

Vuk'uzenzele

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Indlovulenkhulu 2021 Lushicilelo 2



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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

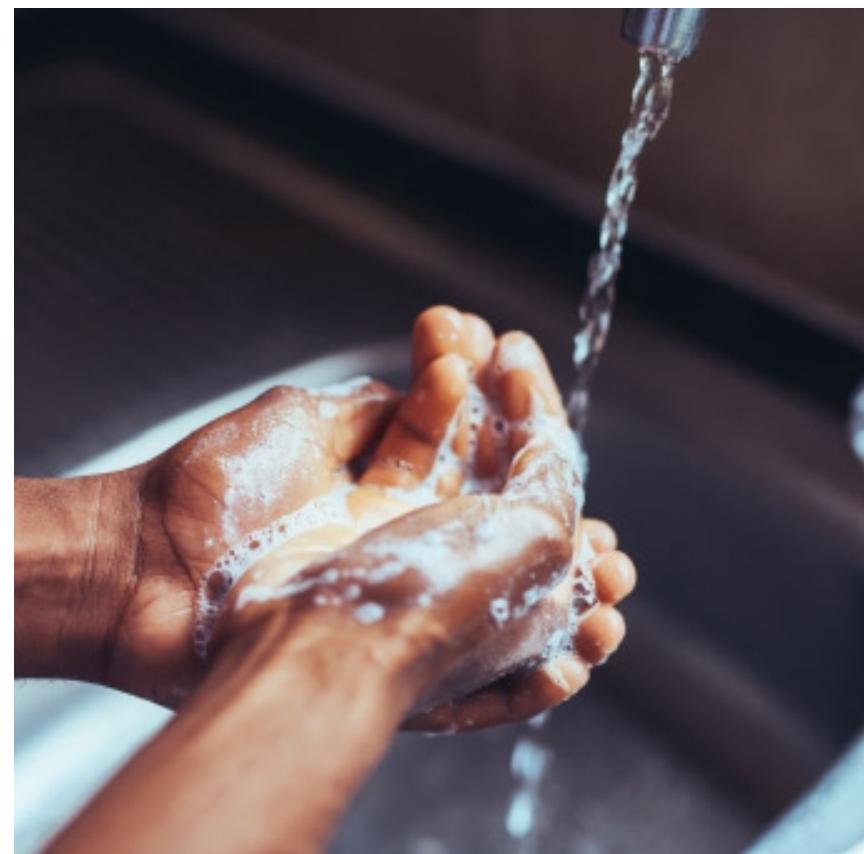
indoors or 250 outdoors, provided that the venue is big enough to allow for social distancing.

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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"Manje sesikhatsi setfu sonkhe sekutsi sisebentisane, sihloniphe Nelson Mandela, sakhe iNingizimu Afrika lensha, lencono yawonkhewonkhe."

MENGAMELI CYRIL RAMAPHOSA

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SIKWAKHELA LIKUSASA LELINCONO
KUFUNDZA KULOKO LOKWENTIWA NGUMADIBA



Imisebenti yahulumende lececeshekile

Lesikhatsi ngikhetsi lwa kulesikhundla sekuba nguMengameli waseNingizimu Afrika, ngatsi kwakha hulumende losebenta kahle, lonelikhono nalonesimilo lesingenayo inkohlakalo bekunguletinye tintfo letimcoka lengitcalisa embili.

Nguhulumende lone-likhono, losebenta kahle, lonesimilo nalotsembele entufukweni kuphela longatibophelela ekutfutfukiseni timphilo tebantfu balelive.

Loku kusho kutsi hulumende kufuneka abe netisebenti letibobabe nabomake labaceceshekile, labanemakhono, labatinikele nalabatsembe- kile.

Kufuneka batibophelele kuhambisa embili kubaluleka kweMtsetfosisekelo, futsi kufuneka kwenteke njengoba ngishilo enkhulumeni yami yekucala, "kusebentela ummango ngekwetsembeka hhayi lenye intfo."

Kulamaviki lamabili lengci- le, kube nekucocisana nemmango mayelana nedokhumenti yenchubomgomolemcoka letawufaka umfuto lomkhulu kumitamo yetfu yekucinisa, kukhulisa nekufundzisa tisebenti tahu- lumende.

Umtsetfosivivinyo loluhlaka Wenchubomgomoyavelonkhe lomayelana

Nekuceceshekila Kwebase- benti Bahulumende uhlose kwakha hulumende losebentela kancono bantfu bakitsi, lovikelekile ekungelelweni kwetepolitiki lokungenasi- dzingo nalocasha ngekubuka kufaneleka.

Loluhlaka lwavunywa yi- Khabhinethi ngaLweti lo- myaka lowengile kantsi nyalo kucocisana lokuhlele-



kile nemikhakha lehluk- hlukene yemmango kuya- chubeka.

Eminyakeni lemashumi amabili nesikhombisa singe- ne kuntsandvoyelinyenti, kungashiwo kutisebenti tahulumende kutsi nanoma kунетintfo letinengi letentiwe kahle kakhulu, sinetinseyeya letimcoka kumatiko lamanengi ahulumende letimayelana nemakhono, kwati umsebenti nekuceceshekila.

