

Vuk'uzenzele

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Rebuilding the South African economy



at the same time preventing a significant spike in COVID-19 infections.

Caution still required from South Africans

While most lockdown restrictions have now been lifted and the number of new infections and hospitalisations has stabilised, President Ramaphosa warned that South Africans still need to protect themselves to prevent a second wave.

“Many countries are in the midst of a second wave of infections, which has often been more severe than the first. COVID-19 is far from over,” he said.

President Ramaphosa said that South Africans need to be especially careful as the festive season nears.

“Of course, with the festive season approaching, it is understandable that we will want to be with family and

AS GOVERNMENT MOVES RAPIDLY to address the country's economic recovery, the President has urged people to follow all COVID-19 health and safety protocols.

Dale Hes




The Coronavirus Disease (COVID-19) outbreak has had

a significant impact on our economy and on the lives of millions of South Africans. But now, with a vaccine closer to reality and

government developing a comprehensive economic recovery plan, the focus is on emerging from this time of hardship.

President Cyril Ramaphosa's recent address to the nation showed that government is committed to opening up and rebuilding the economy, while

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Kuvuseleleka kweNingizimu Afrika sekuyabonakala elukhalweni

Tihlahla temajaxharanda tichakatile kuyo yonkhe inhlokodolobha yesive, tibiketela kungena kweluhlobo. Ngemuva kwebusika lobudze nalobumatima, kucala kwesikhatsi semnyaka lesisha kufanele kutsi kusilesele litsemba lalokuhle lokutawukwenteka.

Ngesikhatsi kumenyetelwa Inhlekelele Yavelonkhe Yembuso ngenyanga yeNdlovulenkulu, lesacala ngako sakwenta ngekushesha kwaba kutsi sivikele kubhehbetseka kwaleligciwane kanye nekunika tekuhhamula letiphutfumako takhamuti, imimango, tisebenti kanye nemabhizinisi.

Kuletinyanga letisiphohlongo letengcile kanye nekwe-sekelwa balingani betfu betenhlalo, sikhipe luhlu lwetinyatselo letiphelele tekuvikela umtselela wetenhlalo kanye newetemnotfo walolubhubhane.

Sandzise kakhulu kuvi-keleka ngekwenhlalo ngemkhawulo longazange sewentiwe ngaphambilini kulelive. Singulelinye lemave lambalwa emhlabeni lapho lilungelo lekufinyelela kutfolo sibonelelomalimali sembuso sitfolakala kuMtsetfosisekelo, futsi siyatigcabha kutsi ngesikhatsi salesimo lesibucayi kangaka sikhonile kutsi silifezekise ngalokuphatseka-ko lelilungelo ngetindlela letinyenti.

Kwengeta kuletibonelelo tahlumende tetfu lesivele sinato, letifinyelela kubantfu labangetulu kwetigidzi leti-17 tinyanga tonkhe, sisengetile sibonelelo saLabadzala, saLabaphila nekukhubateka nesibonelelo seBantfwana. Sikhipe Sibonelelomalimali



Lesikhetsekile se-COVID-19 seKuhhamula, lesifinyelele kubantfu labatigidzi letisitfupha kute kube ngulamuhla. Loku kwenteka ngemaviki kumenyetelwe Inhlekelele Yavelonkhe Yembuso.

Bukhulu baloko lokwentewe ngeke kutsatselwe phasi. Kwenta kutsi loluhlelo lusebente ku-inthanethi kwaba kusebenta ngekuhlangan-nyela emkhatsini we-Ejensi yeSibonelelomalimali Sembuso yaseNingizimu Afrika, Lihhovi- visi Lemtselisi eNingizimu Afrika, Litiko Letasekhaya kanye nalabanengi labanye.

