

Vuk'uzenzele



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Bomb-buster's explosive career

Page 8

STAY SAFE

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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



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Ukubungazwa kwabesifazane ngokubabandakanya kwezomnotho

NgoNcwaba iNingizimu Afrika ibungazwa Inyanga Yabesifazane. Lo mgubho uyisikhumbuzo sosuku enyakeni we-1956 lapho abesifazane abayizi-20 000 bamashela eZindlini Zombuso – isixuku sabesifazane abakuhluma izilimi eziningi, abaphuma ezindaweni ezehlukene futhi babobonke ubuhlanga. Babebumbene ezimfunweni zabo zokuqedwa nya kwemithetho emibi yokuphathwa kwamapasi kanye nelungelo labo lokuphila ngenkululeko.

Isimo nalapho abesifazane eNingizimu Afrika abakhona namuhla sehluke kakhulu kunaleso esabhekene nomama kanye nogogo bethu ngowe-1956. Sesibuya kude kakhulu ukuze sifinyelele kwiNingizimu Afrika engenabuhlanga, engenabulili, yentando yeningi, ephumelelayo futhi ekhululekile.

Sekube nenqubekelaphambili ebonakalayo ekwenzeni ngcono izimpilo zabesifazane baseNingizimu Afrika kwezomnotho, kwezopolitiki kanye nasempilweni yomphakathi.

Ngaso lesi sikhathi, siyazi ukuthi kusekuningi okusamelele sikwenze. Abesifazane basabhekana nokucwaswa, ukuhlukunyezwa kanye nodlame, futhi babhekane ngqo nobumpofu.

Uma sizosifeza ngempela isithembiso soMthethosisekelo wethu kumele sibhekane nokubekwa eceleni kwezomnotho nasezimalini okwenza abesifazane babe buthaka kakhulu ekhulukunyezweni nasodlameni.

Sesihlanganyele emkhankasweni oyingqophamlando osihlanganisa nemizamo yomhlaba jikelele ukuzuza ukulingana ngokobulili ngonyaka wezi-2030. Ukulingana Kwesizukulwana kuluhlelo olunezifiso nezinguquko

oluzoqeda ukucwaswa nodlame olubhekiswe kwabesifazane kanye nokubandakanywa kwabo okulinganayo empilweni yezopolitiki, yezehlalo kanye nomnotho.

Njengengxenye yalo mkhankaso, sesihlangane 'neMifelandawonye' emibili, owodwa wezobulungiswa kwezomnotho namalungelo kanye nomunye olwisana nodlame olubhekiswe kubulili obuthile. Zombili lezi zingqikithi zibaluleke kakhulu ohlelweni lwethu lukazwelonke.

Ezinyangeni ezilishumi nanye kusuka uHlelo Oluphuthumayo Lomabizwasabele lokuqeda udlame olubhekiswe kubulili obuthile nokubulawa kwabesifazane lwaqalwa sekube nenqubekelaphambili ekusabalaliseni ukweseka nokunakekela labo abasindile, inqubekelaphambili iyabonakala kwezomnotho ukubanika ukuvikeleka okuthe xaxa.

Ngenyanga kaNcwaba, siqalisa ukusebenza koHlelo Lwamasu Kazwelonke ukulwisana nodlame olubhekiswe kubulili obuthile nokubulawa kwabesifazane. Okubaluleke kakhulu kulolu hlelo kusekuqinisekiseni ukubandakanyeka okukhulu kwabesifazane kwezezimali. Lokhu kungenxa yokuthi ukungalingani kwezomnotho nokungalingani kwezenhlalo kuyahambisana. Isimo sabesifazane kwezomnotho eNingizimu Afrika kubenza babe buthaka kakhulu ekhulukunyezweni. Ngakho-ke kumele sikhuphule ukwesekwa kwabesifazane ukuze bakwazi ukuzimela bona ngokwezimali. Sesenze ukuzinikela okuningi ngaphansi Kokulingana Kwesizukulwana okuzoba yimpumelelo ngoHlelo Lwamasu Kazwelonke.

Okokuqala, sizozhuba ukubandakanyeka kwabesifazane kwezomnotho ngentengiso kahulumeni. Sibeke ukuthi sifuna

ukuqinisekisa ukuthi okungenani izimpahla ezingamaphesenti angama-40 nezinsiza ezithengwa nguhulumeni zithengwa emabhezininisini aphehwe ngabesifazane.

