

Vuk'uzenzele

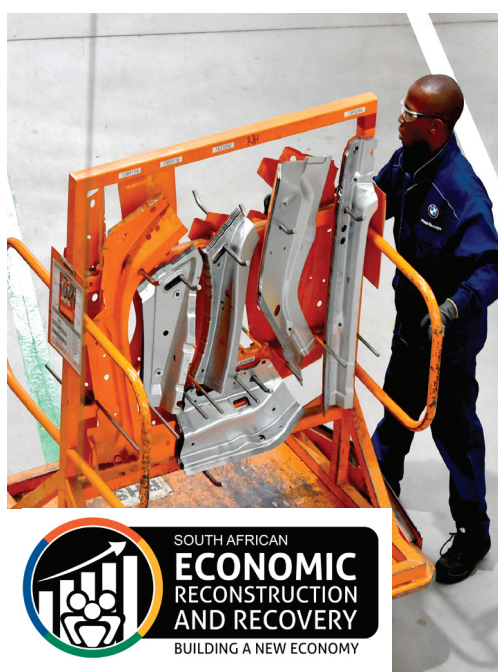
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Rebuilding the South African economy



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

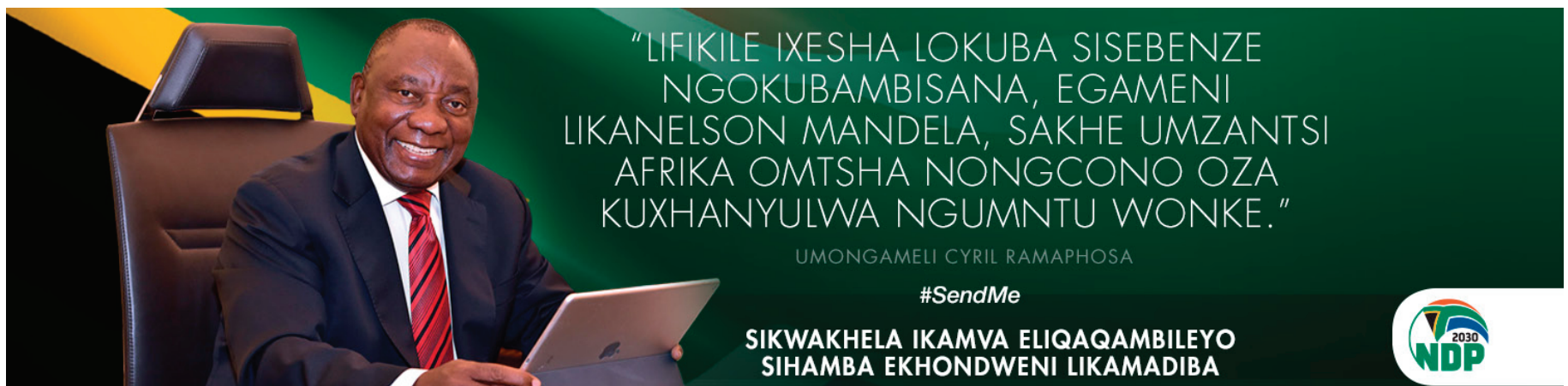
government developing a comprehensive economic recovery plan, the focus is on emerging from this time of hardship.

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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Sele zithukuza iimpawu zohlumo eMzantsi Afrika

Imithi ye-*Jacaranda* idubule kwisixeko esilikomkhulu leli lizwe, into leyo ethetha ukuba ihlobo alifikanga ligalelekile. Emva kweenyanga ezinde nezinzima zobusika, ukungena kwehlobo kufanele ukuba kuzenze iintliziyo zethu zikhulelwe lithemba.

Ngethuba kubhengezwe iMo yeNtlekele kuZwelonke ngenyanga yoKwindla, into eyayiphambili ezingqondweni zethu yayikuthintela ukunwenwa kwale ntsholongwane size sinike nabemi, abahlali, abasebenzi kunye namashishini izibonelelo zokuncedisa ngexesha likaxakeka.

Kwezi nyanga zisibhozo, futhi oko sikwenza ngenkxaso esiyifumene kumahlakani ethu ezentlalo, saqalisa ngenkqubo ebanzi yokunceda ukuba ungabi mbi kakhulu umonakalo wezentlalo nowezoqoqosho onokwenziwa ngulo bhuhane.