Senta kutsi kube nenchubo letentekelako yekufaka ticele nekukhokhela, kanye neminingwane leminengi lehlanganisiwe, lokufaka ekhatsi Luhlumagama lwe-Bantfu baseNingizimu Afrika kanye neminingwane yeSikhwama Semshwalensi Wekungasebenti (i-UIF). Senta kutsi kube netinkhundla letinsha letifanana ne-WhatsApp ne-USSD, sakha luhlelo nemabhange emabhizinisi kute kucinisekise iminingwane yekubhanga. Loku yimphumelelo lemangalisko leyafezekiswa ngesikhatsi lesifishane kakhulu.

Lokuhambisana naleto tinyatselo lesatitsatsa tekuvikela nekusimamisa tindle-

la tekutiphilisa, saphindze futsi sasekela emabhizinisi lafadlalako. Sanika lusito lwekuhhamula emabhizinisi lamancane ngendlela yekuwahhamula etikweletini, kutetimali, kwengcisa ekukhokheni umtselelo kanye nangaletinye tindlela.

Sasebentisa Sikimu se-Malimboleko Lesicinisekisiwe se-COVID-19 sekwenta kutsi emabhizinisi akhona kuhlangebetana netindleko tawo tekusebenta ngesikhatsi sekumiswa kwavelonkhe kwekusebenta kwetintfo, futsi kwanyalo sibuka kutsi lesikimu singaphumelela kanjani kutsi sifinyelele etinkampanini letinengi letinetidzango.

Sinika tisebenti lokutawu- vikelalimalingena yato kanye nekuhhamula kubanikati bemabhizinisi ngekusebentisa Sikimu Sekuhhamula Tisebenti Kwesikhashana lesilawulwa i-UIF.

Konkhe loku bekukuph- endvula ngco kulesimo lesiphutfumako futsi ngekwe- simo bekukwesikhashana. Letinye nyalo setiya ekupheleni, kantsi letinye setingetiwe njengaloku imakethe yetemisebenti ivuseleleka.

Letinyatselo letafezekiswa tahamba indzima lendze kutsi tivikele ummango

wetfu kulemimoya lenelunya ye-COVID-19. Letibonelelo mali letangetwa tasita tigidzi tebantfu kutsi tingabi nge- phasi kwelizinga lebuphuya ekudleni.

Kube asikangeneli savikela tindlela tekutiphilisa futsi sasindzisa emabhizinisi, timo tekuphila tebantfu bakitsi kanye netimonhlalo tetinkhu- lungwane temabhizinisi ngabe tibe tibi kakhulu kunaloku.

Nyalo sesintjintjela kusuka ekuhhamuleni singena eku- vuselelekeni.

Letinyatselo letiphutfuma- ko lesitibekile takhe sisekelo lesicinile lesingakhela kuso kabusha umnotfo wetfu. Njengaloku nyalo kugcila kwetfu sekusekufezekiseni Kwakhiwa Kabusha Kwe- temnotfo neLisu Leku- vusetela, lesikubeke embili lesitawucala ngako kutawuba yimvusamfutfo yekukhula nekudala imisebenti.

Sekube nenchubekelembili etindzaweni letinengi.

Sibona kutinikela kweku- sekelwa ngetimali lokusha kwekutfutukiswa kwesakhi- wonchanti ngemuva kwe- mhlango wekubonisa ngemklamo wetakhiwo- nchanti kuleliviki leliphelile. Tindhlelo temisebenti letinengi letingephasi kwe- Mvusamfutfo Yetemisebenti yaMengameli seticalile. Si- chubela embili ngetingucuko kutemnotfo emikhakheni lefanana netemandla kanye netekuchumana.

Emasu aguculwa aba ngu- lokwentiwako kanye nekuti- nikela kuyabonakala emise- bentini kanye nasematfubeni.

Kumcoka kakhulu kule- sikhatsi, ikakhulu njengaloku sikhatsi sekutijabulisa siso- ndzela, kutsi singabi bantfu

lesitigubhela tsine umgodzi.

Kucaphela lokukhulu kakhulu kudzingeka kutsi kusuke kitsi sonkhe kute kutsi sigcine leligciwane likhashane natsi.