Esikhatsini lesinengi, bantfu bacashelwa noma bakhushulelweta etikhundleni letimcoka letingakabafaneli noma lebangakatifundzeli. Loku kunemtselela ekuse-

benteni kwahulumende, futsi kuphindze kungente ekucasheni ngebuholbo, ekungeleleni kwetepoliti- ki emsebentini wematiko, kuvamise kutsi kuhlale kunekudideka.

Kukhona futsi inkinga lemeyelana nekungenelela kwetepolitiki nekwebaphatsi labakhulu ekwenteni imisebenti yahulumende. Umuntfu kufuneka abuke kuhela kungasimami kweMatiko ahulumende

uma kuntjintjiselwana noma kuntjintjwa baphatsi laba- khulu njalo uma kubekwa Indvuna lensha.

Bacondzisi-Jikelele ne- tinhloko tematiko etifundza bayatsintseka kakhulu. Kulamanye ematiko, ema- DG nabo-HOD nebaphatsi labasetulu babe nekunga- haliseki emsebentini laba- wentako, lokwente ematiko asebente ngekuphatamiseka lokuncane. Linyenti lalawa matiko lanebaphatsi labasi- meme, imiphumela yeluhlo- lomabhuku ivamise kuba mihle futsi kuba nekuphe- ndvula ngekusetjentiswa kwetimali tahulumende. Lapho kuba nekuntjintja kakhulu kwebaphatsi bema- tiko, kuvamise kutsi kuhlale kunekudideka.

Lokunye lokumcoka kwale- tincomo letentiwe kulomtse- tfosivivinya loluhlaka kutsi kusebenta kwahulumende kufuneka kungangenwa tepolitiki nekutsi ematiko ahulumende kufuneka avikeleke kuhulumende.

Kuceceshekila kuyadzing- ka kute cube nekusimama kuhulumende, kakhulu etikhundleni letisetulu. Tise- benti tahulumende kufuneka tikhone kuchubeka tente umsebenti wato "nanoma ngabe cube nekuntjintjwa kweTindvuna, kweMalunga Emkhandlu Lophetse noma kweMakhansela ngekhatsi sisebenti sahulumende. Kwelicembu leliphetse umbu-

so, noma kwetingucuko temacembu etepolitiki emva kwelukhetfo".

Sihlongota kutsi cube ne- tingucuko letinengi letibanti, letifana nekuneta sikhatsi sekusebenta kweTinhloko Tematiko sihambisane neku- faneleka nekusebenta kwato, kwentiwe luhlolo lolugcile ekwatini kwenta umsebenti futsi lolufaka iKhomishana Yetisebenti Tahulumende uma kwentiwa tingcoco tetinhlolokono kweBaco- ndzisi-Jikelele nekweMase- kela eBacondzisi-Jikelele.

Kucala kusebentisa luhlolo Iwebucotfo kubo bonkhe bantfu labafakwe eluhlwini Iwenhlololuvo kungasisita kute sikhone kucasha tise- benti tahulumende letingase- benta ngekwetsembeka. Futsi kufuneka silule lokubhala kweluhlo Iwekungena loluphocelekile lesiletfulle ngaMabasa 2020 Iwentiwe nakutikhundla letingetulu kwetebaphatsi betikhundla letisetulu. Bohulumende labasatfufuka labanemphumelelo basebentisa letindlela letifana naleti kusita kwenta cube nekuceceshekila kuhulu- mende.

Njengoba sibekile kulo- mtsetfosivivinya loluhlaka, "inchubokuphatsa kufuneka ichubeke kulandzela ligunya letepolitiki lelibekwe bavoti kanye nelicembu letepolitiki, kodvwa bayekele kutsi bona babe yincenyengetepoliti."

Sihlongota kutsi cube nendlela lenemandla yeku- casha neyekukhetsa tisebenti tahulumende, yekugenisa kwato neyekulawula umse- benti wato. Loku kufaka kuchubeka nekufundza kanye nendlela lecacile yekuceceshwu kuso sonkhe sisebenti sahulumende.

Lomtsetfosivivinya lo-

luhlaka ugcizelela lesidzingo sekufwesa tisebenti licala ngekwehula umtsetfo, kucedza lomkhuba wekungaje- ziswa uma kungakaphatwa kahle noma kabi tinsita tahulumende.

Kuceceshekila kwetibenteni tahulumende kufaka kuce- shwa kwetibenteni letiphets kuyo yonkhe imikhakha yahulumende mayelana ngeletibonelelo temtsetfo letibentako.

Sikole Savelonkhe Sahul- lumende sinemsebenti lo- mcoka lesingawenta nge- loku.

Kuceceshekila emsebentini akusiko kuphela kuba neti- tu letifanele nemakhono ekwenta msebenti, kodvwa kumayelana nekuba nemaz- inga lafanele enhloniph, kunakekela nekubacotfo uma usebenta nemalunga emmango.

