

Vuk'uzenzele



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COVID-19 corruption to be stamped out

A NEW CORONAVIRUS anti-corruption centre will urgently investigate allegations of corruption in areas such as the distribution of food parcels, social relief grants, the procurement of medical supplies and personal protective equipment.

Cathy Grosvenor

Tough action is being taken against criminals and greedy government officials who have stolen either goods or money intended for government's Coronavirus (COVID-19) response. Public servants who buy goods or services at inflated prices from friends or family members, who award tenders only if they get money in their pocket and who help themselves to food parcels are hampering the efforts of government to curb the spread of the infection

and protect the poor from the effects of the lockdown.

This also applies to companies and individuals who make fraudulent Unemployment Insurance Fund (UIF) claims. This was according to President Cyril Ramaphosa when addressing the nation recently.

The President added that fake non-profit organisations have even been created by people wanting to illegally get their hands-on government funding. He explained that in April, government had announced a historic R500 billion social relief and economic support package to fight the Coronavirus and assist businesses, workers and households.

"But what concerns me, and what concerns all South Africans, are those instances where funds are stolen, where

they are misused, where goods are overpriced, where food parcels are diverted from needy households – where there is corruption and mismanagement of public funds," says the President.

New anti-corruption centre

President Ramaphosa says government will not tolerate this, which is why a new anti-corruption centre has been established. It brings together nine state institutions, namely: the Financial Intelligence Centre, the Independent Police Investigative Directorate, the National Prosecuting Authority, the Hawks, Crime Intelligence and the SAPS Detective

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Re keteka basadi ka kenyeletso ya bona moruong

Ka Phato Afrika Borwa e keteteka Kgwedi ya Basadi. Keteko ena e tshwaya sehopotso sa letsatsi la 1956 ha basadi ba 20 000 ba ne ba hwanta mane Union Buildings – phallo e kgothale ya batho ba basadi ba neng ba bua dipuo tse fapaneng, ba tswa dibakeng tse fapaneng mme e le ba merabe e fapaneng.

Ba ile ba kopana boitsekong ba bona ba ho fedisa melao ya dipasa e nyarosang le ho fumana tokelo ya bona ya ho phela tokolohong.

Boemo le maemo a basadi Afrika Borwa kajeno a se a fapane haholo ha o a bapisa le ao a neng a tobane le bomme le bonkgono ba rona ka 1956. Re tswa hole hore re fihlele Afrika Borwa e hlohang kgethollo ya merabe, kgethollo ya bong, e nang le demokrasi, e nang le katleho mme e lokolohile.

Ho bile le kgatelopele ya nnete ntlafatsong ya maphelo a basadi ba Afrika Borwa moruong, lekaleng la dipolotiki le phedisano ya setjhaba.

Le ha ho ntse ho le jwalo, re a tseba hore ho ntse ho ena le tse ngata tseo re tlamehang ho di fihlella. Basadi ba ntse ba tobana le kgethollo, tlhekefetso le ho ketekwa, mme ke bona ba futsanehileng ka ho fetisisa.

Haeba ka nnete re batla fihlella tshepiso ya Molaotheo wa rona re tlameha ho lwantshana le dikgato tse etsang hore basadi ba se kgone ho iketsetsa lekeno le dijthelete e leng tsona etseng hore basadi ba iphumane ba mamelletse tlhekefetso ho ketekwa.

Re kene letsholong le itho-mmeng pele le re kopantshang le maiteko a matjhabeng a ho fihlella tekatekano ya bong ka

2030. Tekatekano ya Moloko ke tabatabelo le phethoho ya ajenda ya ho fedisa kgethollo le dikgoka kgahlano le basadi le ho ba le seabo se tshwanang dipolotiking, le maphelong a bona le moruong.

Jwalo ka karolo ya letsholo lena, re kopantshitse 'Diketso tsa Tshebedisano' tse pedi, ya pele e leng ya tokoloho ya moruo le ditokelo mme e nngwe ke e kgahlano le dikgoka ho basadi (GBV). Bobedi mekotaba ena e hlokolotsi ho ajenda ya naha ya rona.

