

Vuk'uzenzele



Produced by: Government Communication & Information System (GCIS)

English/Siswati

August 2020 Edition 2

Bomb-buster's explosive career

Page 8

STAY SAFE

PROTECT SOUTH AFRICA

TOGETHER WE CAN BEAT CORONAVIRUS



Back to work after Covid-19 a full guide

Page 4

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

Cont. page 2



To read Vuk'uzenzele download the GOVAPP on:



Search for SA Government on Google playstore or appstore

CONTACT US



Vuk'uzenzele



@VukuzenzeleNews

Website: www.gcis.gov.za

Email: vukuzenzele@gcis.gov.za

www.vukuzenzele.gov.za

Tel: (+27) 12 473 0353

Tshedimosetso House:

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

FREE COPY NOT FOR SALE



Kubungata bomake ngekubafaka kutemnotfo

Ngenyanga yeNgc iNingizimu Afrika igubha Inyanga ya-Bomake. Lesikhatsi sekugubha lusuku lwekukhumbula nga-1956 ngesikhatsi bomake laba-20 000 bashuca baya e-Union Buildings – sicuku lesikhulu sabomake lebesikhuluma tilwimi letinengi, labavela etindzaweni letahlukene futsi bato tonkhe tinhlanga. Bebabumbene bayintfo yinye kuloko bebakufuna kutsi kupheliswe imitsetfo lemibi yemapasi kanye nelungelo labo lekuphila ngenkululeko.

Simo sabomake kanye nesikhundla sabo lapha eNingizimu Afrika lamuhla sesigucuke kakhulu kunaleso bomake betfu kanye nabogogo betfu labebabukene naso nga-1956. Sesihambe libanga lelidze ekwenteni iNingizimu Afrika lengahlukanisi sive ngebuhlanga, ngebulili, yentsandvo yelinyenti, lephumelelako futsi nalekhululekile.

Sekubekhona inchubekelembili sibili ekutfufukiseni timphilo tabomake baseNingizimu Afrika kutemnotfo, kumkhakha wetepolitiki kanye nemphilo yabo emmangweni.

Ngalokufananako, siyati kutsi kusasekunengi kakhulu lesingachubeka sikwente. Bomake solo basabukene nekubandlululwa, kugcagcalatiswa nebudlova, futsi ngibo labatsintfwa kakhulu buphuya.

Nangabe sitawufezekisa ngelinciniso setsembiso seMtsetfosisekelo wetfu, kufanele kutsi silungise kukhishelwa ngephandle kutemnotfo kanye nakutetimali kwabomake lokuyintfo leyenta bomake kutsi bahlaseleke lula nabahlukunyetwa kanye nebudlova.

Sesijoyine umkhankhaso loyinchophamlandvo losichumanisa nemitamo yemhlaba wonkhe yekufezekisa kulingana ngebulili nga-2030. Kulingana Kwesitukulwane luhlelo lolunekulangatelela

kwenta lokukhulu futsi loluguculako lwekucedza kubandlululwa kanye nebudlova lobucondziswe kubomake kanye nekutimbandzakanya kwabo ngalokulinganako kutepolitiki, kutenhlalo nasemphilweni yetemnotfo.

Njengenceny yalomkhankhaso, sijoyine 'Imifelandzawonye' lemibili, yinye yebulungiswa kutemnotfo nemalungelo kanye lenye ngulemelene nebudlova lobucondziswe kubomake. Totimbili letingcikitsi timcoka vele kuluhlelo lwetfu lwavelonkhe.

Tinyanga leti-11 kusukela Lisu Lekwenta Kuphendvula Simo Lesiphutfumako lekulwa nebudlova lobeyamene nebulili kanye nekubulawa kwabomake lafezekiswa sesibe nenchubekelembili ekungeteni kusekela nekunakekela labo labahlukumetekile, futsi kunenchubekelembili leseiyentiwe ekuguculeni temtsetfo kutsi bavikeleke kakhulu.

