

# 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**

**T**ough 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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# Sigidinga Abomma Ngokubaqalelela Kezomnotho

**N**goRhoboyi iSewula Afrika igidinga iNyangayo YaboMma. Uku-gidingokhu kusikhumbuzo saqobe mnyaka selanga langomnyaka we-1956 mhlana iinkulungwana ezima-20 zabomma bamatjhela e-Union Buildings – baba sifofo sabomma bemihlobo yoke, ababekhuluma amalimi ahluhlukeneko, bavela eendaweni ngeendawo. Bebabumbene ngento yinye ebebayifuna, ukuthi kuqedwe imithetho yokuphathwa kweempasa babuyelwe nanga lilungelo labo lokuphila ngokukhululeka.

Ubujamo nesikhundla sabomma/sabantu abasikazi beSewula Afrika namhlanje kuhluka khulu kilobo abomma nabogogo bethu ababegalene nabo ngomnyaka we-1956. Sikhambe indlela ede khulu sibe siphumelelise iSewula Afrika engabandlululi umhlobo nobulili, ebusa ngentando yenengi, ephumelelako nekhululekileko.

Ibe yihle kwamambala indima yokwenza ipilo yabomma beSewula Afrika ibe ngcono emnothweni, kezezipolitiki kunye nepilweni yangamalanga emphakathini. Ngakelinye ihlangothi, siyazi ukuthi kusese kunengi khulu okusamele kwenziwe. Abantu abasikazi/abomma basabandlululwa, basakhahlunyezwa, baphiliswa ngenturhu, basathwele nomthwalo wobuchaka omkhulu kinayo yoke.

Nasizakuphumelela ukuzuza iinthembiso zomThethosisekelo wethu, kumele silwe nokukhatjhelwa ngaphandle kwabantu abasikazi/kwabomma kezomnotho nakezemali okwenza abantu abasikazi bacaphazeke khulu ngokukhahlunyezwa nangenturhu.

Sijoyine ijima elenza umehluko elisihlanganisa nemizamo yephasi ukuphumelelisa imizamo yokulinganiswa kobulili kungakapheli umnyaka we-2030. UkuLinganiswa kweenGaba zeenZukulu mnqopho oncame khulu onqophe ukuletha amatjhuguluko wokuqeda ukubandlululwa kwaba-

ntu abasikazi/lwabomma nenturhu abakhahlunyezwa ngayo, babe bakhone ukuba nethuba elilinganako lokuba nelizwi nesandla eendabeni zepolitiki, zomnotho nezokuhlalisana komphakathi.

Njengengcenywe yejimeleli, sijoyine 'iinHlangano zabaKhambisani bamaGadango' ezimbili, yinye yomthethobulungiswa kezomnotho nemalungelweni, yinye yokulwa nenturhu yobulili. Yomibili lemimongondaba iqakathekile ehlelweni leminqopho yethu yelizwe.

Ngemva kweenyanga ezili-11 solo kwavulwa iHlelo LamaGadango ARhabako lokulwa nenturhu yobulili neyokubulawa kwabantu abasikazi/kwabomma, sesilime indima ebonakalako yokunabisa isekelo lokutjheja abongazimbi, kanti kwenziwa nendima ebonakalako ekwenziweni kwamatjhuguluko kezomthetho kobanyana bavikeleke khudlwana abongazimbaba.

NgoRhoboyi wanonyaka sithoma ukuphumelelisa iHlelo lamaQhinga weliZwelo lokulwa nenturhu yobulili nokubulawa kwabantu abasikazi/kwabomma. Okuqakatheke khulu ehlelweni kuqinisekisa ukuthi abantu abasikazi/abomma baqalelelwa khudlwana kezeemali. Lokhu kungena yokuthi ukutjhiyana ngendima yomnotho nokutjhiyana ngendima kezokuphilisana komphakathi kuthungelelene. Ubujamo bezomnotho babantu abasikazi/babomma eSewula Afrika kubenza bacaphazeke khudlwana. Ngalokho-ke kufuze bona siqinise besiphakamise isekelo labantu abasikazi/labomma kobanyana bazokukhona ukuzijamela kezeemali. Senze iimbopho ezimbadlwana ngaphasi kokuLinganiswa KweenGaba zeenZukulu ezizakuphunyeelelisa ngeHlelo lamaQhinga weliZwelo.