Dikgwedi tse 11 esale re phe-thahaditse Moralo wa Ketso tsa Karabelo ya Tshohanyetso ho lwantsha dikgoka tsa bong le dipolao tsa basadi (GBVF) re se re bile le kgatelopele ho atoseng tshehetso le ho tsotella mahlatsipa, mme kgatelopele e entsweng ho tsa tlhabollo ya molao e ba nehela tshireletso e ngata haholo.

Kgwedi ya Phato, re qala ka phethahatso ya Moralo wa Lewa la Naha la ho lwantsha GBVF. Ntlha e ka sehlohlolong ya moralo ona ke ho netefatsa hore basadi ba bangata ba kenyeletswa boholo mo moruo.

Sena ke hobane tlhokeho ya tekatekano ya moruo le tlhokeho ya tekatekano ya phedisano di a nyallana. Maemo a dijthelete a basadi Afrika Borwa a ba beha kotsing e kgothale ya tlhekefetso. Ka hoo, re tlameha ho tshehetsa basadi ho etsa hore ba kgone ho ikemela le ho iketsetsa tjelete ya bona.

Re entse boitlamo bo mmalwa tlasa Tekatekano ya Moloko e tla phethahatswang ka Moralo wa Lewa la Naha.

Ya pele, re tlo kenyeletsa seabo sa basadi moruong ka diphumantsho tsa mmuso. Re entse boipehelo ba ho netefatsa hore bonyane 40% ya dihlahiswa le

ditshebeletso tse fumantshwang ke dikgwebo tsa mmuso di tswa dikgwebong tsa basadi.

Ya bobedi, re tlo eketsa tshehetso ya Dikgwebo tse Nyanyane, tse Bohareng le tse Kgolo (di-SMME) tse laolwang ke basadi mmoho le dikgwebo tse thuthuhang tse laolwang ke basadi kapa tsa basadi ba sa sebetseng. Hona ho tla kenyeletsa dipuisano le lekala la dijthelete ho etsa hore ditshebeletso tsa dijthelete di fumanehe ha bobebe ka theko e tlase ho basadi.

Ya boraro, re batla ho netefatsa hore basadi ba bangata ba fumana thepa ya bohlokwa e jwalo ka lefatshe. Ho bohlokwa hore basadi ba fumane molemo ho tswa potlakisong ya ho kgutlisetswa lefatshe.

Ho tshwanehile hore karolo ya R75 milione ya divaotjhaba tsa matlole a dithuso a COVID-19 a tshwaetsweng tlhahiso ya temo 53% e be molemong wa basadi ba mahaeng. Re tlameha ho netefatsa hore tshehetso ya basadi le rapolasi/mmapolasi ba ithuthuhang ba tswella ho fumantshwa tshehetso le ka mora sewa sena.

Ya bone, re batla ho netefatsa hore basadi ba tshireletsehile kgahlano le GBV mesebetsing. Ntlheng ena, re tla tswella ho sebetse boemong ba naha le lebatowa ho tshwaela monwana Seboka sa Mokgatlo wa Matjhaba (ILO) wa Mosebetsi sa Dikgako le Tlhekefetso Mesebetsing.

Ho thwe tokoloho ha e nehelwe, e ya nkwa.

Tokollo ya basadi ke mantswe feela a pampering ntle le haeba e tsamaelana le boitlamo bo tswang ho makala ohle a setjhaba.

Ha re itukisetse kahobotjha ya moruo wa rona hara sewa

sa kokwanahloko ya corona, re itse ha ho sa kgonanahale hore re ka kgutlela setlwaeding sa pele kokwanahloko e phahlalla.

Re tlameha ho theha moruo o motheo wa ona o fapaneng ka, ho tse ding tsa dintho, ho ntlafatsa boemo ba leruo la basadi.

Hona ho bolela hore botsetedi ba moralo wa motheo bo tlameha ho tshehetsa eseng feela ntshetsopele ya indastri ya lehae, empa le dikgwebo tsa basadi. E tlameha ho ikemisetsa ho theha menyetla ya mesebetsi molemong wa basadi mekgahlelong kaofela ya ho rala, ya dijthelete, ya kaho le ya ho disa meralo ya motheo.