Okwesibili, sizokhuphula ukwesekwa kwama-SMME aphehwe ngabesifazane kanye nabesifazane abasebenza imisebenzi engahlelekile noma abangasebenzi. Lokhu kuzobandakanya ukuxoxisana nomkhakha wezezimali ukwenza ukuthi izinsiza zezimali abesifazane bafinyelele kuzona futhi zingabizi.

Okwesithathu, sifuna ukuqinisekisa ukuthi abesifazane abaningi bayafinyelele ezimpahleni zokukhiqiza ezifana nomhlaba. Kubaluleke kakhulu ukuthi abesifazane babe ngabazuzi bohlelo lokubuyiswa komhlaba. Kubaluleke kakhulu ukuthi izigidi ezingama-75 zamarandi zoxhaso lwe-COVID-19 ezibekelwe amavawusha ezolimo amaphesenti angama-53 kwabazozuza kuzoba ngabesifazane basemakhaya. Kumele siqinisekise ukuthi abathshali bokudla besifazane kanye nabalimi abancane bayaqhubeka ukuthola ukwesekwa nangale kobhubhane.

Okwesine, sifuna ukuqinisekisa ukuthi abesifazane bayavikelwa kudlame olubhekiswe kubulili obuthile ezindaweni zokusebenza. Ngalokhu-ke, sizobe sisebenza ezingeni likazwelonke nelesifunda ukuvumelana neNgqungquthela yeNhlango Yabasebenzi Yamazwe Ngamazwe Ngodlame Nokuhlukunyezwa Emsebenzini.

Kuyashiwo ukuthi inkululeko ayikhangazwa, kodwa iyathathwa.

Ukukhululwa kwabesifazane kungamagama abhalwe phansi nje kuphela ngaphandle uma ehambisana nokuzinikela kwemikhakha yonke yomphakathi.

Njengoba silungiselela ukuphinde sifukule umnotho wethu emva kobhubhane lwegciwane le-corona, sithe ngeke nje sivele sibuyele lapho kade sikhona ngaphambi kokuqubuka kwegciwane. Kumele sakhe isisekelo somnotho owehlukile, phakathi kwezinye zezinto, ozothuthukisa isimo sabesifazane.

Lokhu kusho ukuthi utshalomali lwethu kwingqalasizinda akumele lweseke kuphela ukuthuthukiswa kwezimboni zasekhaya, kodwa namabhezininisini aphehwe ngabesifazane. Kumele ludale amathuba emisebenzi yabesifazane kuzozonke izigaba zokuhlala, ezezimali, ezokwakha kanye nokunakekelwa kwezingqalasizinda. Ngendlela efanayo, njengoba sikhuphula izinhlelo zemisebenzi yomphakathi, kumele siqinisekise ukuthi abesifazane abasebasha ikakhulukazi babamba iqhaza. Ekwengezeni kumalingeniso, lezi zinhlelo zizobahlizeka ngethuba lokufunda amakhono kanye nesipiliyoni esidingekayo ukungena kumnotho ohlukahlukene.

Noma kuyisibopho sikahulumeni ukhulizeka abesifazane ngamathuba omnotho futhi akhe uhlelo oluvumela ukuphucula ukulingana ngokobulili, wonke umuntu emphakathini kudingeka ukuthi adlale indima yakhe.

Amabhezininisini kumele asekele amabhezininisini aphehwe ngabesifazane ekuthengeni izimpahla nezinsiza. Kumele baqashe abesifazane kakhulu futhi babeke abesifazane abaningi ezikhundleni zokuphatha.

Lokhu kubaluleke kakhulu uma ubheka ukuthi ucwaningo lomkhakha ozimele mayelana nokumelwa kobulili ezingeni lokuphatha lubonisa ukuba semuva kunalolo lomkhakha kahulumeni. Lena inkinga ehlele ivela ezingxoweni engibe nazo nezinhlangano

zamabhezininisini abesifazane eziningi. Ngokulinganayo, kumele siqede ukungafani emiholweni yabesilisa nabesifazane, bese silandela isimiso somholo olinganayo oqukethe kuMthetho Wokuqashwa Ngokulingana.

Abesifazane kumele bavikelwe ekuhlukumezweni nasekubandlululweni endaweni yokusebenza. Kusemahlombe abashayeli bezithuthi, abaphathi bamanyuvesi, ibhodi elilawula ukuphathwa kwesikole kanye nezinhlangano zezenkolo ukwenza izimo abesifazane namantombazane abazohamba, bafunde futhi bakhonze kuzo bephephile.

