

Vuk'uzenzele



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Your health
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TOGETHER WE CAN BEAT CORONAVIRUS



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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 unprecedent-

ed 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 Preisdent said govern-

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

"When it comes to ensuring the health 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 finanaces 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 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-

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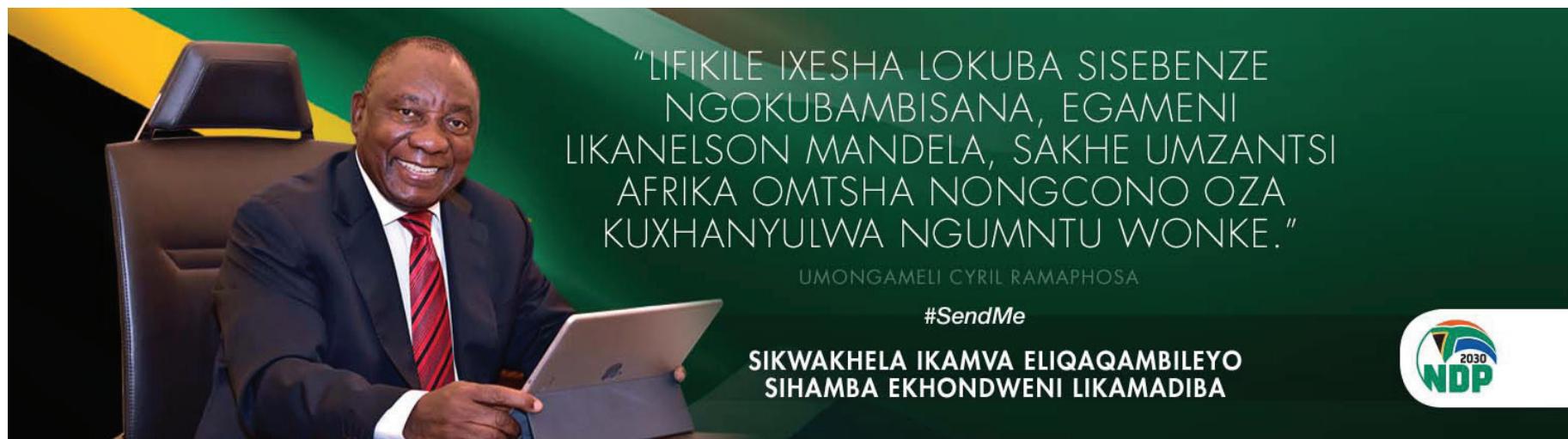


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Amajelo eendaba anamandla abalulekile kakhulu kunangaphambili

Siphila kwilizwe aphi ngezizo nje iintatheli kuphela kodwa naliphi na ilungu loluntu linakho ukuvakalisa izimvo zalo ngokukhululekileyo, izimvo zabo ngokwenene nangokungoneliseki kwa-bo ngaphandle kokoyika ukohlwaywa.

Sivela kude ukusuka kwimihla aphi uqhankqala zo lwentlalo olwensiwa ngamcisa lwatsala imiyalelo yokubhangiswa, kwaye ingxelo egxekayo yeentatheli yayizibeka emngciphekweni wokuvalwelwa okanye ukavalwa kopapasho.

Kutshanje, umbutho *i-Reporters without Borders* upapashe Isalathiso se Nkululeko yo Papashondaba se Hlabathi sama-2021, isilinganiso sesimo senkululeko yamajelo eendaba kwihiabathi liphela.

Ngokubanzi, kwafumaniseka ukuba kukho ukuhla kufikelelo loluntu kwiinkukucha kanye nokonyuka kwemiqobo ekusaszweni kweendaba kumazwe amaninzi.

Ingxelo yathi ubuntatheli "buvaliwe ngokuphele-leyo okanye buthintelwe kakhulu" kumazwe angama-73 kwaye "buthintelwe" kwamanye angama-59.

Intu ekhathazayo kukuba inkululeko yamajelo eendaba iye yehla phantsi kobuhbhane we-COVID-19, inothintelo lweendlela ezikhoyo ezahlukenyeyo ezibonakala ngathi bezisetyenziselwa



ukunciphisa umsebenzi wa-majelo eendaba kwiindawo ezininzi.

Kule ngxelo yakutshanje uMzantsi Afrika ubekwe kwindawo yama-32 kumaze ali-180. Isalathiso sichaza imeko yenkululeko yamajelo eendaba eMzantsi Afrika njenge "sinqinisekisi-weyo kodwa sibuthathaka".

