

Vuk'uzenzele



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	<p>Tobacco addiction: Your health could go up in smoke Page 4</p>	<p>STAY SAFE PROTECT SOUTH AFRICA TOGETHER WE CAN BEAT CORONAVIRUS</p>		<p>Door to home ownership opened Page 8</p>
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Solid plans for vaccination programme



Allison Cooper

Every adult in South Africa will have the opportunity to be vaccinated against the Coronavirus (COVID-19) pandemic.

President Cyril Ramaphosa said government aims to vaccinate about 40 million people

through its vaccination programme.

He assured South Africans that an effective vaccination programme is in place and vaccines will be made available to people across the country.

Responding to questions in Parliament recently, the President said the vaccination programme is an unprecedented

process.

This will be the first time in South Africa's history that a national vaccination programme aimed at adults will be rolled out.

"It is going to reach into the real heart of our country, in the rural areas, in the urban areas, and all over," he added.

The President said govern-

ment will spare no cost to protect South Africans from the pandemic.

"When it comes to ensuring the health of our people by providing vaccines, the South African government is going to make sure that we pull out all stops and we will provide the finances to do precisely that."

Government is committed to ensuring that every person 18 years and older will be able to be vaccinated, free at the point of vaccination.

"The costs will be covered from public funds for uninsured people and medical aids for those who are insured, as part of prescribed minimum benefits," said President Ramaphosa.

Electronic Vaccine Data System

Every person to be vaccinated must register on the Electronic Vaccine Data System (EVDS), after which they will receive

details of the date and time of their vaccination.

President Ramaphosa described the EVDS as the backbone of the vaccination programme.

"It provides an end-to-end solution that is used to digitally capture each event in the vaccination process and provides data to monitor all vaccinations administered," he explained.

Government has put measures in place to ensure that all South Africans are able to register on the system.

"For many South Africans who do not have access to the internet, both digital and walk-in systems will be used for registration. Callers may also register on a toll-free helpline."

Vaccination phases

The President said the first goal of the vaccination programme is to rapidly reduce the number of people who get very sick or die from COVID-19.

The second goal is to achieve 'population immunity'.

"It is estimated that population immunity will be achieved when around 67% of the country's population has achieved immunity. This amounts to around 40 million people," he explained.

The magnitude of the vacci-

Cont. page 2

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Betindzaba labacinile bamcoka kakhulu kunakucala

Siphila eveni lapho hhayi tintsatseli kuphela kodwa nome ngabe nguliphi lilunga lemmango liyakhona kuvakalisa luvo lwalo, imibono yawo futsi kanye nekungenetiseki kwawo ngaphandle kwekwesaba kujeziswa.

Sibuya khasane emalangeni lapho kubhikisha ngekwenhlalo kwemaciko kwakubangela kutsi kube nemiyalo yekuvalwa umlomo, kanye nekubika kwetintsatseli ngalokuhlakabako kwakubekana ebugotini bekuvalelwa nome kuvalwa kwalolo lushicilelo.

Esikhatsini lesisandza kwendlula, INhlangano yabetindzaba i-Reporters without Borders bashicilele Inkhomba Yekukhululeka Kwebetindzaba Emhlabeni yanga-2021, ibharomitha yesimo senkhululeko yebetindzaba emhlabeni wonkhe.

Jikelele, kutfolakale kutsi kube nekwehla kufinyelela kwemmango kutfola lwatiso kanye nekwenyuka kwetihibe ekubikeni tindzaba emaveni lamanyenti.

Lombiko uvete kutsi "umsebenti webuntsatseli uvinjwe ngci nome uvinjwe kakhulu" emaveni lange-73 kwatsi kulamanye emave lange-59 "wacindzettelwa ngenkhani."

Lokukhatsatako kutsi simo senkhululeko yebetindzaba sehle sabasibi kakhulu ngesikhatsi selubhubhane lwe-COVID-19, ngalokuvinjelwa lokwehluka-



hlukene lokube khona lokubonakale sengatsi kusetjentiselwe kuvimba imisebenti yebetindzaba etindzaweni letinyenti.

Kulombiko wamuva live laseNingizimu Afrika likleliswe laba le-32 emaveni lange-180. Lenkhomba ichaza simo senkhululeko yebetindzaba kutsi "icinisekisiwe kodvwa intekenteke."

Kubonakala kutsi nanome Umtsetfosisekelo welive laseNingizimu Afrika uvikela inkhululeko futsi sinelisiko lelimile le-buntsatseli lobuphenyako, kusenetihibe letinengi letivimbela tintsatseli kutsi tente umsebenti wato.

Loku kufaka ekhatsi kuvinjelwa ngekwe-mtsetfo kutsebula tifombe teTindzawo Tavelonkhe Letimcoka nome kubika ngetindzaba letifaka ekhatsi kuvikeleka kwembuso.

Lombiko uphindze futsi waveta kubonakala kwekwenyuka nga-2020 kwekusatjiswa kwetintsatseli, ikakhulu tintsatseli tebesifazane etinkhundleni tekuchumana.