Siye sazandisa kakhulu iinkqubo zezibonelelo zezentlalo ngendlela engazange yakha yalingwa kweli lizwe ngaphambili. Silelinye lamazwe ambalwa apho ilungelo lokufumana izibonelelo zentlalo libhalwe kuMgaqo-siseko, kwaye siziva sinebhongo kuba sikwazi ukuzalisekisa esi sithembiso ngethuba kanye wonke umntu esengxakini yokugutyungelwa ngubhuhane.

Ukongeza kwizibonelelo zentlalo ebezikade zikho, ezixhanyulwa ngabantu abangaphezulu kwezigid ezili-17, siye senza uchatha kwiSibonelelo-mali sa-

Bantu Abadala, esokuKhubazeka kunye nesoKondla aBantwana. Saqalisa ngeSibonelelo esiKhethekileyo se-COVID-19 sezeNtlalo, sona esincede abantu asele befikelele kwizigidi ezithandathu kungokunje. Esi sibonelelo saqalisa kwiivekana nje ezimbalwa emva kokuba kubhengezwe iMo yeNtlekele kuZwelonke.

Lo msebenzi ungaka awukwazi ukuzolelwa okanye ukujongelwa phantsi. Ukuze lenkqubo ikwazi ukusebenza kwaye kwakho intsebenziswano emandla phakathi kwe-Arhente yeziBonelelo zezeNtlalo yoMzantsi Afrika (i-SASSA), iZiko leeNkonzo zeRhafu loMzantsi Afrika (i-SARS), iSebe leMicimbi yezeKhaya, kunye namanye amahlakani amaninzi.

Saqalisa ngenkqubo ezihlawulela ngokwayo isebenzisa ubuxhaka-xhaka bale mihla, yadityaniswa nezinye izintlu ezineenkukacha, eziquka uLuhlu lwaBantu beSizwe kunye neNgxowa-mali ye-Inshorenisi yabaNgaphangeliyo (i-UIF). Saqalisa neendlela ezintsha zokufaka izicelo ezifana nokusetyenziswa kuka-WhatsApp kunye ne-USD, saze saqalisa nangobunye ubuxhaka-xhaka bale mihla sisebenzisana neebhanki zabucala ukuze sikwazi ukuqinisekisa iinkukacha zebhanki zabantu. Lo ngumsebenzi omhle kakhulu owenziwa ngexesha elifutshane kakhulu.

Ukukhapha la manyathelo sawathathayo ngeenjongo zokukhusela abantu bakuthi, saya safaka isandla nakumashishini nawo ebeqalisa

ukutsala nzima. Siye sanika isibonelelo amashishini asakhasayo, isibonelelo eso sinxulumene namatyala, esezimali, ukwandiswa kwexesha lokungeniswa kwamaxwebhu eengxelo zerhafu kunye nezinye izibonelelo.

Saqalisa ngeNkqubo yeMahlumaleko Ekinisekiweyo ye-COVID-19 ukuze sinceise amashishini akwazi ukubhatala imali yeendleko zemisebenzi yemihla ngemihla ngethuba ilizwe livaliwe, ngoku sizama nezinye indlela zokwenza ukuba esi sikimu sifikelele kwamanye amashishini amaninzi afuna uncendo.

Sisikhuphile isibonelelo sokuqinisekisa ukuba imivuzo yabasebenzi iyahlawulwa kunye neSibonelelo Sabaqeshi Sethutyana, yona yokunceda abanikazi-mashishini, nekhutshwa yi-UIF.

Onke la manyathelo ayeenzelwe ukusabela ngqo kule meko kaxakeka sikuyo kwaye ebengawokubambisa okwethutyana. Ezinye zezi zibonelelo ziza kufikelela ekupheleni ngoku, ngeli thuba ezinye ziza kuqhubeleka zisetyenziswa lude uqoqosho luqalise ukuhluma.

Ezi zibonelelo saziqalisayo zaba luncedo kakhulu ekukhuseleni isizwe sakuthi ukuba singathwaxwa kakhulu yi-COVID-19. Ezinye izibonelelo zasindisa abantu abaninzi ekubeni bafe yindlala.

Ukuba sasingazange singenelele sisindise abantu bakuthi kunye namashishini, iimeko zabantu bakuthi kunye nezamawaka amashishini ngezibe maxongo kakhulu.

