


# Vuk'uzenzele

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TOGETHER WE CAN BEAT THE CORONAVIRUS



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## COVID-19 cases declining but don't wait to vaccinate

**PRESIDENT CYRIL RAMAPHOSA** has moved South Africa to Adjusted Alert Level 2 and encouraged citizens to get vaccinated.



**R**estrictions on movements of people and gatherings have been eased in South Africa following a steady decline in new COVID-19 infections.

This was announced by President Cyril Ramaphosa during an address to the nation recently. The President announced the move from Adjusted Alert Level 3 to Adjusted Alert Level 2 of the lockdown.

The President said the decrease in the number of new infections across the country spurred the decision to move the country to a lower level of restrictions.

“While the third wave is

not yet over, we have seen a sustained decline in infections across the country over the last few weeks.”

President Ramaphosa said that after thorough consultations, Cabinet decided on the following measures for Adjusted Alert Level 2:

- The hours of curfew now start at 11pm and end at 4am.
- Non-essential establishments like restaurants, bars and fitness centres must close by 10pm to allow their employees and patrons to travel home before the start of the curfew.
- All gatherings have been

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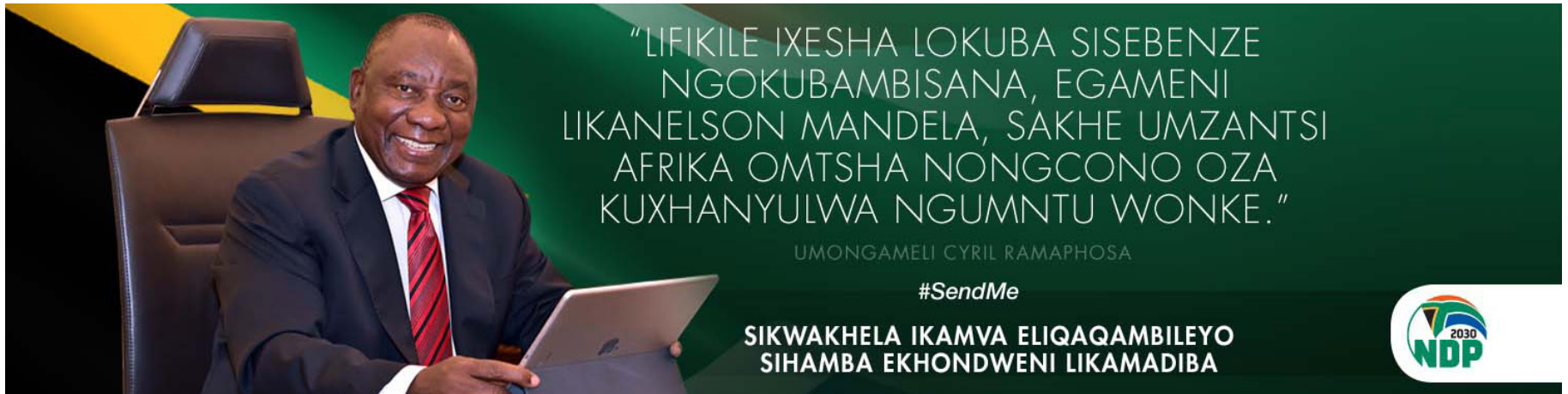
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## I-BRICS yinto ebaluleke kakhulu ekukhuleni koMzantsi Afrika

**K**unyaka ongaphambi konyulo lokuqala lwentando yesininzi, uMongameli Nelson Mandela wabhala inqaku kwiphaphancwadi le-*Foreign Policy* malunga nomgaqo-nkqubo wezangaphandle omtsha woMzantsi Afrika.

Ecinga ngotshintsho kumanyano lwehlabathi oluziswe kukuphela kwe-*Cold War*, wabhala ukuba amazwe kwakuza kufuneka ukuba "ayiphose kwakhona iminatha yayo" ukuba ayeza kuvuna iinzuzo kwimibayamazwe ngamazwe.

Oko kwabakho utshintsho olumandla luka-1994 ngethuba sithabatha isigqibo sokwahlukana hayi nocalucalulo nje kuphela kodwa nendlela ababubona ngayo ubudlelwane namazwe ngamazwe abayili balo, umgaqo-nkqubo wamazwe ngamazwe woMzantsi Afrika uqhubeka nokuphawulwa koku "kuphosa umnatha kwakhona".