Kumele siphokophele phambili ngemizamo yethu yokuqeda ukuthi abesilisa bakhulu kunabesifazane, ukucwasana ngokobulili kanye nokunikeza amandla abesilisa. Yiyo le ndlela yokucabanga edala ukucindezelwa kwabesifazane.

Kusezandleni zethu – sonke abesilisa nabesifazane – ukugcizelela ukuthi ubugugu, isikhundla kanye nombono womuntu wesifazane awukho mncane kunalowo wovesilisa. Kusezandleni zethu njengabazali kanye nogogo nomkhulu ukuphatha nokukhulisa amadodana namadodakazi ethu ngokufana.

Kusezandleni zethu madoda ukwala nokuphumela obala silwisana nodlame olubhekiswe kubulili obuthile noma ikuphi lapho silubona, noma ngabe lwenziwa ngumngani wethu, obaba noma abafowethu.

Ake sibe isizukulwana esiqeda ukucindezelwa kwabesifazane ngezindlela zonke, esikhathini sethu sokuphila. Isizukulwane esinesibindi sangowe-1956 samashela thina sonke. Kumele senzele bona, senzele thina kanye nezizukulwane zakusasa ukuthi singaphoxi leli lifa elihle kangaka.

EZAKAMUVA 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 uma ngabe uke watholakala ukuthi wesuleleke ngegcwane le-corona (i-COVID-19)? Isikhungo Sezifo Ezithathelanayo Kuzwelonke sinezimpawu ozidingayo.

Uma ngabe ngihlonzwa nje-ngone-COVID-19, kumele ngihlale isikhathi esingakanani endaweni yokuhlala ngawedwana?

Abantu abahlonzwe njengabane-COVID-19, kepha abangenza izimpawu, kumele baqhubeka bahlale endaweni yokuhlala ngawedwana ekhaya noma esikhungweni sokuhlala ngawedwana sikahulumeni izinsuku eziyi-10, ukusuka ngosuku othole ngalo imiphumela ethi unaleli gciwane.

Labo abanezimpawu ezincane

kumele baqhubeka bahlale endaweni yokuhlala ngawedwana ekhaya noma esikhungweni sokuhlala ngawedwana sikahulumeni izinsuku eziyi-10, ukusuka ngosuku okwaqala ngalo izimpawu zaleli gciwane.

Labo abanezifo ezibucayi, okumele baye esibhedlela, kumele baqhubeka bahlale endaweni yokuhlala ngawedwana izinsuku eziyi-10, ukusuka sebezizwa ngconywa futhi bengasayidingi i-oksijini.

Abantu abane-COVID-19 bangasidlulisela kanjani lesi sifo kwabanye?

Ngokuka Ngqongqoshe Wezempilo u-Zweli Mkhize, abantu abaningi abanalokhu kugula okungabonakali bangalibhethethisa leli gciwane phakathi kwezinsuku eziyisikhombisa kuya kweziyi-12. Noma kunjalo,

abantu abagula kakhulu bangaba nobungozi obukhulu futhi bangesulela abanye ngaleli gciwane isikhathi eside.

Ngakube kufanele yini na ukuba ngiphinde ngihlalele i-COVID-19, ukufakazela ukuthi angisenalo leli gciwane, ngaphambi kokuba ngibuyele emsebenzini?

Cha. Ukuphinda uhlale abantu abahlangabezana nokugula okungabonakali futhi asebeluleme akunconywa.

Umuntu uthathwa njengosephile ukuba abuyele emsebenzini futhi angaphuma endaweni yokuhlala ngawedwana uma engeke esakwazi ukwesulela abanye ngaleli gciwane. Lokhu kuchaza ukuthi baba nezimpawu zabo zokuqala ezinsukwini ezingaphezu kwezi-10 ezedlule futhi abakabi nazimpawu okungenani izinsuku ezintathu.

