

# 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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# Tirelopuso e e dirang ka manontlhotlho

**F**a ke ne ke tlhophiwa go okama maemo a Moporesitente wa Aforika Borwa, ke solofeditse gore tse dingwe tsa dilo tse di botlhokwa ke go aga puso e e dirang ka botswapelo, ka matseseleko le ka maikarabelo mme e bile gape e sena bonweenwee.

Ke fela puso e e dirang ka botswapelo, ka matseseleko le ka maikarabelo e e ka diragatsang ditshepiso tsa yona tsa go tokafatsa matshelo a baagi ba naga eno.

Seno se raya gore tirelopuso e tshwanetse go nna le badiredi ba ba manontlhotlho, ba ba nang le bokgoni, ba ba sa itebeleng ba le esi e bile ba na le nnete.

Ba tshwanetse go bo ba na le maikemisetso a go tlotla metheo ya Molaotheo, e bile gape, jaaka ke tlhalositse mo puong ya me ya go amogelwa mo setulong, "ba tshwanetse go direla puso e le nosi ka boikanyego".

Mo dibekeng di le pedi tse di fetileng dikgato tsa go batla maikutlo a baagi ka tokomane ya pholisi e e botlhokwa di ntse di tswetse mme e tla nna le mosola o mogolo mo dikgatong tsa rona tsa go matlafatsa, go gagamatsa le go tlamela tirelopuso ka badiri ba ba maleba.

Sekwalwa sa Letlhomeso la Naga go Tsaya Dikgato go dira Tirelopuso gore e Dire ka Manontlhotlho maitlhomona sona ke go aga puso e e dirang batho ba naga ya rona botoka, e e sa anngweng ke merero ya dipolotiki ka tsela e e sa tshwanelang mmogo le mo batho ba thapiwang go ya ka tiro e ntle e ba e dirang.

Letlhomeso leno le nese-ditswe pula ke Kabinete ka Ngwanaitseele ngogola mme dikgato tsa go sekegela tsebe maikutlo a a tebileng a makala

a mangwe a a farologaneng a setšhaba a setse jaanong a simolotse.

Morago ga dingwaga di le 27 tsa temokerasi, re ka bua ka tirelopuso ra re le fa go na le dikarolo dingwe di le dintsinzana tse di dirang bontle thata, re santse re na le dikgwetlho tse dikgolo mo mafapheng a le mantsi a puso fa go tla mo bokgoning, mo go phadisaneng le mafapha a mangwe le mo go nneng mafapha a a dirang ka manontlhotlho.

Go le gantsi go thapiwa le go tlhatlhoisiwa batho ba ba seng maleba mo maemong a diphatlhatiro tse di botlhokwa tse di sa ba tshwanelang le tse ba senang le makwalo a thuto a tsona.

Seno se ama ka fao puso e dirang tiro ya yona ka teng gone se jala maitsholo a a bodileng a batho ba ba thapanang ka sebona, a go itshunya nko ga batho ba sepolotiki mo mererong ya mafapha, se tlhola maitsholo a go se nne le maikarabelo, a tirisobotlhaswa ya didirisiwa tsa puso mmogo le a bonweenwee.

Gonagapele matsapa a amanang le ntlha eno ya go itshunya nko ga batho ba sepolotiki mo mererong ya tsamaiso ya mafapha mo tirelopusong.

Motho ga a tlhoke go ya kgakala go bona seno ka se iponagatsa fa mafapha a puso a latlhegelwa ke go tsetsepela ka ntlha ya fa batlhankedibagolo ba tsamaiso ya mafapha ba sutisiwa mo maemong a ba a okameng mme go tsena ba bangwe fa Tona e ntšhwa e goroga mo lefapheng.

Bakaedikakaretso (di-DG) mmogo le Ditlhogo tsa Mafapha a Diporofense (di-HoD) ke bona ba ba amegang segolo ke ntlha eno. Mo mafapheng a mangwe di-DG, di-HoD le batsamaisi ba bangwe ba

bagolwane ba kgonne go tsetsepela mo pakeng ya bona ya tsamaiso ya lefapha, mme seno se ba kgontshitse go tsamaisa lefapha ntle le kgoretso epe.