Kokuthoma, sizokuraga ihlelo lokuqalelelwa kwabantu abasikazi/kwabomma kezomnotho ngokuthenga/ngokuthola ipahla emphakathini. Sizibekele isilinganiso sokuqinisekisa ukuthi ubuncani bakhona ama-40%

wepahla nezenzelwa ezithengwa ziinjamo zomphakathi zithe-ngwe emabhizinisini wabantu abasikazi/wabomma.

Kwesibili, sizokukhuphula isekelo lamabhizinisi ama-SMME wabantu abasikazi/wabomma nelabantu abasikazi/abasebenza ekorweni engakahleleki nofana abangasebenziko. Kilokhu-ke kuzakubalwa nokusebenzisana nekoru yezeemali ukwenza ukuthi abantu abasikazi/abomma bakwazi ukuthola izenzelwa zeemali, zibe godu ngabazikhona ukuzithola/ukuzibhadelela.

Kwesithathu, sifuna ukwenza isiqiniseko sokuthi bayanda abantu abasikazi/abomma abakhona ukuba nepahla ebuyiselako/enenzuzo efana nenarha nje. Kuqakathekile ukuthi abantu abasikazi/abomma bazuze ehlelweni lokubuyiselwa kwenarha ekufuze liragwe msinyana. Kuqakathekile ukuthi imali ema-R75 weengidi yokusiza ngamavawutjha kezokulima nokufuya ama-53% wabantu abazakusizwa kuzakuba bomma/babantu abasikazi beendawo zemakhaya. Kufuze siqinisekise ukuthi abomma/abantu abasikazi abalimela nabafuyela ukuziphilisa nababalimi nabafuyi abalima nabafuya umthamo omncani bahlale basekelwa ngitjho nanyana sesidlule isifo esingumabhuhbisa i-COVID-19.

Kwesine, sifuna ukuqinisekisa ukuthi abomma/abantu abasikazi bayavikeleka enturhwini yobulili emsebenzini. Malungana nalokhu-ke, elizweni loke neemfundeni ngeemfunda sizokusebenzela isiVumelwano se-ILO ngeNturhu nangokuKhahlunyezwa emSebenzini.

Kuyadana ukubona ukuthi abantu abanikelwa ikululeko, mvanje sele bemukwa yona.

Ukutjhatjhatululwa kwabomma/kwabantu abasikazi kugcina ngokuba magama atlole ephapheni, ngaphandle kobanyana kukhanjise nokuzibophelela kiwo woke amakoro womphakathi.

Njengoba silungiselela ukuvuselela

umnotho welizwe lekhetu ngenca yengogwana i-corona erhageleko, sithe angeze sibuyele lapho sasikhona ngaphambi kokwehla kwengogwana le. Kufuze sakhe umnotho ohlukileko, hlangana nokhunye ozabenza bube ngcono khulu ubujamo babomma nabo boke abantu abasikazi.

Lokhu kutjho ukuthi imali esiyenza ngokwakha umthangalasisekelo akukafaneli bona igcine ngokusekela ukuthuthukisa amabubulo wekhethwapha kwaphela, kodwana kumele isekela namabhizinisi wabantu abasikazi/wabomma. Kufuze ithathe amagadango wangabomu wokwakha amathuba womsebenzi kizo zoke iingaba zokuhlela, zokusekela ngeemali, zokwakha nokulonda umthangalasisekelo. Ngaleyondlela, njengoba siphakamisa amahlelo woku-vulwa kwemisebenzi emphakathini, kumele siqinisekise nokuthi abantu abasikazi abasese batjha bakhonjwa njengabantu abazakuba nesandla kilokhu. Ngaphezu kokubanikela umrhlo/ingeniso, amahlelo lawa azabavulela ithuba lokuthola amanye wamakhonofundwa nelimuko elifunekako lokungena endimeni ekulu yomnotho.

