

Vuk'uzenzele

Uyefulelwa Lumphiko Lwahulumende Lwetekuchumana Netekwatisa (GCIS)

English/Siswati

Inhlaba 2020 Lushicilelo 2



Inkhombandlela yekuphindze kuvulwe kwetikolo

Likhasi lesi- 7



NGEKUBAMBISANA SINGAYINCOBA ICORONAVIRUS

Iningizimu Afrika iyakusi-cwayiso Lesisezingeni lesi-3

nekukhugatsaka," usho njalo. Loluhlu lwetindzawo letitikhungo teligciwane lutawubuyeketwa njalo emva kwemaviki lamabili kuye ngekuchubeka kwaleligciwane.

Mengameli Cyril Ramaphosa umemetele kutsi iNingizimu Afrika seyiseLizingeni lesi-3 kusukela mhlati-1 Inhlaba – lapho khona imikhakha leminyenti yetemnotfo itawuvulwa kanye nekususwa kwemibandzela leminyenti yekuhamba kwabantfu.

Akhuluma nesive muva nje ngalokwentekako mayelana nendlelalisu yekulungisa bungoti kute kulawulwe kubhehbetseka kwe-COVID-19, Mengameli utsi sive sitawulandzela tindlela letehlukaniswe tekubukana netindzawo letinemazinga lasetulu kakhulu ekutseleleka nekubhehbetseka leligciwane.

Tindzawo letitikhungo te-COVID-19

Letindzawo leti timenyetelwe njengeletitikhungo te-Corona. Tifaka lamadolobhakati lalandzelako:

- iTshwane
- iJohannesburg
- Ekurhuleni
- eThekwini

- iNelson Mandela Bay
- iBuffalo City
- iKapa.

Letinye tindzawo letitsatfwa njengeletitikhungo teligciwane yiWest Coast, yi-Overberg nesigodzi samasipala weCape Winelands Enshonalanga Kapa, Sigodzi iChris Hani lesiseMpumalanga Kapa, nesigodzi iLembe lesiKwaZulu-Natal.

Indzawo lesikhungo ichazwa njengendzawo lenabantfu labatseleleke ngaleligciwane labangetulu kulabasihlanu ebantfwini labati-100 000 noma lapho khona kunekukhula ngesivinini lesikhulu sekutseleleka lokusha.

Kubukana naleligciwane kuletindzawo, hulumente utawusebentisa kungenelela lokunemandla lokuhlose kunciphisa linani lekutseleleka lokusha.

"Sifaka tindlela letingetiwe tekugadza, tekulawula kutseleleka netekuphatsa. Sitawubeka kuleyo naleyo ndzawo lesikhungo seligciwane licembu lebantfu labanesipiliyoni labasebenta ngalokugcwele,"



kusho Mengameli.

Lelicembu litawufaka bochwephesha betekucaphelati, tisebenti temindenini, bahle ngikati, tisebenti tetemphilo yemango, bochwephesha bahulumende betemphilo kanye nebetinsita letiphutfumako tekulashwa, labatawusekelwa bochwephesha baseCuba.

"Sitawuchumanisa sikhungo ngasinye kutinsita tekuhlolwa, kutikhungo tekuhlaliswa we-

dvwa, kutikhungo tekutivalela, tekulashwa, kumibhede etibhedlela nasekufuneni labo lekutsintsenze nabo.

"Uma kuba nesidzingo, noma nguyiphi incenye yesive ingabuyiselwa kusicwayiso lesisezingeni lesine noma lesihlanu uma lokwandza kwekutseleleka kungalawuleki emva kwekungenelela kwetfu futsi kunebungoti bekutsi tikhungo tetfu tetemphilo tiba

Kuvulwa kwetemnotfo

Kusetjentiswa kwesicwayiso lesisezingeni lesitsatfu, lokucaleni kweNhlaba, bekufaka kubuyela kwekusebenta kwemikhakha leminyenti yetemnotfo, lokutawudzinga kutsi kulandzelwe timiso leticinile tetemphilo kanye nemitsetfo yekuhlalisana ngekuchelelana. Tisebenti letinyenti tahulumende nato setibuyele emsebenzini ngekulandzela tibonelelo Temtsetfo Wetekuphepha Newetemphilo Emsebenzini njengoba tibekiwe Litiko Letekuphatsa Imisebenti Yahulumende, ngekusebentisana nawo onkhe ematiko ahulumende.