Lokukwesatjiswa akwemukeleki nje nakancane,

kodvwa kubuhlungu kakhulu nangabe kucondziswe ngalokukhetsekile etintsatselini tebesifazane futsi ngaletinye tikhatsi kuhambisana nekwesatjiswa ngebudlova betemacansi. Lolu ludzaba lolukhatsatako kakhulu futsi ngeke kuvunyelwe kutsi kuchubeke kwenteke.

Ngaleso sikhatsi futsi, siyadvudvuteka kakhulu ngekwati kutsi sinebetindzaba labakhululekile nalabacinile labakhona kubika ngaphandle kwekwesaba nekutsatsa luhlangotsi mayelana nalabo labasetikhundleni, macondzana netindzaba tenhlalo letibucayi tesikhatsi setfu, kanye nekunika ummango lwatiso lolunembako nalolungatsatsi luhlangotsi.

Ngesikhatsi lapho sisebentisana khona ngekuhlanganyela ekwakheni futsi umnotfo wetfu kanye nemmango wetfu kulesimo selubhubhane lweligciwane le-COVID-19, betindzaba labacinile bamcoka kakhulu kunakucala.

Betindzaba baseNingizimu Afrika badlale indzima lemcola kakhulu ekuventeni lokunyenti lesikwatiko

lamuhla lokumayelana kungakanani kubanjwa kwembuso ngabhongwane ngulabo labaticabangela bona, ngulabo labakhohlakele kanye netikhungo.

Bachubeka ngekubika nanome sebabukene nekwesatjiswa, lwatiso lolungemanga ngabo kanye nekuhlaselwa. Kukhohlakala akusiyo kuphela kwensayeya lelive lelibukene nayo.

Timphilo temihla ngemihla tebantfu labanengi baseNingizimu Afrika solomane tisanemtselela lomubi webuphuya, kungalingani kanye nekungatfutuki ngalokwanele etimphilweni, kungaletfwa kwetinsita kanye nekweswelakala kufinyelela kutfola ematfuba.

Nangabe betindzaba batawuhlala njalo benta tibopho tabo ngelicinisa kusekela intsandvo yelinyenti, tintsatseli tetfu kufanele kutsi tichubeke tibike ngaphandle kwekwesaba nome kutsatsa luhlangotsi ngaletinye tindzaba telilanga.

Kubika kwabo tindzaba lokuchubekako kufanele kutsi kufake ekhatsi budlova lobucondziswe kubulili lobutsite, bugebengu emimangweni yetfu kanye netinkinga tenhlalo letifanana nekusetjentiswa kabi kwetidzakamiva. Betindzaba betfu kufanele kutsi banike lwatiso lolunembako nalolungakhatsi luhlangotsi, kute kutsi ummango wente tincumo babe banelwati-

so, kufinyelela kutfola ematfuba kanye nekwen-ta ncono timphilo tabo.

Kufanele kutsi bachubeke bakhicite buntsatseli lobungagcini etihlokweni tetindzaba letisematseni nasemakhasini lasemibili futsi letifaka ligalelo ekutfutfukeni kweluntfu.

Kufanele kutsi babike ngetindzaba letimbi nalletinhle, inchubekelembili lesesiyentile kanye netinsayeya letisebukana nato.

Kukholeka kumcola eku-gcineni kwetsembeka emkhatsini wetintsatseli nemmango.

Nangabe tintsatseli tivuma kutsi tisetjentiswe nome tivume kutsi tinkhundla tabo tisetjentiselwe kulwa timphi tepolitiki nobe kukweyisa egameni lekuba netimfuno, kukholeka kwabo kuyalimala.

Nangabe betindzaba bakhipha tindzaba letinganembi nome letateka ngekutsi tingemanga, ummango bese abasabetsembi.

Kuyintfo lefunwa ngibo bonkhe bantfu labatsandza lelive futsi labafisa kutsi liphumelele kutsi betindzaba betfu basekelwe, futsi bangavinjelwa emsebentini wabo.

Njengemmango, asichubekeni ngekusebentisana ngekutsi sivikele ngemona inkhululeko yebetindzaba believe letfu. Lenkhululeko sayitfola ngekulwa kamati-ma futsi ngaphandle kwayo, site litsemba lekuphumelela.

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Kungakhoni kuyekela ligwayi: Imphilo yakho ingasha

KUGUBHA Lilanga Lemhlaba Lekungabhemi mhla tinge-31 Inkhwekhweti, iVuk'uzenzele icocisana nalowo labengakhoni kuyekela ligwayi mayelana nekuncoba kwakhe umkhuba wekungakhoni kuyekela kubhema ligwayi.

Kgaogelo Letsebe

Katlego Makhanda waseMoiletswane eNyakatfo Nshonalanga wati kahle kutsi kulukhuni kangakanani kuyekela kubhema.