Ngesikhatsi senyanga yeNgc, sicala ngekuzezekisa Lisu Lavelonkhe Lesibuciko lekulwa nebudlova lobeyamene nebulili kanye nekubulawa kwabomake. Luhlangotsi lolumcoka kakhulu kulelisu lumayelana nekucinisekisa kufaka kakhulu bomake kutetimali. Loku kungenca yekutsi kungalingani ngekwetemnotfo kanye nekungalingani ngekwetehhlalo kuhlangene. Simo setemnotfo sabomake lapha eNingizimu Afrika sibenta kutsi bahlaseleke lula nabahlukunyetwa. Kufanele-ke kutsi senyuse kwesekela kwetfu bomake kute kutsi bakhone kutimela ngekwetetimali. Sesente tetsembiso letinyenti tekutinikela ngaphasi kweluhlelo lweKulingana Kwesitukulwane letitawuphumelela ngekusebentisa Lisu Lavelonkhe Lelisubuciko.

Kwekucala, sitawuchuba kufakwa kwabomake kutemnotfo ngekutsenga kwahulumende kwenta loko. Sesibeke umgomo wekucinisekisa kutsi lokungenani

emaphesenta lange-40 etimphahla kanye netinsita letisengwa tikhungo tahlumende kumabhizinisi banikati bawo kubomake.

Kwesibili, sitakwenyusa kwesekelwa kwema-SMME laphetfwe bomake kanye nabomake labasabenta emkhakheni longakahleleki nome labo labangasebenti. Loku kutawufaka ekhatsi kuhlanganyela nemkhakha wetetimali kute yenta kutsi tinsita tetetimali tifyenyele kubomake futsi tingabiti.

Kwesitsatfu, sifuna kucinisekisa kutsi bomake labanengi bayakhona kufinyelela kutfolo timphahla letikhicitako njengemhlaba. Kubalulekile kutsi bomake kuba ngibo labazuzako eluhlelweni lolusheshako lwekugucula temhlaba. Kubaluleke kakhulu kutsi kuletigidzi letinge-R75 tekuhhamula te-COVID-19 letibekelwe eceleni tekulima, emavawusha emaphesenti lange-53 ebazuzi kufanele kutsi kube bomake basetindzaweni tasemaphandleni. Kufanele kutsi sicinisekise kutsi balimi lababomake labalimela kutondla kanye nebalimi labancane bayachubeka kutfolo kwesekelwa ngisho ngemuva kwalolubhubhane selwendlulile.

Kwesine, sifuna kucinisekisa kutsi bomake bayavikeleka ebudloveni lobeyame ebulilini etindzaweni tekusebenta. Ngaleyo ndlela, sitawube sisebenta ezingeni lavelonkhe kanye neletigidzi ekuzezekiseni sivumelwane soMhlangano weNhlango Yetisebenti Yemhlaba Wonkhe mayelana neBudlova neKugcagcalatiswa eTindzaweni Tekusebenta.

Kutsiwa inkhululeko ayinikwa kodvwa iyatsatfwa.

Kukhululwa kwabomake kungaba ngemagama nje lasephepheni nangabe akuhambisani nekutinikela kwayo yonkhe imikhakha yemmango.

Njengaloku silungiselela kwakha kabusha umnotfo wetfu eku-bhedvukeni kwalolubhubhane

lweligciwane le-corona, sishito kutsi ngeke simane nje sibuyele emuva lapho besikhona ngembi- kwekubhedvuka kwaleligciwane. Kufanele kutsi sakhe umnotfo lowehlukile mbamba, emkhatsini waletinye tintfo, lotawutfufukisa ngalokuphatsekako simo sekuba nemphahla kwabomake.