Timiso netinhlelo tasenzaweni yekusebenta

Njengoba imikhakha leminyenti yetemnotfo ivuleka, hulumente utawutsembela kutinhlelo temmango letinabo bonkhe babambi lichaza labamcoka kubukana netintfo

• Iyachubeka elikhasini lesi-2



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ELEMAHALA ALITSENGISI

TAKAMUVA NGE-COVID-19

• Ichubeka isukela elikhisini le-1

letinebungoti lobumcoka endzaweni yekusebenta nasekuchumaneni emkhatsini kwetisebenti nemmango.

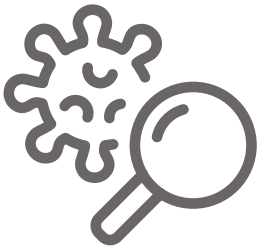
“Ngako-ke sitawucedzisa timiso temikhakha leminyenti futsi sifuna kutsi yonkhe inkapani isungule luhlelo lwekusebenta lwasemsebentini ngembi kwekuvula,” usho njalo.

Ngekuya kwaletinhlelo, tinkapani kutawufuneka tifake tintfo tekuhlanteka netindlela tekuhlalisana ngekuchelelana;



kutawudzingeka kutsi ticolonge tisebenti njalo uma tifika emsebentini, tivalele leto tisebenti letingahle tibe titselelekile besententa emalungiselelo ekutsi tihlolwe.

“Kudzingeka futsi kutsi tinnedze ngekufuna umkhondvo walabatsintsene nalabo labatselelekile uma batfolakala banaleligciwane emva kwekuhlolwa. Ngenca yekuba butsakatsaka kwabo, tonkhe tisebenti



letingetulu kweminyaka le-60 naletiphetfwe timo letifana nesifo senhlitiyo, sifo sashukela, sifo sekuphefumula lesingumahlalekhona nemdlavuta kufuneka tihlale ekhaya,” kusho Mengameli.

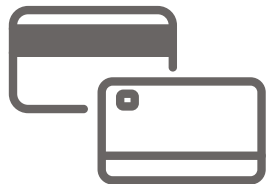
Tisebenti letingakhona kusebentela ekhaya kufuneka tivunyelwe kwenta njalo.

Ngekulandzela letindlela, yonkhe imisebenti yekukhacita, yetetimayini, yekwakha, yetemisebenti yetetimali, imisebenti yebuchwephesha neyemabhizinisi, yetelwatiso, yetekuchumana, imisebenti yahlumende netemisebenti yebetindzaba, ivuliwe



kusuka mhlati-1 Inhlaba. Kucala kabusha lokufanele nemalungiselelo eku-ngeniswa kutawufuneka kwentiwe kuyo yonkhe indzawo yekwenta umsebenti.

“Titolo letinkhulu letitsengisa konkhe netekutsengiselana titawuvulwa ngalokugcwele, kufaka ekhatsi titolo letigcina imphahla, titolo letitipaza nebotsengisi labangakahlaleki. Kutsenga nge-inthanethi nako kutawuchubeka nekuhlala kuvuliwe. Leminye imikhakha leya-vulwa phambilini, lefana netekulima netemahlatsi,



tinsita, temisebenti yetekulapha, tekukhacita kudla netekwenta imikhacito yetemphilo, tatiwuchubeka nekuhlala tivuliwe,” usho njalo.

