

Vuk'uzenzele

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How to apply for the R350 grant



More Matshediso

If you do not have an income and are between the ages of 18 and 60, you can apply for the Special Coronavirus Disease (COVID-19) Social Relief of Distress (SRD) Grant.

Government has reintroduced the SRD Grant of R350 per month to help qualifying applicants who have no financial support, to survive the continued hardships brought about by the COVID-19 pandemic.

The initial SRD Grant, which was discontinued on 30 April, had a positive impact on successful applicants' lives, says Social Development Minister Lindiwe Zulu.

GOVERNMENT REINTRODUCES THE SRD GRANT to assist citizens who are struggling financially during the COVID-19 pandemic.

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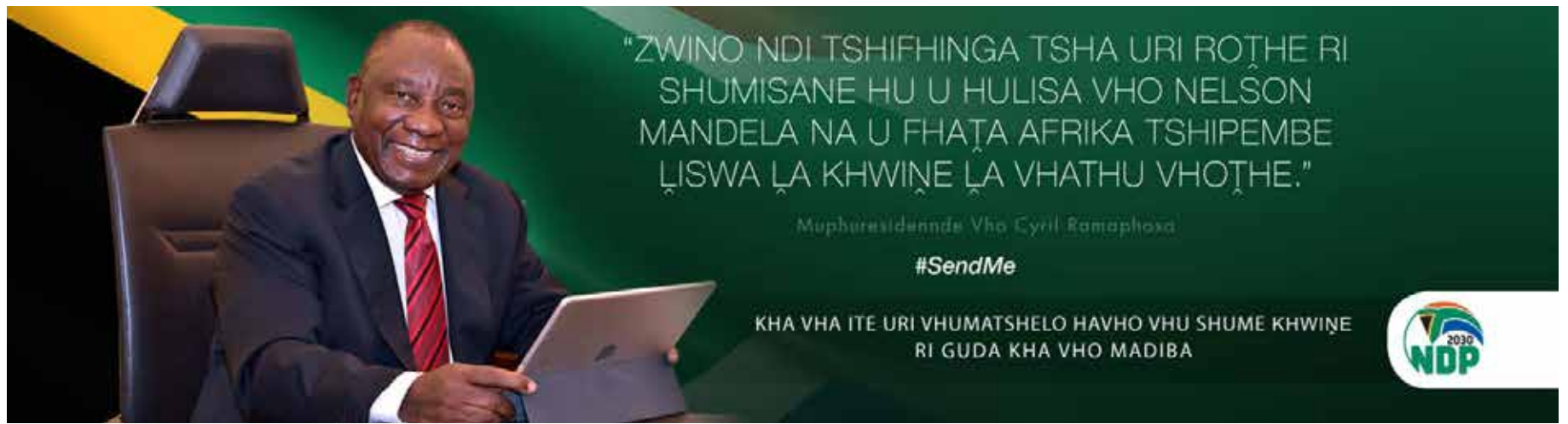
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U fhaṭa lushaka lu si na zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso

Tsengodzo dzudzanywaho dza Khomishini ya Vhuvhudzisi malugana na zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso dzi khou tou bva u fhela, ho no fhela maḍuvha a fhira ho 1,000 nga murahu ha u pfa ṭhanzi ya u thoma.

Musi mudzulatshidulo wa khomishini, Mufarisa Muhaṭuli Muhulwane Vho Raymond Zondo vha tshi ṭhisa ṭha uri zwi nga vha zwa ndeme arali ṭhanzi nnzhi dza nga ṭanziela, mushumo wa khomishini zwazwino u tsini na u khunyelela.

Hetshi ndi tshone tshipikwa tsha ndeme tshine tsha ri sendedza tsini na u khunyeledza tshithihi tsha zwithu zwi tshinyadzaho ḍivhazwakale ya demokirasi yashu.

Naho Muhaṭuli Vho Zondo vha sa athu u rumela mawanwa avho na themendelo kha Muphuresidennde, ri nga tendelana roṭhe uri mushumo wa khomishini wo vha wa ndeme vhukuma.

Kha miṅwaha miraru, ro pfa vhutanzi vhu dodombedzaho maitele a tshandanguvhoni nga vhuḍalo. Ro pfa nga ha zwiito zwe zwa sia lushaka lu tshi khou tsweliwa dzibijioni dza dziranda. Ro pfa uri ndi zwiimiswa zwa muvhuso zwingana na khamphani dza muvhuso nngana dze dza hoṭefhadzwa nga maitele aya.

