

Vuk'uzenzele

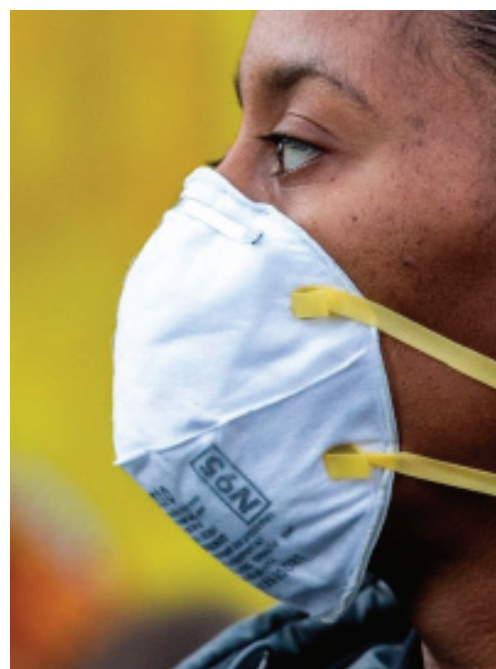
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Rebuilding the South African economy



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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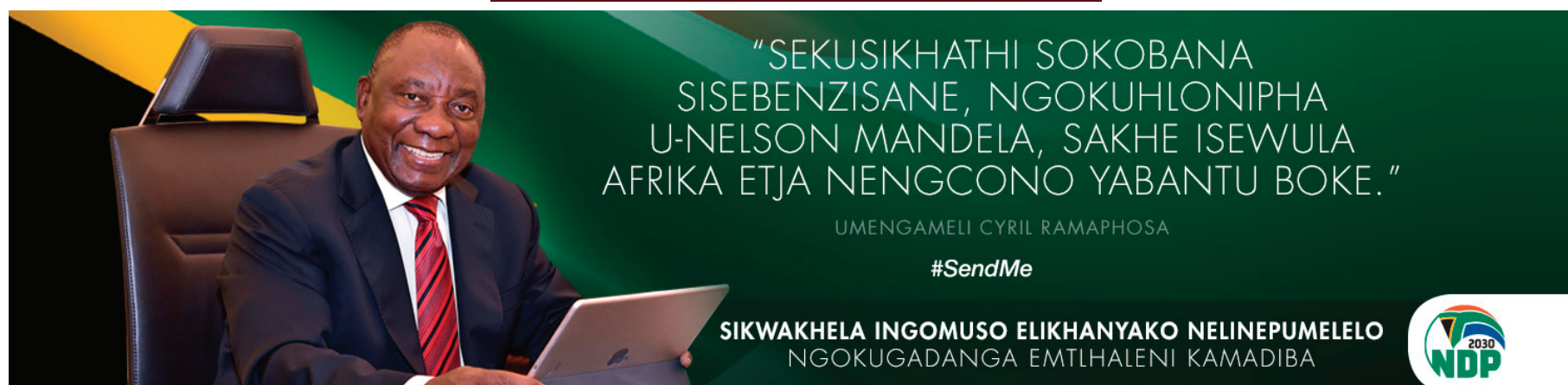
CONTACT US

Website: www.gcis.gov.za Email: vukuzenzele@gcis.gov.za

www.vukuzenzele.gov.za Tel: (+27) 12 473 0353

Tshedimosetso House:
1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

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Sekusemnyango Ukuvuseleleka kweSewula Afrika

Inhlahla ze-jacaranda zitlurhile ziyakarisa hlangana nehloko-dorobha yelizwe lekhethu, ekulitshwayo lokungena kwehlobo. Ngemva kobusika obude nobubudisi, ukuthoma kwesikhathi esitjha somnyaka kufuze kusinikele ithemba.

NgoNtaka lokha naku-menyezelwa ubuJamo beHlekelele yeliZwelo, amaqaloqangi wethu wamsinyana kwaba kukhandela ukurhatjheka kwengogwana nokunikela ngesizo elirhabako kuzakhamuzi, imiphakathi, abasebenzi namabhizinisi.