Kubhedvuka futsi kabusha kwanome ngabe nguliphi lizinga ngeke kubuyisele emuva kuphela loko lesiku- zuzile kutemphilo. Kutawu- nklinya emahlumela laluhlata ekuvuseleleka kwetemnotfo labekadze asavelile, loko bese kusibuyisela emuva ku- sisuse entfwasahlobo kuyise ebusika.

Kuvikela kucubuka kwesi- bili kwekusuleleka nge- COVID-19, kufanele kutsi sigcine letinkhombandlela tetemphilo yemango leti- khona.

Nangabe singasifaki sifonyo emhlanganweni webantfu, nasihambele imicimbi lene- bantfu labanengi, asitifaki tsine kuphela ebungotini kodvwa sifaka nalabanye. Siphindza futsi sibeka neku- vuseleleka kwemnotfo wetfu engotini.

Asichubekeni sonkhe si- dlale tindzima tetfu.

Tento letinhle tekufaka si- fonyo, nekugcina kutsi kube nekuchelelana kutenhlalo kanye nekugeza njalo tandla kuisitile kutsi sincobe imi- tselela lemibi kakhulu yalo- lubhubhane. Nanyalo loko solo kusasetindlela letincono kakhulu tekutivikela.

Asikhumbuleni loko ku- tinikela kwetfu lesakwenta kutsi sivikele kubhehbetseka kwaleligciwane emalangeneni ekucala.

Ngisho nome ngabe imise- bentini letinyenti yetemnotfo neyetenhlalo seyicalile, ku- fanele kutsi sitigcine leti- nyatselo tetemphilo. Loku kudzingeke kakhulu na- ngabe sifuna kwakha kabusha umnotfo wetfu nekutsi sicedze lesimo lesibucayi.

Natsa emanti kute ugweme koma

Allison Cooper

Kushisa kakhulu nekunganatsi ngalokwanele lokusamanti kungaholela ekomeni kanye nekugula lokubangwa kushisa kakhulu, lokungaholela ekufeni.

Ngekusho kweLitiko Letemphilo laseNshonalanga Kapa, kushisa kwasehlobo kuhamba nebungoti lobusetulu bekoma, lokuyindlela yekulahlekelwa ngemanti lokuyingoti emtimbeni.

Koma imvamisa kubangwa kunganatsi lokusamanti lokwanele kuvala sikhala semanti lalahleka ngenca yekujuluka. Kungabangwa futsi kugula, lokubanga kuhlanta kanye/nome ngumsheko, nome kujuluka ngenca yemkhuhlane.

Kulahlekelwa ngulokusamanti emtimbeni akwenteki kuphela nangabe wenta imisebenti lematima yemtimba, kodvwa kungaphindze futsi kubangwe kuhamba, kulima engadzini nome kugibela ibhayisikili, ikakhulu nakushisa nome nakunetimo letinemswakamo.

Nangabe womile, umtimba wakho ngeke ukhone kusebenta njengalokwetayelekile. Bantfwana labangephasi kweminyaka lesihlanu, bantfu lasebakhulile kanye nebantfu labasebentela ngephandle ikakhulu koma kubahlasela kalula kanye nekugula lokubangwa kushisa kakhulu (simo lesibangwa kutsi umtimba wakho ushisa kwalokwecile).

Kugula lokubangwa kushisa kakhulu simo lesiphutfumako setemphilo. Tfola lusito lwetekwelashwa ngekushesha nangabe kunaletimphawu letilandzelako:

- Kutiva sengatsi ingcondvo iphicene nome kutiva sewucala kukhuluma ngekunamula futsi ungvakali.
- Kunyakuka nekuhlanta.
- Kuphefumula ngekushesha, nekuphefumlela phasi.
- Inhlitiyo icale kushaya ngekushesha.
- Kunkenketsa kwenhloko

Timphawu tekwegwayisa ngekoma

Letinye tetimphawu tekucala tekwegwayisa ngekoma tifa-

ka ekhatsi:

- Komela emanti nekucaleka.
- Koma umlomo.
- Kukhatsala.
- Kuchama umchamo lofuna kuba mnyama, nalonuka kabi.
- Kungachami njalo kunaloko lokwetayelekile.