Umgaqo-nkqubo wethu wamazwe ngamazwe ubeka phambili umanyano lopolitiko noqoqosho lwengingqi, ukuzingela uphuhliso lwe-Afrika, ukuzibandakanya kwamazwe amaninzi kunye nokuphakanyiswa kwentando yesininzi, uxolo namalungelo oluntu.

Ukuza kuthi ga ngoku, sibumbe umanyano lobuchule namazwe eHlabathi aseZantsi kunye nentsebenziswano ezuzisa amacala omabini namazwe aseMantla.

Ukuzibandakanya neqela lamazwe e-BRICS ngo-2010 kwaba yimbalasane kwiphulo lethu lokuqhuba ezethu izinto ezihamba phambili ekuphuhliseni isizwe sethu

ngokwenza ubumbano olomelele nangakumbi kunye namazwe abalulekileyo anoqoqosho osele lubukukhulase-Brazil, e-Russia, e-India nase-China.

Xa ejongwa onke ngokupheleleyo, amazwe e-BRICS enza malunga neepesenti ezingama-41 zoluntu lwehlabathi kwaye anikela malunga neepesenti ezingama-24 kwimveliso yelizwe yonyaka kunye neepesenti ezili-16 kurhwebo lwehlabathi. Sivune iinzuzo zobulungu beli qela lamazwe, ngokukodwa kwintsebenziswano yezoqoqosho.

Urhwebo lwamazwe ababini lukhulile, ingakumbi kunye ne-China ne-India, apho urhwebo lwempahla eya ngaphandle nempahla eyenziweyo ilolona luhamba phambili. Amazwe e-BRICS aqhubeka nokuba yimithombo ebalulekileyo yotyalo-mali oluthe ngqo lwamazwe angaphandle kumacandelo abalulekileyo afana nezimbiwa, izithuthi, uthutho, amandla ombane acocekileyo, iinkonzo zezimali kunye nobugcisa bonxibelelwano.

Uhlaziyo lwethu lobulungu luka-2018 yinkampani yeenkonzo zobuchule bomsebenzi i-*Deloitte* lwaqaphela ukuba amaqabane e-BRICS "atyale imali ephindwa kathathu kweli lizwe xa kuthelakiswa neminyaka esixhenxe ephambi kuka-2011". Olu tyalo-mali nezi projekthi zithe ke zakhokelela ekudalweni okubonakalayo kwemisebenzi.

Oko kwabunjwa i-*New Development Bank*, ene-ofisi yengingqi eseGoli, uMzantsi Afrika oko ufumana uncedo lwenkxaso-mali nenkxaso yobugcisa kwiiprojekthi

zawo ezikwezothutho, amandla ombane acocekileyo, ukukhuselwa kokusingqongileyo, amaseko amanzi nokucuthwa kokukhutshwa kwesilahle.

Oko kwaqhambuka ubhuhane we-COVID-19, uMzantsi Afrika sele ufumene inkxaso-mali eyi-R28 yeebhiliyoni kwi-*New Development Bank* phantsi kweNkqubo yeMali-mboleko yeMeko kaXakeka ye-COVID-19 ukulwa lo bhuhane nokuxhasa ukuvuselelwa koqoqosho lwethu.

Kube kwakho nentsebenziswano ebonakalayo namaqabane ethu e-BRICS ekufumaneni izixhobo zokuzikhusela kunye nentsebenziswano malunga nokufumana nokuhanjiswa kwamachiza okugonya.

Sisandula ukuthabatha inxaxheba kwiNgqungquthela ye-BRICS ye-13, apho amazwe e-BRICS aye avuma ukwenza nzulu intsebenziswano yokulwa i-COVID-19 nokushukumisa inkxaso yezopolitiko kunye nezixhobo zezezimali ezidingekayo ukulungela ukuphendula kubhuhane kwixesha elizayo.

Oko kuquka ukusekwa kweZiko loPhando noPhuhliso lweChiza lokuGonya le-BRICS elikwi-intanethi kunye neNkqubo ye-BRICS yeNdibanisela yokuLumkisa kwangeThuba eza kuqikelela uqhambuko lwezifo ezosulelayo phambi kokuba zenzeke kwixesha elizayo.

Enye indawo ebalulekileyo yesivumelwano ibekukunanzwa kwama-xwebhu okugonya nenkqubo yokuvavanyela i-COVID-19 ngamacala onke - into eza kubaluleka kakhulu ku-

khenketho olunqumla imida kwixesha elizayo. Inqoqo yentsebenziswano ezuzisa amacala onke iza kubaluleka ngokukodwa ekuvuselelweni koqoqosho lwehlabathi, apho uphuhliso olungalinganiyo luthetha ukuba amanye amazwe aza kubuyela kwimo yesiqhelo msinyane, ngethuba amanye esilela ngasemva.