Ngokuvamile, abasebenzi bangabuyela emsebenzini ngaphandle kokuhlala futhi uma:

- Beqede izinsuku eziyi-10 eziyimpoqo ukuthi uzihlale endaweni yokugonqa noma yokuhlala ngawedwana.
 - Labo abanezimpawu ezimaphakathi noma lezo ezibucayi behlolwa kokwezempilo.
 - Beqhubeka nokulandela imikhuba yenhlazeko yomuntu kanye nokuziqhelelanisa kubantu.
 - Umqashi egada umsebenzi ukuqinisekisa ukuthi akaphindi asuleleke futhi.
 - Beqoka izimfonyo, kusuka ngosuku lokuhlonzwa okungenani izinsuku ezingama-21.
- Ngihlale ngatholakala ngingenalo leli gciwane kepha ngisenezimpawu. Kwenzakalani manje?**

Kuyenzeka uthole imiphumela okungesiyo. Lokhu kungachaza ukuthi le miphumela yokuhlolwa kokuqala ingathi awunalo leli

gciwane, kepha ungalonzwa nje- ngonalo leli gciwane ekuhambeni kwesikhathi. Uma usaqhubeka uba nezimpawu ze-COVID-19 kumele uthintane nezazi zezempilo. **Kwenzakalani uma ngisaqhubeka ngikhombisa izimpawu emva kwezinsuku eziyi-10?** Kuvamile ukuba iziguli ziqhubeka nokuba nezimpawu ukwedlula izinsuku eziyi-10. Ukwelulama ngokuphelele kungathatha amaviki ambalwa. Uma ngabe usenezimpawu, thola iseluleko kumnakekeli wakho wezempilo.

Ngolwazi oluthe thuthu nge-COVID-19, vakashela iwebhusayithi yeSikhungo Sezifo Ezithathelanayo Kuzwelonke ethi: www.nicd.ac.za, iwebhusayithi ye-COVID-19 yamahhala ethi: coronavirus.datafree.co, shayela inombolo yezimo Eziphuthumayo ze-COVID-19 ethi: 0800 029 999 noma uthumele i-WhatsApp ku: 0600 12 3456.

Ukulawulwa kwe-COVID-19: Ekhaya kanye nasezindaweni zokunakekela

KUBALULEKE kakhulu ukuba uziqhelelanise nabanye abantu, noma ngabe usekhaya noma esikhungweni sokuhlala ngawedwana samahhala, uma ngabe sewuhlonzwe njengosene-COVID-19.

Allison Cooper

Abantu abaningi base-Ningizimu Afrika asebehlonzwe njengabanegciwane le-corona (i-COVID-19) baye bakuthole kunzima futhi kungenzeki ukuhlala ngabodwana ngoba amakhaya abo mancane ukuthi umuntu angahlala futhi alale egunjini lokulala ngaphandle kokuthi alisebenzise nomunye.

Uhulumeni useqinisekisele ukuthi zikhona izikhungo zokuhlala ngawedwana neziqokelwe abantu asebesuleleke ngaleli gciwane, kanti futhi zikhona nezindawo zokugonqa labo abasalindele imiphumela yabo yokuhlaleleli gciwane. Zombili lezi zinsizakalo zimahhala.

Ngokuka Dkt. u-Marlin McCay, ongudokotela ogxile e-Florida ese-West Rand, uthi uma usuhlonzwe njengone-COVID-19 into yokuqala okufanele uyenze ukuthi wehlise amathuba okuthi ibhehtheke. “Ufuna ukuvikela umndenini wakho,” kusho yena. Ukuze wenze lokhu, kumele uye lapho kuhlalwa khona ngawedwana – kungaba sekhaya noma esikhungweni esiqokelwe ukuhlala ngawedwana.

“Uma uqoka ukuzihlalela ngawedwana lokho kuchaza ukuthi kufanele uthole indlu lapho uzozisusa ngokuphelele kuwo wonke amalungu omndenini. Akekho namunye okufanele ukuba asondele kuwe ukwedlula amamitha amathathu. Kumele udle wedwa; usebenzise izinto zakho zokudla kanye nezitsha; usebenzise igumbi lokugezela lakho wedwa, lapho kungenzeka khona; futhi uqinisekise ukuthi akekho othintana naye emndenini.

“Udokotela noma umnakeke-



“Kubalulekile futhi ukuthi uphumule ngokwanele kanye nokuphuza amanzi anele noma yiluphi uketshezi oluhlazekile ukuqinisekisa ukuthi umchamo wakho uhlala umhlophe ngokufanelekile.”

li wakho wezempilo kumele akusize ngezinye izinto eziyisisekelo zokwelapha ukudambisa izimpawu zaleli gciwane, ikakhulukazi izinto ezifana nokuqaqamba kanye nobuhlungu bomzimba, ikhanda kanye nemfiva. Kunezinye izakhamzimba noma ubani angazisebenzisa ukuze ahlale engumqemane,” kusho yena.