Loku kusho kutsi lutjalotimali lwetfu kusakhiwonchani lufanele kutsi lungasekeli kuphela imboni yenzawo kodvwa emabhizinisi laphetfwe bomake. Lufanele kutsi ludale ngenhloso ematfuba ekucashwa kwabomake kuto tonkhe tigaba tekuhlela, kusitwa ngetimali, kwakha kanye nekucina esimeni lesisebentako sakhiwonchani. Ngaleto tinyatselo letifananako, njengaloku senyusa kwesekelwa kwetinhlelo tahlumende tekucasha, kufanele kutsi sicinisekise kutsi bantfu labasha besifazane ikakhulu bayakhetfwa kutsi batimbandzakanye. Kwengeta kumalingena, letinhlelo titawubanika litfuba lekutfolo lamanye emakhono kanye nesipiliyoni lesidzingekeko sekungena kutemnotfo letibanti.

Nanome kusibopho sahlumende kunika bomake ematfuba etemnotfo kanye nekudala luhlakamsebenti lolukhona kuchubele embili kulingana ngebulili, wonkhe umuntfu emmangweni kudzingeke kutsi adlale indzima yakhe.

Emabhizinisi kufanele kutsi asekele emabhizinisi laphetfwe bomake ngekutsi atsenge timphahla netinsita tawo. Kufanele kutsi acashe bomake labanengi futsi acashe kakhulu bomake etikhundleni tekulawula.

Loku yintfo lebalulekile lebonakalako kutsi lirekhodi lemkhakha lotimele lelimayelana nekumeleleka kwebulili esigabeni sekulawula kusasilele emuva kunemkhakha wahulumende. Lena yindzaba lokukhulunywa ngayo njalo ngekuphindzelela ekuhlanganeni kwami netinhlangano temabhi-

zini letinengi tabomake. Ngesinyatselo lesilinganako, kufanele kutsi sikucedze kungalingani ngebulili emiholweni yemadvodza nabomake, sisebentise umtsetfomgomo lotsi umholo lolinganako wemsebenti lolinganako locuketfwe Mtsetfo Wekulingana Emsebentini.

Bomake kufanele kutsi bavike-lwe kutsi bangagcagcalatwa futsi bangabandlululwa etindzaweni tekusebenta. Kusemahlombe alabanetekutfutsa, baphatsi bemanuyvesi, imitimba lephetse tikolo kanye netinhlangano tetenkholo kutsi tidale kutsi kube netimo tekutsi bomake nemantfombatana bakhone kuhamba, kufundza kanye nekukhonta ngekuphepha.

Kufanele kutsi sichubekele embili ngemitamo yetfu yekucedza umcondvo wekudzelela bomake, umcondvo wekubukela phasi bulili kanye nemcondvo wekutsi labadvuna bancono. Nguletindlela tekutsatsa tintfo letibanga kutsi kube nekucindzeteleka kwabomake.

Kukitsi sonkhe – emadvodza nabomake – kucinisekisa lizingagugu lamake, sikhundla kanye nemibono yabo kutsi ayisingaphasi kweyendvodza. Kukitsi njengebatali kanye nabomkhulu nabogogo kutsi siphatsa futsi sikhulise emadvodzana kanye nemadvodzakati etfu ngendlela lefananako.

Kukitsi njengemadvodza kutsi singabuvumeli futsi sikhulume simelane nebudlova lobeyame ebulilini nangabe sibubona, ngisho nome ngabe bucondziswe kubangan betfu, kubobabe nome kubomnaketfu.

Asibeni situkulwane lesicedza kucindzetalwa kwabomake kwato tonkhe tinhlobo, esikhatsini sekuphila kwetfu. Situkulwane lesinesibindzi sanga-1956 sashucela egameni letfu sonkhe. Sinjenjenje lamuhla ngenca yabo, kusemahlombe etfu, nasesitukulwaneni lesitako kutsi sigcine lomshiyandvuku wabo lohlonipheke kangaka.

TAKAMUVA NGE-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.