Umsebenti wahulumende wehlukahlukene, unemakhono lamakhulu lahlukahlukene, ticu nelwati lwemsebenti. Tisebenti tahulumende letinengi tinemakhono elukhet- selo ladzingekako ekwente- ni kahle umsebenti. Ngakoke akusilo liciniso kutsi sidzinga linani lelincane letibenteni ta- hulumende: lesikudzingako tisebenti letikwati kwenta umsebenti letinemakhono lafanele, letinesimilo sekuce- ceshekila naletinekutibophe- lila ekusebenteleni bantfu.

Bobabe nabomake labase- benta kuHulumende kufu- neka baniketwe emandla ekwenta umsebenti wabo we- kuchubekisa intfutfuko ne- wekuhlanganisa intsandvo- yelinyenti. Loku kusici- nisekiso setfu lesikhulu sahulumende lonelikhono lolandzela tifiso tetakhamuti.

Ngiyanicela nonkhe kutsi nibe yincenyengetepoliti yalcen- hubo yekucocisana nemmango mayelana nalomtsetfosivi- vinya loluhlaka, lotfolakala kuwebhusayithi Yesikolo Savelonkhe Sahul- lumende, nekutsi nente luvo lwenu luvakale.

Hulumende akasiyo ince- nye yanomanguliphi licembu letepolitiki, futsi akufuneki abe sizindza sanoma nguliphi licembu alitsandzako. Akufuneki atishayele wakhe umtsetfo.

Hulumende wabo bonkhe bantfu baseNingizimu Afrika. Kufuneka usebentele bona futsi bona bodvwa.

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. □

Kugubha Lilanga Lemhlaba Le-Down Syndrome

Kgaogelo Letsebe

Inhlangano Yemhlaba Yet-Down Syndrome i-cinisekise kutsi mhla tinge-21 Indlovulenkulu kutawuba Lusuku Lwekugubha i-Down Syndrome kulabo labalwa nekubandzakanayeka kwetihlolo tabo letiphila nalokugula.

I-Down Syndrome (i-DS) kukhubateka kwema-chromosome lokwenteka ngesikhatsi ukhulelwa. Sisebenti setemphilo sase-Mpumalanga Dkt. Midah Maluleka utsi, "Kunelinani lelingetiwe le-21 chromosome (i-Trisomy 21) lelibanga kube nekubambeleka kweku-khula kwemtimba nekwengcondvo. Akunambangela lecondzile yale-chromosome lengile. Kutfolakele kutsi



akusimayelana nemnyaka, simo setemnotfo netenhlaho, nebuuhlanga noma nenkolo. Futsi akusimayelana nelufuto."

Maluleka ungeta kutsi i-DS ikukhubateka kwema-chromosome lokuvamile eban-tfwaneni labasanza kuta-lwa.

"Munye umntfwana kulaba-1000 labatelwe ema-veni latfutfukile nemntfwa-na munye kulaba-650 labatalwa emaveni lasatfutfuka, njengaleli letfu, bayatsintseka. Lokungenani ema-80% ebantfwanan labaphetfwe yi-DS babelekwa boma-

ke labangaphansi kweminyaka lema-35, nanoma bomake labangetulu kweminyaka lema-35 batsatfwa njenga-labasebungotini lobukhulu bekutfola bantfwanan labane-DS."

Utsi ngenca yekutsi lokukhubateka kungabonwa kusuka ucalu kuhuelwa, kunetimphawu letikhombi-sako lekufuneka utibuke. "Esigabeni sekucala seku-khulelwa, uyacwayiswa kutsi wente luhlolo lomntfwanan i-ultra sound scan yemaviki ali-12 kuya ku-13. Lukukala ngalokunembako

kicina kwemanti lasemuva kwentsamo yemntfwana, lokubitwa ngekutsi yi-nuchal translucency. Loku kuvamise kuba kukhulu ebantfwanen labane-DS.

Lolunye luhlolo lwangemb kwekubeleka ngulolubitwa nge-amniocentesis. Loku kutsatfwa kwemanti i-amniotic fluid bese atfunyelwa ayohlatiyelwa ema-chromosome. Loluhlolo lucishe lube nema-98% ekucilonga lokunembako."

Maluleka utsi bantfwanan labane-DS bangakhona kuphila ngalokugcwele, babenemphilo futsi baphile sikhatsi lesidze.

Nanoma kute likhambi, bantfwanabaphetfwe yi-DS bayazuza emakhaya lane-lutsandvo, ekulashweni lokufanele, ngekungenelela kusanesikhatsi, kutinsita tetemfundvo netekufundze-

la likhono. Ngenca yekutfola kwelashwa lokusetulu, bantfwanabaphetfwe yi-DS banemiva netidzingo le-tifana netalabanye bantfwanabaphetfwe ematfuba nekunakekelwa, kusho Maluleka.

Thishela waseNyakatfo Nshonalanga Tshepo Kekana utsi, "Akusibo bonkhe bafundzi labanetidzingo le-tikhetsekile lekufuneka kutsi baye etikolweni tebantfwanan labanokhubateka nasetikolweni letikhetsekile. Bakhona labambalwa labakhona kufundza etikolweni letijwayelekile. Ngekuchubeka bafundze, ngekwesekelwa nangekubeketelelwa, labafundzi bangaphumelela kahle." □