

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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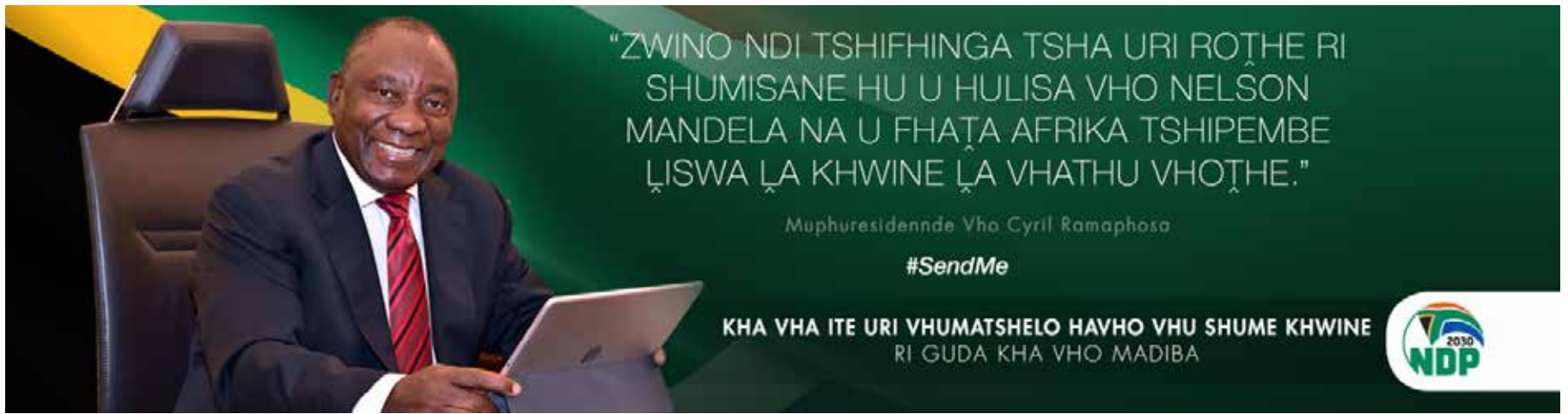
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U pembelela vhafumakadzi nga u vha dzhenisa kha zwa ikonomi

Nga Thangule Afrika Tshipembe li pembelela Nwedzi wa Vhafumakadzi. Mushumo uyu u sumba tshiga tsha anivesari ya quvha le nga 1956 vhafumakadzi vha 20,000 vha gwalaba vha ya *Union Buildings* – gogo la vha tshifumakadzini vha ambaho nyambo dzo fhambanaho, vha bvaho fhethu ho fhambanaho na vha mirafho yothe. Vho vhubana kha migwalabo yavho ya u lwela uri hu fheliswe milayo i thivhelaho mbofholowo ya u tshimbila kha vharema na pfanelo dzavho dza u tshila vho vhofoholowa.

Maimo na vhuimo ha vhafumakadzi Afrika Tshipembe namusi zwo fhambana vhukuma na zwo zwa tangana na vhomme na vhomakhulu washu nga 1956. Ri bva kule u swikela Afrika Tshipembe li si na khethano nga lukanda, mbeu, la dimokirasi, li bvelelaho nahone lo vhofoholowaho.

Ho vha na mvelaphanqa yavhudi kha u khwinisa matshilo a vhafumakadzi vha Afrika Tshipembe kha sia la ikonomi, pojotiki na kha matshilo a vhatu.

Kha tshifhinga tshenetshi tshithi, ri a zwi qivha zwauri hu na zwinzhi hafhu zwine ra khou tea u zwi ita. Vhafumakadzi vha kha qi tangana na zwa khethululo, u vhaiswa na dzikhakhathi, vha hwala mutsiko muhulu wa vhushai.

Arali ri tshi khou toga u wedza nga ngoho pfulufhedziso dza Ndayotewa yashu ri tea u lingedza nga maanga u sedzana na zwa u sa dzheniswa kha zwa masheleni na kha zwa ikonomi zwine zwa ita uri vhafumakadzi vha qiwane vha songo tsireledzea kha dzikhakhathi na u tambudzwa.

Ro dzhena kha fulo jihulwane la vhutumbuli line la ri tumanya na ndingedzo dza jifhasi dza u swikela ndinganyiso ya mbeu nga 2030. Ndinganyiso ya Murafho ndi mafhungo a sumbaho tshanduko

na thuthuwedzo u itela u fhelisa khethululo na dzikhakhathi zwi itelwaho vhafumakadzi na u itela u shela mulenzhe nga ngila i lingana kha zwa pojotiki, matshiliso na na zwa ikonomi.

