

Dikgwebo tse ngata di bile le tahlehelo e boima ka lebaka la ditshebetso tse fokoditsweng.

Tse ding di ile tsa tlameha ho kwalwa. Batho ba sebetsang karolong ya moruo e sa hlophiswang le bona ba amehile habohloko.

Ntlheng e boima ka ho fetisisa, sewa sena se nkile maphelo a bafepi malapeng a mangata, mme ba malapa ba sala ba itlhophere, hape ba tsielehille bakeng sa bokamoso.

Ke ka lebaka lena mehato e pharaletseng ya diphallelo eo re e nkileng e neng e hlokeha e bile e le e potlakileng. Hape, jwalo ka ha ho batla ho fetile selemo, re ka re mehato ena e atlehile.

Kakaretsong ya yona mehato ena ya diphallelo tseo re di entseng mohlomong e mmedi e bileng le tshusumetso e matla haholo ke phallelo ya setjhaba e ikgethileng ya COVID-19 le ya UIF, ya Leano la Diphallelo tsa Basebetsi la Nakwana, le tsejwang feela e le COVID TERS.

Re ne re ke ke ra atleha ho qala mehato ena ka nako e kgutshwane hakana hae ba re ne re se na dibopeho tsa motheo tsa tshireletso ya setjhaba tse pharaletseng tse neng di se di sebetsa.

Re ile ra kgona ho arabela tlhoko ena e kgolo e bileng e le e potlakileng setjhabeng sa rona, re leboha dibopeho tsa motheo tse kgolo naheng ka bophara le ditsamaiso tsa Setsi sa Afrika Borwa sa Tshireletso ya Botjhaba (SASSA) le Letlole la Inshorense ya Batho ba Feletsweng ke Mosebetsi (UIF).

Kantle ho qeaqea, a bile teng mathatanyana a setekgeniki le a mang boleleng ba nako, empa tsena tsohle di ile tsa rarolleha kapele. Diagente tsena tsa mmuso di entsese mesebetsi o babatsehang wa ho ngodisa dimilione tsa baamohedi ba batjha le ho netefatsa ho lefuwa ha bona.

Tshehetso e fanweng ke UIF e inotse dikgwebo tse theke-selang esita le basebetsi.

E entsese phapang pakeng tsa dikhampani tse setseng di sebetsa le tse ileng tsa tlameha ho kwalwa, pakeng tsa mesebetsi e ileng ya bolokeha le e ileng ya lahleha.

Sena se ile sa tswela molemole dikgwebo tse jwalo ka Sihle's Brew, kgwebo ya dijo Gauteng, e ileng ya kgona ho boloka basebetsi ba yona ba 18 ka lebaka la morero wa TERS. Re leboha tshehetso ya mmuso, Mamoshalagae Trading and Pojects, kgwebo ya motlakase wa dipalangwang Mokopane, e ile ya kgona ho lefa basebetsi ba yona esita le ho lefella rente, le ditekiso tsa thepa nakong ya ho kginwa ha tshebetso le maeto.

Basebetsi ba maqakabetsing ba ile ba kgona ho amohela karolo ya meputso ya bona.

Lindiwe Ntuli, molaodi wa molao, Centurion, o boletse kamoo ho fumana ha hae meropotso ho ileng ha mo thusa hore a tsebe ho sebeletsa hae mme a kgonane le rente ya hae.

Di ngata dipale tsa dikhampani tse ileng tsa qoba ho teba nakong ya selemo sena se fetileng ka lebaka la tshehetso eo di e fumaneng ho UIF. Ho ka phetwa tse tshwanang le dikgwebong tse nyenyane tse thusitsweng ke diphallelo tse fapafapaneng esita le dikadimo tse fanweng ke mafapha a mangata.

Mehato ena e thusitse batho ba habo rona haholo nakong ya bona ya tlhoko.

Jwalo ka ha re fetoha ho tloha ho diphallelo ho ya ho tsosoloso, re tlameha ho

fetola mokgwa wa rona wa tshebetso.

Le hoja mehato ena ya kokobetso e ne e raletswe ho ba ya nakwana, moruo o tla tswela pele ho utlwa maoma a sewa sena nako e itseng.