Esikhathini esiziinyanga ezibunane nangesekele labatjhebisani bethu, sasabalalisa imihlobohlobo yamagadango athe tjha ngomnqopho wokwehlisa umthelela omumbi phezu kwehlalakuhle nomnotho wesitjhaba oledwe ngumabhuhisa oyi-Coronavirus.

Sinabise khulu ukuvikeleleka kwezehlalakhule ngezanga elingakhange lilingwe ngaphambilini kilelizwe. Singelinye lamazwe ambadlwana ephasini lapho ilungelo lokufikelela iintlabagelo zezehlalakhule lifakwe kumThethosisekelo, godu singazikhakhazisa kobana esikhathini lesi sehlekelele emasikizi siliphumelelise ngokuphathekako leli lungelo ngeendlela ezinengi.

Ukungezelela phezu kwebonelelo zesondlo sombuso ezikhona, ezifikelela abantu abangaphezu kweengidi ezili-17 qobe yinyanga, singezelele imali yesiBonelelo sabaLupheleko, sabaPhila nokuKhubazeka nesiBonelelo seSondlo sabeNtwana.



Ngaphezu kwalokho saletha esitjha isiBonelelo esiKhethekileko se-COVID-19 seSizo lezeHlalakhule kileHlekelele, esifikelele ebantwini abaziingidi ezisithandathu bekubegadesi. Lokhu kwenziwa eemvekeni ezimbalwa ngemva kokumenyezelwa kobuJamo beHlekelele beliZwelo.

Isilinganiso salesisibopho angeze saqalelwa phasi. Ukuze kwethulwe lelihlo kwaba nokubonisana okudephileko hlangana ne-Ejensi yee-mBonelelo zeSondlo nomHlaphasi kaRhulumende yeSewula Afrika (i-SASSA), iZiko eliButhelala umThelo leSewula Afrika (i-SARS), umNyango wezangeKhaya nabanye ababelani.

Sahlela ikambiso esebenza ngokomtjhini ngokuzeleko yokwenza isibawo nokubadelwa, nebuthelelomini-ningwana elihlanganyelweko, kufaka hlangana iRejista yeNani labaNtu yeliZwelo nebuthelelomini-ningwana leTjhorensi yabangasaSebenziko (i-UIF). Sahlela itjhaneli etja yokwenza iimbawo nge-WhatsApp ne-USD, kwatlanywa amahlelo namabhanga ukukghonakalisa ukuqinisekiswa kwemininingwana. Le yipumelelo ekulu eyenziwe ngesikhathi esifitjhani.

Hlangana namagadango esawathathako ukuvikela

nokusekela amaphilo, sasekela godu amabhizinisi abogabogako. Sanikela isizo kumabhizinisi amancani ngokuwehlisela iinkolodo, sanzinzisa zeemali ukubuyiselwa emva kwesikhathi sokubhadelwa komthelo nezinye iinsizakusebenza.

Saphumelelisa iSkimu se-COVID-19 sokuQinisekisa ukuBolekiswa ngeMali ukusiza amabhizinisi bona ahlangebezane neendleko zawo zokusebenza ngesikhathi sokuqinteliswa kwamakhambo nemisebenzi ethileko, begodu kutjhejwa bonyana iskimu lesi singafikelela bunjani kamanye amakhamphani adingileko.

Sanikela ngekambiso evikela ingeniso yabasebenzi nokusiza abanikazi bamabhizinisi ngeSkimu sesiKhatjhana sokuSiza abaQatjhi esilawulwa yi-UIF.

Koke lokhu gade kuziphendulela okunqophileko ebujameni oburhabako godu okungekwekhathjhana. Amanye wamahlelo la selayokufika ekugcineni, kanti amanye alulelwe isikhathi njengombana amamakethe wemisebenzi athoma ukubuyela esigeni nje.

Amagadango esawaphumelelisako asiza khulu ekuvikeleni umphakathi wethu ebujameni oburhageleko

be-COVID-19. Iimbonelelo ezingezelelweko zasiza ekutheni iingidigidi zabantu zingawohloke ngeliweni lomthago.

Nangathana khangesingenelele ekuvikeleni amaphilo nekuhlengeni amabhizinisi, indlela yokuphila yabantu bekhethu nobujamo beenkulungwana zamabhizinisi begade buzokuba bumbi khulu.

