

Vuk'uzenzele



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TOGETHER WE CAN BEAT CORONAVIRUS



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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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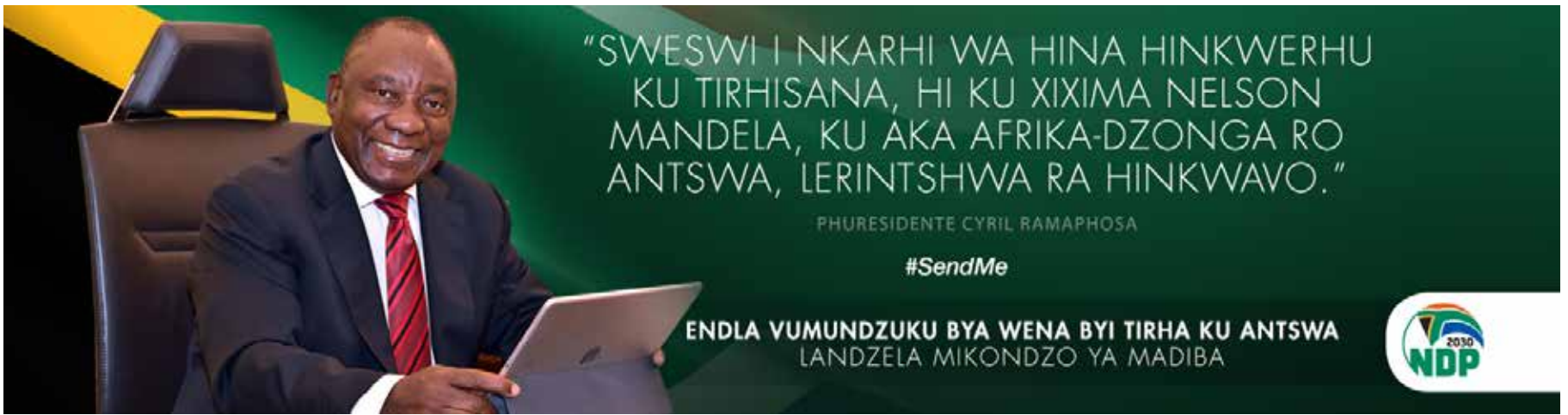
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Ku tlangela vavasati hi nkatso eka swa ikhonomi

Hi Mhawuri Afrika-Dzonga ri tlangela Nhweti ya Vavasati. Ntirho lowu wu komba siku leri fanaka ra 1956 loko 20,000 wa vavasati va macha ku ya eUnion Buildings – lwandle ra kahle ra vaxisati lava vulavulaka tindzimi to tala, ku suka eka tindhawu to hambana hambana na tinxaka hinkwato. A va khomanile eka swikoxo swa vona swa ku herisa milawu ya pasi na timfanelo ta vona to hanya va ntshuxekile.

Xiyimo xa vavasati eAfrika-Dzonga namuntlha xi hambanile swinene na lexi a xi langutane na vamanana na vakokwana wa hina hi 1956.

Hi suka ekule eka ku kumisisa Afrika-Dzonga leri nga yiki hi rixaka, rimbewu, ra xidimokirasi, ro hluvuka no ntshuxeka.

Ku vile na ku antswa eka ku antswisa vutomi bya vavasati va Afrika-Dzonga eka ikhonomi, eka xiphemu xa tipolotiki na le ka vutomi bya mani na mani.

Hi nkarhi wun'we, ha swi tiva leswaku kahari na ndlela yo leha leyi hi faneleke ku yi famba. Vavasati vaha langutane na xihlawuhlawu, nxaniso na madzolonga, na ku rhwala ndzhwalo lowukulu wa vusiwana.

Loko ho lava ku lemuka xitshembiso xa Vumbiwa ra hina hi fanele ku languta nkatso wa xiikhonomi na wa ximali leswi swi endlaka leswaku vavasati vava va nga hlayisekanga eka nxaniso na madzolonga.