U ṭaniwa ha vuvha, ṅila ye zwa itwa ngayo khathihi na vhudzivha ha zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso a zwo ngo itwa zwo dzumbiwa, fhedzi zwo

anḍadzwa kha shango loṭhe. U tendela vhadzulapo vha Afrika Tshipembe vha tshi sala murahu mvelaphanda ya khomishini kha fhungo iji, zwo thusa u vhuisa fulufhelo ṭa lushaka kha demokirasi yashu nga ṅila ine ya ṭuṭuwedza u vha kha-gala kha zwoṭhe.

Shango ṭi khou livhuwa vhoṭhe vhe vha dzhenelela kha mushumo wa khomishini; u bva kha vhe vha ṭoḍisisa, vha sengulusa vha dovha hafhu vha kuvhanganya mafhungo manzhi nga ha zwiito izwi; ṭhanzi nnzhi dzo ṭanzialo dza dovha hafhu dza sumbedza vhuṭanzi; vho ramafhungo vho vhihago nga vhuronwane mvelaphanda; na vho ramilayo vho thusaho u sumbedza vhuṭanzi.

Ri khou dovha hafhu ra livhuwa vhathu vhanzhi, vhaṅwe vha hone a vha ḍivhei, vhe vha livhisa kha u thomiwa ha khomishini. Havha ndi vhathu vho bvukululaho zwiito hezwi zwa vhugevhenga, vho hane-dzaho, vho ambaho na vho dzhiaho maga a u ita mafulo – hu nga vha vhe vha zwiita vhe khagala na vhe vha vha vho dzumbama – kha u fhelisa zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso. Ri a vha livhuwa zwazwino ngauri musiri tshi amba nga ha zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso ri zwi amba sa zwo iteaho kale.

Zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso azwongo fhela nga zwone zwiṅe. Zwo fheliswa nga tshumisano ya vhathu vha Afrika Tshipembe

u bva kha masia o fhambanaho, vhe vha shuma fhethu ho fhambanaho u itela u vhuwedzedza vhundeme ha demokirasi yashu ya ndayotewa. Zwi kha riṅe roṭhe u kwhaṭhisedza uri zwiito zwi fanaho na izwi a zwi tsha dovha hafhu zwa itea.

U bva tsha miṅwaha miraru, ro dzhia maga manzhi a vhuṭhogwa u itela u fhelisa tshandanguvhoni na u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso. Ri khou vusuludza nga vhuronwane zwiimiswa zwi ngaho sa zwa Maandlanga a Vhutshutshisi ha Lushaka (NPA), Tshumelo ya Mapholisa ya Afrika Tshipembe (SAPS), Tshumelo ya zwa Muthelo ya Afrika Tshipembe (SARS) na zwiṅwe. Ro vhea zwi-gwada zwiiswa u fana na tsha Vhulanguli kha zwa ṭhoḍisiso dza NPA u itela u sengisa tshandanguvhoni tsha maimo a ṅṅha na kotho yo khetheaho ya SIU u itela u vhuisa mashe- leni a lushaka o tswiwaho. Ro khwiṅisa vhukoni hashu ha u lwa na zwiito zwa vhugevhenga nga u thoma senthara yo ṭanganelaho, ine ya konanya mazhendedzi a zwa mulayo o fhambanaho uri a kone u kovhelana mafhungo na u dzudzanya ṭhoḍisiso kha vhutshutshisi ha vhugevhenga.

Ro shandukisa vhuragaphanda kha mabindu a muvhuso o fhambanaho, ra thoma maitele a u a vhuedzedza kha tshiimo tshavhuḍi tsha zwa masheleni na kushumele. Ri khou shumana na ṅila ntswa ya dziSOE ine ya ṭuṭuwedza u bvela khagala zwiḥulwane, u vha

na vhuḍifhinduleli na u bvela phanda.

Mushumo munzhi u khou bvela phanda. Huna masia ane mvelephanda i khou ongolowa u fhira zwe ra vha ro lavhelelisa zwone, fhedzi hezwi zwi khou lavheleswa.

Mawanwa khathihi na themendelo dza khomishini zwi ḍo maandafhadza ndingedzo idzi. Ri khou lavhelela uri khomishini i ḍo topola zwo itaho uri hu vhe na zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso. Hezwi zwi ḍo ri ṅea maanda a u bvela phanda na u dzhia maga a ndulamiso.