Mo mafapheng ano a le mantsi mo go senang go itshunya nko mo mererong ya tsamaiso ya puso, dipoelothuno go le gantsi di tla e le tse di itumedisang mme botsamaisi bo kgona go ikarabela fa go tla mo tirisong ya madi a puso.

Mo ditlhogo tsa mafapha di fetolwang gangwe le gape ka bontsi, ke teng mo tsamaiso e leng matswakabele.

E nngwe ya ditshitshinyo tse di dirilweng mo letlhomesong leno ke gore tirelopuso e tshwanetse go inolwa mo mererong ya itshunyo nko ya dipolotiki le gore mafapha a puso a tshwanetse go sirelediwa gore dipolotiki di se itshunye nko mo go ona.

Go dira tiro ka manontlhotlho mo tirelopusong go botlhokwa mo go direng gore e tsetsepele, bogolo jang mo batlhankeding ba ba okameng maemo a a kwa godimo a taolo. Badiredipuso ba tshwanetse go tswela go direla setšhaba, "go sa kgathalesege gore Tona, Leloko la Khuduthamaga kgotsa Mokhanselara wa mokgatlho wa dipolotiki o o busang o fetotswe mo tsamaisong, kgotsa mokgatlho wa dipolotiki o o busang o fetotswe mme go busa o mongwe morago ga ditlhopho."

Re tshitshinya diphetogo tse dikgolo, tse di jaaka go atolosa paka ya go nna mo tirong ya ditlhogo tsa mafapha go ya ka tiro e e tswileng diatla e ba e dirang, ka go dira ditlhatlho bo tse di ikaegileng ka tiro e motho a tlang go e dira mmogo le go laletsa Khomišene ya Tirelopuso (PSC) go nna karolo mo dikopanong tsa go gaisanela tiro ya DG le ya Motlatsamokaedikakare-

retso (DDG).

Go dira teko ya go sekaseka maitsholo a motho go lekola botlho ba go nang le kgonagalo ya gore o mongwe wa bona a ka thapiwa, go tla nna le mosola mo go thapeng badiredipuso ba ba nang le nnete.

Re tlhoka gape le go atolosa tlhatlho e e tsentsweng tirisong ka Moranang 2020, e ga jaana e kwalwang ke batlhankedipuso ba bagolwane pele ba tsena mo tirelopusong, gore e atoloseduwe le mo badirepusong ba bangwe. Dipuso tsa dinaga tse di tlabologang di dirisa dikgato tsa mothale ono mme ke sone seno se se thusang go dira gore mo tirelopusong go nne le tlabologo mo go direng tiro ya yona ka manontlhotlho.

Jaaka re kwadile mo sekwalweng sa letlhomeso leno gore, "ditshwetso tse di tsewang ke batlhankedi ba puso jaaka ba romilwe ke mokgatlho wa sepolotiki o o busang ba tshwanetse go di tsaya ka boikanyego le ka manontlhotlho jaaka thomo eno e le ya batho ba ba tlhophileng mokgatlho o o busang e bile gape e le thomo ya mokgatlho ka bo ona, mme fela ba tshwanetse go ikgatolosa go tsena mo ditlhakong tsa boradipolotiki ka bobona."

Re tshitshinya gore go nne le kgato e e matseseleko fa go tla mo dikgatong tsa go batla motlhankedi wa puso le tsa go mo thapa, tsa go ba ruta ka tirelopuso le tsa go sekaseka ka fao modiredipuso a dirileng tiro ya gagwe ka teng. Seno se tsenyeletsa gape le dikgato tsa go se emise go ithuta le tsa ka fao modiredipuso mongwe le mongwe a tlabololang bokgoni jwa gagwe gore a dire tiro ya gagwe ka manontlhotlho.