Iphawula ukuba ngelixa uMgaqo-siseko woMzantsi Afrika uyikhusela inkululeko kwaye sinesiqhelo esisekiwego sobuntatheli bophando, uninzi lwezintello lusatintela iintatheli ekwenzeni imisebenzi yazo.

Oku kuquka imiyalelo yomthetho echasene nokuthatha imifanekiso yeeNdawo ezinguNdoqo zeSizwe okanye ukunika ingxelo ngemiba equa ukhuseleko lukarhulumente.

Ingxelo ikwaphawula ukwanda kokugrogriswa kweentatheli ngowama-2020, ingakumbi kwiintatheli zabasetyhini kumajelo eendaba zoluntu.

Ugrogriso olunjalo alwa-

mkelekanga kwaphela, koda luwingozi ngokukodwa xa lujolise kwiintatheli zabsetyhini kwaye ngamanye amaxesha lukhatshwa zizoyikiso zobundlobongela obuphathelele nesondo. Lo ngumcimbi oxhalabisayo kakhulu kwaye awunaku-vunyelwa.

Kwangaxesha nye, siziva singaxhalabanga ngokwazi ukuba sinamajelo eendaba akhululekileyo, anamandla anakho ukunika ingxelo ngaphandle koloyiko okanye ukwenzelela kwabo bongameleyo, malunga nemiba engxamisekileyo yezentlalo yexesha lethu, kanye nokubonelela ngeenkukacha ezichanekileyo, ezingakheth'icala eluntwini.

Ngexesha aphi sisebenza kanye ekwakheni uqoqoshlo lwethu kanye noluntu lwethu oluphakathi kobuhbhane wentsholongwane ye-corona, amajelo eendaba anamandla abaluleke kakhulu kunangaphambili.

Amajelo eendaba oMzantsi Afrika adlale indima ebalulekileyo ekufumaneni oku-

ninzi esikwaziyo namhlanje malunga nobungakanani bokubanjwa ngobhongwane kukarhulumente ngabantu nangamaziko, angoohloholesakhe, narhwaphilizayo. Anikezela ngengxelo yawo engenasi-phazamiso nokuba ajamelene nezigrogriso, ukulahlekisa ngabom, kanye nokuhlaselwa kwavo buqu.

Urhwaphilizo ayingomceli mnjeni ekukuphela kwavo esijamelana nawo njengelizwe. Ubomi bemihla ngemihla babemi boMzantsi Afrika abaninzi busachatshazelwa yindlala, ukungalingani kanye no-phuhliso olunqongopheleyo, ukuhanjiswa kweenkonzo ezikumgangatho ophantsi kanye nokunqongophala kwamathuba.

Ukuba amajelo eendaba azokuhlala ethembekile kuxanduva lwawo lokuhxa intando yesininzi, iintatheli zethu kufuneka ziqhubeke ukwenza ingxelo ngaphandle koloyiko okanye ukwenzelela kweminye imba yosuku.

Ingxelo yawo engenasi-phazamiso kufuneka iquke ubundlobongela obusekelwe kwisini, ulwaphulo-mthetho kwiindawo esihlala kuzo kanye neengxaki zentlalo ezifana nokusetyenziswa gwenxa kweziyobisi.

Amajelo eendaba ethu kufuneka anikezeli ngeenkukacha ezichanekileyo, ezenza ukuba uluntu lukwazi ukwenza iziqqibo ezineqiqo, ukufikelela ku-

mathuba nasekuphuculeni ubomi babo.

Kufuneka ukuba baqhubeke ukuvelisa ubuntatheli obugqithisa ngaphaya kwezi-hloko kanye namaphepha angaphambili nolunegalelo kupuhliiso lwabantu.

Kufuneka banike ingxelo kuzo zombini iindaba ezimnandi kanye neendaba ezimbi, inkqubela-phambili esiyenzayo kanye nemice-li-mnjeni esijamelana nayo.

Ukuthembeka kubalulekile ekugcineni ithemba phakathi kweentatheli kanye noluntu.

Xa iintatheli zivumela ngokwazo okanye amaonga azo ukuba asetyenziselwe ukulwa amadabi ezopolitiko okanye ukuba nempindezelo egameni lokufumana inzu-zo, ukuthembeka kwabo kuyonakala.

Xa amajelo eendaba esasaza amabali angachanekanga okanye awaziyo ukuba awayonyani, uluntu luphulukana nokholo kuwo.

Kungumbla wabo bonke abantu abalithandayo eli lizwe kwaye banqwenela ukuba liphumelele ukuba amajelo eendaba axhaswe, kwaye angathintelwa emsebenzini wawo.