Sa tshipiga tsha fulo ili, ro dzhenela kha Thanganelano dza Ndivho nthi' mbili, inwe ndi ya pfanelo na vhumakanyi ha zwa ikonomi ngeno inwe i tshi lwisana na khakhathi dzo disendekaho nga mbeu. Vhuvhili ha thero idzi ndi dza ndeme kha mafhungo a lushaka lwashu riqe vhaqe.

Kha minwedzi ya fumithi u bva tshe Pulane ya Nyito i Sedzaho zwa Shishi ya u fhelisa khakhathi dzo disendekaho nga mbeu na u vhumakadzi vha vhatu vha tshifumakadzi ya thoma u shuma ro vha na mvelaphanqa ya u engedza thikhedzo na ndondolo kha vhaponyi, nahone mvelaphanqa i khou itwa kha mbuyedzedzo ya zwa mulayo u itela uri vha wane tsireledzo khulwane.

Kha nwedzi wa Thangule, ri thoma u shumisa Pulane ya Tshirathedzhi ya Lushaka u fhelisa khakhathi dzo disendekaho nga mbeu na zwa u vhumakadzi vha vhatu vha tshifumakadzini. Tshipiga tshihulwane tsha pulane iyi ndi u vbona uri hu vhe na u dzheniswa nga vhanzhi ha vhafumakadzi kha zwa masheleni. Izwi zwi khou itwa ngauri hu na vhumakadzi ha tshayinganyiso kha zwa ikonomi na kha zwa matshiliso. Tshiimo tsha ikonomi tsha vhafumakadzi Afrika Tshipembe tshi itisa uri vha vhe vha songo tsireledzea kha u tambudzwa. Zwo ralo ri tea u khwathisa thikhedzo kha vhafumakadzi u itela uri vha kone u ima nga vhone vhaqe kha zwa masheleni. Ro ita tshivhalo tsha vhuqikumedzeli kha zwa Ndinganyiso ya Murafho zwine zwa do sedzwa khazwo nga kha Pulane ya Tshirathedzhi ya Lushaka.

Tsha u thoma, ri khou ya u

tshimbidza zwa u dzhenisa vhafumakadzi kha zwa ikonomi nga kha zwirengwa nga muvhuso. Ro vhea tshipikwa tsha u vbona uri phesente dza heneffa kha 40 dza tshumelo na thundu dzi rengwaho nga zwiimiswa zwa muvhuso zwi waniwe kha mabindu a langwaho nga vhafumakadzi.

Tsha vuvhili, ri khou ya u engedza thikhedzo ya SMME dzi langwaho nga vhafumakadzi na kha vhafumakadzi vhanzhi vha shuma kha sekithara zwadzo kana vha sa shumi. Izwi zwi do katela u shumisana na sekithara dza zwa masheleni u itela tswikelo na khonadzeo ya tshumelo dza zwa masheleni kha vhafumakadzi.

Tsha vhuraru, ri toga uri vhafumakadzi vhanzhi vha kone u swikela vhubveledzisi vhu ngaho sa ha mavu. Ndi zwa ndeme zwauri vhafumakadzi ndi vhavhuelwa vha mbekanyamushumo dza mbuyedzedzo ya mavu dzi no khou bvelela. Ndi zwa ndeme zwauri kha R75 milioni ya ndiliso ya COVID-19 yo vhetshelwaho zwa vhumakadzi vha mahayani. Ri tea u vbona uri zwi tshidzaho vhafumakadzi na vhalimi zwavho zwi ise phanqa na u wana thikhedzo na musidwadze lo no fhira.

Tsha vhuqa, ri tea u vbona uri vhafumakadzi vho tsireledzea kha khakhathi dzo disendekaho nga mbeu mushumoni. Kha hezwi, ri do vha ri tshi khou shuma kha lushaka na kha dzingu u itela khwathisedzo ya Buthano la ILO ya Khakhathi na u Vhaiswa Mushumoni.

Zwo ambiwa uri mbofholowo a i sokou qa fhedzi i tou shumelwa.

Mbofholowo ya vhafumakadzi a i tou vha maipfi o tou nwalwaho fhedzi nga nnda ha musid tshi tshimbidzana na vhuqikumedzeli vhu bvaho kha sekithara dzothe dza lushaka.