Musi ri tshi nga ri tshifhinga tsha u dzhenelela kha ndaulo ya muvhuso ha vhathu vha nṅa tsho fhira, a ri athu u kunda tshandanguvhoni. Vhufhura na tshandanguvhoni zwo goḍombela kha sekithara dza muvhuso na dza phuraivethe.

Naho zwi tshi nga vha zwi siho kha tshikalo tsha u langulwa ha muvhuso nga vhathu vha si vhone, zwiito izwo zwa vhugevhenga zwo tshinyadza vhukuma shango ṭashu, zwo hoṭefhadza zwiimiswa zwashu na u thivhela vhadzulapo vha Afrika Tshipembe u swikelela ṭhodea dzavho dza ndeme.

Tshandanguvhoni ndi maitele a tshayavhuḍifari naho zwi tshi kona u itea, fhedzi zwi itisa vhuada vhuḥulwane vhuḥakati ha nyimele dzi ṭoḍaho vhuṭhu. Vhaṅwe vho amba nga ha u thoma ha zwiito zwa tshandanguvhoni kha u wanwa ha zwishumiswa na tshumelo ye ya vha i tshi khou ṭoḍea kha ndwa yashu ya u lwa na dwadze ṭa COVID-19.

Ro shuma nga u ṭavhanya vhukuma u itela u fhelisa zwiito izwo zwa tshandanguvhoni, u ṭalusa vhaiti vhazwo na u vha dzhiela maga a ndaṭiso. Hezwi ndi vhuṭanzi ha u sumbedza vhuḍikumedzeli hashu ha u fhelisa tshandanguvhoni.

Ro kwhaṭhisa milayo ya Mithelo, ra thoma senthara yo ṭanganelaho ra i ṅea ndaela khulwane ya u ṭoḍisisa zwi humbulelwaho u vha tshandanguvhoni tshi elanaho na zwa COVID-19 kha vha Yunithi ya ṭhoḍisiso yo Khetheaho. Tsha u thoma kha shango, ro anḍadza zwidodombedzwa zwa themdelano dzoṭhe dza nga ha u wana khaelo dza COVID-19 u mona na zwiimiswa zwoṭhe zwa muvhuso.

Tshinyalelo yo itwaho kha shango ṭashu nga zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso ndi khulwane. Masiandoitwa azwo a ḍo pfiwa lwa miṅwaha minzhi i ḍaho. Fhedzi, nga u shumisana, ro no thoma u lulamisa vhuḥakhi. Ro no thoma u vusuludza na u vhuwedzedza.

Ri nga lavhelela uri mawanwa a khomishini ya Zondo a ḍo kwhaṭhisa zwi- hulwane ndingedzo idzi. A ḍo ri ṅea tshikhala tsha u dzhia tsheo na u awela ha tshifhinga tshilapfu kha zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso.

Mushumo munzhi u tshe phanda, na khaedu nnzhi dzi tea u lavheleswa. Fhedzi ri kha lwendo lwashu lwa u fhaṭa tshitshavha tshi si na vuvhi ha zwiito zwa u dzhenelela ha vhathu vha nṅa kha ndaulo ya muvhuso.

Kha vha thuse u thivhela zwiito zwa u divhulaha

Allison Cooper

Vhathu vhanzhi vha khou lovha nga u divhulaha u fhira u lovha nga HIV, maɓaria, khentsa ya damu, nndwa na mabulayo.

Hezwi ndi nga u ya nga mivhigo ya zwenezwino ya vha Dzangano la Mutakalo la Lifhasi (WHO), une wa sumbedza uri kha n'waha vhathu vha padaho 700 000 vha lovha nga u tou divhulaha – ndi bulayo lithihi kha mabulayo a 100 na u anganyela uri hu nga vha muthu mithihi kha mithethe ya 40.

“Ri nga si kone – nahone a ri faneli – u nyadza fhungo la u divhulaha,” vho ralo Vho Dokotela Adhanom Ghebreyesus, Mulangi Muhulwane wa dzangano la WHO.

“Tshiwo tshinwe na tshinwe ndi makhaulambilu. Nda-vheleso yashu kha zwa u thivhela u divhulaha ndi ya vhuhogwa zwazwino, nga

murahu ha minwedzi minzhi ya u tshila na dandetande la Dwadze la tshitshili tsha Corona, na zwiitisi zwinzhi zwa u divhulaha – u fhelelwa nga mishumo, mutsiko wa zwa masheleni na u vha kule na kule kha zwa matshiliso – zwi tshe hone nahone zwo di nea maanda,” vho dadzisa.