Kubuyela emsebentini emva kwekwelulama ekuphatfweni yi-COVID-19

Allison Cooper

Ungabuyela nini emuva emsebentini emva kwekwelulama ukhandzakale kutsi uneligciwane le-corona (i-COVID-19)? Sikhungo saVelonkhe seTiffo leTitsatselanako sinetimphevdvulo lotidzingako.

Nangabe ngihlole ngakhandzakala kutsi ngine-COVID-19, kufanele kutsi ngihlale sikhatsi lesingakanani ngedvwa?

Bantfu labahlolwe bakhandzakala kutsi bane-COVID-19, kodvwa bete timphawu, kufanele kutsi bahlale bodvwa ekhaya nome kusisetjentiswa sahlukahlukane sekuhlala wedvwa tinsuku le-10, kusukela ngelilanga timphawu tabo tacala kubonakala.

Labo labanetimpawu letimbi kakhulu talesifo, kufanele kutsi baye esibhedlela, kufanele kutsi bahlale babodvwa tinsuku le-10, kusukela lapho nasebasimeme futsi bangawudzingi umoyamphilo.

Bantfu labane-COVID-19 bangasendlulisa njani lesifo kulabanye?

Ngekusho kweNdvuna Yetemphilo Zweli Mkhize, bantfu labanyenti labanekutseleleka ngalesifo lokuncane bangalibhebhethsekisa leligciwane emkhatsini wetinsuku letisikhombisa kanye nale-12. Nanome kunjalo, bantfu labagula kakhulu bangabanga kutsatselane kwalesifo futsi bangakhona kule-

ndlulisa kulabanye sikhatsi lesidze. **Ngabe kufanele kutsi ngente lolunye luhlolo lwe-COVID-19, kufakazela kutsi ngite leligciwane, ngembikwekutsi ngibuyele emsebentini?**

Cha. Kuhlola bantfu futsi lababe nekugula lokuncane futsi lasebaluleme akukhutsatwa kutsi kwentiwe.

Umuntfu utsatseka ngekutsi uphephile kubuyela emsebentini kanye nekubuya ekuhlaleni yedvwa nangabe sebethe lufu labangatselana ngalo. Loku kusho kutsi babe netimpawu tekucala ngetulu ngetinsuku le-10 letengca futsi abazange sebabe nanome ngutiphi timphawu lokungenani tinsuku letintsatfu.

Esikhatsini lesinyenti, tisebenti tingabuyela emsebentini ngaphandle kwekutsi tihlolwe futsi nangabe:

- Setiphofule tinsuku le-10 leti-

gunyatiwe tekuhlala babodvwa ngenca yesifo nome yekutihlalela bodvwa.

- Labo labanetimpawu letisekhatsi nekhatso nome letimbi kakhulu labahlolwe ngekwekwelashwa.
- Bayachubeka ngekuhlanteka kwabo kanye nekuchela kulabanye bantfu.
- Umcashi ucaphela tisebenti kucinisekisa kutsi atibuyeli emva.
- Tifaka sifonyo, kusukela nge-lusuku lwekucilongwa lokungenani tinsuku letinge-21.

Ngihlole ngakhandzakala kutsi ngite ligciwane kodvwa solomane ngisanetimpawu. Sekufanele kutsi kwentekeni-ke nyalo?

Kuyenteka kutsi utfole imiphumela yeluhlolo lengasilo liciniso. Loku kungasho kutsi luhlolo lwakho lwekucala belungasho kutsi uneligciwane, kodvwa ungahlolwa ukhandzakale kutsi unalo emva kwesikhatsi. Nangabe solo uchubeka ukhombisa kuba netimpawu te-COVID-19 tsintsa ingcweti yakho

lenakekela ngetemphilo.

Kwentekani nangabe solo ngisakhombisa kuba netimpawu emva kwetinsuku le-10?