Hi nghenerile khampheni leyi nga se tshamaku yi endlwa leyi yi hi hlanganisaka na kutinyiketela ka misava hinkwayo ku fikelela ku ringana ka rimbewu hi 2030. Ndzingano wa rixaka i ajenda leyi naveriwaka

no cinca ku herisa xihlawuhlawu na madzolonga eka vavasati na ku nghenelela loku ringanaka eka vutomi bya swa tipolotiki, xinakulobye na xiikhonomi.

Tanihi xiphemu xa khampheni leyi, hi nghenele 'Mihlanganelo ya Swendlo' yimbirhi, wun'we wa vululami bya ikhonomi na timfanelo na yin'wana ku lwisana na madzolonga ku ya hi rimbewu. Tithimi leti havumbirhi ti na nkoka eka ajenda ya hina ya tiko.

Khume-n'we wa tinhweti loko Kungu ra Ku Hlamula ra Xilamulelamhangu ku lwisana na madzolonga kuya hi rimbewu na kudlawa ka vavasati ri simekiwile hi endlile ku antswa eka ku andzisa nseketelo na nhlaysiso wa lava poneke, naswona ku antswa swi endlwa hi ku aka hi vuntshwa nawu ku va nyika nsirhelelo wa kahle swinene.

Hi n'hweti ya Mhawuri, hi sungula ku simeka Kungu ra Tiko ro lwisana na madzolonga yoya hi rimbewu na ku dlawa ka vavasati. Xa nkoka eka kungu leri i ku tiyisisa ku katsiwa ka vavasati eka swa timali. Leswi i mhaka ya leswaku kandzingano wa xiikhonomi na kandzingano wa vanhu swa fambisana. Xiyimo xa vavasati eka ikhonomi eAfrika-Dzonga swi va endla leswaku vava va nga hlayisekanga eka nxaniso.

Hi fanele ku tlakusa nseketelo wa hina eka vavasati ku endla leswaku va kota ku ti yimela hi swa timali. Hi tibohile eka Ndzingano wa Rixaka lowu nga ta nyikiwa matimba hi Kungu ra Tiko.

Xosungula, hi ta fambisa nkatso wa vavasati eka swa ikhonomi hi ku swikuma ka mani na mani. Hi vekile xikongomiwa xo tiyisisa leswaku kwalomu ka 40 wa tiphesente

wa nhundzu na vukorhokeri lebyi kumiwaka hi swiphemu swa mfumo swi huma eka mabindzu ya vavasati.

Xa vumbirhi, hi ta tlakusa nseketelo eka tiSMME ta vavasati na vavasati lava tirhaka eka xiphemu xo ka xi nga pasisiwanga kumbe lava nga tirheki.

Leswi swi ta katsa mburisano na xiphemu xa timali ku endla leswaku vukorhokeri byi fikeleleka eka vavasati.

Xa vunharhu, hi lava ku tiyisisa leswaku vavasati votala va kota ku fikelela ndhaka yo vuyerisa kufana na miasava. Swi na nkoka leswaku vavasati va va vavuyeriwa eka phurogireme ya endla antswiso wa misava. Swi na nkoka leswaku eka R75 timiliyoni ta mphalalo wa COVID-19 ti yisiwa eka tivhochara ta vurimi, 53 wa tiphesente wa vavuyeriwa kutava vavasati va matikoxikaya.

Hi fanele ku tiyisisa leswaku ku pfuniwa ka vavasati na van'wamapurasi lamantsongo va ya emahlweni va kuma nseketelo na loko ntungunkulu wu hundzile.

Xa vumue, hi lava ku tiyisisa leswaku vavasati va sirheleleke eka madzolonga yo ya hi rimbewu endhawini ya ntirho.

Hi ndlela leyi, hitava hi tirha eka xiyimo xa tiko na xa rhijini eka ku lulamisa Ntolovelo wa ILO wa madzolonga na nxaniso eka ndhawu ya ntirho.

Ku vuriwa leswaku ntshuxeko a wu nyikiwi, wo tekiwa.