Sekwalwa sa letlhomeso leno se gatelela gore badiredipuso ba tshwanetse go rweswa maikarabelo fa go tla mo

tirisobotlhasweng ya didirisiwa tsa puso, se gatelela gore go tshwanetse go fedisiwe setlwaedi sa gore ga gona ditlamorago tsa diphoso tse modiredipuso a di dirang mo go laoleng botlhaswa le mo go diriseng botlhaswa didirisiwa tsa puso.

Go dira gore puso e dire tiro ya yona ka manontlhotlho batlhankedi botlho ba ba jarang maikarabelo mo maphateng otlhe a puso ba tshwanetse go katisiwa ka melao e e leng mo tirisong.

Sekolokatiso sa Bosetšhaba sa Puso (NSG) se na le karolo e e botlhokwa thata mo ntlheng eno.

Go nna manontlhotlho ga go bolele fela ka go tshwara makwalo a thuto mmogo le bokgoni jwa setegeniki jo bo nepagetseng, go bua gape le ka go nna le tlotlo e e tshwanetseng, kutlwelobotlhoko le botho fa o thusa baagi.

Tirelopuso e farologane, e na le bokgoni jo bontsi jo bo farologaneng, mmogo le makwalodithuto le bokgoni jo bo farologaneng. Bontsi jwa badiredipusobanalebokgonijobo itlhophileng jo bo tlhokagalang go ba kgontsha go tlamela tirelo. Ka go rialo, ga go jalo gore re tlhoka go fokotsa ditheo tsa tirelopuso: se tota re se tlhokang ke tirelopuso e e kgonang go samagana le tiro e e nang le bokgoni jo bo maleba, maitsholo a manontlhotlho mmogo le boikano jwa go direla setšhaba.

Banna le basadi ba ba direlang puso ba tshwanetse go matlafadiwa gore ba nne le seabe mo go tliseng tlabologo le go diragatseng temokerasi.

Eno ke tsholofetso e e gaisang tsotlhe ya gore re puso e e nang le bokgoni e e tlhokomelang dikgatlhegelo tsa baagi ba naga ya yona.

Ke ikuela mo go yo mongwe le yo mongwe wa lona go nna le seabe mo letsholong leno la go batla maikutlo ka sekwalwa sa letlhomeso leno, se ga jaana se leng mo webesaeteng ya NSG mme le ntshe maikutlo a lona ka ga sona.

Tirelopuso ga se ya mokgatlho o o rileng wa dipolotiki, e bile ga e a tshwanelwa go tshetsa setlhopho se se rileng se e leng sona se se busang.

Tirelopuso ga ya tshwanela go itirela fela jaaka e batla.

Tirelopuso ke ya baagi ba Aforika Borwa. E tshwanetse go tswela bona fela molemo. **V**

# 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**

## Re keteka Letsatsi la Lefatshe la Makoa a Ditlhotshwana tsa Matshwao a Malwetse a Tlhaloganyo

Kgaogelo Letsebe

Setheo sa Boditshaba sa Makoa a Ditlhotshwana tsa Matshwao a Malwetse a Tlhaloganyo se totobaditse gore letsatsi la bo 21 Mopitlwe ke Letsatsi la Lefatshe la Makoa a Ditlhotshwana tsa Matshwao a Malwetse a Tlhaloganyo mme ka letsatsi leo go ketekiswa batho bao ba lwelang ditshwanelo tsa batho ba ba tshelang ka makoa ano.

Makoa a Ditlhotshwana tsa Matshwao a Malwetse a Tlhaloganyo (DS) ke malwetse a disele a a tlhodiwang ke ka fao disele di ipopang ka teng.

Midah Maluleka yo e leng Ngaka kwa porofenseng ya Mpumalanga a re, "go na le sele nngwe ya bo 21 (e e bidiwang *Trisomy 21*) e e diegisang mmele le tlhaloganyo go gola.

Gagona kitso e e tletseng ya gore ke eng se se tlholang bolwetse jwa mofuta ono. Go setse go na le bopaki jwa gore go bo tshware batho go ya ka gore ba na le dingwaga di le kae, ke ba maemo a fe mo setshabeng, ke ba morafe ofe kgotsa ke ba ba nngang kwa kgaolong efe.

