

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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Ukubhiyozela abantu basetyhini ngokubabandakanya kuqoqosho

Ngenyanga yeThupha uMzantsi Afrika ubhiyozela iNyanga yabantu baseTyhini. Eli thuba liphawula isikhumbuzo samhla abasetyhini abangama-20 000 ngowe-1956 bathi benza umngcelele woqhankqalazo ukuya kwiZakhiwo zoMdBaniso – inyambalala yamakhosikazi athetha iilwimi ngeelwimi, ephuma kwiinkalo nakwiintlanga zonke. Emanyene kwisinyanzeliso sawo sokupheliswa kwemithetho emibi yamapasi kunye nelungelo lawo lokuhlala enkululekweni.

Isimo nendawo abantu basetyhini ababekwa kuyo eMzantsi Afrika namhlanje yohluka kakhulu kunaleyo oomama noomakhulu bethu babejongene nayo ngowe-1956. Sihambe indlela ende ekuphumezeni uMzantsi Afrika ongenacalucalulo ngokobuhlanga, ngokwesini, olawulwa ngokwentando yesininzi, ohlumayo nokhululekileyo.

Kubekho inkqubela yokwenene ekuphuculeni ubomi babantu basetyhini baseMzantsi Afrika kwezozoqoqosho, kwizinga lezopolitiki nakubomi bukawonkewonke.

Kwangaxesha nye, siyaqonda ukuba isende indlela ekusafanele siyihambile. Abantu basetyhini basajongene nokucalulwa, impatho-mbi nobundlobongela, kwaye basajongene nobunzima obukhulu bendlala.

Ukuba ngaba sizimisele ekuphumezeni isithembiso soMgaqo-siseko, kufanele siloyisile uqoqosho nokukhetha kwezizimali okwenza ukuba abantu basetyhini babe zizisulu zokuphathwa kakubi nobundlobongela ngakumbi.

Sizibandakanye nephulo eliqalayo ukubakho elisiqhagamshelanisa namalinge ehlabathi jikelele okuphumeza umakulungwane ngowesini ngowama-2030. UMaKulungwane kwiSizukulwana yi-ajenda yebhongo neyenguqu yokuphelisa ucalucalulo nobundlobongela obugxile kwabasetyhini nokuthatha kwabo

inxaxheba ngokulinganayo kubomi bezepolitiki, ezentlalo nobezoqoqosho.

Njengenxalenye yeli phulo, sizibandakanye 'neeNdibanisela zokuSebenza' ezimbini, enye yeyobulungisa kwezozoqoqosho namalungelo kunye nenye yokulwa ubundlobongela obugxile kwezisini. Yomibini le mixelo ibaluleke kakhulu kuqobo lwe-ajenda yethu yesizwe.

Sele izinyanga ezilishumi elinanye ukususela kwafezekiswa isiCwangciso sokuSebenza ukuSabela kwiMeko kaXakeka sokulwa ubundlobongela obugxile kwezisini nokubulawa kwabasetyhini ngamadoda senze inkqubela ekunabiseni inkxaso nenkathalelo kwabasindileyo, kwaye inkqubela iyenzeka kuhlaziyo lwezomthetho ukubanika ukhuseleko olukhulu.

Ngenyanga yeThupha, siyaqala ukufezekisa isiCwangciso sobuChule seSizwe ukulwa ubundlobongela obugxile kwezisini nokubulawa kwabasetyhini ngamadoda. Umba ongundoqo wesi sicwangciso usekuqinisekiseni ngokubandakanyeka kakhulu kwabantu basetyhini kwezizimali. Oku kungenxa yokuba ukungalingani kwezozoqoqosho nokungalingani kwezentlalo kuyathungelana. Isimo sezoqoqosho sabantu basetyhini eMzantsi Afrika sibenza babe zizisulu zokuphathwa kakubi ngakumbi. Ngoko ke kufuneka siyinyusile inkxaso yabasetyhini ukubenza bakwazi ukuzimela ngokwezizimali. Senze iqela lezibophelelo phantsi kukaMakulungwane kwiSizukulwana oko kuza kuqala ukucaca kwisiCwangciso sobuChule seSizwe.

Okokuqala, siza kuqhuba ukubandakanyeka kwabantu basetyhini kuqoqosho ngenkqubo yentengo karhulumente. Sesiwumisele umlinganiselo wokuqinisekisa ukuba ama-40 eepesenti ubuncinane be-mpahla neenkonzelo ezithengwa ngamaqumrhu karhulumente kufuneka

zithengwe kumashishini wabantu basetyhini.