Ka mekgwa e tshwanang, re tla phahamisa mananeo a rona a khiro makaleng a mmuso, re tlameha ho netefatsa hore bohlo ba dikgarabe e ba tsona tse thongwang.. Hodima lekeno, mananeo ana a tla ba nehela monyetla wa ho fumana boitsebelo le boiphihlelo bo hlokehang ho kena moruong wa sehlohlolo.

Le ha feela e le maikarabelo a mmuso ho nehela ka menyetla ya moruo ho basadi ho theha leano la tshebetso le tla bakang hore ho ntlafatswe tekatekano ya bong, bohle setjhabeng ba tlameha ho bapala karolo ya bona.

Dikgwebo di tlameha ho tshehetsa dikgwebo tsa basadi ka ho reka dihlahiswa le ditshebeletso dikgwebong tsa bona. Ba tlameha ho hira basadi ba bangata le ho thonya basadi ba bangata maemong a bolaodi.

Sena se bohlokwa haholoholo ha o sheba direkoto tsa lekala la poraefete boemong ba kemedi ya bong e saletseng morao ha o bapisa le lekala la mmuso. Bona ke bothata bo hlahellang kgafetsa dipuisanong tseo ke bileng le tsona le bohlo ba mekgatlo ya

dikgwebo tsa basadi. Hore ho be le tekatekano re tshwanetse ho fedisa setlwaedi sa mekgolo e e sa lekalekaneng ho ya ka hore motho ke monna kapa mosadi, mme re itlwaetse ho lefa batho ba entseng mosebetsi o tshwanang ka ho lekalekana jwalo ka ho totobaditswe Mo-laong wa Tekatekano ya Mesebetsing.

Basadi ba tlameha ho tshireletswa kgahlano le tlhekefetso le kgethollo mesebetsing. Ke boikarabelo ba batsamaisi ba dipalangwang, ba tsamaiso ya diyunivesithi, makgotla a taolo ya dikolo le mekgatlo ya tumelo ho theha maemo a tshireletsehileng molemong wa basadi le bananyana ha ba le maetong, dithutong le dikerekeng.

Re tlameha ho hatelapele ka maiteko a rona a ho qeta kgethollo ka banna, kgethollo ya basadi le ho fa banna maemo a ho ba dihloho. Ke mehopollo ena e bakang kgethollo ya basadi.

Ho ho rona – banna le basadi bobedi – ho netefatsa hore boleng ba mosadi, boemo le maikutlo a hae ha a ka tlase ho a monna. Ke boikarabelo ba rona jwalo ka batswadi le bonkgono le bontatemoholo ho tshwarwa le ho hodisa bara le baradi ka mokgwa o tshwanang.

Ho ho rona jwalo ka banna ho hana le ho bua kgahlano le diketso tsa GBV moo re di bonang, le haeba ke kgahlano le metswalle, bontate le boabuti ba rona.

Ha re beng moloko o tla fedisang kgethollo ya basadi ka tsela efe kapa efe, nakong ya rona. Moloko wa 1956 o ile wa itseka molemong wa rona bohle. Re ba kolota seo, ho ho rona le ho meloko e tlang hore re se nyedisi lefa lena le kgabane.

TSA MORAORAO KA COVID-19

Pregnancy does not increase COVID-19 risks

SOME GOOD news for moms-to-be is that their pregnancy will not make them more ill should they contract COVID-19 and they may still breastfeed.

Silusapho Nyanda

Pregnant women and unborn children are not at a greater risk of contracting or developing severe symptoms of the coronavirus (COVID-19) but should still exercise good hygiene and social distancing.

The majority of pregnant women who contract COVID-19 will only show mild to moderate symptoms of the virus. However, pregnancy changes the immune system so pregnant women should continue with standard precautionary measures.

Bongumusa Makhathini,

a specialist obstetrician and gynaecologist at Grey's Hospital in Pietermaritzburg, KwaZulu-Natal, says that tests done on the placenta and umbilical cord blood of COVID-19-positive mothers were all negative for the virus.