Go totobetse gape le gore go bo abelanwe ka tshika."

Maluleka o tlaleditse ka le le reng DS ke bolwetse jo bo tletseng thata jwa makoa a ditlhotshwana tsa matshwao a malwetse a tlhaloganyo mo maseeng a e leng gona a belegwa. "Lesele le le lengwe mo go a le 1 000 mo dinageng tse di ikgonang le belegwa ka bolwetse jono, fa mo dinageng tse di santseng di iketsetsa tse di jaaka ya rona lesele le le lengwe mo go a le 650 le belegwa ka bona. Bonnye jwa masea a ka dira 80% a a nang le bolwetse jono jwa DS bo belegwa ke bomme ba ba nang le dingwa-

ga tse di ka fa tlase ga di le 35, le fa tota go totobetse gore basadi ba ba nang le dingwaga di le 35 go ya kwa godimo go le gantsi ke bona ba ba nang le kgonagalo e ntsi ya go ka belegwa masea a a nang le bolwetse jono jwa DS."

A re ka ntlha ya fa bolwetse jono bo simolola go nna teng fa leseanyana le santse le ipopa, go na le matshwao a motho o ka a elang tlhoko. "Fa moi-mana a na le sebakanyana sa dibeke di le 12 go ya go di le 13 a le mo mmeleng o elediwa go tlhatlhuba mpa ya gagwe kwa ngakeng ka sekana se se sekenang leseanyana le santse le le ka fa mpeng. Seno se meta ka nepo boleng jwa go kगतlha ga diedi tse di leng mo morago ga molala wa leseanyana, mme go kगतlha gono go bidiwa *nuchal translucency*. Gantsi mo baneng ba ba nang le bolwetse jono jwa DS diedi tse di kगतlha go feta selekano.

E nngwe ya diteko tse di diriwang fa motho a le mo mmele leng ke ya go soreletsa bontlha bongwe jwa diedi tse no mme di romelwe go tlhatlhubelwa disele tsa tsona. Kgato eno e diriwa ka go soreletsa diedi di le dinnye tsa disele mme di romelwe go tlhatlhubiwa.

Ditlhatlhubo tse no go le gantsi di tlhagisa tshedimosetso e e nepileng ka seo se diragalang mo leseanyaneng.

Maluleka a re bana ba ba nang le DS le bona ba tle ba tshela botshelo jo bo feleletseng, jo bo itekanetseng le jo bo telele.

Le fa bolwetse jono bo sena kalafi, batho ba ba nang le bolwetse jono ba tle ba belegelwe mo malapeng a a ba ratang, ba bone tlhokomelo e e ba tshwanetseng ya boitekanelo, ba thusiwe go sa le gale, mmo go le go tlamelwa ka ditirelo tsa thuto le tsa katiso. Ka ntlha ya kगतelopele e e leng teng mo

lephateng la tlhokomelo ya boitekanelo, batho ba le bantsi baba belegwang ba na le DS gompieno ba kgona go tshela sebaka sa dingwaga di le 55.

Batho ba ba nang le DS ba na le maikutlo le ditlhokwa fela jaaka batho ba bangwe mme ba tshwanetse go neelwa ditshono le tlhokomelo jaaka batho ba bangwe le bona ba direlwa," ga rialo Maluleka.

Morutabana mongwe mo porofenseng ya Bokone Bophiphima, Tshepo Kekana, a re, "Ga se barutwana botlhe ba ba nang le makoa ba ba tlhokang go romelwa kwa dikolong tsa bana ba ba nang le makoa.

Go na le barutwana bangwe ba ba kgonang go ithuta mo dikolong tse di tlwaelegileng tsa thuto.

Ka go tswelela go tshegetsa barutwana bano ka go ba ruta, go ba ema nokeng le go se ba felele pelo, barutwana bano ba ka dira bontle thata." **U**