Kuhlala ungomi kanye nekwegwema kugula lokubangwa kushisa kakhulu kufanele kutsi:

- Unatse emanti lamanyenti kunaloko lovamise kukwenta ngemalanga lashi-sako.
- Hlala endlini nome etindzaweni letinemtfunti.
- Gcoka sigcoko lesine-mbenga lenkhulu nome usebentise sambulelo.
- Hlala njalo uphetse libhodlela lemanti futsi unatse emanti njalo.
- Tsatsa emakhefu njalo nangabe usebentela ngephandle elangeni.
- Tipholise ngekutsi usebentise libhodlela lekutifafata.

Tinswane nebantfwana

Batali kanye nebanakekeli

bebantfwana kufanele kutsi babanakekele kakhulu bantfwana kanye netinswane, kwenta siciniseko sekutsi bahlala bangakomi.

Bomake labamunyisako kufanele kutsi batimunyise njalo tinswane tabo nangabe kushisa kakhulu.

Gcina bantfwana basekhatsi etindlini nome basemitfuntini, bagcokise tembatfo letilula futsi ubesule ngendvwangu lemanti kubasita kutsi bahlale njalo bapholile. Khumbula kubagcobisa ngemafutsa ekubavikela kutsi bangashiswa lilanga nabaphumela ngephandle.

Nangabe bantfwana labangephasi kweminyaka lesihlanu babonakala batikhulula emangcoliso abo lamanti, babonakala bahla-

nta futsi bakhatsese, tfolalusito lwetekwelashwa masinyane. Phindza futsi ufune kunakekelwa ngekwegwemphilo nangabe luswane lakho alukhoni kumunya nome lunemehlo lashone ekhatsi futsi nesikhala salo lesisenhloko sishona ekhatsi (sikhala enhloko).

Kubantfwana, letinye timphawu tekucwayisa ngekoma tifaka ekhatsi:

- Umlomo lowomile nome lonamatselako.
- Tinyembeti letincane nome letingekho nakakhalako.
- Kuchama kancane nome emanabukeni lamanti kancane kunalokutayelekile.
- Sikhumba lesomile, lesipholile.
- Luvelelo.
- Kotela nome kushaywa siyeti. 🚫



Be healthy this festive season

GIVE YOURSELF the gift of good health this holiday period by watching what you eat.

The festive season in South Africa is a time of soaking up the sun, enjoying a cold one with friends and feasting on delicious meals.

Unfortunately, many people overeat and eat unhealthy food over this time, which can pose health risks to a lot of people, especially those with already existing chronic conditions such as high blood pressure, high cholesterol or gout.

To keep healthy, the Kwa-

Zulu-Natal Department of Health advises the public to monitor what they eat as it may not always be good for their well-being.

Making good choices

Eating the correct amount of the correct kinds of foods will meet all of a person's nutritional needs and boost resistance to diseases and stress. Do not eat lots of salt because it can cause high blood pressure.

Although some health con-



ditions are hereditary and are passed from one generation to another, many ailments are caused by poor nutrition and a lack of exercise. Called 'lifestyle diseases', these include heart conditions and high blood pressure which can result in heart attacks and strokes, diabetes, gall bladder

complaints and liver, kidney and skin diseases.

Eating a variety of foods that are not too fatty, too sweet or too salty, with enough fibre, will help keep you healthy.

Your diet should include small portions of protein, such as meat, fish, chicken

and eggs; dairy such as milk; good fibre from foods such as lentils and dried beans; and fruit and vegetables. Avoid fatty meat or oily food, sweetened foods, refined grain products such as white bread and large quantities of tea or coffee.

You must also drink about eight glasses of water each day because water is essential to good health. It dilutes the urine and prevents kidney damage from a high concentration of waste products.

The effects of not following a healthy diet can include serious health consequences, such as obesity, which worsens other diseases and strains a person's joints.

Rather than binge eating at social gatherings, it is better to have three daily meals of more or less the same size. 🚫