Ngoku sikwixesha apho sigqithayo kwixesha lokukhongozakwabantu namashishini ngezibonelelo singena kweli lokuhluma koqoqosho.

Ezi zibonelelo zingxamisekileyo saziqalisayo zizo eziza kusebenza njengeentsika ekuza kwakhelwa phezu kwawo uqoqosho lweli lizwe. Njengoko ngoku sijongisa amehlo kumba wokuphumeza isiCwangciso soQoqosho soHlumo noKwakha Ngokutsha, into esiza kuyibeka phambili kukukhwezela uqoqosho nokudala imisebenzi.

Ikhona indima esele ibonakala kumacandelo amaninzi.

Sifumene izithembiso ezitsha zokuxhasa ngemali amaphulo ophuhliso lweziseko ezingundoqo ezenziwe emva kwendibano ebibanjwe kule veki iphelileyo ebigwadla umba weziseko ezingundoqo zophuhliso. Iinkqubo zokudala imisebenzi phantsi kwesiCwangciso sikaMongameli sokuVuselela uQoqosho sele ziqalisile. Siyaqhubeleka namalinge okuza neenguqu kuqoqosho lweli kwicandelo elifana nelezamandla kunye neleziseko zonxibelelwano.

Ngoku sikwixesha apho siyekileyo ukuthetha, sisenza izinto ezibonwayo futhi nezithembiso ezazenziwe ngoku ziveza la mathuba emisebenzi ayethenjisiwe.

Kubaluleke kakhulu oku ngeli xhesa, ingakumbi njengoko ixesha leziyunguma zokuphela konyaka nalo sele lifikile, ukuba ingabisithi abaza kuphinda babuyisele umva lo msebenzi sele wenziwe.

Kufuneka sihlale sivule amehlo, sibaze neendlebe siqinisekise ukuba asichatshazelwa yile ntsholongwane.

Ukuvumbuluka kwaso kwakhona nokuba ivumbuluke sele ingasenamandla kakhulu kwakuwabuyisela emva la malingeezempilo sele enziwe. Lo nto iyakubanga ukuba nalo mathuba aqala ukuvela aphinde aphephe-theke nomoya, isibuyisele kwixesha lobumnyama nentsokolo esiphuma kulo.

Ukuthintela ukuba i-COVID-19 ingaphindi iqhambuke, kufuneka sithobele imigaqo yezempilo ekhoyo.

Ukuba asisinxibi isifonyo kwiindibano zoluntu, xa sisiya kwimisitho enabantu abaninzi, asizibeki nje thina kuphela kunye nabanye emngciphekweni. Sikwabeka nala malinge sele enziwe okuvuselela uqoqosho emngciphekweni.

Masiqhubeke, umntu ngamnye adlale indima yakhe.

Amanyathelo aluncedo afana nokunxiba isifonyo, ukungasondelelani phakathi kwabantu kunye nokuhlamba izandla rhoqo asincedile sakwazi ukumelana nalo bhuhane ngethuba kanye egqubela ukugqugqisa. La manyathelo ngawo aluncedo kakhulu, kwaye sifunza ngawo.

Masikhumbule izinto esisikhethe ukuzincama sisi-sizwe kuba sifuna ukuthintela ukuba le ntsholongwane inganwenwi kwiintsuku zokuqala zokufika kwayo.

Nangona sele iqalile imisebenzi yoluntu kunye neyezoqoqosho, kufuneka sihlale siyithobela imiqathango yezempilo esiyibekelweyo. Kubaluleke kakhulu oku kuthi ukuze sikwazi ukuvuselela uqoqosho lweli lizwe siyoyise le ngxaki sijongene nayo. **U**

Sela amanzi unqande ukuphelelwa ngamanzi emzimbeni

Allison Cooper

Ilanga elitshisa kakhu-lu kunye nokungaseli izinto ezingamanzi ezaneleyo kungabangela ingxaki yokuphelelwa ngamanzi emzimbeni kunye neqondo eliphezulu kakhu-lu lobushushu bomzimba, izinto ezo ezinokumbulala umntu.

NgokweSebe lezeMpilo laseNtshona Koloni, ilanga elitshisayo lasehlotyeni liyawanyusa amathuba okuba abantu baphelelwe ngamanzi emzimbeni, nokuyingozi yokuphelelwa ngamanzi emzimbeni.