"The available data shows that during pregnancy and birth, women infected by COVID-19 are not worse compared to non-pregnant women," he says.

Children born to COVID-19-positive mothers may be breastfed, provided the mother follows the right hygiene routine, including washing her hands before and after holding her child,

sanitising her chest before breastfeeding and wearing a mask. Mothers must clean any surface before a child comes into contact with it.

As breastfeeding offers more benefits than the risks posed by COVID-19, new mothers are encouraged to exclusively breastfeed for the first six months of a child's life.

Dr Makhathini says tests have found that COVID-19 is not present in breast milk.

"However, breast hygiene and other general COVID-19 safety precautions should be taken during breastfeeding or breast milk expression to avoid droplets and skin contact infections to the



newborn," he says.

Chronic diseases like asthma, diabetes and high blood pressure are known to increase the risk of severe symptoms of COVID-19 in the general population, and this applies to pregnant women too, says Dr Makhathini.

Dr Makhathini says that pregnant women who have COVID-19 and any other of

these chronic diseases, must keep a close eye on their health and their unborn baby.

"Closer monitoring of maternal and fetal wellbeing is highly recommended," he says.

He adds that pregnancy complications such as a miscarriage or going into labour earlier than planned have not been directly linked to the COVID-19 virus.

Ho kgutlela mosebetsing ka mora ho tshwarwa ke COVID-19

Allison Cooper

Oka kgutlela mosebetsing neng ka mora ho tshwarwa ke kokwanahloko ya corona (COVID-19)?

Institjhuti ya Naha ya Mahloko a Tshwaetsanang e na le dikarabo tseo o di hlohang.

Ha ke fumana sephetho se reng ke na le COVID-19, ke tlamahe ho dula boikgethollong nako e kae?

Batho ba fumanang sephetho se reng ba na le COVID-19, empa ba sena matshwao ho hang, ba tlameha ho dula boikgethollong lapeng kapa ditsing tsa boikgethollo tsa mmuso ka matsatsi a 10, ho tloha ka letsatsi leo ba fumaneng sephetho sa bona se reng ba tshwaetsehile.

Bao ba nang le matshwao

mahareng ba tlameha ho tswella ho dula boikgethollong lapeng kapa setsing sa boikgethollo ba mmuso ka matsatsi a 10, ho tloha ka letsatsi leo matshwao a bona a qalang ho bonahala.

Bao ba nang le tshwaetso e mpehadi, ba tlamehang ho ya sepetlele, ba tlameha ho dula boikgethollong ka matsatsi a 10, ho tloha ha ba se ba ena le botsitsa mme ba se ba sa hloke ho fepelwa oksejene.

Batho ba nang le COVID-19 ba ka tshwaetsa ba bang ka lefu lena jwang?

Ho ya ka Letona la Bophelo bo Botle Ngaka Zweli Mkhize, bohoho ba batho ba nang le tshwaetso e mahareng ba ka atisa kokwanahloko dipakeng tsa matsatsi a supileng ho ya ho a 12. Empa, batho ba kulang haholo ba ka tshwaetsa ba bang le ho kgona ho fetsetsa

kokwanahloko ho ba bang ka nako e telele.

Na ke tlameha ho etsa teko enngwe hape ya COVID-19, ho bontsha hore ha ke sana tshwaetso, pele nka kgutlela mosebetsing?

Tjhe. Ho hlahloba lekgehlo la bobedi batho ba nang ba ena le bohloko bo mahareng mme ba fodile ha ho kgothaletswe.

Motho o nkwa a bolokelehile ho kgutlela mosebetsing le ho tswa boikgethollong haeba a se a sena tshwaetso. Hona ho bolela hore ba bile le matshwao a bona a pele matsatsing a fetang a 10 a fetileng mme ha ba soka ba eba le matshwao afe kapa afe ka matsatsi a mararo bonyane.

Bohoho ba nako, basebetsi ba ka kgutlela mosebetsing ntle le ho etsa diteko lekgehlo la bobedi haeba:

- Ba phethetse matsatsi a 10 a

setlamo a khwarantine kapa a boikgethollo.

- Bao ba bileng le matshwao a mahareng kapa a mpehadi mme ba kena tlasa tekolo ya bongaka.