Musi ri tshi khou lugisela u fhaa nga huswa ikonomi yashu nga murahu ha dwadze la tshitzhili tsha corona, ro amba uri a ri sokou humela he ra vha ri hone musid thaho ya vairasi i sa athu vha hone. Ri tea u fhaa ikonomi yo fhambanaho ya ndeme ine, kha zwothe, ya khwinisa nga maanga tshiimo tshi vbonalaho tsha vhafumakadzi.

Izwi zwi amba uri vhubindudzi hashu kha themamveledziso a vhu tei u tikedza fhedzi mveledziso ya ngowetshumo dzapo, zwi tea u ya na kha mabindu a langwaho nga vhafumakadzi. Zwi tea u sikela zwikhala zwa mushumo vhafumakadzi kha masia othe a vhumakadzi, netshedzo ya masheleni, vhumakadzi na u londola themamveledziso. Nga kha maga a fanaho, musid ri tshi engedza mbekanyamushumo dzashu dza mishumo ya tshishavha, ri tea u vbona uri vhafumakadzana nga maanga ndi vhone vha topolwaho sa vhashelamulenzhe. Ntha ha mbuelo, mbekanyamushumo hedzi dzi do vha netshedza zwikhala zwa u swikela vhuwe vhuveni na tshenzhemo zwi togeaho u itela u dzhena kha ikonomi khulwane.

Sa izwi hu vhuqifhinduleli ha muvhuso u netshedza zwikhala zwa ikonomi vhafumakadzi na u sika mutheo kwao u itela u tshimbidza zwa ndinganyiso ya mbeu, muwe na muwe kha vhadzulapo u tea u ita mushumo wawe.

Mabindu a tea u tikedza vhubindudzi vhu langwaho nga vhafumakadzi musid hu tshi rengwa thundu. Vha tea u thola vhafumakadzi vhanzhi na u vhea vhafumakadzi vhanzhi kha maimo a vhumakadzi.

Hezwi zwothe ndi zwa ndeme ho sedzwa zwauri rekhodo dza sekithara dza phuraivethe kha vhumakadzi vha mbeu kha masia a vhumakadzi dzi salela murahu kha dza sekithara ya nnyi na nnyi. Hezwi ndi mafhungo ane a ambiwa a tshi dovhoolwa kha

nyambedzani dze nda vha nadzo na tshivhalo tsha madzangano a mabindu a vhafumakadzi. Hu tshi shumiswa maga a edanaho, ri tea u fhelisa zwa u sa lingana ha mbeu musid hu tshi holelwa vhanza na vhafumakadzi, hu dzhielwe ntha maitete a miholo i edanaho kha mishumo i edanaho zwine zwa vha kha Mulayo wa Ndinganyiso ya Mushumoni.

Vhafumakadzi vha tea u tsireledzwa kha u vhaiswa na khethululo mishumoni. Zwi kha vhatshimbidzi vha vhuendedzi, vhalauli vha dziyunivesithi, khoro ndanguli ya zwikolo na madzangano a vhurereleli u ita nyimele dza uri vhafumakadzi na vhasidzana vha ende, vha gude na u rerela vho tsireledzea.

Ri tea u fungelela ra ya phanqa na ndingedzo dzashu dza u fhelisa vhumakadzi vhu itelwaho wa inwe mbeu, khethululo i itelwaho vhafumakadzi ho sedzwa mbeu, na u vhusiwa nga vhanza. Ndi maitete haya ane a itisa uri hu vhe na mutsiko u itelwaho vhafumakadzi.

Zwi kha riqe – rothe vhanza na vhafumakadzi – u khwathisedza uri ndeme, vhuimo na mihumbulo zwa vhafumakadzi a zwiho fhasi ha zwa vhanza. Zwi kha riqe sa vhabebi na vhomakhulu u fara na u alusa vharwa na vhananyana vhashu nga ngila i fanaho.

Zwi kha riqe vhanza u hana na u amba zwi khagala ri tshi hanedzana na khakhathi dzo disendekaho nga mbeu hothe hune ra zwi vbona, naho ri tshi nga hanedzana na khonani, vhothotsi, vharathu kana vhumakadzi vhashu.

Kha ri vhe murafho une kha tshifhinga tshashu ra fhelisa zwa u kandedzwa ha vhafumakadzi kha masia othe. Murafho wa muhaga wa 1956 wo gwalabela rothe. Ndi vhuqifhinduleli hashu u ita izwi ri tshi itela vhone, riqe na mirafho i qaho, ra sa fheqe ifa ili li thonifheaho.