Le ha e le mona diphelelo tsa ho kginwa ha tshebetso le maeto di nyenyisitswe, dikhampani tse ngata di fumana ho le thata ho emelana le ditlamorao tsa dikgwedi tse ngata tsa ditshebetso tse fokotsehileng esita le kuno e lahlehileng.

Ke ka lebaka lena, kamorao ho dipuisano tse pharaletseng le balekane ba rona ba tswang setjhabeng ho Lekgotla la Naha la Ntshetsopele ya Moruo le Basebetsi (NEDLAC), meropotso ya COVID TERS e atolotswe ho ya ho 15 Tlhakubele 2021 bakeng sa dikarolo tse sa kang tsa kgona tshebetso ka botlalo.

Tshehetso e ikgethileng ya COVID e atolotswe ka dikgwedi tse ding tse tharo.

Ena e ntse e le mehato ya nako e kgutshwane.

Re tlameha ho tsepamisa maikutlo a rona ho bopeng tikelohlo e fang dikgwebo bokgoni ba tsosoloso, hape le kgolo ya moruo e tla kenya ho thewa ha mesebetsi merebele, hape e hohele matsete.

Tsosoloso e tla ba boima mme e tla nka nako, hakaakang re sa ntse re le ka hara sewa.

Le ha e le ya bohlokwa jwalo, mehato ena ya diphallelo, re ke ke ra kgona ho di ntshetsa pele molebe.

Re tshwanela ho etsa bonnete ba hore mehato ena ya diphallelo e fana ka motheo o tiileng bakeng sa tsosoloso

e batsi kantle ho ho kgannela naha tebetebeng ya dikoloto.

Kantle ho ha re ka theolela mokitlane wa naha ya rona methathing e laolehang, ha ho tsoloso e bonahalang e ka kgonehang.

Phadimehelo ya rona re le setjhaba e tlameha ho sutha mothathing wa diphallelo e habe ho wa tsosoloso, mme bohle re tshwanela ho ba karolo ya boiteko bona.

Re le mmuso, diqeto tse boima malebana le tshebediso ya ditjhelete tsa setjhaba di tla tshwanela ho nkuwa le ho sebediswa selemong sena.

Dikhampani di tla tshwanela ho hlalisa dintjhafatso ho ntshetseng pele mekgwa le ditshebetso tse netefatsang mokoka le bokgoni ba ho etsa phaello, poloko ya mesebetsi e le monahanong o ka sehloohong.

Re tlameha ho busetsa tjhelete ya rona moruong wa rona ka ho reka dihlahiswa tsa ka hara naha, re tshehetse dikgwebo tsa ka hara naha le bahlahisi ba ka hara naha, re reke ho bafepi ba ka hara naha.

Mokudi ya lemetseng mme a bonahala a na le menyetla e meholo ya ho kgutlela boemong ba hae ba pele o fumantshwa phekelo ya mmele e sa thiseng e le ho mo thusa ho matlafala ho fihlela a ka ikemela a sa thuswe.

Ka mokgwa o jwalo mehato ena ya diphallelo ya nakwana e tlameha ho bonwa e le mokgwa wa ho etsa hore moruo wa rona o boele o ikemele ka maoto. Sepheo sa rona sa qetello ke sa hore re boele re tsamaye.

Re le setjhaba, kaofela ha rona ha re thuseng. Ha re beng karolo ya ntshetsopele le tswelolepele ya rona.

Ha re sebedisetseng dithuso tsena tse atolotsweng hontshetsa pele tsosoloso e matla ho feta. **U**



Re Kgothaletsa le ho Sireletsa **DITOKELO** tsa Basadi,  
Bana le Batho ba sa kgoneng ho itshireletsa

## MORALO WA DINTLHA TSE TSHELETSENG WA LETONA

### “HA RE HLOMELENG KGAHLANONG LE DIKGOKA TSA BONG”

#### NTLHA YA PELE

Diphofu tsohle di lokela ho tshwarwa ka hlomphe, ka seriti le ho hlongwa dipotso ke bahlanka ba sepolesa ba rupelletsweng ho utlwellang diphofu.