Imisebenti yetemnotfo lenebungoti lobusetulu ayikavunyelwa

Imisebenti yetemnotfo lenebungoti lobusetulu iyachubeka nekungavunyelwa. Loku kufaka:

- Tindzawo tekudlela, emabhara nemathaveni,

ngaphandle kwekuletsetlwa noma kulandza kudla.

- Tekuhlaliswa netekuhamba ngemoya ngekhatshi kwelive, ngaphandle kwalapho uhamba khona ngemisebenti, lekutawucala kusebenta ngetinsuku letitawumemetelwa.
- Tinkhoba, imicimbi, tekucitsa situngu netemidlalo.
- Imisebenti yekutina-kekela, lefaka kwenta tinwele nemisebenti yekutimonyonga.

Kuhamba kwebantfu nekutsengiswa kwetjwala

Bantfu batawukhona kutivocavoca noma nini emini, uma nje loku kungeke kwentiwe ngemacambu. Kuncunyelwa kwebantfu sikhatsi sekuba ekhaya kutawususwa.

“Tjwala butawutsengiselwa kutsi bunatfwe



ekhaya kuphela ngaphansi kwetimo leticinile, ngemalanga latsite labekiwe futsi ngemahora lanemkhawulo. Simemetelo lesimayelana naloku sitawentiwa uma setiphetsiwe tingcoco nalomkhakha mayelana naletimo,” Mengameli usho njalo.



Kutsengiswa kwemikhacito yeligwayi kutawuhlala kuvaliwe kulesicwayiso selizinga lesitsatfu, ngenca yebungoti lobumayelana nekubhema.

“Yonkhe imihlangano itawuchubeka nekungavumeleki, ngaphandle kwemingcwabo letawubanebantfu labangengci kulaba-50 noma imihlangano yasetindzaweni tekusebenta lemayelana nekwenta umsebenti,” usho njalo.



Lindzela kukhula kwekutseleleka

Mengameli Ramaphosa utsi, kutilungiselela mayelana nalokukhula lokulindzelekile kwekutseleleka ngeCOVID-19 kulelive, kunemibhede yasesibhedlela lelinganiselwa kuti-20 000, lebeyilungiselelewe, futsi lebekelwe, tintfo letimayelana neCOVID-19, futsi kunetibhedlela tesikhashana letentelwe loko leti-27 letakhiwe kulo lonkhe lelive.

“Linyeti laletibhedlela likulungele kwamukela

tigulane letineligciwane leCorona.”

Mengameli utsi hlumende uyawubonga lomsebenti losachubeka nekweniwa tisebenti tahulumende, kakhulu labo labacala embili ekulweni neCOVID-19.

“Kuphepha kwato tonkhe tisebenti, lokufaka ekhatsi tisebenti tahulumende, kuyintfo lesikhatsatoko. Sitawuchubeka kwenta yonkhe imitamoyekutsi



sinikete ngalokwanele tintfo letitisetjentiswa tekutivikela kucinisekisa kutsi wonkhe umuntfu uphephile uma asemsebentini.

“Lesikucalisa embili kunciphisa ematfuba ekubhebhethsekisa leligciwane nekweniwa indzawo ibe ngulephephile kuwo wonkhe umuntfu,” Usho njalo. [U - SANews.gov.za](http://www.sanews.gov.za)

Emathiphu longawalandzela kuvikela kutseleleka ngesifo iCoronavirus.

- » Hlala kakhulu ekhaya uma kukhonakala.
- » Khumbula kuhlalisana ngekuchelelana
- » Gcoka sifonyo sakho sebuso
- » Gezisisa tandla takho ngensipho. Geza lingemuva letandla takho, emkhatsini kwetingalo nangekhatsi kwetinzipho. Hlala ugeza tandla takho ngensipho ngembi kwekudla nangemuva kwekubuya emmangweni.
- » Vala umlomo wakho ngethishu uma ukhwehlela noma utsimula. Gwema kubamba buso bakho ngetandla letingcolile ngaso sonkhe sikhatsi.
- » Funa lusito lekwelashwa uma utiva ungakaphili kahle. Timpawu letivamile teCOVID-19 emtimbeni tifaka kukhwehlela, kuphuma emafinyila, imfiva nekungaphefumuli kahle. Uma uhlangabetana nakunye kwaletimpawu, tfoa kulashwa masinyane.