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.

U humela mushumoni nga murahu ha musu wo fholo COVID-19

Vho Allison Cooper

Vha nga humela lini mushumoni arali vho itwa ndingo vha wanala vha na tshitzhili tsha corona (COVID-19)? Tshiimiswa tsha Lushaka tsha Malwadze a Phirela tshi na phindulo dzine vhone vha dzi foqa. Musi ndo itwa ndingo nda wana uri ndi na tshitzhili tsha COVID-19, ndi tea u dzula tshifhinga tshingafhani ndo dikhethela thungo?

Vhathu vhe vha itwa ndingo vha wanala vha na tshitzhili tsha COVID-19, fhedzi vha si vhe na tsumbadwadze, vha tea u dzula vho dikhethela thungo hayani kana kha tshifhinga tsha muvhuso tshi fhogomelaho vho kavhiwaho lwa maquvha a 10, u bva nga quvha je vha fanganedza mvelelo dzavho dza ndingo dza uri vha na tshitzhili tsha corona.

Avho vhane vha vha na tsumbadwadze dzi songo kalulaho vha tea u dzula vho dikhethela thungo hayani kana kha tshiimiswa tshi fhogomelaho vho kavhiwaho tsha muvhuso lwa maquvha a 10, u bva quvha je vha thoma u vha na tsumbadwadze.

Avho vha re na vhwadze ho kalulaho, vhane vha tea u ya sibadela, vha tea u dzula vho dikhethela thungo lwa maquvha a 10, u swika vha tshi vha khwine nahone vha sa tsha foqa gesedungi (okisidzheni). Muthu ane a vha na vhwadze ha COVID-19 u fhirisela hani vhwadze kha vhañwe?

U ya nga Minista wa Mutakalo Dokotela Vho Zweli Mkhize, vho sumbedza uri vhwadze vhanzhi vhane vha vha na vhwadze hu songo tou kalulaho vha nga phaqaaladza vairasi vhwadze ha maquvha a sumbe u swika kha a 12. Naho zwo ralo, vhathu vhane vha lwalesa vha na khonadzeo ya u pfukisela vairasi

kha vhañwe lwa tshifhinga tshilapfu. Ndi a tea u dovha nda itwa dziñwe ndingo dza COVID-19, u khwañhisedza uri a thi tshe na tshitzhili tsha corona, musu ndi sa athu humela mushumoni?

Hai. U dovha u ita ndingo kha vhwadze vhe vha sa tou lwalesa nga tshitzhili nahone vho fholo a zwi themdelwi.

Muthu u dzhiwa o lugela u vhwadze mushumoni na u bva kha zwa u khethelwa thungo arali hu si tshe na khonadzeo dza u pfukisela vhañwe. Izwi zwi amba uri vho vha na tsumbadwadze dzavho dza u thoma kha maquvha a 10 o fhiraho nahone vha sa athu dovha vha vha na tsumbadwadze dzifhio na dzifhio lwa maquvha a henefha kha mararu.

Fhethu hunzhi, vhwadze vha nga vhwadze mushumoni vha songo dovha vha itwa ndingo hafu arali:

- Vho khunyeledza maquvha a 10 a khombekhombe a khwaranthini

kana u dikhethela thungo.

- Avho vhe vha vha na tsumbadwadze dzi songo kalulaho kana dzo kalulaho vha itwa fhañhuvho ya zwa dzilafho.
- Vha isa phanga na maitele a tsiravhwadze nga vhone vhone na zwa u sia tshikhala vhwadze ha muthu na muñwe.
- Mutholi u vhea ito vhwadze u vhwadze uri a vha khou dovha vha lwa.
- Vha ambara masiki, u bva nga datumu ye vha wanwa uri vha na vhwadze lwa maquvha a henefha kha 21.

Ndo itwa ndingo nda wanala ndi na tshitzhili tsha corona fhedzi ndi kha gi vha na tsumbadwadze. Zwino ndi ite mini?

Zwi a konadzeo u wana mvelelo dza ndingo dza uri a vha na tshitzhili tsha corona fhedzi zwi si zwone. Izwi zwi amba zwauri ndingo dzavho dza u thoma dzi nga sumbedza uri a vha na tshitzhili, fhedzi vha nga itwa ndingo vha wana uri vho kavhiwa nga tshitzhili tsha corona nga murahu. Arali vha isa phanga na u vha

na tsumbadwadze dza COVID-19 kha vha kwamane na mushumi wa ndondolamutakalo o zwi gudelaho. Arali ndi tshi kha gi sumbedza tsumbadwadze maquvha a 10 o no fhiraho?