Ku ntshuxa vavasati i marito ntsena eka phepha handle ka loko ma fambelanisiwa na kutinyiketela kusuka eka swiphemu hinkwaswo swa rixaka.

Tanihi loko haha lulamisela ku aka hi vuntshwa ikhonomi ya hina eka ku tumbuluka ka ntungunkulu wa khonavha-

yirasi, hi vurile leswaku a hi nga tlheleli ntsena laha hi ri kona khale kungasi va na xitsongwatsongwana. Hi fanele ku aka ikhonomi yo hambana leyi, exikarhi ka swin'wana, yi antswisaka swinene xiyimo xa vavasati eka switirhisiwa.

Leswi swi vula leswaku vuvukisi ba hina eka vumaki byi fanele ku seketela kungari nhluvukiso ntsena wa indhasitiri ya le hansi, kambe na mabindzu ya vavasati. Byi fanele ku humelerisa tindlela ta mintirho ya vavasati eka switeji hinkwaswo swa ku lulamisela, ku hakela, ku aka na ku hlayisa miako.

Hi tindlela leti fanaka, loko hi karhi hi tlakusa tiphurogireme ta mintirho, hi fanele ku tiyisisa leswaku vavasati lavantsongo hi ku kongoma va hlawuriwa tani hi vatekaxive. Ku tatisa eka muholo, tiphurogireme leti ti ta nyika tindlela to kuma vuswikoti na ntokoto lowu faneleke ku nghena eka ikhonomi.

Tanihi loko kuri vutihlamuleri bya mgumo ku nyika tindlela ta ikhonomi eka vavasati na ku endla rimba leri pfumelelaka ku antswisa ndzingano wa rimbewu, un'wana na un'wana eka rixaka u fanele ku tlanga xiphemu xa yena.

Mabindzu ma fanele ku seketela mabindzu ya vavasati ku kuma nhundzu na vukorhokeri. Va fanele ku thola vavasati votala naswona va thola vavasati eka swiyimo swa vurhangeri.

Leswi hinkwaswo swi na nko-ka loko hi languta rhekhodo ya xiphemu xoka xi ngari xa mfumo eka kuyimela rimbewu eka nkarhi wa le ndhaku wa levhele ya vurhangeri eka mfumo. Leyi i mhaka leyi yi tshamaka yi kha yi vuriwa eka mburisano leyi ni ngava na yona na minhlango no ya mabindzu ya vavasati yo

hlaya. Hi mpimo wo ringana, hi fanele ku herisa kandzingano wa rimbewu eka hakelo ya vavanuna na vavasati, na ku teketela enhlokweni nawu wa hakelo yo ringana ya ntirho wo ringana leswi nga eka Nawu wa Ndzingano wa Ntirho.

Vavasati va fanele ku sirheleriwa eka nxaniso na xihlawuhlawu eka ndhawu ya ntirho. Swi le ka vafambisi va swa vutleketli, valanguteri va tiyunivhesiti, vafambisi va swikolo na mihlangano ya vukhongeri ku endla swivandla swa leswaku vavasati na van'hwana va endza, va dyondza na ku khongela eka ndhawu yo hlayiseka.

Hi fanele ku rhangela hi matimba ya hina ku herisa ntshikelelo, ku hlawula kuya hi rimbewu na ku siyerisana ka vavanuna. I matikhomelo lama lama ma pfumelelaka ntshikelelo wa vavasati.

Swi le ka hina – vavanuna na vavasati – ku tiyisisa leswaku nkoka wa wansati, xiyimo na mavonelo a swi hambananga na swa wanuna. Swi le ka hina tanihi vatswari na vakokwana ku khoma no kurisa majaha na tintombhi ta hina ku fana.

Swi le ka hina tanihi vavanuna ku ala na ku vulavula ku lwisana na madzolonga ku ya hi rimbewu kwihi na kwihi laha hi swi vonaka, hambu loko kuri ku lwisana na vanghana va hina, vatatana va hina kumbe vaboti wa hina.