Okwesibini, sizakuyinyusa inkxaso yaMashishini amaNcinci aPhakathi naPhuhlayo (i-SMMEs) wabantu basetyhini neyabantu basetyhini abasebenza kwicandelo elingekho sesikweni okanye abangaphangeliyo. Oku kuzakuquka nokudibana necandelo lezezimali ukwenza ukuba iinkonzelo zezezimali zifikeleleke kwaye zingabazisi kakhulu abantu basetyhini.

Okwesithathu, sifuna ukuqinisekisa ukuba abantu basetyhini bayakwazi ukufikelela kwiimpahla ezivelisayo ezifana nomhlaba. Kubalulekile ukuba abantu basetyhini babe ngabaxhamli kwinkqubo yohlelangeniso lomhlaba ekhawulezileyo. Kubalulekile ukuba kwimali ezizigidi ezingamashumi asixhenxe anesihlanu seerandi zoncedo lwe-COVID-19 ebekelwe bucala igalelo lezolimo ngee-vawutsha ama-53 eepesenti zabo bangabaxhamli iza kuba ngabantu basetyhini basemaphandleni. Kufuneka siqinisekise ukuba abantu basetyhini abangamafama okuziphilisa nawemithamo emincinci bayaqhubeka ukufumana inkxaso nasemva kwalo bhubhane.

Okwesine, sifuna ukuqinisekisa ukuba abantu basetyhini bakhuselekile kubundlobongela obugxile kwezisini kwindawo yempangelo. Kule meko, siza kusebenza kwinqanaba lesizwe nelommandla ekusondeleni ukuqinisekisa iNgqungquthe la yoMbutho wezabaSebenzi weZizwe-ngezizwe engobuNdlolobongela neMpatho-mbi kwiNdawo yeMpangelo.

Kuthiwa inkululeko ayinikezelwa, kodwa iyathathwa.

Ukukhululeka kwabantu basetyhini kusephepheni nje kuphela ngaphandle kokuba kukhatshwa sisibophelelo esivela kuwo onke amacandelo oluntu.

Njengokuba silungiselela ukwakha uqoqosho lwethu ekuqhambukeni

kobhubhane wentsholongwane i-corona, sathi asinokwazi ukuvela nje sibuyeke apho besikho phambi kokuqhambuka kwale ntsholongwane. Kufuneka sakhe uqoqosho olohluka ngokubalulekileyo neliza kuthi, phakathi kokunye, liphucule ngokubonakalayo indawo abakuyo abantu basetyhini.

Oku kuthetha ukuthi kutyalo-mali lwethu kwiziseko ezingundoqo kufuneka singaxhasi nje uphuhliso kumashishini asekhaya kuphela, kodwa sixhase namashishini wabantu basetyhini. Kufuneka ludale ngabomi amathuba emisebenzi yabantu basetyhini kuwo onke amanqanaba okucwangcisa, elezezimali, elokwakha nokulungisa iziseko ezingundoqo. Ngokomlinganiselo ofanayo, njengokuba sisenyusa iinkqubo zemisebenzi yethu karhulumente, kufuneka siqinisekise ukuba ngokukodwa abantu basetyhini abalutsha bachongwa njengabathathi nxaxheba. Ukongeza kwimivuzo, ezi nkqubo ziza kubabonelela ngethuba lokufumana izakhono ezithile nama-va adingekayo ukungena kuqoqosho lwesiqhelo.

Nangona iluxanduva lukarhulumente ukubonelela abantu basetyhini ngamathuba ezoqoqosho nokudala inkqubo-sikhokelo yokuxhasa ukuqhubela phambili ukulingana kwezisini, wonke umntu eluntwini udinga ukudlala indima yakhe.

Abezoshishino kufuneka baxhase amashishini amancinci wabantu basetyhini ekuthengeni iimpahla neenkonzelo. Kufuneka baqeshe abantu basetyhini abongezelelweyo baze banyusele abantu basetyhini abongezelelweyo kwizikhundla zezolawulo.

Oku kubaluleka ngakumbi xa uqwalasela ukuba imbali yecandelo labucala ekumelweni kwesini kwinqanaba lezikhundla zezolawulo litsala emva kunecandelo likarhulumente. Lo ngumba ophakanyiswa izihlandlo ngezihlandlo

kuthethathethwano endilubamba nemibutho yezoshishino yabantu basetyhini. Ngokufanayo, kufuneka sikuphelisile ukungalingani okugxile kwisini kwimivuzo yamadoda neyabantu basetyhini, size sisebenzise imigomo yokuhlulwala umvuzo olinganayo ngomsebenzi ofanayo oqulathwe kuMthetho woMakulungwane eMsebenzini.