Ukuxhasa ukuvuselelwa koqoqosho, amaqabane e-BRICS aye avuma ukomeleza intsebenziswano kumacandelo enza ukuba izinto zenzeke afana namandla ombane, ubugcisa bonxibelelwano, inzululwazi, ubugcisa nemveliso yezinto ezintsha, ulimo noqoqosho enjongo yalo ikukucutha umonzakalo nomgcipeko kokusingqongileyo. Onke la ngamacandelo abalulekileyo achongwe kwisiCwangciso soKwakhiwa ngokutsha nokuVuselelwa koQoqosho esibhengezwe kulo nyaka uphelileyo.

Intsebenziswano namanye amazwe e-BRICS, ingakumbi kwicandelo loPhando oluvelisa izinto ezintsha, iza kuncedisa ukukhawulezisa kokunikwa amandla kwama-shishini kweli lizwe ze isincede sifezekise iminqweno yethu ye-*Fourth Industrial Revolution*.

Ngoko ke, kwaye kwabanjwa iingxoxo malunga nokudalwa kwamaqonga asesikweni e-BRICS ukwabelana ngezona ndlela zizizo zokwenza izinto, ulwazi nobungcali, kuquka ukusetyenziswa kwamaqonga obugcisa obufumaneka nakubani na.

Amaqabane e-BRICS aye avuma ukuba amazwe asakhulayo adinga uncedo ukuphumeza iiNjongo

eziZinzileyo zoPhuhliso zeZizwe eziManyeneyo, kwaye amazwe anikelayo kumelwe ukuba akwenze oko azibophelele kuko. Oku kubaluleke nangakumbi kumxholo wentshukumo yemozulu.

Njengamazwe amaninzi, uMzantsi Afrika ufuna ukuhamba kwindlela evelisa izinga eliphantsi lekhabhoni, ebandakanyayo, ezinzileyo nethabathela ingqalelo indawo yethu njengelizwe elisakhulayo. IQonga le-BRICS loPhando ngaMandla oMbane oluyiNtsebenziswano liza kuxabiseka xa sizama ukufumana imithombo eyahlukeneyo yamandla ethu ombane.

Kule minyaka eli-11 oko sazibandakanya ne-BRICS, ubulungu bethu buziqhubele phambili kakhulu iinjongo zethu zesizwe. Ukuba lilungu le-BRICS kuyiphucule indawo yethu njengoqoqosho olukhulayo olubalulekileyo.

Kwenze ukuba sikwazi ukufumana ubungcali bemigaqo-nkqubo neyobugcisa boqoqosho lwamazwe amakhulu nazinzileyo, kunye nokufumana inkxaso ye-*National Development Bank*.

Komeleze ubutshantliziyo bethu kwiqonga lehlabathi, ingakumbi xa kufikwa kwinguqu yamaziko amazwe amaninzi.

Sizuzile ekubeni yinxalenye yelizwi lamazwi amaninzi alwela ukuphumeza ubume behlabathi obusekelwe ekuhloniphaneni nakulawulo oluzimeleyo olulinganayo lwezizwe.

I-BRICS ibaluleke kakhulu kwiqhinga lelizwe lethu, kwaye iza kuqhubeka nokuba njalo ixesha elide elizayo.



# Amachiza okugonyela i-COVID-19: Iimpendulo zemibuzo yakho

Allison Cooper

**N**jengokuba inkqubo yoMzantsi Afrika yokugonyela iSifo seNtsholongwane ye-Corona (i-COVID-19) iqhuba ngokupheleleyo, i-Vuk'uzenzele ifunele uluntu ulwazi kwiSebe lezeMpilo leSizwe ukuphendula eminye yemibuzo eqhelekileyo.