Nanyana kumsebenzi ophezu kwamahlombe karhulumente nje ukuvulela abomma/abantu abasikazi amathuba womnotho nokwakha umtamo ovumela ukuthuthukiswa kwendima yokulinganiswa kobulili, woke umuntu emphakathini kumele alime yakhe indima.

Amabhizinisi kumele asekele amabhizinisi wabomma/wabantu abasikazi ekuthengweni/ekutholakaleni kwepahla nezenzelwa. Kufuze andise abomma/abantu abasikazi abaqatjhwako, abe andise nabomma/nabantu abasikazi abaqatjhelwa eenkhundleni zokuphatha.

Lokhu-ke kuba yinto eqakatheke khulu nakukhunjulwa ukuthi irekhodi lokujamelela kwabomma/kwabantu abasikazi eenkhundleni zokuphatha litjengisa ukuthi kusalele ngemva ekorweni yangeqadi nakulinganiswa

nekoru yembusweni. Indaba le-ke yindaba esele ngiyikhulume kanengi nangikhulumisana neenhlango zamabhizinisi wabomma/wabantu abasikazi. Ngokunjalo, kumele siqede ukutjhiyana ngomrhlo hlangana kwabantu abaduna nabantu abasikazi, sikhuthaze ikambisolawulo yomrhlo olinganako emsebenzini olinganako njengoba kusitjho umThetho wokuQatjha ngokuLingana emSebenzini.

Abomma/abantu abasikazi godu kufuze nokuthi bavikelwe ekukhahlunyezweni nekubandlululweni emsebenzini. Kuphezu kwamahlombe wabanikazi nabalawuli bezinto zokukhamba, abaphathi bamayunivesithi, iinjamo ezilawula iinkolo neenhlango zekolo ukuthi zakhe ubujamo obuzakwenza abomma nabentazana bakhambe, bafunde babe bakhonze ngokuphepha.

Kumele sitjhotjholozele phambili ngemizamo yokuruthula ibandlululo lobulili nelokuphelisa amandla wamadoda. Ngiwo kanye lomoya okhuthaza ukugandelelwa kwabantu abasikazi/kwabomma.

Kukithi – abaduna nabasikazi – ukuvuma ukuqakatheka kwakamma, nokuvuma ukuthi nesikhundla sakhe kunye nemibonwakhe ayisingaphasi keyendoda. Kukithi njengababelethi nabogogo nabomkhulu ukuthi siphathe besikhulise amadodanethu nabentazana bethu ngokufanako.

Kukithi njengamadoda ukucitha inturhu eqothele ubulili nokuyisola nanyana kukuphi lapho siyibona khona, ngitjho nanyana ingenziwa bangani bethu, abobaba nofana abafowethu.

Asibe sizukulwani esiqeda ukugandelelwa kwabomma/kwabantu abasikazi nanyana kuza ngayiphi indlela, sisaphila nje. Isizukulu esinesibindi sango-1956 samatjhela thina soke. Sensela sona, sizenzela thina, senzela neenzukulwani zangomuso ukuthi singalihlazisi ilifa lethu elihloniphekileko.

## ZAMVANJE 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

**P**regnant 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.

## Ukubuyela Emsebenzini Ngemva Kukululama Engogwaneni Ye-COVID-19

Allison Cooper

**U**buyela nini emsebenzini nangabe bewunengogwana ye-Corona (i-COVID-19)?

IZiko LeziFo EziThathelanako leliZwe lineempendulo ozifunako.