Abantu basetyhini kukwafuneka bekhuseleke ekuphathweni kakubi nakucalucalulo emsebenzini. Kuxhomekeke kubanikazi bezothutho, abalawuli beedyunivesithi, iibhodi ezilawulayo ezikolweni kunye nemibutho yezenkolo ukudala iimeko ezilungiselela abantu basetyhini namantombazana ukuba ahambe, afunde aze akhonze ngokukhuselekileyo.

Kufuneka siqhubele phambili ngamalange wethu okukuncothula ukudlisa ngobudoda ngokugqithisileyo, ukuthathela phantsi abantu basetyhini nogonyamelo lwabasetyhini ngamadoda.

Kuxhomekeke kuthi – sisonke amadoda nabasetyhini – ukungqina ukuba ixabiso lomntu wasetyhini, isikhundla akuso neembono zakhe azikho ngaphantsi kwezomntu oyindoda. Kuxhomekeke kuthi nje ngabazali noomawokhulu ukubaphatha nokubakhulisa ngendlela efanayo oonyana neentombi zethu.

Kuxhomekeke kuthi njengamadoda ukubuphikisa size sibugxeke ubundlobongela obugxile kwezisini nanini na xa sibubona, nkqu nokuba benziwa ngabahloko bethu, ootata okanye abantakwethu.

Masibe sisizukulwana esiphelisa zonke iindlela zokucinezela kwabantu basetyhini, ngexesha lokudla kwethu ubomi. Isizukulwana esikhaliiphileyo sonyaka we-1956 senza umngcelele woqhankqalazo siwenzela thina sonke. Sinobutyala kuwo, sinobutyala nakuthi nesizukulwana esizayo ukuba singawungcathi lo mzila mhle kangaka.

EZINTSHA 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.

Ukubuyela emsebenzini emva kokululama kwi-COVID-19

Allison Cooper

Ungabuyela nini emsebenzini ukuba ngaba uvavanyo lukuchaze njengonayo intsholongwane i-corona (i-COVID-19)? IZiko leZifo ezoSulelayo leSizwe linazo iimpendulo ozifunayo.

Xa uvavanyo lundifumanise ndinayo i-COVID-19, kufanele ndihlale ixesha elingakanani kugcino labucala?

Abantu abafunyaniswe luvavanyo benayo i-COVID-19, kodwa bengezazo naziphi na iimpawu, kufuneka bazigcine bucala ekhaya okanye kwiziko lokugcina bucala likarhulumente iintsuku ezili-10, ukususela ngosuku abafumene ngalo iziphumo ezibachaza njengabanayo.

Abo baneempawu ezingekho bukhali kufuneka bahlale bezigcine bucala ekhaya okanye

kwiziko lokugcina bucala likarhulumente iintsuku ezili-10, ukususela mhla kwaqala ngawo iimpawu zabo.

Abo banesifo esimadundu, nekufanele beye esibhedlele, kufuneka bahlale begcinwe bucala iintsuku ezili-10, ukususela apho impilo yabo ibonakalise ukuzinza khona kwaye benge-sawudingi kwakhona umongomoya.

Umntu onayo i-COVID-19 angasidlulisela njani esi sifo kwabanye?

Ngokutsho koMphathiswa wezeMpilo uZweli Mkhize, uninzi lwabantu abanosuleleko olungekho bukhali bangayisasaza intsholongwane isithuba esiphakathi kweentsuku ezisixhenxe ukuya kwezili-12. Kodwa ke, abantu abaye bagula kakhulu basenokusulela kwaye bayakwazi ukuyidlulisela kwabanye le ntsholongwane

ixesha elide kunelo.

Ingaba kufanele nde-nze olunye uvavanyo lwe-COVID-19, ukuba iziphumo zithi andinayo, phambi kokuba ndibuyele emsebenzini?

Hayi. Akukhuthazwa ukuvavanywa kwakhona kwabantu abaneempawu ezingekho bukhali zokugula kwaye beye balulama.

Umntu uthathwa njengokhuselekileyo ukuba angabuyela emsebenzini aze aphume nakugcino labucala ukuba ngaba akasosuleli. Oku kuthetha ukuba iimpawu zabo zokuqala baziphuhlise ngaphezulu kweentsuku ezili-10 ezidlulileyo kwaye abakhange baphinde babe nazo naziphi na iimpawu kwisithuba seentsuku ezintathu ubuncinane.