**Umbuzo:** Ingaba ichiza lokugonyela lingayibangela i-COVID-19 okanye lingandenza ndifumaniseke ndinayo xa ndivavanywa?

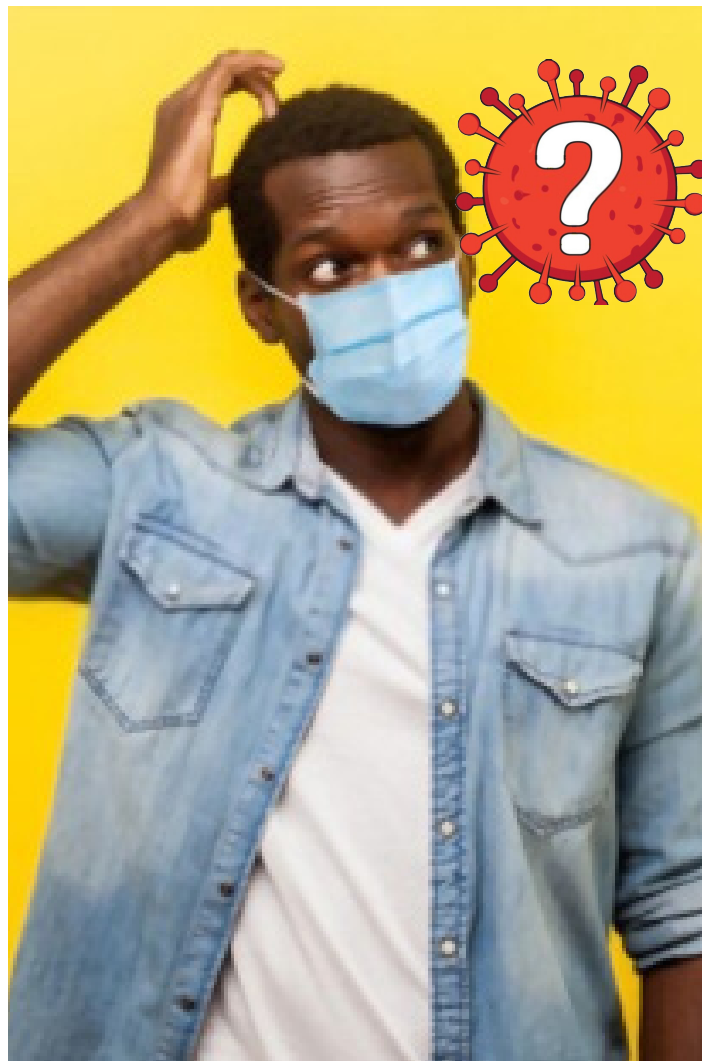
**Ipendulo:** Hayi. Akukho nalinye kumachiza okugonyela asetyenziswa eMzantsi Afrika elinentsholongwane ephilayo ebangela i-COVID-19. Ngoko ke ayinako ukubangela intsholongwane kwaye awuzikufumaniseka unayo xa uvavanywa emveni kokuba ugoniyile.

**Umbuzo:** Ingaba yinyani ukuba la machiza okugonyela anetshiphu encinane elandela umkhondo weentshukumo zabantu?

**Ipendulo:** Hayi. Akukho tshiphu encinane okanye sixhobo sokulandelela umkhondo kumachiza okugonyela. Abavelisi bama-chiza okugonyela kufuneka bachaze izithako kwiGunya-bantu eliLawula iiMveliso zezeMpilo loMzantsi Afrika (i-SAHpra) phambi kokuba ichiza lokugonyela liphunyezwe ukuba lingasetyenziswa.

**Umbuzo:** Ndikhe ndeva kusithiwa amachiza okugonyela anophawu lweRhamncwa – elingu-666. Ingaba yinyani le?

**Ipendulo:** Hayi. Amachiza okugonyela awananto iwadibanisa namaqela ezenkolo kwaye awanako ukufakwa imimoya okanye



ezinye izithako ezingaphathekiyo.

**Umbuzo:** Ingaba kumelwe ukuba ndigonye ukuba ndikhulelwe?

**Ipendulo:** Amathuba okuba umntu okhulelweyo afumane i-COVID-19 makhulu. Ukugonyela kungathintela owasetyhini okhulelweyo ekuguleni kakhulu.

**Umbuzo:** Ingaba kumelwe ukuba ndiyeke na ukuncancisa ukuze ndigonywe?

**Ipendulo:** Umutho weHlabathi wezeMpilo kunye neSebe lezeMpilo abacebisi ukuba uyeke ukuncancisa ukuze ugonyelwe i-COVID-19. Kucetyiswa ukuba amachiza okugonyela asetyenziswe ngoomama abancancisayo.

**Umbuzo:** Ndingagonyela msinyane emva kokuba ndosuleleke yi-COVID-19?

**Ipendulo:** Hayi. Nabani na owosuleleke yi-COVID-19

kufuneka alinde ubuncinane beentsuku ezingama-30 ukususela ekupheleni kweempawu.