Zwo qowelea uri vhwadze vha ya isa phanga na u vha na tsumbadwadze lwa maquvha a fhiraho 10. U fholo lwa tshoñhe zwi nga dzhia vhege dzo vhalaho. Arali vha tshi kha gi vha na tsumbadwadze, kha vha wane ngeletshedzo dzi bvaho kha mushumi wa ndondolamutakalo o zwi gudelaho.

U wana mafhungo nga vhwadze nga ha COVID-19, kha vha dalele webusaithi ya Tshiimiswa tsha Lushaka tsha Malwadze a Phirela kha www.nicd.ac.za, webusaithi ya mahala ya COVID-19 kha coronavirus.datafree.co, kha vha founene nomboro ya Luñgingo thwii lwa COVID-19 kha 0800 029 999 kana vha rumele WhatsApp kha 0600 12 3456.

U langa COVID-19: Mahayani na kha tshiimiswa tsho kumedzelwaho u shumiswa

NDI ZWA ndeme nga maanda u dikhethela thungo kha vhanwe vhathu, hu nga vha hayani kana kha tshiimiswa tsha u thogomela thungo vha re na vhulwadze ha phirela, arali vho itwa ndingo vha wanala vha na vhulwadze ha COVID-19.

Allison Cooper

Vhathu vhanzhi vha Afrika Tshipembe vhe vha itwa ndingo vha wanala vha na tshitzhili tsha corona (COVID-19) a vha koni u dikhethela thungo ngauri nngu dzavho ndi thukhu kha uri muthu uyo a dzule na u edela kha lufhera lwawe e ethe a si na muñwe muthu.

Muvhuso wo khwañisedza uri zwiimiswa zwo kumedzelwaho u thogomela thungo vhathu vho kavhiwaho nga vhulwadze zwi hone u itela vhathu vhe vha itwa ndingo vha wanala vha na tshitzhili tsha corona, na zwiimiswa zwo kumedzelwaho u thogomela thungo vhathu vane vha nga vha vho kwamana na vhulwadze fhedzi vha sa zwi dīvhi (khwaranthini) u itela vhathu vane vha kha dī vha vho lindela mvelelo dzavho dza ndingo. Tshumelo idzo dzothe ndi mahala.

U ya nga Dokotela Vho Marlin McCay, dokotela ane a wanala Florida kha West Rand, vha ri tshithu tsha u thoma tshine muthu a tea u tshi ita musi o wana uri u na vhulwadze ha COVID-19 ndi u fhungudza u phadalala ha vhulwadze. Vho amba uri: "Vha toda u tsireledza muṭa wavho." U ita izwi, vha tea u dikhethela thungo – hu nga vha hayani kana kha tshiimiswa tsho kumedzelwaho u thogomela thungo vhathu vho kavhiwaho nga vhulwadze.

"Arali vha tshi khou dikhethela thungo zwi amba uri vha tea u wana fhethu nga ngomu nguni hune vha vha vho dībvisa tshothe kha muṭa wothe. Hu songo vha na muthu ane a sendela tsini na vhone lwa vhukule hu siho fhasi ha



"Ndi zwa ndeme u awela lwo linganaho na u nwa maḍi o linganaho kana zwilūḍi zwavhuḍi u itela u vhona uri murundo wavho u dzule u na muvhala wavhuḍi."

mithara miraru . Vha tea u dīlisa vhone vane; vha shumise zwishumiswa zwa khishini na zwa u jela zwavho vhe vhothe; kha vha shumise lufhera lwa u tumbela lwavho vhe vhothe, arali zwi tshi konadzea; vha vhone zwauri a hu na vhukwamani na muñwe muthu afho muṭani.

Vho amba uri: "Dokotela kana muñetshedzandondolo wavho u tea u vha thusa nga miñwe mishonga ya mutheo yo teaho u itela u fhungudza vhezhi ha tsumbadwadze, nga maanda zwithu zwi ngaho tshithavhi na vhuṭungu kha muvhili, thoho u rema na mufhiso. Hu na vithamini dzavhuḍi dzine muthu a nga dzi shumisa uri a dzule e na mutakalo.