#### NTLHA YA BOBEDI

Diphofu di lokela ho thusetswa ka Phaposing e Thusang Phofu ho Theola Maikutlo (VFR) kapa phaposi e nngwe moo setatemente se tla nkelwa sephiring Seteisheneng sa Sepolesa kapa dibakeng tse ding tse fanang ka ditshebeletso tsa tshehetso ya diphofu.

#### NTLHA YA BORARO

Diphofu di tla romelwa/di tla fetisetswa ho ba tsa kalafo bakeng sa tlhahlobo ya bongaka ke setsebi sa tsa tlhokomelo ya kalafo ho fumana bopaki ba bongaka le ho ngollwa tlaleho ya bongaka.

#### NTLHA YA BONE

Dipatlisiso di lokela ho etswa ke Yuniti ya Diphuputso tsa Dikgoka tsa Malapeng, Tshireletso ya Bana le Ditlolo tsa Molao tsa Thobalano (FCS) kapa lefokisi le rupelletsweng ka taba tsena.

#### NTLHA YA BOHLANO

Diphofu tsa ditlolo tsa molao tsa thobalano, tsa dipolao tsa basadi le tsa masea le ba malapa a tsona ba lokela ho fetisetswa ditshebeletsong tsa tshehetso ya diphofu tse fumanehang moo ba dulang ho fumana dithuso tsa semolao, tsa bongaka, tsa kahisano le tsa kelello.

#### NTLHA YA BOTSHELELA

Diphofu di lokelwa ho behwa sehlohlolong ka kgatelopele ya dinyewe tsa tsona ntle le hore di be di botse.



**TLALEHA DIKGOKA TSA BONG LE DIPHOFU TSA TSONA NTLE LE  
HO NEHELANA KA LEBITSO LA HAO HO**

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**civilian secretariat  
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REPUBLIC OF SOUTH AFRICA



## Ho tobana le ho lahlehelwa ke motho eo o mo ratang



**B**atho ba bangata ba lahlehetswe ke batho bao ba ba ratang ka lebaka la sewa sa kokwanahloko ya khoro-na, mme ka nako tse ding lefu lena e ka toro.

“Ha se wena feela,” ho rialo setsebi sa saekholoji sa setjhaba Zanele Ludziya ho tswa Sepetleleng sa Stikland, Kapa Bophirima.

Ho lahlehelwa ke motho eo o mo ratang ha se ntho e bobebe, hape e ka qholotsa maemo a fapafapaneng a

boikutlo.

“Ho na le matshwao a mangata ao o ka a shebang ha motho eo o mo ratang a le mahlomoleng, empa bosio ba matshwao ha bo bolele hore motho eo ha a mahlomoleng.

“Batho ba ka bontsha matshwao a mosito, ho teneha, maswabi kapa monyebe. Kelello ya motho e ka ameha, jwalo ka ha a ka nna a ikimetsa ka menahano le mehopollo ya ya hloka-hetseng. Hape, a ka ba le

bothata ba ho se tsitsise maikutlo kapa a bonahale a ferekane,” o rialo Ludziya.

O eletsa batho ho hlokomela diphetoho tsa boitshwaro, tse kang ho ba menyepetsana kapa ho eketseha ha tshebediso ya tahi kapa dithethefatsi. “Ba ka tsuba ho feta tlwaelo, ba ka ikgula setjhabeng kapa ba itshehla thajana kapa ba qobe batho le dibaka. Ba ka rata kgutso kapa lerata le leholo. Hape ba ka ba bohale kapa ba omana ha bua,” o rialo.

Ha o tshehetsa motho eo o mo ratang, Ludziya o re ho a thusa ho utlwisisa tshebetso ya mahlomola, le hore e tla ka ditsela tse fapaneng bathong. O hlalosa hore boemo ba mahlomola ha se bojwalo, empa ke leeto, mme batho ba ye ba fete methathing e itseng ya mahlomola.