**Nangabe senginengogwana ye-COVID-19, kufuze ngihlale kangangani ngizihlukanise nabanye/ngizikhethela ngeqadi?**

Abantu abanengogwana ye-COVID-19, kodwana abanganamatshwayo, kufuze bahlale bazikhethela ngeqadi njalo/bahlukaniswe nabanye njalo emakhaya namkha esakhiweni sakarhulumente amalanga ali-10, ukusukela ngelanga lokuthoma lamhlana bathola ngalo imiphumela yabo.

Labo abanamatshwayo amancani kufuze bahlale bazikhethela ngeqadi njalo/bazihlukanise nabanye

emakhaya namkha esakhiweni sakarhulumente amalanga ali-10, ukusukela ngelanga lokuthoma lokubonakala kwamatshwayo wabo kokuthoma.

Labo abagula khulu, ekufanele baye esibhedlela, kufuze bahlale bakhethelwe ngeqadi/bahlukaniswe nabanye itjumi lamalanga, ukusukela mhlazana bathoma ukuba ngcono bangasalekelelwa nokuphefumula ngokufakelwa i-oksijini.

**Abantu abane-COVID-19 bayidlulisela njani kabanye?**

Ngokutjho kukaNgqongqotjhe wezePilo uDorh. Zweli Mkhize, abantu abanengi abatheleleke kancani ngengogwana i-corona bangarhatjha ingogwana le phakathi kwamalanga alikhomba nali-12. Kodwana-ke nokho abantu abagula khulu bangathelele abanye isikhathi eside kunalesi esitjhiwo ngehla.

**Kufuze ngihlale ingogwana ye-COVID-19 godu, nanyana ngitholakale nginaganayo, ngaphambi kokobana ngibuyele emsebenzini?**

Awa. Ukubuyelelwa kokuhlolwa kwabantu abagula kancani nesele balulamile akusinto ephakanyiswako.

Umuntu uthathwa njengophephileko bona angabuyela emsebenzini nokuthi aphume ekukhethelweni ngeqadi/ekuhlukanisweni nabanye nangabe akasatheleli abanye. Lokhu kutjho bona lidlulile itjumi lamalanga babe namatshwayo wokuthoma wesifesi begodu ubuncani bakhona sebanamalanga amathathu bangasenawo amatshwayo wesifesi.

Ezehlakalweni ezinye ezinengi abasebenzi bangabuyela emsebenzini ngaphandle kokuthi bahlolwe nangabe:

- Baqede amalanga ali-10 akatele-

lekileko wokukhethelwa ngeqadi/wokuhlukaniswa nabanye namkha wokuvalwa wedwa.

- Nalaba abanamamatshwayo aphakatjhana nababazekako kodwana bathola isizo lokuhlolwa bodorhodera/ngezepilo.
- Baragela phambili ngokuhlala bahlanzekile nokuba maqalanga.
- Umqatjhi atjheje abasebenzi ukunqinisekisa bona ababuyeli emva ngamagulo wabo.
- Bambatha amamaski, ukusukela ngelanga abatholwe ngalo ukuthi bayagula bekube malanga ama-21, ubuncani bakhona.

**Ngihloliwe ngatholwa nginganayo ingogwana ye-COVID-19 kodwana ngisesenawo amatshwayo. Kwenzakalani nakunjalo?**

Kuyakghonakala ukuthi uthole imiphumela ethi awunayo ingogwana ikibe ayisiliqiniso. Lokhu kutjho ukuthi ukuhlolwa khakho kokuthoma kungaveza bona awunayo ingogwana, kodwana ungatholakala unayo nawuyohlolwa esikhathini esizako. Nakube amatshwayo

we-COVID-19 solo aphikelele thintana nezazi ngezamaphilo nofana udorhodere.

**Kwenzakani nangabe ngisakhombisa amatshwayo ngemva kwamalanga ali-10?**

Kujayelekile ukuthi iinguli ziragele phambili isikhathi eside ukudlula amalanga ali-10 solo zinatshwayo we-COVID-19. Ukululama ngokupheleleko kungathatha iimveke ezimbalwa. Nangabe usese namatshwayo, funa isiyeleliso kusokghonofundwa wezepilo.