**Umbuzo:** Ndineempawu ze-COVID-19, ingaba kukhuselekile ukuba ndigonye?

**Ipendulo:** Hayi. Akumelanga ukuba ugonye ukuba uneempawu ze-COVID-19. Kungcono uvavanywe.

**Umbuzo:** Ndingalifumana ithamo lam lesibini lechiza lokugonyela lakwa-Pfizer zingaphelanga iintsuku ezingama-42 emva kwesitofu sam sokuqala?

**Ipendulo:** Hayi. Uselungelweni lokufumana isitofu sesibini kuphela emveni kweentsuku ezingama-42.

**Umbuzo:** Ikhona imfuneko yokuba ndigonye ukuba ndithe ndaphila kwi-COVID-19? Umzimba wam awunakho ukwazi ukuzilwela esi sifo ngokwawo,

ngaphandle kokugula emva kokugonyela?

**Ipendulo:** Ubungqina bubonisa ukuba ukulwa komzimba wakho xa ugula ngenxa ye-COVID-19 kubuthathaka kwaye kumfutshane kunokulwa kwawo kwichiza lokugonyela. Ukugonyela kuza kukunika ukulwa kwamajoni omzimba okomeleleyo nokwexesha elide.

Ukugula emva kokugonyela kuncinci kwaye akuthathi ixesha elide kunosuku olunye okanye iintsuku ezimbini, ngethuba ukugula ngenxa ye-COVID-19 kungabangela ukuba ulaliswe esibhedlele okanye ufe.

**Umbuzo:** Ingaba abantu abanezifo ezingapheliyo, ezifana noxinzelelo lwegazi oluphezulu, bangagonyela?

**Ipendulo:** Abantu abanezifo ezingapheliyo bakumngcipheko ophezulu wokufumana i-COVID-19 eqatha. Ngoko ke ngabona baza kuzuza kakhulu ngokugonyela.

**Umbuzo:** Ukuba bendikhe ndaliwa liyeza okanye ichiza lokugonyela, ingaba kumelwe ukuba ndigonye?

**Ipendulo:** Nabani na onemvelaphi yokwaliwa ngamanye amachiza okugonyela okanye amayeza kumelwe ukuba aqale athethe nomsebenzi wakhe wezempilo.

**Umbuzo:** Kunobungozi kangakanani na ukwaliwa lichiza lokugonyela?

**Ipendulo:** Ukwaliwa okuqatha kumbalwa kakhulu. Kudla ngokwenzeka kwimizuzwana okanye imizuzu engephi emveni kokugonyela. Yiyo loo nto bonke abantu kunyanzelekile ukuba balinde kwindawo yokujongwa imizuzu engama-15 emva kokugonyela.

**Umbuzo:** Kukhuselekile

ukugonyela ukuba amaqanda ayandala?

**Ipendulo:** Ewe. Akukho nalinye kumachiza okugonyela i-COVID-19 elineeprotheyni zeqanda.

**Umbuzo:** Ndikhe ndeva ngabantu aboluphelelyo abaswelekayo kungekudala emveni kokugonyela. Ingaba eli chiza lokugonyela libalungele abantu aboluphelelyo?

**Ipendulo:** Ichiza lokugonyela likhuselekile kwaye lisebenza kakhulu ukuthintela isifo se-COVID-19 esiqatha kunye nokufa. Ngokusetyenziswa kwechiza lokugonyela, sibona ukwehla okukhulu kukufa okubangelwa yi-COVID-19 kubantu aboluphelelyo kumazwe amaninzi.

**Umbuzo:** Kutheni abanye abantu besafumana i-COVID-19 kwisithuba seeveki ezimbini emveni kokugonyela?

**Ipendulo:** Umntu ugonyeke ngokupheleleyo kuphela kwiintsuku ezingama-30 emveni kokufumana ichiza lokugonyela lakwa-Johnson & Johnson okanye iiveki ezimbini emveni kokufumana ithamo lesibini lechiza lokugonyela lakwa-Pfizer.

**Umbuzo:** Ingaba ichiza lokugonyela likuthintela ngokupheleleyo ekosulelekeni yi-COVID-19?

**Ipendulo:** Hayi. Nasemveni kokuba ugonyeke ngokupheleleyo usengayifumana i-COVID-19. Kodwa, ichiza lokugonyela lehlisa umngcipheko oqatha wosuleleko, ukulaliswa esibhedlele kunye nokufa.

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