- Ba tswella ho ikamantsha le boitlhwekiso le ho sielana sebaka.

- Bahiri ba beha mosebetsi leihlo ho netefatsa hore ha ba kule hape.

- Ba rwala maske, ho tloha ka letsatsi la ho etsa diteko ho filha matsatsi a 21 bonyane.

Sepheho sa diteko tsa ka ha sena tshwaetso empa ke ntse ke ena le matshwao. Jwale ho etswa jwang?

Ho na le kgonahalo ya hore o fumane sephetho sa diteko se fosahetseng se senang tshwaetso. Hona ho bolela hore sephetho sa hao sa pele se ka tla se sena tshwaetso, empa ha mmamora sephetho sa tla se ena le tshwaetso. Haeba o ka tswella ho bontsha matshwao a COVID-19 ikopantshe le

mosebetsi wa tlhokomelo ya bophelo bo botle.

Jwale haeba ke ntse ke bontsha matshwao ka mora matsatsi a 10?

Ho tlwaelehile hore bakudi ba tswelle ho bontsha matshwao ka mora matsatsi a fetang 10.

Ho fola ka phethahalo ho ka nka dibeke tse mmalwa. Haeba o ntse o ena le matshwao, kopa keletso ho mosebetsi wa tlhokomelo ya bophelo bo botle.

Mabapi le tlhahisoleding e batsi ka COVID-19, etela websaete ya Institjhuti ya Naha ya Mahloko a Tshwaetsanang ho www.nicd.ac.za, websaete ya mahala ya COVID-19 ho coronavirus.datafree.co, letsetsa Mohala wa Dinako tsohle wa COVID-19 ho 0800 029 999 kapa romela molaetsa o reng 'Hi' ka WhatsApp ho 0600 12 3456.

Ho laola COVID-19: Lapeng le setsing se hlwahlweng

HO BOHLOKWAHLOKWA ho ikgetholla ho batho ba bang, ekaba lapeng kapa setsing sa boikgethollo sa mahala, haeba o ena le COVID-19.

Allison Cooper

Boholo ba Mafrika Borwa a nang le kwanahloko ya corona (COVID-19) ha ba kgone ho kena boikgethollong hobane matlo a bona a manyenyana haholo hore ba ka kgona ho phela le ho robala ka phaposing eo ba sa e kopanelang le motho e mong.

Mmuso o netefaditse hore ditsi tse hlwailweng tsa boikgethollo di a fumaneha ho batho ba nang le tshwaetsotso, le ditsi tse hlwailweng tsa khwarantini di a fumaneha ho batho ba ntseng ba emetse diphetho tsa bona tsa diteko.

Ditshebetso tse na bobedi ke tsa mahala.

Ho ya ka Ngaka Marlin McCay, ngaka e sebetsang mane Florida, West Rand, ntho ya pele eo o tlamehang ho e etsa ha o se o fumanwe o ena le COVID-19 ke ho fokotsa ho ata ha tshwaetsotso. "O batla ho tshireletsa ba lelapa la hao," o rialo. Ho etsa sena, o tla hloka ho ya boikgethollong – ekaba lapeng kapa setsing sa boikgethollo.

"Haeba o le boikgethollong hoo ho bolela hore o tlameha ho fumana karolo ya ntlo moo o tla bang mong mme o sa kopane le batho bohle ba lelapa.

Ha ho motho ya tlamehang ho atamela ho wena sebaka sa dimetara tse tharo. O tlameha ho ja o le mong; o sebedise dikgaba le dijana tsa hao o le mong; o sebedise phaphosi ya ho hlapela o le mong; haeba ho kgonahala; mme o netefatse hore ha o be le kamano le mang kapa mang ka lapeng.

"Ngaka ya hao kapa mohlokomedi wa hao wa sethatho o tlameha o thusa ka meriana e itseng ya bohlokwa



“Ho boela ho le bohlokwa ho fumana phomolo le metsi a lekaneng kapa dino tse hlakileng ho netefatsa hore moroto wa hao o dula o hlakile.”

ho bebofatsa boholo ba matshwao, haholoholo dintho tse kang mmele o opang kapa mahlaba, hlooho le feberu.