Kwiimeko ezininzi, abasebenzi bangabuyela emsebenzini ngaphandle kokuvavanywa kwakhona

ukuba ngaba:

- Bazigqibile iintsuku ezili -10 zokugcinwa bucala okanye zokuzenza amakesha ngokunyanzelekile.
- Abo bebeneempawu eziphakathi okanye ezibukhali benziwa uvavanyo lwezonyango.
- Bayaqhubeka ukuthobela umthetho wezempilo wococeko nowomgama wokuqelalana.
- Umqeshi umbeka esweni umntu lowo ungumsebenzi ukuqinisekisa ukuba akabuyi mva.
- Banxiba isigqubuthelo sobuso, ukususela ngosuku abafunyaniswa ngalo luxilongo isithuba seentsuku ezingama-21 ubuncinane.

Uvavanyo lundifumanise ndingenayo kodwa ndisenazo iimpawu. Ndenze ntoni ke ngoku?

Kunako ukwenzeka ukuba ufumane iziphumo zovavanyo zobuxoki. Oku kuthetha ukuthi uvavanyo lwakho lokuqala lukufumanise ungenayo, kodwa lusenokufumanisa unayo ekuhambeni kwexesha.

Ukuba ngaba uyaqhubeka ukuba neempawu ze-COVID-19 qhagamshelana negosa lakho lezonyango.

Ndenze ntoni xa kunokwenzeka ukuba ndisa bonakalisa iimpawu emva kweentsuku ezili-10?

Iqhelekile into yokuba izigulana zibe neempawu ixesha elide kuneentsuku ezili-10. Ukuphila ngokupheleleyo kusenokuthatha iiveki eziliqela. Ukuba ngaba usenazo iimpawu, cela icebo kwigosa lakho lezonyango.

Ngolwazi oluthe vetshe malunga ne-COVID-19, tyelela iwebhusaythi yeZiko leZifo ezoSulelayo leSizwe kwa-www.nicd.ac.za, iwebhusaythi esimahla ye-COVID-19 kwa-coronavirus.datafree.co, tsalela iNombolo engaValwayo ye-COVID-19 kwa-0800 029 999 okanye thumela umyalezo ka-WhatsApp kwa-0600 12 3456.

Ukulawula i-COVID-19: Ekhaya nakumaziko amiselwe oko

KUBALULEKE KAKHULU ukuzikhwebula kwabanye, nokuba kusekhaya okanye kukwiziko lokuzigcina ulikheswa lasimahla, ukuba ngaba uvavanyo lukufumanise unayo i-COVID-19.

Allison Cooper

Abantu abaninzi baseMzantsi Afrika abafunyaniswe luvavanyo ukuba banentsholongwane i-corona (i-COVID-19) abakwazi ukuzenza amakheswa ngokwabo kuba amakhaya wabo mancinci kakhulu ukuba bangakwazi ukuhlala baze balale kumagumbi abangabelani namntu ngawo.

Urhulumente ubaqinisekile abantu ukuba amaziko amiselweyo okuzenza amakheswa kwabo bantu bafunyaniswe luvavanyo ukuba banayo intsholongwane ayafumaneka, kunye namaziko okuzigcina bucala wabo basalindele iziphumo zabo zovavanyo. Zombini ezo nkonziso zifumaneka simahla.

Ngokutsho kukaGqirha u-Marlin McCay, ongugqirha wabantu bonke ose-Florida eNtshona Randi, uthi into yokuqala ekufanele uyenzile xa ufunyaniswe unayo i-COVID-19 kukunciphisa ukusasazeka kosuleleko. "Ufuna ukukhusela usapho lwakho," utsho. Ukukwenza oku, kufanele uyokuba likheswa – nokuba kusekhaya okanye kukwiziko lokuzenza ikheswa.

"Ukuba uzenza ikheswa ngokwakho ekhaya oko kuthetha ukuthi kufanele ufumane indawo endlwini apho wohluleke ngokupheleleyo kusapho lwakho lonke. Kungabikho namnye umntu-sondela umgama ongange emitha ezintathu kuwe. Kufuneka uzityele; usebenzise ezakho izixhobo zokutya nezitya; usebenzise elakho igumbi lokuhlambela, ukuba kunokwenzeka oko; kwaye uqinisekise ukuba awunaqhagamshelwano lwakhe na-



“Kukwabalulekile ukuba uphumle ngokwaneleyo uze usele amanzi ngokwaneleyo okanye iziselo ezingcwengileyo ukuqinisekisa ukuba umchamo wakho uhlala ucace ngokupheleleyo ngokombala”

bani na apho kusapho lwakho.