Ndi zwa ndeme u awela lwo linganaho na u nwa maḍi o li-

nganaho kana zwilūḍi zwavhuḍi u itela u vhona uri murundo wavho u dzule u na muvhala wavhuḍi. Vhathu vhanzhi vane vha vha na vhulwadze vhu songo tou kalulaho vha do thoma u pfa vhe khwiñe kha tshifhinga tsha vhege ya tsumbadwadze dza u thoma, fhedzi ndi zwa ndeme u vhea iṭo tsumbadwadze dzavho nga vhuronwane.

Arali vha nga vha na zwiñwe zwiḡa zwa ngafhadzo zwa shishi, sa u konḡelwa u fema, vhuṭungu kha khana kana mutsiko kha khana zwine zwa sa ime, u hoṭola malofha, u sokou ḡaḡa, u eḡelesa kana u vha mudala tshifhaṭuwoni kana kha meme dza mulomo, vha tea u vhidza ambulentse kana vha ye sibatela nga u ṭavhanya.

Zwiimiswa zwa Khwaranthini

Kha avho vhane vha sa kone u dikhethela kule na vhathu vhane vha dzula navho, muvhuso wo dzudzanya zwiimiswa zwa khwaranthini u mona na shango u itela u tsireledza vhone na vhafunwa vhavho.

Muvhuso wa Kapa Vhukovhela zwenezwino wo anḡadza mañwe mahumbulwa a bvaho kha vhalwadze a ambaho nga zwiimiswa zwa muvhuso zwa u thogomela thungo vhathu vho kavhiwaho nga vhulwadze.

Vho Marie Jantjies vha bvaho Witzenberg vho humbula u tevhedza ngeletshedzo dza vhashumi vha nondolamutakalo vha kha tshiimiswa tsha u thogomela thungo vho kavhiwaho nga vhulwadze ngauri vha dzula na mme avho vha re na miñwaha ya 97 khathihi na vhana vhavho, vho vha tshi tshi khou toda u vha tsireledza. Vho amba uri: "Ndo farwa zwavhuḍi nga maanda. Zwiñwa zwo vha zwi zwavhuḍi – ndi zwavhuḍi u fhira na zwa hayani. Ndo humbula na zwauri ndi tea u dzula ndi na fulufhelo. Ndo vha ndi tshi khou vhlaila, fhedzi nda rabela nda lusa uri ndi awele."

"Hafhaḡa fhethu hu a phulusa matshilo! Ndi ha khwiñesa." Izwi zwo ambiwa nga Vho John Arnoldus, vhe vha fhola COVID-19 vhe kha tshiimiswa tsha u thogomela thungo vho kavhiwaho nga vhulwadze ngei

Drakenstein. Vho amba uri: "Muñwe wa khonani dzanga o vha e kha khwaranthini hayani hawe a tshi khou konḡelwa u fhola nga ethe. Nda mu vhudza uri a kwamane na vhathu vhe vha thogomela – ndi yone ndila ya u vha khwiñe. Thikhedzo ya vhashumi vha zwa dzilafho na vhalangi vha hone – zwi a u nea maanda."

Vho Arnoldus vho thoma vha tshi timatima u ya kha tshiimiswa tsha u thogomela thungo vho kavhiwaho nga vhulwadze nga mulandu wa kuhumbulele kwo khakheaho kwa uri arali wa ya fhethu ho raloho u do lwalesa wa fhedza wo lovha. Vho amba uri: "Ndo vha ndo lavhelela zwi si zwavhuḍi, fhedzi nda tnganedzwa zwavhuḍisa. Ndi a bvulela muñadzi vhashumi! Vho nṭalutshedza uri sa i zwi ndo no kavhiwa nga COVID-19, a hu na na muthihi wa fhethu afha ane a do ita uri ndi lwale."

Vha lavhelela mini kha tshiimiswa tsha khwaranthini?

U ya nga Muvhuso wa Kapa Vhukovhela, thodea dza vhone dzothe dzi a thogomelwa. Vha do wana zwiñwa zwa misi, u toṭlwa mutakalo wavho nga mushumi wa nondolamutakalo, tshumelo dza zwa u kuvha, khuthadzo na vhudziki musi vha tshi khou fhola na u endedzwa mahala musi vha tshi ya na musi u tshi bva kha tshiimiswa.

Arali vha sa koni u dikhethela thungo musi vho kavhiwa nga vhulwadze, kha vha founele Luṭingo thwii lwa tshitzhili tsha Corona lwa Lushaka kha 0800 029 999 u itela u wana mafhungo nga vhuḡalo nga ha zwiimiswa zwa u thogomela thungo vhathu vho kavhiwaho kana zwa khwaranthini zwa tsinisa.