Kubalulekile futhi ukuthi uphumule ngokwanele kanye nokuphuza amanzi anele noma yiluphi uketshezi oluhlazekile ukuqinisekisa ukuthi umchamo wakho uhlala umhlophe ngokufanelekile. Abantu abaningi abanokugula okuncane bayaye bazithole beqala ukuzizwa kangconywana emva kweviki lezi zimpawu zokuqala, kodwa kubalulekile ukuthi uqaphelisise izimpawu zakho.

Uma ngabe kuba khona nanoma yiziphi izinkomba ezingaba isexwayiso esiphuthumayo, njengezinkinga zokuphefumula, ubuhlungu esifubeni noma ingcindezi esifubeni sakho engedluli, ukukhwehlela igazi, ukuhlala kunqwabelene imicabango, ukuhlala wozela noma ukuba nezindebe noma ubuso obuluhlaza okwesibhakabhaka kumele ubize imoto yeziguli noma uziyele wena esibhedlela ngokuphuthuma.

Izikhungo zokugonqa

Labo abangakwazi ukuziqhelisa kwabanye uma behleli ekhaya, uhulumeni wenze izikhungo zokugonqa ezweni jikelele ukugcina wena kanye nabathandiweyo bakho niphephile.

UHulumeni waseNtshona-

langa Kapa usanda kushicilela ukuphawula okuqhamuka ezigulini mayelana nezikhungo zazo zokuhlala ngawedwana.

U-Marie Jantjies oqhamuka e-Witzenberg uye waqoka ukulandela iseluleko sabasebenzi bezempilo futhi waya esikhungweni sokuhlala ngawedwana ngoba umama wakhe oneminyaka engama-97 ubudala ebehlala naye nezingane zakhe futhi ubefuna ukubavikela. “Ngaphatheka kahle kakhulu. Ukudla kwabe kwehla esiphundu – kumnandi ukwedlula ngisho okwasekhaya. Ngabona ukuthi kumele ngihlale ethembeni. Ngangihlala ngokukhathazeka, kepha ngathandaza futhi ngazama ukwehlisa amaphaphu,” kusho yena.

“Leya ndawo iyazisindisa izimpilo! Ihamba phambili ngempela,” kusho u-John Arnoldus, owelulama kwi-COVID-19 esikhungweni sokuhlala ngawedwana e-Drakenstein. “Omunye wabangani bami ubegonqele ekhaya futhi akuzange kube lula ukwelulama ngokwakhe. Ngiye ngamtshela ukuthi athinte laba bantu ababenginakekela

– yiyona ndlela yokuthi ululame. Ukwesekwa okuqhamuka kubasebenzi bezokwelapha kanye nabaphathi bakhona – yikho okukuvusa qingqo,” kusho yena.

Ekuqaleni u-Arnoldus wayemanqikanqika ukuya esikhungweni sokuhlala ngawedwana ngoba wayenomcabango ongekho wokuthi uma uya kulesiya sikhungo uzofike ugule kakhulu futhi ushone. “Ngangilindele okubi kakhulu, kepha ngemukeleka kahle kakhulu. Ngibethulela isigqoko abasebenzi bezempilo! Bangichazela ukuthi njengoba sengesuleleke nge-COVID-19, akekho namunye lapha kule ndawo ozokwenza ukuthi ngigule,” kusho yena.

Yini okufanele uyilindele esikhungweni sokugonqa?

Ngokusho kukaHulumeni waseNtshonalanga Kapa uthi, kufanele wazi ukuthi zonke izidingo zakho zizonakekelwa. Uzothola ukudla zikhathi zonke, ukuqashwa kwempilo yakho ngabasebenzi bezempilo, izinsiza zokuhlazekela izimpahla, ukunethezeka kanye nokuthuthwa mahhala uya futhi ubuya kulesi sikhungo.

Uma ungeke ukwazi ukuhlala ngawedwana, thinta Inombolo yezimo eziphuthumayo zegciwane le-Corona Kuzwelonke ku-0800 029 999 ukuze uthole ulwazi mayelana nesikhungo sokuhlala ngawedwana noma sokugonqa esiseduzane nawe.