"Ugqirha wakho okanye unompilo wakho kufanele akuncede ngokunika amayeza asisiseko ukudambisa uninzi lweempawu, ingakumbi izinto ezifana neengqaqambo zomzimba neentlungu, intloko ebuhlungu nomkhuhlane. Kukwakho neevithamini ezilunge kakhulu umntu anokuzisebenzisa ukuze ahlale esempilweni," utsho.

Kukwabalulekile ukuba uphumle ngokwaneleyo uze usele amanzi ngokwaneleyo okanye iziselo ezingcwengileyo ukuqinisekisa ukuba umchamo wakho uhlala ucace ngokupheleleyo ngokombala. Uninzi lwabantu olunezigulo ezingekho bukhali lungaqala ukuziva lungcono ingaphelanga iveki yeempawu zokuqa-

la, kodwa kubalulekile ukuziqwalaselisisa ngobunono iimpawu onazo.

Ukuba ukhulelwa zizo naziphi na iimpawu zezilumkiso zikaxakeka, ezifana nengxaki yokuphefumla, isifuba esibuhlungu okanye ukuminxana kwesifuba sakho akupheli, ukukhohlela igazi, ukuba nokudideka engqondweni, ukulala kakhulu okanye ukuba nemilebe eluhlaza okanye ubuso kufuneka ubize inqwelo yezigulana okanye uye esibhedlele kwangoko.

Amaziko okugcina bucala

Kwabo bangakwaziyo ukuzigcina kude kwabanye abahlala nabo ekhaya, urhulumente useke amaziko okugcina bucala kweli lizwe jikelele uku-

bagcina bekhuselekile kunye nabo babathandayo simahla. URhulumente waseNtshona Koloni kutsha nje ukhe washicilela izimvo ezivela kwizigulana malunga namaziko okugcina bucala wakhe.

U-Marie Jantjies wase-Witzenberg ugqibe kwelokuba alandele iingcebiso zabasebenzi benkathalelo yezempilo waze waya kwiziko lokugcina bucala kuba uhlala nomama wakhe ominyaka ingama-97 ubudala kunye nabantwana bakhe kwaye ebefuna ukubakhusela. "Ndiye ndaphathwa kakuhle. Ukutya kwabo kumnandi – kumnandi nangaphezu kokwasekhaya. Ndiqondile ukuba ndifanelwe nje kukuba ndihlale ndinethemba. Bendixhalabile, kodwa ndathandaza ndazama nokuba ndizole," utshilo.

"La ndawo ingayisindisa imiphefumlo! Ngokuyinene yeyona ingcono," utshilo u-John Arnoldus, noye walulama kwi-COVID-19 kwiziko lokugcina bucala e-Drakenstein. "omnye wabahlobo bam ebezicine bucala ekhaya kwaye kwabanzima ukuzifu-

manela ukululama ngokwakhe. Ndiye ndamxelela ukuba makaqhagamshelane naba bantu babendinike inkathalelo – yeyona ndlela anokuba ngcono ngayo. Inkxaso yabasebenzi bezempilo kunye nomphathi waphaya – ikwenzela uphumelele," utshilo.

U-Arnoldus ekuqaleni wayemadolwanzima ukuya kwiziko lokugcina bucala ngenxa yengcingane engalunganga yokuba ukuba ngaba uye kwiziko elifana neli uza kugula nangakumbi ugqibele ngokubhubha. "Bendilindlele okona kubi, kodwa ndamkelwa ngezandla ezishushu. Ndibothulela umnqwazi abasebenzi! Bandicacisela ukuba njengokuba sendinayo i-COVID-19, akukho mntu unokundenza ukuba ndigule kweli ziko," utshilo.

Kokuphi onokulindela kwiziko lokugcina bucala?

Ngokutsho koRhulumente waseNtshona Koloni, zonke izidingo zakho zithathelwa ingqalelo. Uza kufumana izidlo njengesiqhelo, ukubekwa esweni kwempilo yakho ngumsebenzi wenkathalelo yezempilo, inkonzo yokuhlajwa kwempahla, ubumnandi nokuzola ngeli xesha uye uchacha nesithuthi sasimahla ukuya nokubuya kwiziko elo.

Ukuba awukwazi ukuzigcina bucala ngokwakho, tsalela uMnxeba ongaValwayo weNtsholongwane i-Corona weSizwe kwa-0800 029 999 ukufumana ulwazi oluthe vetshe malunga neziko lokuzenza ikheswa okanye lokugcina bucala elikufutshane.