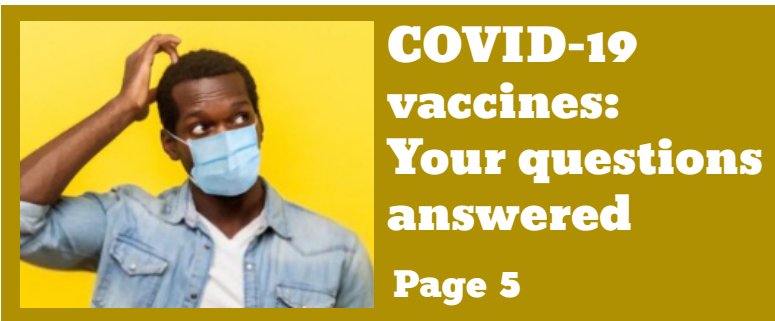


Vuk'uzenzele

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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.



Restrictions 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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"MANJE SESIFIKILE ISIKHATHI SOKUTHI SONKE SISEBENZISANE, NGENHLOSO YOKUHLONIPHA U-NELSON MANDELA, SAKHE ININGIZIMU AFRIKA ENTSHA FUTHI ENGCONO KUMUNTU WONKE WAKULELI."

UMONGAMELI CYRIL RAMAPHOSA

#SendMe

SIKWAKHELA INGOMUSO ELINGCONO SIHAMBAMBA EZINYATHELWENI ZIKAMADIBA



I-BRICS ingumongo wokukhula kweNingizimu Afrika

Ngonyaka owandulela ukhetho lokuqala lwentando yeningi labantu, uMongameli u-Nelson Mandela wabhala isiqephu kwiphaphabhuku i-*Foreign Policy* ngomthethonqubo omusha wekusasa leNingizimu Afrika.

Ecabanga ngezinguquko zemifelandawonye emhlabeni jikelele ezilethwe ngukuphela kwempi i-*Cold War*, wabhala ukuthi amazwe kuzomele "aphinde aphose udobo lwawo" uma efuna ukuzuzisa ezindabeni zamazwe ngamazwe.

Kusukela kuguquko lwezakhiwo lwangowe-1994 ngesikhathi sithatha isinqumo sokuphuma hhayi nje kuphela kubandlululo kodwa nakubudlelwano obuzayo bamazwe ngamazwe babaklami, umthethonqubo wezangaphandle weNingizimu Afrika uyaqhubeka ngokwakheka ngalokhu "kuphosa udobo futhi".

Okuseqhulwini kumthethonqubo wezangaphandle wethu ukuhlanganiswa kwesifunda ngokwepolitiki nangokomnotho, ukujaha ukuthuthuka kwezwekazi i-Afrika, ukuzibandakanya kwamazwe amaningi kanye nokugququzela intando yeningi labantu, ukuthola namalungelo abantu.

Kuze kube manje, sesakhe imifelandawonye yamaqhingasu namazwe aseNingizimu Yomhlaba kanye nokusebenzisana okunenzuzo efanayo namazwe aseNyakatho.

Ukuhlanganyela neqembu lamazwe e-BRICS ngowezi-2010 kwaba yingqophamlano ekufuneni kwethu ukwenza ngcono intuthuko kazwelonke eseqhulwini ngokwakha ubudlelwano obuqinile neminotho ebalulekile esavela yase-Brazil, e-Russia, e-India nase-China.



Uma ungabhekisisa, amazwe e-BRICS aqukethe mhlawumbe ama-41% enanibantu lomhlaba futhi anama-24% e-GDP yomhlaba wonke kanye nengxenye ye-16% yohwebo lomhlaba. Sesihlommule inzuzo yobulungu baleli qembu lamazwe, ikakhulukazi ekusebenzisane kwezomnotho.

Ukuhwebelana namazwe amabili sekukhulile, ikakhulukazi i-China ne-India, ngokuthengiswa kwempahla ephuma kuleli lizwe kanye nokulethwa kwempahla ekhizizwe kula mazwe osekuqine kakhulu. Amazwe eqembu i-BRICS ayaqhubeka nokuba ngumthombo obalulekile wotshalomali oluqonde ngqo lwezangaphandle ezindaweni ezingumongo ezifana nezimayini, ezezimoto, ezokuthutha, ezamandla ezihlanzekile, ezemisebenzi yezezimali kanye nezolwazi lobuchwepheshe i-IT.

Ukubuyekeza kwango-2018 kobulungu bethu be-BRICS ngogoti benkampani i-*Deloitte* kwabalula ukuthi ababambisene ne-BRICS "batshala izimali ezweni ngokungaphezu kokuphindwe kathathu uma kuqhathaniswa neminyaka eyisikhombisa ngaphambi kowezi-2011". Loluhlobo lomali kanye nemiklamo ibuyehaholela ekusungulweni kwemisebenzi ebonakalayo.

Selokhu kwasungulwa ibhange i-*New Development Bank*, ihhovisi lalo lesifunda eliseGoli, iNingizimu Afrika isibe ngabahlomuli bokwesekwa ngezezimali ngokwemisebenzi ngemiklamo yezokuthutha, ezamandla ezihlanzekile, ukuvikelwa kwemvelo, ingqalasizinda yamanzi kanye nokuncishiswa kwegesi engcolisa umoya.

Selokhu kwabheduka ubhubhane lwe-*COVID-19*, iNingizimu Afrika isiyamukele izigidigidi ezi-R28 zoxhasomali oluvela kwibhange i-*New Development Bank* ngaphansi koHlelo Lwemalimboleko Yezimo Eziphuthumayo ze-*COVID-19* ukulwa nobhubhane kanye nokweseka ukuvuselelwa komnotho wethu.