Kuvamisile kutsi tigulane tichubeke tibe netimpawu tinsuku letingetulu kwale-10. Kwelulama lokuphelele kungatsatsa emaviki lamanengi. Nangabe solo usakhombisa kuba netimpawu, funa selulelo sengcweti lenakekela ngetemphilo.

Kute utfole lwatso lolwengetiwe lolumayelana ne-COVID-19, vakashela iwebhusayithi yeSikhungo saVelonkhe seTifo leTitsatselanako ku: www.nicd.ac.za, iwebhusayithi yamahhala ye-COVID-19 ku: coronavirus.datafree.co, shayela Inombolo Yelucingo lwe-COVID-19 ku: 0800 029 999 nome utfumele i-WhatsApp ku: 0600 12 3456

Kulawula i-COVID-19: Ekhaya kanye nakusisetjentiswa lesincunyiwe

KUBALULEKE kakhulu kutsi wehlukane nalabanye, kungaba kusekhaya nome kusisetjentiswa longahlala kuso wedvwa, nangabe uhlolwe wakhandzakala kutsi uneligciwane le-COVID-19.

Allison Cooper

Bantfu labanengi baseNingizimu Afrika labahlolwe bakhandzakala kutsi baneligciwane le-corona (i-COVID-19) abakhoni kuhlala bodvwa ngobe emakhaya abo mancane kakhulu kutsi bangakhona kuhlala nekulala ekamelweni langalali kanye nalomunye kulo.

Hulumende wente siciniseko sekutsi kube netisetjentiswa letincunyelwe kuhlala wedvwa nangabe uhlolwe wakhandzakala uneligciwane le-corona, kanye futsi netisetjentiswa letincunyelwe kuvalela bantfu ngenca yesifo labo labasalindze imiphumelela yeluhlolo lwabo. Totimbili letinsita titfolakala mahhala.

Ngekusho kwaDkt. Marlin McCay, longudokotelamvama lolapha eFlorida eNshonalanga Rand, intfo yekucala lekumele kutsi uyente nangabe uhlolwe wakhandzalaka kutsi unaleligciwane le-COVID-19 kutsi ukhawule kubhehbetseka kwalolufu. "Ufuna kuvikela umndeni wakho," kusho yena. Kute wente loko, kudzingeka kutsi uhlale wedvwa – kungaba kusekhaya nome kube kusisetjentiswa sekuhlala wedvwa.

"Nangabe uhleli wedvwa kusho kutsi kufanele kutsi utfole incenye yendlu lapho ungeke utsintsane khona sanhlobo nemalunga onkhe emndeni. Kufanele kutsi kubete umuntfu losondzela kuwe libanga lemamitha lamatsatfu. Kufanele kutsi udlwe wedvwa, usebentise titja takho tekudla; usebentise likamelo lakho wedvwa lekugezela, nangabe kwenteka, futsi ungatsintsani ngisho namunye wemalunga emndeni.

"Dokotela wakho nome umnakekeli wakho ku-



“Kubalulekile futsi kutsi utfole kuphumula lokwanele futsi unatse emanti lanele nome lokusamanti kute wente siciniseko sekutsi umchamo wakho uhlala njalo unembala losamanti.”

fanele kutsi akusite ngemitsi lesisekelo kute wehlise timphawu letinkhulu, ikakhulu njengebuhlungu bemtimba, buhlungu benhloko nemfiva. Kunemavithamini futsi lalungile longawasebentisa kute uhlale uphilile,” kusho yena njalo.

Kubalulekile futsi kutsi utfole kuphumula lokwanele futsi unatse emanti lanele nome lokusamanti kute wente siciniseko sekutsi umchamo wakho uhlala njalo unembala losamanti. Linyenti lebantfu lelinetifo letingasimatima batawucala kutiva sebancono ngesikhatsi lesingaba liviki emva kwetimpawu tekucala, kodvwa kubalulekile kutsi ucapehele timphawu takho ngekucopehelela.