Njengoluntu, masiqhubeku ukusebenza kanye ukukhuela ngononophelo inkululeko yamajelo eendaba elizwe lethu. Yafunyanwa nzima kwaye ngaphandle kwayo, asinathemba lokuphumelela.❶

Ukubalikhoboka lecuba: Impilo yakho iyatshabalala

UKUKHUMBULA Usuku IweHlabathi OluChasene neCuba ngomhla wama-31 kuCanzibe, i-Vuk'uzenzele incokola nekhoboka lecuba elisachachayo malunga nokoyisa ubukhoboka balo becuba.

Kgaogelo Letsebe

UKatlego Makhanda wase-Moletsane eMntla Ntshona wazi kakuhle kakhulu ukuba kunzima kangakanani na ukuyeka ukutshaya. De wayeka kwiminya ka emine eyadlulayo, uMakhanda (28) wayedla ngokutshaya ngaphewa kweesigarethi ezingama-30 ngosuku. Waqala ukutshaya xa waneminyaka eli-18 ngenxa yoxinzelelo loontanga.

"Ndandingenawo umdla wokutshaya – zange kube ngumntsalane kum ndade ndafunda ibanga leshumi kwaye iqela labafana endandikade ndihlala nalo laqala ukundichukela ngenxa yokungamkeleki ngokwaneleyo kuba ndingatshayi."

UMakhanda waqale watshaya isigarethi enye



okanye ezimbini ngosuku, kodwa oku kwanda ngokuhamba kwexesha. "Emva kwematriki, ndaya eyunivesithi kwaye inkuleko eza nokungahlali nabazali bam yayithetha ukuba ndingasela utywala rhoqo kangangoko ndifuna. Oku konyusa izinga lam lokutshaya." Ngowama-2017, uMakhanda wagula kwaye walaliswa esibhede. Wafunyaniswa enesifo seswekile sodidi Iwesibini kwaye wayebuthathaka kakhulu kanganee veki ezininzi ukuba angaphuma ebhedini.

"Ugqirha wacacisa gca ukuba ukulawula isigulo sam akunakwenziwa ukuba ndiyaqhubeuka nokutshaya. Kulapho ndaye ndaggiba kwelokuba ndiyekе ngokupheleleyo." UGqr Midah Maluleke waseMpumalanga uthi ukutshaya kuyingozi phantse kuwo onke amalungu omzimba. "Izigulo ezifana nomhlaza, isifo sentliziyo, ukuxhuzula, izifo zemiphunga, isifo seswekile kunye nesifo sokukrala kwemiphunga esinganyangekiyo zinokubangeliwa kukutshaya.

"Uphando lubonisa ukuba abantu abatshayayo banamathuba angama-30% ukuya kuma-40% ukuba bavele isifo seswekile sodidi Iwesibini kumbantu abangatshayiyo. Ukutshaya kukwadala ubunzima ekulawu-

leni esi sifo," utshilo. **Iingcebiso zokuyeka ukutshaya**

Umbutho woMhlaza wase Mzantsi Afrika (i-CANSA) unikezela ngezi ngcebisso zilandelayo ukuba uzama ukuyeka ukutshaya:

- Thatha isigqibo malunga nomhla wokuye ka ukutshaya emva koko ukwenze oko.

- Lahla yonke into ekukhumbuza ngokutshaya. Oku kuquka iipakethi zesigarethi, iitreyi zothuthu, izilumeki-mlilo.
- Sela amanzi amanzi – oko kuya kunceda ukugungxula *i-nicotine* emzimbeni wakho.

- Yazisa usapho kunye nabahlobo bakho ukuba uzama ukuyeka ukutshaya ukuze babenokunika inkxaso.

- Usenokuba nesiyezi esithile, intloko ebuhlungu okanye ukoholele xa sele

uyekile ukutshaya. Oku kuqhelekile kwaye kufuneka kuphucuke emva kosuku okanye ezimbi ni kwaye kunyamalale kwiintsku ezili-14. UMakhanda uthi uhamblo lwakhe zange lubelula, kodwa u-zimisele ukungatshayi. "Ikliniki yengingqi kune nabasebenzi bandinikezela ngenkxaso nangeenkukacha zokubaluleka koku phila ubomi obungenacuba. Ekuqaleni, ivumba lecuba lalirhalisa, kodwa ngoku sendiliqhelile," utshilo. **V**

Ukufumana uncedo lokuyeka ukutshaya, tyelela kwikliniki yengingqi yakho okanye uqhagamshelane ne-CANSA kule nombolo:

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. **V**

- SANews.gov.za