Le ngxaki yokuphelelwa ngamanzi emzimbeni kumaxa amaninzi yenziwa kukungaseli izinto ezingamanzi ezaneleyo ukubuyisela amanzi atsitse emzimbeni ngenxa yokubila. Ingabangelwa nakukugula, okubangela ukugabha okanye nokuhambisa kwesisu; kunye nokubila okubangelwa ngumkhuhlane.

Amanzi emzimbeni awapheli xa usebenza nzima kuphela, kodwa angaphela naxa uhamba ngeenyawo, usebenza esitiyeni okanye ukhwele ibhayisekile ingakumbi xa imozulu ishushu okanye ifumile.

Xa uphelelwe ngamanzi emzimbeni, umzimba wakho awukwazi ukusebenza njengesiqhelo. Abantwana abaneminyaka engaphantsi kwemihlanu, abantu abadala kunye nabantu abasebenzela phandle basemngciphekweni omkhulu wokuba babe nale ngxaki yokuphelelwa ngamanzi emzimbeni kunye neyokunyuka kakhulu kweqondo lobushushu lomzimba.

Ingxaki yokunyuka kakhu-lu kweqondo lobushushu bomzimba yingxaki enkulu efuna oogqirha. Funa uncedo lonyango ngokukhawuleza ukuba unayo nayiphi na enye kwezi mpawu:

- Uziva ingathi udidekile okanye xa uthetha uqalisa ukuzekelela nokuthetha

into engavakaliyo.

- Unesicaphu-caphu futhi uyagabha.
- Uyakhefuzela xa uphefumla.
- Intliziyo iqalisa ukubetha kakhulu.
- Intloko eqaqamba kakhu-lu.

Iimpawu zokuqala zokuphelelwa ngamanzi emzimbeni

Ezinye zempawu zokuqala zokuphelelwa ngamanzi emzimbeni ziquka:

- Ukuziva unxaniwe futhi unesizunguzane
- Umlomo owomileyo
- Ukudinwa
- Ukuba nomchamo omdaka, onuka kakubi
- Ukuchama izihlandlo ezimbalwa kunesiqhelo

Ukuze ungafumani ingxaki yokuphelelwa ngamanzi emzimbeni neyokunyuka kakhulu kweqondo lobushushu bomzimba kufuneka:

- Usele amanzi athe chatha

ngeemini ezinelanga elitshisayo.

- Hlala ngaphakathi endlwini okanye kwindawo enomthunzi.
- Nxiba umnqwazi oliphekepheke okanye uzikhusele ngesambreni.
- Hlala uphethe ibhotile enamanzi futhi uwasele rhoqo.
- Mana uziphumza ukuba usebenza endaweni egqatse ilanga.
- Pholisa umzimba wakho ngokuthi uzitshize ngamanzi.



Iintsana nabantwana

Abazali nabagcini-bantwana kufuneka baqiniseke ekuqwalaseleni abantwana neentsana, ukuze baqinisekise ukuba abantwana neentsana bahlala benamanzi aneleyo emizimbeni yabo.

Oomama abancancisayo kufuneka babancancise rhoqo abantwana babo xa ilanga litshisa.

Bagcine endlwini ngaphakathi abantwana okanye kwindawo enomthunzi, banxibise iimpahla ezipholileyo uze umana ubosula ngelaphu elifumileyo ngeenjongo zokubagcina bepholile. Khumbula ukubathambisa ngezinto zokukhusela ilanga xa bephumela phandle.

Ukuba abantwana abane-

minyaka engaphantsi kwemihlanu bayahambisa, bayagabha futhi bakhangeleka bediniwe, base kwindawo yonyango ngokukhawuleza. Funa uncedo loogqirha ukuba usana lwakho alukwazi ukuncanca ibele okanye li-namehlo atshonileyo okanye ifokotho lalo nalo litshonile.

Ebantwaneni, ezinye iimpawu zokuqala zokuphelelwa ngamanzi emzimbeni ziquka:

- Umlomo owomileyo okanye oncangathi.
- Ukuphuma iinyembezi ezincinci xa belila okanye zingaphumi.
- Ukuchama kancinci okanye amanapkeni amanzi angaphantsi kunawesiqhelo.
- Isikhumba esomileyo nesibandayo.
- Ukuba nkenenkene.
- Ukozela okanye isiyezi. 1

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. 1