Kutfole lwatiso lolwengetiwe shaya inombolo letfolakala tikhatsi tonkhe yeSikhungo Sahulumende Setifo Letitsatselanako letsi 0800 029 999 noma ngena ku- www.health.gov.za naku- www.nicd.ac.za



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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
KUFUNDA KULOKO LOKWENTIWA NGUMADIBA



Asivikeleni futsi sisekele bantfwana betfu



Lilanga Lemhlaba Wonkhe Lekuvikela Bantfwana, leligujwa umhlaba wonkhe mhla wesi-3 Inhlaba, kute kube nekunakwa kwemalungelo ebantfwana kumhlaba wonkhe nekunakekelwa kwabo. Ngalokufanako, futsi lilanga lelifanako neLilanga Lebatali Le-Mhlaba Le-UN, lekuhlonipha kutibophelela kwebatali nebanakekeli bebantfwana ngenhlalakahle yebantfwana.

Ngifuna kubonga tigidzi tebatali, tabogogo netebanakekeli bebantfwana kuyo yonkhe iNingizimu Afrika letisachubeka kudlala indzima lemcoka kuminyaka yekukhula etimpilweni tetakhamuti tetfu letincane. Kugcugcuteleka, kusekelwa nekuvikeleka kwebantfwana lokuvela kubatali babo nakubanakekeli babo kumcoka entfokotweni yabo yesikhatsi lesitako nakumphumelelo yabo.

Mhla lu-1 Inhlaba sive sicale sigaba lesisha sekulwa neligciwane le-corona. Imisebenti leminyenti yetemnotfo neyetenhlalo icale kabusha, lekufaka ekhatsi kucala kufundza ngetigaba.

Sishito kutsi sitsatsa indlela yakancane kancane, ngekulandzela teluleko tebososayensi betfu nekuholwa ngiloko lokulicinisolo lokwenteka ebantfwini

nangekucocisana nababambi lichaza.

Emavikini lambalwa lengcile, njengoba besitlungiselela kubuyela etikolweni, sibe netingcoco letibanti naletinemininingwane nabo bonkhe babambi lichaza kulomkhakha wetemfundvo. Loku kusikhombe indlela kulomsebenti lomatima nalonetinseyeya.

Labanye balababambi lichaza – labafaka bothishela nebatali – bavakalise kutsintseka kwabo mayelana nesimo sekulungela kubuyela esikolweni etikolweni letinyenti. Sibavile, siyalamukela ligalelo labo futsi sitsatsa tinyatselo tekubukana netinsolo kanye netiphakamiso tabo.

Kuyavisiseka kutsi batali labanyenti nebanakekeli bebantfwana banekwehlukahlu-kana kwemiva kulesikhatsi mayelana nekuvulwa kwetikolo. Kunekukhululeka kutsi bantfwana batawukhona kucala imfundvo yabo emva kwe-sikhatsi lesingetiwe sekungabi emagunjini ekufundza nakumahlolo ekucocisana. Bantfu labasha banesifiso sekuphindza babuyele esikolweni bayobona bangani nabothishela babo.

Kodvwa futsi kukhona kukhatsateka kulicala lebatali, labothishela nelebefundzi ngekwabo.

Batali bafuna sicinisekiso sekutsi tinyatselo tekuvikeleka

tibekiwe kute tivikele ngalokufanele bafundzi. Kuphepha kwetakhamuti tetfu letincane kusuka kulicala letempilo neletemtimba akufuneki kuhlehliwse. Kuyintfo lesiyicalisa embili lemcoka kakhulu.