### Methathi e tlwaelehileng ya mahlomola

Methathi e tlwaelehileng ya mahlomola ke tatolo kapa ho ikgetha ho ba bang (boitemohelo ba ditho tse shohlo kapa ho shwa bohatsu; mosito (ho kgenela ba bang empa ba sa o fosetsa); phehisano (boitemohelo ba maikutlo a ho ipona molato malebana le dintho tse entsweng kapa tse buuweng); kgatello ya maikutlo (ho kwata ho tliswang ke ho elellwa hore bophelo bo tla tswela pele kante ho motho eo ya ratwang); le kamohelo (ho fumana mokgwa wa ho phela bophelo bo atlehileng kante ho motho eo).

O mong mokgwa wa ho emelana le bothata kapa ho bontsha tshehetso ke ho utlwisisa mothathi wa mahlomola oo o leng ho wona kapa oo motho eo o mo ratang a leng ho wona.

Hona ho ka boela ho nete-faletsa motho ya mahlomoleng hore seo a se utlwang se a tshwanela. Mo tshware, kapa itshware, ka mosa, mamello le kutlwisiso, o ntse o hopola hore sena seo o se utlwang se tla qetella se fetile,” o rialo Ludziya. **V**

**O ka thusa motho e mong ya lahlehetsweng ke eo a mo ratang ka ho mmotsa hore na o hloka tshehetso ya mofuta ofe. Ho boetse ho na le mekgatlo e meng eo e seng ya mmuso, e kang South African Depression and Anxiety Group, e fanang ka tshehetso. Etela webosaete ya bona ho [www.sadag.org](http://www.sadag.org) kapa o letsetse mohala wa bona wa pholoso wa 0800 567 567.**

## Get free help for a gambling disorder



**Kgaogelo Letsebe**

**T**here is no denying there is a certain glamour to gambling. Yet, for someone suffering from a gambling addiction, life is far from glamorous.

This is according to Lesego Kwanini (34), a marketing consultant from Alexandra, who started gambling in 2010 to escape the stress of her relationship and financial situation.

“It started innocently, taking a chance on the slot machines.

It wasn't long before I was hooked. In one day, I won R50 000. It's hard to say no to that kind of rush. But in the end, my habit cost far more than I ever won,” says Kwanini.

Between 2010 and 2015, Kwanini lost her job, family and friends. “I was lying to the people closest to me, but I didn't care... I had my slot machines – they were my friends.”

It was only a matter of time before those ‘friends’ turned into enemies. Running out of money to support her gambling habit, Kwanini found herself in debt and turned to loan sharks, who she could not pay back. “I was on the verge of suicide,” she admits.

While at a casino, Kwanini saw a pamphlet about the South African Responsible Gambling Foundation's (SARGF) treatment programme for problem gamblers. She attended the foundation's free outpatient counselling sessions for three months. “It was hard. There were many times I felt like gambling, but I stayed strong,” she says.

“I feel blessed now. I'm in a happy place.”

According to Sibongile Simelane-Quntana, the Executive Director of the SARGF, a problem gambler is someone who continues to gamble despite the negative consequences or impact it has on their life. They also do not want to stop.

There are many signs a disordered gambler may exhibit, including being withdrawn, tired and asking for money or loans, she says.

“There are no winners in gambling, only some who lose less,” says psychiatrist Dr Mike West, who practises at Akeso Milnerton.

Betting on games of chance or horses is harmless fun for most people but, when people lose control over their gambling habit, it can be as addictive and destructive as using drugs, says Dr West.

He advises regular gamblers to ask themselves the following questions:

- Do you hide the extent of your gambling?
- Do you gamble to escape

from problems?

- Are you making larger bets?
- When you are not gambling, do you feel irritable or depressed?
- Do you crave gambling or spend a lot of time thinking about gambling?
- Have you had difficulties in the workplace because of gambling?
- Is your gambling negatively affecting your relationships?

If you answer yes to these questions, Dr West advises an in-depth assessment for a gambling disorder. **V**

If you think you need help, contact SARGF's toll-free, 24-hour helpline at 0800 006 008, send a WhatsApp to 076 675 0710 or visit [www.responsiblegambling.org.za](http://www.responsiblegambling.org.za). All services, including support, information, assessment and referral for face-to-face counselling, are free.