Kudzimate kube nguleminyaka lemine leyengca ayekela kubhema, Makhanda (28) bekavamise kubhema imicu yabosikilidi labangetulu kulabange-30 ngelilanga. Wacala kubhema asaseneminyaka le-18 ngenca yekucindzelwa bontsanga. "Bengite inshisekelo yekubhema ligwayi – belingangihlabi umchwele kwadzimate kwaba ngesikhatsi sengifundza matekuletjeni lapho licembu lebafana le-bengivamise kuhamba nabo bacala bangidzelela bangitjela kutsi angikahlakaniphi kahle nangabe angibhemi." Makhanda wacala ngekubhema sikilidi munye nome babili



ngelilanga, kodvwa kwenyuka ngekuhamba kwesikhatsi. "Ngemuva kwekuphotfula matekuletjeni, ngaya enyvesi futsi inkhululeko yekutsi ngingasahlali nebatali bami yasho kutsi senginganatsa netjwala ngendlela lengitsandza ngayo. Loko kwenyusa lizinga lami lekubhema ligwayi." Nga-2017, Makhanda wahlatjwa kugula waya esibhedlela. Bamcilinga bamkhandza kutsi unesifo sashukela seluhlobo lwesibili futsi wahlala emaviki abutsakatsaka kakhulu angavuki embhedzeni. "Dokotela wakusho kwavakala kutsi kulawuleka kwesifo sami ngeke kwenteke nangabe ngiyachubeka nekubhema ligwayi. Kulapho-ke nga-

ncuma khona kutsi ngikuyekele siphelane kubhema ligwayi." Dkt. Midah Maluleke waseMpumalanga utsi kubhema kuyingoti cishe kunome ngabe ngukusiphi sitfo semtimba. "Tifo letifanana nemhlata, sifo senhlitiyo, sifo sekufa luhlangotsi kanye netifo temaphaphu letingumahlalakhona tingabangwa kubhema ligwayi. "Lucwaningo luveta kutsi lababhema ligwayi labange-30% kuya ku-40% banematfuba lamanyenti ekuhlaselwa sifo sashukela seluhlobo lwesibili kwengca labo labangabhemi. Kubhema futsi kwenta kubelukhuni kulawula lesifo," kusho yena njalo.

Emathiphu ekuyekela kubhema ligwayi

Inhlangano Yemhlata yase-Ningizimu Afrika (i-CANSA) inikana lamathiphu lalandzelako nangabe uzama kuyekela kubhema ligwayi:

- Ncuma lusuku lotawuyekela ngalo kubhema bese uyakwenta loko.
- Lahla konkhe lokukukhumbuta kubhema ligwayi. Loku kufaka ekhatsi emabhokisi asikilidi, sitja semlota weligwayi, kwekulumeka ligwayi.
- Natsa emanti lamanyenti – kutawusita ekuwasheni le-nicotine lesemtimbeni wakho.
- Tjela umndeni wakho nebangani bakho kutsi uzama kuyekela kubhema ligwayi kute kutsi bakwesekele.
- Kungenteka uve sengatsi uyayatsa, buhlungu behloko nome kukhwehlela nangabe sewuyekele kubhema ligwayi. Loku vele kufanele kwenteke futsi kutawuba-

ncono emva kwelilanga linye nome mabili bese kutsi emva kwemalanga la-14 kuphele. Makhanda utsi luhambo lwakhe aluzange lube malula kodvwa utimisele kutsi angasabhemi ligwayi. "Umtfolamphilo wenzawo kanye nebasebenti bakhona bangisekela futsi banginika lwatiso ngekubaluleka kwekuphila imphilo yekungabhemi ligwayi. Kwekucala, liphunga lentfutfu yeligwayi belingilinga, kodvwa nyalo sengiletaye," kwengeta yena njalo. **U**

Kute utfole lusito lwekukusita kutsi uyekele kubhema, vakashela umtfolamphilo wakho wenzawo nome utsintse baka-CANSA kulenombolo: **0800 22 66 22.**

Importance of immunisation



While the world is focused on new vaccines to protect against the Coronavirus (COVID-19) pandemic, the Department of Health says it is

important to ensure that routine vaccinations are not missed.

"In South Africa, about 298 935 children missed their routine immunisation since the beginning of the

COVID-19 lockdown, which suggests that they might be vulnerable to childhood diseases," says the department.

Missing routine vaccinations leaves children at risk of serious vaccine preventable

diseases including measles, polio, whooping cough, tetanus, diphtheria, hepatitis B, TB, haemophilus influenza, diarrhoea and pneumococcal infections, which claims hundreds of millions of lives.

The department has partnered with various stakeholders to embark on a countrywide immunisation catch-up drive to ensure that children are up-to-date with their immunisation schedule.

This is especially important for those who missed routine vaccines and other child health services as a result of interruptions caused by COVID-19.

"Immunisation saves millions of lives every year and is widely recognised as one of

the world's most successful health interventions.

"In this context, this year's campaign will aim to build solidarity and trust in vaccination as a public good that saves lives and protects health," says the department.

To ensure the safety of children and healthcare workers, parents, caregivers and other community members must comply with all COVID-19 protocols when visiting health facilities for child immunisation and other health services.

If your child has missed any of their routine immunisations take him or her to your local clinic for further assistance. **U**

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