Nangabe ukhombisa ti-

mphawu letiphutfumako tesecwayiso, njengekubanenkinga yekuphefumula, buhlungu esifubeni nome kucinzeteleka esifubeni lokungapheli, kukhwehlela ingati, kusangana, kuphelelwa butfongo lokukhulu, tindzebe temlomo letiluhlata nome buso lobuhlata kufanele kutsi ubite i-ambulensi nome uye esibhedlela ngekushesha.

Tisetjentiswa tekuhlaliswa wedvwa ngenca yesifo

Labo labangakhoni kuhlala bodvwa bahlukane nemalunga emndeni labahlala nawo ekhaya, hulumende ubeke tisetjentiswa tamahhala tekuhlala wedvwa ngenca yesifo eveni lonkhe kute kutsi ugcineke uphephile wena

kanye nalobatsandzako.

Hulumende waseNshonalanga Kapa ushicilele kuphawula lokushiwo tigulane mayelana netisetjentiswa tawo tekuhlalisa bantfu ngabodvwanana.

Marie Jantjies waseWitzenberg wancuma kulandzela seluleko sebanakekeli betemphilo ngekutsi aye kusisetjentiswa sekuhlala ngawedvwanana ngobe make wakhe loneminyaka lenge-97 uhlala naye kanye nebantfwabakhe ngako-ke bekafuna kubavikela. “Ngaphatfwa kahle kakhulu. Kudla bekumnandzi – bekumnandzi kakhulu futsi kwengca kudla kwasekhaya. Ngabona kutsi kufanele nje kutsi ngihlale nginelitsemba. Bengikhatsatekile, kodvwa ngathandaza futsi ngalinga kutsi ngikhululeke,” kwasho yena njalo.

“Leyo ndzawo ingasindzisa timphilo! Iyindzawo lencono kakhulu sibili,” kwasho John Arnoldus, loluleme emva kwekutfolwa ane-COVID-19 losenzaweni yekuhlala uwedvwa lelapha eDrakenstein. “Munye webangani bekahleli yedvwa ekhaya ngenca yesifo wadvonsa kamatima kutsi alulame

ngekwakhe. Ngamtjela kutsi atsintse bantfu labamnakekela – ngiyo indlela yekuba ncono leyo. Kwesekelwa tisebenti tetemphilo kanye nemlawuli walapho – ngiko lokukwenta kutsi ukhone kululama,” kwasho yena.

Arnoldus kwekucala bekanngatsita kutsi aye kulesisetjentiswa sekuhlala ngawedvwanana ngenca yembono longasilo liciniso lotsi ungaya endzaweni lenjalo utawugula kakhulu futsi ushone. “Bengilindzele lokubi kakhulu, kodvwa ngemukelwa kahle kakhulu. Ngitetfulela sigcoko letisebenti! Tangichazela kutsi njengaloku ngine-COVID-19, kute namunye kulesisetjentiswa lotangenta kutsi ngigule,” kwasho yena.

Yini longakulindzela kusisetjentiswa sekuhlala wedvwa ngenca yesifo?

Ngekusho kwahulumende waseNshonalanga Kapa, tonkhe tidzingo takho tiyanakekelwa. Utawutfola kudla njalo, kucachelwa kwetemphilo lokwentiwa sisebenti setemphilo, kusitwa ngekuwashwa kwetambatfo, kudvudvutwa kanye nekuthula ngesikhatsi welulama kanye nekubuyisa kuleso sisetjentiswa.

Nangabe ungakhoni kuhlala wedvwa, shayela lucingo Lucingo lwaVelonkhe lweLigciwane le-Corona ku: 0800 029 999 kute utfole lwatiso lolubanti lolumayelana nesisetjentiswa sekuhlala wedvwa lesisedvute nawe nome sisetjentiswa sekuhlala wedvwa ngenca yesifo.