Njengoba sitlungiselela kuvula kancane kancane tikolo tetfu netindzawo temfundvo lephakeme, baphatsi betemfundvo bebasebenta matima kwenta kutsi kube netindlela tetemphilo netekuvikeleka letidzingeleka. Emadokhumentu lamayelana netinchubo temazinga ekusebenta aniketive kuto tonkhe tikolo. Leti tinchubo temazinga ekusebenta tifaka tintfo letifana nekucesha nekujwayeta labo labenta kucilonga kwetempilo, kucondzanisa kahle kwelithebula letikhatsi tekusebenta nekulungisa emagumbi ekufundzela kute ahambisana netidzinge tekuchelelana ekuhlalisaneni.

Siyachubeka neluhlelo lwekuniketa tinsinta tekuvikeleka nekucinisekisa kutsi emanti netinsita tekutfutswa kwendle kuyatfolakala. Kufundza, uma kucala, kutawenteka ngaphansi kwetimo leticinile ngelinani lelinemkhawulo lofanelekile webafundzi netitjudeni.

Njengebatali, bothishela, imikhandlu lephetse tikolo nahulumende, siyavumelana kutsi kute sikolo lekufuneka sivule ngembi kwekutsi ku-

bekwe tonkhe tindlela tekuvikeleka. Kufuneka kube nekuvulekelana kube sebaleni konkhe lokumayelana nelizinga lekulungela kuvula kwaleso naleso sikolo. Wonkhe umuntfu lodlala indzima lemcoka, longaba mtali, lilunga lemikhandlu lophetse sikolo, thishela noma sisebenti sahumende kufuneka akhone kuba nelwatiso lolufanele lolumayelana nekulungela kuvulwa kwaleso naleso sikolo. Kumsebenti wetfu sonkhe kucinisekisa kutsi simondzawo sekufundza siphephile.

Ngifuna kutfulela sigcoko batali nebanakekeli bebantfwana, kakhulu, ngemsebenti wabo lebawentile kuletinyanga letimbili letengcile. Ngesikhatsi tikolo tivaliwe, bekufuneka bente umsebenti wekunakelela kakhulu wetemfundvo newekukhula kwebantfwana babo. Batali nebanakekeli bebantfwana labanyenti kudzingeke kutsi basite bafundzi ngemsebenti wabo wesikolo ekhaya, ngaphandle kwekungabata sibonga kakhulu bothishela betfu ngemsebenti lomatima lebawenta onkhe malanga.

Emva kwekwengca kwesikhatsi sekuvalwa kuhamba kwesive, bafundzi labanyenti seabuyele esikolweni, tsine batali kufuneka sichubeke kudlala indzima lenkhulu ku-

temfundvo yebantfwana betfu, kungaba ngekungenela ube lilunga lemikhandlu lephetse tikolo, ngekuvolontheiya kunika tinsita tetfu etikolweni noma letinye tinhlobo telusito. Batali bangahlanganela kuvolontheiya kuhlanta tikolo, kucala tingadze tetivandze noma kuba yincenye yemakomiti emmango etekuphepha etikolweni. Loku kutawugucula tikolo tetfu tibe ngekweliciniso, "tikolo temmango" letivisisekako.

Nanoma singativa sinekukhatsateka nekusaba njengoba emadvodzana nemadvodzakati etfu asuka ekunakekelweni ngitsi, kufuneka sigcugcutelwe ngileliphuzu lekutsi wonkhe umtamo wentiwe kubavikela.

Njengebatali, nisinike umsebenti wekunakelela nekuvikela bantfwana benu. Kumsebenti lesingawutsatseli phansi. Emalangeneni nasemavikini latako, sitawube sikucaphele kakhulu lokubuyela esikolweni.

Uma silandzela letimiso futsi silandzela tonkhe tindlela tekuvikeleka – njengebatali, bothishela, imimmango nebefundzi – sitawunciphisa kakhulu lobungoti lobuta naleligciwane le-corona.

Ekugcineni ngiko kokubili lesikwentako nemitamo yetfu sisonkhe letawugcina bantfwana betfu baphephile. Noma ngabe yini lesiyentako, kufuneka siyente ngekubambisana. 