**Ukuthola ilwazi elidephileko mayelana nengogwana ye-COVID-19, vakatjhela iwebhusayidi yeZiko LeziFo EziThathelanako LeliZwe ethi: [www.nicd.ac.za](http://www.nicd.ac.za), newebhusayidi yasimahla ye-COVID-19 ethi: [coronavirus.datafree.co](http://coronavirus.datafree.co), ungasosela nenomborweni ye-COVID-19 ethi: 0800 029 999 namkha uthumele i-WhatsApp ku- 0600 12 3456**

# Ukulawulwa kwengogwana ye-Corona (i-COVID-19): Ekhaya nesakhiweni esikhonjiweko sokwelapha

**KUQAKATHEKE KHULU** ukuqalanganana nabanye abantu, kungaba sekhaya namkha esakhiweni sasimahla sokukhethelwa ngeqadi/sokuhlukaniswa nabanye, nangabe uthe nawuhlolwako watholakala bona unayo ingogwana ye-Corona.

Allison Cooper

**A** bantu abanengi beSewula Afrika abatholakele bane ngogwana ye-COVID-19 abakwazi ukuzikhethela ngeqadi/ukuzihlukanisa nabanye ngombana amakhaya wabo mancani khulu bona bangahlala bebalale ngeenkumbeni zokulala ezingasetjenziswa ngabanye.

URhulumende uqinisekisa bona izakhiwo ezikhonjiweko zokukhethelwa ngeqadi zikhona ukusiza abantu abathe nabahlolwako batholakala banengogwana ye-COVID-19, bese kuthi izakhiwo zokuvalela wedwa nazo zikhona ukusiza abantu abasalindele ukuthola imiphumela yabo yokuhlolwa. Zombili njalo zinikela ngesizo lasimahla.

Ngokutjho kukaDorh. Marlin McCay, osisebenzi sezepilo onzinze e-Florida e-West Rand, into yokuthoma ekufuze uyenze nawutholakale unengogwana ye-COVID-19 kunciphisa ukurhatjheka kokutheleleka kwayo kabanye. "Ufuna ukuvikela umndeni wakho," uyatjho. Ukwenza lokho, kufuze uye uzihlukanise nabanye abantu namkha uzikhethela ngeqadi – kungaba sekhaya namkha uye esakhiweni sokukhethelwa ngeqadi.

"Nangabe – uzikhethela ngeqadi, kutjho bona kufuze uthole indawo ngendlini lapho uzozibekela ngeqadi khona ube wedwa ungahlangani nawo woke amalunga womndeni. Akunamuntu namunye ekufuze atjhidlane nawe ngebanga elingaphasi kwamamitha amathathu. Kufuze uzenzele ukudla ngokwakho; usebenzise izitja zakho zokudlela uwedwa; usebenzise indlu yokuphumela yakho uwedwa nakukghonakalako; begodu uqinisekise



**“Begodu kuqakatheke khulu bona uphumule ngokwaneleko bewusele namanzi ngokwaneleko namkha usele iinselo ezitsengileko ukuqinisekisa bona umhlambuluko wakho uhlala ukhanya kwamanzi.”**

bona awuthintani nomuntu namunye womndeni.

“UDorhoda namkha umsizi wakho wezepilo kufuze akusize ngeminye yemitjhoga etlhogeka khulu ukwehlisa amatshwayo, khulukhulu njengeenhlabi zomzimba, ihloko ebuhlungu nefiva. Kukhona nezinye izakhamzimba ezihle umuntu angazisebenzisa ukwenzela bona ahlale aphilile,” uyatjho.

Begodu kuqakatheke khulu bona uphumule ngokwaneleko bewusele namanzi ngokwaneleko namkha usele iinselo ezitsengileko ukuqinisekisa bona umhlambuluko wakho uhlala ukhanya kwamanzi. Abantu abanengi abanamagulo amancani bathoma ukuzizwa bangcono ngeveke yinye yamatshwayo wabo wokuthoma, kwaphela kuqakatheke khulu bona utjhejisise bewugade ama-

tshwayo wakho ngokukhulu ukutjheja.