Njenganje sisesikhathini samatjhuguluko sisuka ekwamukeleni isizo siya ekuvuselelweni.

Amagadango arhabako esawethulako abesisekelo esiqinileko sokwakhela umnotho welizwe lekhethu. Njengombana gadesi sesitjheja khulu ukuphunyelelwa kweHleloqha lokwAkha kabuTjha nokuVuselela umNotho, amaqaloqangi wethu kuzokuba kukhulisa umNotho nokuvula imisebenzi.

Sele kuneragelophambili emikhakheni ehlukileko.

Sibona iimbopho ezitja zesekele leemali ngokuthuthukiswa komthangalasisekelo ngemva komhlangano omayelana nokuthuthukiswa komthethosisekelo. Amahlelo ambalwa wokuqatjha ngaphasi kweHlelo lokuQatjha likaMengameli sele athomile. Siyraga namatjhuguluko wezomnotho emikhakheni efana nezamandla nezokuthintana.

Amahlelo atjhugululwa abezizenzo begodu neembopho zibonakala ngemisebenzi namathuba.

Koke kuqatheke khulu ngesikhathesi, khulukhulu njengombana sekutjhidele isikhathi samaholidiye kaKresimusi, asingabi nga-

basonga izandla.

Ukuziphatha ngefanelo kuyafuneka kithi soke ukuze sikhandele ingogwana engumabhuhisa le.

Ukwehla kobulwelobu ngobutjha kinanyana ngiliphi izinga angeze kwabuyisela emva kwaphela ipumelelo yethu kezamaphilo. Kuzokurhabula namakari atlhurhako wokuvuselelwa komnotho esele kwenziwe, bekusibuyisele emva ukusuka etwasahlobo ukubuyela esikhathini sobusika.

Njengendlela yokukhanda ihlandla lesibili lokurhatjheka kokuthelelana nge-COVID-19, kufuze sithobele imihlahlandlela yezamaphilo womphakathi eyethulwako.

Nasibhalelwa kufaka imaski nasihlangana nabantu, nasihlangele iminyanya lapho kubuthene abantu sizabe singazifaki sisodwa engozini, kodwana sifaka nomnotho welizwe lekhethu engozini.

Asirageni nokulima indimethu.

Iindlela zokuziphatha ezihle ezinjengokufaka imaski, ukujama nokuhlala maqalanga nokuhlamba izandla qobe kwasisiza ekwehluleni umbulalazwe lo. Nagadesi zisese siviko sethu esingcono khulu.

Asikhumbule ukuzinikela okwamele sikwenza sisoke ukuze sikhandele ukurhatjheka kwengogwana emalangenini wokuthoma yehlile.

Nalokha imisebenzi eminengi yezehlalakhule neyezomnotho sele ithomile, Kufuze sithobele woke amagadango wezamaphilo. Lokhu kusidingo soku-kgonakalisa ukwakhiwa kabutjha komnotho welizwe lekhethu besiyamele ngale kwehlekelele esembe-theko. **U**

Sela Amanzi Ukhandele Ukuthayelelwa Mamanzi Emzimbeni

Allison Cooper

Ukungaseli amanzi neenselo ezinye ngokwaneleko ngesikhathi somtjhiso omkhulu welanga kungabangela bona umuntu atlhayelelwe mamanzi emzimbeni, kezinye iinkhathi arhadiwe strowugu esibangelwa sifuthufuthu emzimbeni ngenca yokurhagala kwelanga. Koke lokhu kunokufa phakathi.

Ngokombiko womNyango wezamaPhilo weTjingalanga Kapa, umtjhiso wehlobo uza nobungozi bokuthayelelwa mamanzi emzimbeni, okukuthayelelwa mamanzi emzimbeni okunobungozi epilweni yomuntu.

Ukuthayelelwa mamanzi emzimbeni kanengi kubangelwa kungaseli iinsele ezaneleko ukuzaliselela amanzi aphume emzimbeni ngengurumela. Kungabangelwa godu bulwele, obukhambisana nokubuyisa/nehlanzo kunye namkha ukuthulula/irhudo begodu nokujuluka okubangelwa

mgomani.