A hi veni rixaka leri herisaka ntshikelelo wa vavasati hi tinxaka ta tona hinkwato, enkarhini wa hina wa ku hannya. Rixaka ra xivindzi ra 1956 ri machele hina hinkwerhu. Hi kolota vona, hina na tinxaka ta mundzuku kuva hi nga xengi ndzhaka lowu wa kahle.

LESWINTSHWA HI KHORONAVHAYIRASI

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.

Ku tthelela entirhweni endhaku ka ku hola eka COVID-19

Allison Cooper

Xana u nga tthelela rini entirhweni loko u kamberiwile u kumeka u ri na khonravhayirasi (COVID-19)? *National Institute for Communicable Diseases* yi na tinhlamulo leti u ti dingaka.

Loko ndzi kamberiwile ndzi kumeka ndziri na COVID-19, xana ndzi fanele ku tshama nkarhi wo leha ku fika kwihi eka ndhawu yo khetela ethelo?

Vanhu lava va kamberiwaka va kumeka va ri na COVID-19, kambe vangari na swikombeto, va fanele ku tshama eka ndhawu yo khetela ethelo ekaya kumbe eka ndhawu yo khetela ethelo ya mfumo ku ringana 10 ra masiku, kusukela hi siku leri va kumaka mbuyelo wa vona wo komba leswaku va na vuvabyi.

Lava va nga na swikombeto swoka swi nga tikanga va fanele ku tshama eka ndhawu yo khetela ethelo ekaya kumbe eka ndhawu yo khetela ethelo ya mfumo kuringana 10 ra masiku, kusukela hi siku leri swikombeto swi sungulaka ha rona.

Lava va nga na vuvabyi byo tika, lava va faneleke ku ya exibedhlele, va fanele ku tshama eka ndhawu yo khetela ethelo kuringana 10 ra masiku, ku fika loko va antswa naswona va nga ha lavi moyatenga.

Xana munhu loyi a nga na COVID-19 a nga hundzisela vuvabyi njhani eka van'wana?

Kuya hi Holobye wa Rihanyo Zweli Mkhize, vanhu votala lava va nga na ntluleto wo ka wu nga tikanga va nga hangalasa xitsongwa-tsongwana ku ringana exikarhi ka nkombo ku ya eka 12 wa masiku.

Hambiswiritano, vanhu lava va

vabyaka ngopfu va nga tluleta na ku kota ku hundzisela xitsongwa-tsongwana eka van'wana ku ringana nkarhi wo leha.

Xana ndzi fanele ku kamberiwaka COVID-19 nakambe, ku komba leswaku a ndzi na yona, ndzi ngasi tthelela entirhweni?

E-e. Ku kambela nakambe vanhu lava va nga va na vuvabyi byoka byi nga tikanga naswona va horile a swi bumabumeriwi.

Munhu u voniwa a nga ri na khombo ku tthelela entirhweni na ku huma eka ku khetela ethelo loko va nga ha tluleti vuvabyi. Leswi swi vula leswaku va vile na swikombeto swo sungula eka masiku mo hundza 10 lama ma nga hundza naswona a va se va na swikombeto swihi kumbe swihi kuringana masiku manharhu.

Hi kanyingi, vatirhi va nga tthelela entirhweni va nga kamberiwanga

nakambe loko:

- Va hetile 10 ra masiku yo boha ya nhlambulo kumbe ku tikhetela ethelo.
- Lava va nga va na swikombeto swale henhla kumbe swo tika va va eka nkambisiso wa vutshunguri.
- Va ya emahlweni va endla vutibasisi na ku siya mpfhuka exikarhi ka vanhu.
- Muthori u landzelerisa mutirhi ku tiyisisa leswaku a nga ttheleli endhaku.
- Va ambala xipfalaxikandza, ku sukela eka siku va nga kuma leswaku va na vuvabyi ku ringana 21 wa masiku.

Ndzi kamberiwile ndzi kumeka ndzi ngari na vuvabyi kambe ndza hari na swikombeto. Ku humelela yini sweswi?