Ho boela ho ena le divithamini tse hantle tseo o ka di sebedisang ho dula o phetse hantle," o rialo.

Ho boela ho le bohlokwa ho fumana phomolo le metsi a lekaneng kapa dino tse hlakileng ho netefatsa hore moroto wa hao o dula o hlakile. Boholo ba batho ba nang le bohloko bo mahareng ba tla ikutlwa ba eba beterenyana ka mora beke eo ba bontshitseng matshwao a bona a pele, empa ho bohlokwa ho beha leihlo matshwao a hao ka hloko.

Haeba o ka ba le matshwao

a tshohanyetso, jwalo ka ho sokola ho hema, mahlaba a ka sefubeng kapa kगतello ka sefubeng e sa feleng, wa kgohlela madi, wa ikutlwa o ferekane, mme o dula o robetse haholo kapa o ba le melomo kapa sefahleho se bolou o tlameha ho letsetsa ambolense kapa o ye sepetele hanghang.

Ditsi tsa Kwaranteni

Ho ba sa kgoneng ho ikgetholla ho bao ba dulang le bona ka tlung, mmuso o thehile ditsi tsa kwaranteni tsa mahala hohle naheng ho o tshireletsa le baratuwa ba hao.

Mmuso wa profensi ya Kapa Bophirima o phatlalala

ditse tse ding tsa ditshwaelo tsa bakudi ba tswang ditsing tsa boikgethollo.

Marie Jantjies ya tswang Witzenberg o nkile qeto ya ho latela keletso ya basebetsi ba tlhokomelo ya bophelo bo botle ya hore a ye setsing sa boikgethollo hobane o dula le mme wa hae ya nang le dilemo tse 97 le bana ba hae mme o ne a batla ho ba tshireletsa.

"Ke ne ke tshwarwe hantle haholo. Dijo di ne di le monate – le ho feta tsa hae. Ke ile ka elellwa hore ke tlameha ho dula ke na le tshepo. Ke ne ke ngongorohile, empa ke ile ka rapele mme ka leka ho phuthuloha," o rialo.

"Tulo eo e ka pholosa maphelo! E itlhomme pele," ho rialo John Arnoldus, ya phekotsweng COVID-19 setsing sa boikgethollo se Drakenstein. "E mong wa metswalle ya ka o ne a le boikgethollong hae mme o ile a sokola ho iphodisa ka bo yena. Ke ile ka mo jwetsa hore a ikopantshe le batho ba ileng ba ntlhokomela – ke ona mokgwa wa ho ba betere

oo. Tshehetso ya basebetsi ba bongaka le mookamedi wa moo – ke yona e tla o phahamisisa," o rialo.

Maqalong Arnoldus o ne a qeaqea ka ho ya setsing sa boikgethollo ka lebaka la mohopolo o fosahetseng wa hore ha o ya setsing ka o kula o tlo kula le ho feta mme o shwe. "Ke ne ke lebeletse tse mpehadi, empa ke ile ka amohelwa hantle haholo. Ke ba rolela kgaebane basebetsi ba moo! Ba ile ba ntlhalosetsa hore ka ha ke se ntse ke ena le COVID-19, ha ho motho ya setsing ya ka nkudisang," o rialo.

O ka lebella eng ho tswa setsing sa khwaranteni?

Ho ya ka Mmuso wa profensi ya Kapa Bophirima, ditlhoko tsohle tsa hao di a hlokomelwa. O tla fumantshwa dijo ho ya ka tlwaelo, ho behwa leihlo ke basebetsi ba tlhokomelo ya bophelo bo botle, ditshebetso tsa ho hlatswetswa dipahlo, kgothatso le boimamelo ha o ntse o fola le sepalangwang sa mahala ho ya le ho kgutla setsing.

Haeba o sa kgone ho ikgetholla, letsetsa Mohala wa Naha wa ka Nako Tsohle wa Kokwanahloko ya Corona ho 0800 029 999 mabapi le tlhahisoleseding ka setsi sa boikgethollo kapa khwaranteni.