Ukuphuma kwamanzi emzimbeni ngeendlela zoke akwenzeki kwaphela lokha umuntu nakazithabulula umzimba ngokungeneleleko, kodwana nalokha nakakhambako, asebenza etonini namkha nakakhwele umlelenjana, khulukhulu ebujameni bezulu obutjhisako namkha obutjhisela ngemafini.

Nawutlhayelelwa mamanzi emzimbeni umzimbakho angekhe usebenze ngokujayelekileko. Abentwana beminyaka engaphasi kwemihlanu, abantu abalupheleko nalabo abasebenzela ngaphandle basengozini yokuthayelelwa mamanzi emzimbeni nokurhadlwa strowugu esibangelwa sifuthufuthu emzimbeni ngenca yokurhagala kwelanga (ubujamo obubangelwa kufuthelana khulu komzimbakho).

Istrowugu esibangelwa sifuthufuthu emzimbeni ngenca yokurhagala kwelanga kubujamo obudinga isizo lezamaphilo elirhabako. Funa isizo lokwelatjiswa

msinyana nawunamanye wamatshwayo afana nabalwe ngenzasi:

- Ukuzizwa urarekile namkha ukukhuluma kwakho kuthoma ukuba buthaka begodu kungatlatla.
- Ukusilileka nokubuyisa.
- Iphika namkha ukuphefumula msinyana okungayindawo.
- Ihliziyo ithoma ukubethela phezu.
- Ihloko ebuhlungu okuqaqambako.

Amatshwayo asiyeleliso sokuthayelelwa mamanzi emzimbeni

Amanye wamatshwayo wokuthoma asiyeleliso sokuthayelelwa mamanzi emzimbeni afaka hlangana:

- Ukuzizwa womile nokubanesiyezi.
- Umlomo owomileko.
- Ukudinwa.
- Ukukhupha umhlambuluko ongakahlambuluki nonephunga elimbi khulu.
- Ukuhlambuluka kancani kunokujayelekileko.

Njengendlela yokuqinisekisa bona uhlala unamanzi emzimbeni bewukhandele istrowugu esibangelwa mtjhiso oweqileko kufuze u-:

- Sele amanzi khudlwanakunokujayelekileko ngamalanga anomtjhiso omkhulu.
- Hlale ngekhaya namkha emthunzini.
- Thwale ingwani enomphele omkhulu namkha usebenzise isambureni.
- Hlale uphethe ibhodlelo lamanzi begodu usele qobe kusikinyeka.
- Ziphe isikhathi sokuphumula nawusebenzela ngaphandle elangeni.
- Zipholise ngokuzirhatjha/ngokuzifafaza ngamanzi emzimbeni.

Amasana Nabentwana

Ababelethi nabatlhogomeleli kufuze bayelele khulu abantwana namasana, ukuqinisekisa bonyana abatlhayelelwa mamanzi emzimbeni.

Abomma abamunyasako kufuze bamunyasako abantwana babo qobe kusikinyeka nakutjhisako khulu.

Yeleda bonyana abantwana bahlale ngekhaya namkha emthunzini, bembathise izembatho ezilula begodu

ubasule ngetjhila elithambileko njengendlela yokubasiza bona bahlale bapholile. Khumbula ukusebenzisa isezeso esinesikhanelalanga lokha nabazokuphumela ngaphandle.

Lokha abentwana beminyaka engaphasi kwemihlanu babanjwa kuthulula, bahlalele ukubuyisa begodu balila ngokudinwa, kumele ufune isizo lezokwelapha khonokho. Begodu kufuneka isizo lezokwelapha elirhabako lokha isana lingakghoni ukumunya namkha amehlwalo atjhingele ngaphakathi namkha lokha ifokotho ikhimeleko.

Ebantwaneni, amanye wamatshwayo wokuthayelelwa mamanzi emzimbeni afaka hlangana:

- Umlomo owomileko neendebe ezinamathelana.
- Iinyembezi ezincani namkha zingaphumi nakalilako.
- Ukuhlambuluka kancani namkha ukungabi nesidingo sokukhutjiswa ileyiri qobe njengokujayelekileko.
- Isikhumba esomileko nesiqandako.
- Ukuqhasuka okungakajayeleki.
- Ukuyenda nofana isiyazi/ukujugujeka. **U**

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. **U**