Nawubona amatshwayo asolisako, afana nomraro wokuphefumula budisi, ukuzwa iinhlungu esifubeni namkha ukuminyezeleka esifubeni okungadluliko, ukhohlele iingazi, ube ngathi udideka ihloko, ukuba nobuthongo khulu nokutjhuguluka kombala weendebe zomlomo namkha wobuso ube hlaza, kufuneka ubize i-ambulensi namkha uye esibhedlela khonokho.

## Izakhiwo Zokuvalelwa Wedwa

Labo abangakwazi ukuhlala bangahlangani nabanye abahlala nabo emakhaya, urhulumende wakhe izakhiwo zokuzivalela wedwa inarha yoke ukwenzela ukuvikela nokuphephisa wena nobathandako.

URhulumende weTjingalanga Kapa mvanyana nje uveze imibono evela eengulini mayelana nezakhiwo zakhe zokukhethelwa kwabantu ngeqadi namkha zokuhlukaniswa nabanye.

U-Marie Jantjies we-Witzenberg uthethe isiqu nto sokulandela iyeleliso zabasebenzi bezepilo begodu waya esakhiweni sokukhethelwa ngeqadi/sokuhlukaniswa nabanye ngombana unina oneminyaka ema-97 ubudala uhlala naye nabentwana bakhe begodu bekafuna ukubavikela. “Bengiphethwe kuhle. Ukudla bekumnandi – kudlula kwekhaya. Bengingakahlaliseki, kwaphela ngathandaza ngalinga nokuzigedla,” utjho njalo.

“Indawo leya ingahlenga ipilo yabantu! Kuyindawo ehle,” utjho njalo u-John Arnoldus, olulamileko engogwananeni ye-COVID-19 ogade ahlala esakhiweni sokukhethelwa ngeqadi/sokuhlukaniswa nabanye e-Drakenstein. Omunye wabangani bami bekazivalele yedwa ekhaya kwaphela utlhaligile ukuzilulamela yena ngokwakhe. Ngamtjela bona akhulume nabantu egade bamtlhogo-

mela bona ngile yodwa indlela yokuthi angalulama. Isekelo labasebenzi bezepilo nelomphathi lapha – ngilo kanye elikupholisako,” uyatjho.

Ekuthomeni u-Arnoldus bekazaza ukuya esakhiweni sokukhethelwa ngeqadi/sokuhlukaniswa nabanye ngoba wathola ilwazi elingakalungi elithi nawuya esakhiweni esifana nalesi uzogula bewubhubhe. Bengilindele okumbi kodwa, kwaphela ngamukelwa kuhle khulu. Ngibethulela ingwani abasebenzi balapha! Bangitjele kuhle bona njengombana senginengogwana ye-COVID-19, akunamuntu namunye esakhiweni lesi ozongigulisa,” uyatjho.

## Ungalindelani Esakhiweni Sokuvalelwa Wedwa?

Ngokutjho kukaRhulume nde weTjingalanga Kapa, zoke izinto ozifunako zikhona. Uzakuphiwa ukudla ngeenkhathe zokudla, unikelwe itjhejo lezepilo basebenzi bezepilo, uhlanzelewe izembatho uledlthe, uphile ngokuthula nawusalulamako bewukhanjise ngesithuthi simahla ukuya nokubuya esakhiweni.

**Nangabe awukghoni ukuzikhethela ngeqadi/ukuzihlukanisa nabanye (ekhaya), ukutjhidela kude nabanye, dosela i-National Coronavirus Hotline kinaso inomboro: 0800 029 999 ukwenzela bona uthole ilwazi elidephileko ngesakhiwo esiseduze nawe sokukhethelwa ngeqadi/sokuhlukaniswa nabanye namkha sokuvalelwa uwedwa.**