Duvha la u Thivhela zwiito zwa u Divhulaha la Lifhasi

Duvha la u Thivhela zwiito zwa u Divhulaha la Lifhasi lo rwelwa tari nga la 10 Khubvumedzi nga n'waha wa 2003, nga vha dzangano la zwa u Thivhela u Divhulaha la Dzitshaka (IASP).

Li pika kha u thivhela zwa u divhulaha na u thivhela maitele a u sumbedza u nga divhulaha, u fhungudza masiandoitwa azwo na u thoma mitangano ya vha-gudi, vhaqivhi vha mutakalo wa muhumbulo, vhashumi vha no shuma nga zwiwo zwa shishi, vha u shuma vha sa wani malamba na

vhane vho no ponya kha u divhulaha.

U ya nga vha Tshigwada tsha zwa Mutsiko na Mbilahelo tsha Afrika Tshipembe (SADAG), hu na zwiwo zwa u divhulaha zwa 23 na mivhigo ya 230 ya vhane vha lingedza u divhulaha Afrika Tshipembe kha duvha nga duvha.

“U divhulaha zwi kha di vha matudzi a ofhisaho kha tshitshavha tshashu – a hu na muthu na muthihi ane a toda u amba nga hazwo; a hu na ane a divha uri a nga zwi amba hani nahone vhabebi a vha todi u amba nga ha zwo na vhana vhavho nga uri linwe duvha vha nga vha vha tshi khou ‘sima mihumbulo’. Fhedziha, ndi zwithu zwine zwa khou itea, zwine zwa vhonala nga tshivhalo tshine tsha khou engedzea tsha thingo dzine ra dzi tangedza nga duvha,” vho ralo Vho Cassey Chambers, Mulanguli wa Mashumele a SADAG.


“Arali vhathu vhanzhi vha divha nga ha u divhulaha na u divha uri vha nga wana hani thuso ya u thusa muthu nga u favhanya, ri nga thusa u fhungudza tshivhalo tsha zwiito zwa u divhulaha,” vho ralo.

Zwiga zwine ra nga vhona ngazwo muhumbulo wa u toda u divhulaha zwi katela zwi tevhelaho:

- U amba nga ha u fhelisa vhutshilo hau, u lovha kana u divhulaha.
- U vha na lutamo luhulwane lwa u lovha kana u humbula nga lufu kana nga u fa.
- U kovhela vhathu thundudza u dura.
- Zwiga zwa mutsiko, u fana na mamudi, u lafa fulufhelo, u dikokodzela murahu, u sa vha na dzangalelo la zwiwiwa na u sa edela, khathihi na u sa vha na dzangalelo la u shuma mishumo ya nga misi.
- U engedzea ha tshumiso



ya zwikambi kana zwi-dzidzivhadzi.

- U swaswara fhungo la u sa vha hone kha la matshelo kana u amba luambo lwa u onesa.
- Tshanduko khulwane kha vhuqifari.
- U ita ndugiselo dza u khunyeledza zwithu zwi songo fhelaho. 

Arali vhone kana muñwe ane vha mu divha a tshi khou toda thuso, kha vha founete nomboro ya thuso ya zwiwo zwa u divhulaha ine ya shuma tshifhinga tshothe ya SADAG ya 0800 567 567.

Anyone 35 years and older can register for their FREE COVID-19 vaccination

Registering to get vaccinated is easy!



Send the word **REGISTER** to 060 012 3456 on Whatsapp
Internet access or data required

OR



Dial *134*832*IDNumber#
No ID Number? Just dial *134*832#
FREE on all South African Mobile Networks

OR



Search EVDS South Africa online or go to: <https://vaccine.enroll.health.gov.za>
Any device with Internet Access

OR



Register by calling 0800 029 999
Monday - Friday: 7am to 8pm
Saturday, Sunday and public holidays: 8am to 6pm
Toll free on all South African Mobile Networks

You will need the following information when registering:

- Your identification number (Passport, Asylum seeker number, RSA ID or refugee number)
- The location where you want to be vaccinated (home or work)
- If you are a member of a medical aid you will need your medical aid provider name and your medical aid number

You will receive an SMS with the details of your vaccination date and site after registering

Don't delay. Register today!