Swa humelela ku kuma mbuyelo woka wu ngari wona wo komba leswaku munhu u hava vuvabyi.

Leswi swi vula leswaku nkambelo wa wena wo sungula wu nga komba ku pfumala vuvabyi, kambe u nga kamberiwaka u kumeka u ri na

vuvabyi endhaku ka nkarhi. Loko u ya emahlweni u va na swikombeto swa COVID-19 tihlanganisi na muhlayisi wa rihanyo wa wena wa phurofexinali.

Loko ndzo va ndza ha komba swikombeto endhaku ka 10 ra masiku ke?

Swi tolovelekile kuva vuvabyi va ya emahlweni va va na swikombeto nkarhi wo leha ku hundza 10 ra masiku. Ku hola hi ku hetiseka swi nga teka mavhiki mo hlava.

Loko wa ha ri na swikombeto, lava switsu- ndzuxo kusuka eka muhlayisi wa wena wa rihanyo wa phurofexinali.

Ku kuma vuxokoxoko byo tala hi COVID-19, endzela webusayiti ya National Institute for Communicable Diseases' eka www.nicd.ac.za, webusayiti ya mahala ya COVID-19 eka coronavirus.datafree.co, foyinela nomboro ya xilamulela mhangu ya COVID-19 eka 0800 029 999 kumbe u rhumela WhatsApp eka 0600 12 3456

Ku lawula COVID-19: Ekaya na le ka ndhawu leyi nyikiweke

SWI NA NKOKA swinene ku tihambanyisa na van'wana, kungava ekaya kumbe eka ndhawu yo khetela etlhelohlo, loko u kamberiwile u kumeka u ri na COVID-19.

Allison Cooper

Ma Afrika-Dzonga votala lava kamberiwaka va kumeka va ri na khonravhayirasi (COVID-19) a va koti ku ti khetela etlhelohlo hikuva makaya ya vona i matsongo kuva va nga hanya no etlela eka kamara leri ri nga tirhisiweki hi munhu un'wana.

Mfumo wu tiyisisile leswaku tindhawu to khetela etlhelohlo ti kona ta vanhu lava va nga kamberiwaka va kumeka va ri na vuvabyi, na tindhawu ta nhlambulo tikona ta vanhu lava va nga yimela mbuyelo wo kamberiwaka. Vukorhokeri hivumbirhi i mahala.

Ku ya hi Dkd Marlin McCay, dokodela wo tshungula mavabyi mo ka ma nga tikanga loyi a kumekaka eFlorida eWest Rand, xo sungula lexi u faneleke ku xi endla loko u kamberiwile u kumeka u ri na COVID-19 i ku hunguta ku hangalaka ka ntluletavuvabyi.

“U lava ku sirhelela ndyangu wa wena,” a vula. Ku endla leswi, u fanele u tikhetelela etlhelohlo – kungava ekaya kumbe eka ndhawu yo khetela etlhelohlo.

“Loko u tikhetelela etlhelohlo swi vula leswaku u fanele u kuma xiphemu xa yindlu laha u nga hlanganiki na ndyangu hinkwawo. Kungavi na munhu loyi a tshunelaka eka timitara tinharhu eka wena. U fanele u dya u ri wexe; tirhisa swibye swa wena; tirhisa xindlwana xa wena, loko swi koteka; naswona tiyisisa leswaku aku na ku hlangana na munhu un'wana endyangwini.

“Dokodela wa wena kumbe muhlayisi wa wena u fanele ku ku pfuna hi yin'wana ya mirhi ku hunguta swikombeto swotala, ngopfu ngopfu swilo swo fana na switlhavi swa



“Switlhela swi va na nkoka ku wisa swinene na ku nwa mati mo ringanela kumbe swihalaki swo vonikela ku endlela leswaku mitsakamiso ya wena yi tshama yi ri na muhlovo wo vonikela.”

miri na swivavi, ku pandza ka nhloko na ku hisa miri. Ku na tivhitamini ta kahle leti munhu a nga ti tirhisaka ku tshama a hanye kahle,” a vula.

Switlhela swi va na nkoka ku wisa swinene na ku nwa mati mo ringanela kumbe swihalaki swo vonikela ku endlela leswaku mitsakamiso ya wena yi tshama yi ri na muhlovo wo vonikela. Vanhu vo tala lava va nga na mavabyi mo ka ma nga tikanga va ta sungula ku antswa eka vhiki ro sungula ra swikombeto swo sungula, kambe swi na nkoka ku langutisa swikombeto swa wena kahle.

Loko u va na tisayini ta xi-

hatla, kufana na kutikeriwa ku hefemula, swivavi swa xifuva kumbe ntshikelelo exifuveni lowu wu nga heleku, ku khohlola ngati, ku hlangana, ku twa vurhongo swinene kumbe milomo kumbe xikandza xa wasi u fanele ku vitana ambulense kumbe u ya exibedhlele hi xihatla.

Tindhawu ta Hlambulo

Lava va nga koteki ku va ekule na van'wana lava tshamaka ekaya, mfumo wu endlile tindhawu ta mahala ya nhlambulo etikweni hinkwaro ku hlayisa wena na varhandziwa va wena.

Mfumo wa Kapa-Vuxa waha

ku humesa tikhomente kusuka eka vavabyi hi mayelana na tindhawu leti to khetela etlhelohlo.

Marie Jantjies wo huma eWitzenberg u kunguhatile ku landzelela xitsundzuxo xa vatirhi va swa rihanyo a ya eka ndhawu yo khetela etlhelohlo hikuva manana wa yena wa 97 wa malembe hi vukhale u tshama na yena na vana va yena naswona a lava ku va sirhelela. “A ni khomiwe kahle. Swakudyaa swi ri kahle – naswona a swiri kahle kutlula swa le kaya. Ndzi lemukile leswaku a ni fanele ku tshama niri na ntshembho. A ni chuhile, kambe ni khongerile ni ringeta ku wisa,” a vula.

“Ndhawu liya yi nga hlayisa vutomi! I ya kahle swinene,” ku vula John Arnoldus, loyi a nga hola eka COVID-19 eka ndhawu yo khetela etlhelohlo eDrakenstein. “Un'wana wa vanghana va mina a ri eka nhlambulo ekaya naswona u hluphekile ku hola a ri yexe.

Ndzi n'wi byerile leswaku

a tihlanganisa na vanhu lava va nga ndzi hlayisa – hi yona ndlela yo antswa. Nseketelo wa vatirhi va swa rihanyo na mufambisi wa kwele – lowu wu ku humesaka,” a vula.

Arnoldus a kanakana eku-sunguleni ku ya eka ndhawu yo khetela etlhelohlo hikwalaho ka vonelo ro ka ri nga ri rona ra leswaku loko u ya eka ndhawu yo fana na leyi u ta vabya swinene u lova. “Andzi langutele swo chavisa, kambe ndzi amukeriwile kahle. Ndzi hluvulela vatirhi xihuku! Va ndzi hlamuserile leswaku tanihiloko ndziri na COVID-19, a ku na munhu loyi a nga ta ndzi endla leswaku ndzi vabya eka ndhawu leyi,” a vula.

Xana u nga langutela yini eka ndhawu ya nhlambulo?

Kuya hi Mfumo wa Kapa-Vuxa, swidingo swa wena hinkwaswo swa hlayisiwa.

U ta kuma swakudya hi mfanelo, vulanguteri bya rihanyo hi mutirhi wa swa rihanyo, vukorhokeri byo hlantswa, ntshamiseko na kurhula loko u karhi u hola na vutleketli ku ya na ku vuya endhawini leyi.

Loko u nga koti ku tikhetelela etlhelohlo, foyinela National Coronavirus Hotline eka 0800 029 999 ku kuma vuxokoxoko byo tala hi ndhawu yale kusuhi na wena yo khetela etlhelohlo kumbe ya nhlambulo.