Kuphinde kwaba nokusebenzisana okukhulu nozakwethu be-BRICS ekutholeni izinsiza zokuzivikela kanye nokusebenzisana ekufinyeleleni kwimigomo nokusatshalaliswa kwayo.

Kamuva nje besibambe iqhaza kwiNgqungquthela ye-BRICS ye-13, lapho amazwe e-BRICS avuma ukuqinisa ukusebenzisana ukulwa ne-*COVID-19* kanye nokunxenxa ukwesekwa kwezepolitiki nezinsiza zezezimali ezidingekayo ukubhekana nokulungela ubhubhane olungabheduka

esikhathini esizayo.

Lokhu kubandakanya ukusungulwa kweSikhungo se-BRICS Sokucwaninga Nokuthuthukiswa Komgomo sobuchwepheshe kanye neNhlanganisela yoHlelo-kusebenza Oluzokhipha Izixwayiso lwe-BRICS okuyilona oluzoqagula ukubheduka kwezifo ezithelelanayo zakusasa.

Enye ingxenye ebalulekile yesivumelwanokuvumelana ngokwamukelwa kwamaphapha kazwelonke okugoma kanye nohlelokusebenza lokuhlolela i-*COVID-19* – okuyinto ezobaluleka kakhulu uma uvakashela amanye amazwe esikhathini esizayo. Ukuvumelana ngokusebenzisana kuzobaluleka ikakhulukazi ekuvuseleleni umnotho womhlaba jikelele, lapho ukuthuthuka okungalingani kusho ukuthi amanye amazwe azovuka masinya, ngesikhathi amanye esalela emuva.

Ukweseka ukuvuselelwa komnotho, abasebenzisana ne-BRICS bavumile ukuqinisa ukubambisana emikhakheni eyisikhuthazi efanazamandla, ulwazi bezobuchwepheshe (i-IT), isayensi, ubuchwepheshe nokuqanjwa kabusha, ezolimo kanye nokunakekelwa kwemvelo. Lena yimikhakha ebalulekile ebalulwe kuHlelo lwethu Lokwakha Kabusha Nokuvuselelwa Komnotho olwamenezelwa ngonyaka owedlule.

Ukubambisana namanye amazwe e-BRICS, ikakhulukazi endimeni yocwaningo lokuqamba kabusha, kuzosiza ukuqhuba ngesivivini uhlelo lezwe lokuthuthukiswa kwezimboni luphinde lususize ukuhlangabezana nezifiso zethu zeNguquko yesine Yezimboni i-*Fourth Industrial Revolution*.

Mayelana nalokhu-ke, kwabanjwa izingxoxo ngokusungulwa kwezinkundla ezisemthethweni ze-BRICS zokwabelana ngendlela yokusebenza, ulwazi kanye nobuchwepheshe, kubandakanya ukusetshenziswa kwezinkundla zobuchwepheshe ezivuleleke kuwona wonke umuntu.

Ababambisene ne-BRICS bavumile ukuthi amazwe asathuthuka adinga usizo ukufeza amaphupho e-UN okuthuthukisa ikusasa elisimeme lawo wonke umuntu i-UN *Sustainable Development Goals*, nokuthi amazwe axhasayo kumele agcine isethembiso sawo kulokhu. Lokhu kubalulekile ikakhulukazi mayelana nokuguquka kwesimo sezulu.

Njengamazwe amaningi, iNingizimu Afrika ibheke ukuya phambili nendlela ethuthukisa ukukhiqizwakwekhabhoniencane okubandakanya wonke umuntu, okusimeme futhi okucabangela nesimo sethu njengezwe elisathuthuka. INkundla Yokusebenzisana Kucwaningo Lwezamandla lwe-BRICS izoba usizo olukhulu ngesikhathi sisabalalisa imithombo yethu yezamandla.

Eminyakeni eyi-11 selokhu sahlanganyela ne-BRICS, ubulungu bethu buthuthukise kakhulu intshisekelo yezwelonke. Ukuba yilungu le-BRICS kukhulise izinga esikulo njengomnotho obalulekile osafufusa.

Kusenze safinyelela kumthethonqubo nobuchwepheshe bokusebenza kweminotho emikhulu nethuthukile, kanjalo nokufinyelela ekwesekweni yi-*National Development Bank*.

Kuqinise ubushoshovu bethu enkundleni yomhlaba jikelele, ikakhulukazi mayelana nokuguqulwa kwezikhungo ezehlukahlukene.

Sizuzile ngokuba yingxenye yezwi linye eliphokophele ukwenza ngcono ukuphathwa komhlaba okwesekelwe phezu kokuhloniphana kanye nokulawula okulinganayo kwezizwe.

I-BRICS iyingxenye yeqhingasu ebaluleke kakhulu ezweni lethu, futhi izoqhubeka ibe njalo isikhathi eside esizayo.

Imigomo ye-COVID-19: Imibuzo yakho iphenduliwe

Allison Cooper

Ngokuqhubeka ngokuphelele kohlelo lokugoma lweSifo segciwane le-Corona eNingizimu Afrika (i-COVID-19), iphephandaba i-Vuk'uzenzele lithole ulwazi oluvela eMnyangweni Wezempilo Kazwelonke ukuphendula imibuzo ejwayelekile emphakathini mayelana nomgomo.

Umbuzo: Ngakube umgomo ungadala i-COVID-19 noma wenze ngihlonzwe njengosuleleke ngayo?

Impendulo: Cha. Awukho namunye umgomo kuyo yonke imigomo esetsheziwa eNingizimu Afrika onegciwane eliphilayo nokuyilo elidala i-COVID-19. Ngakho-ke angeke neze udale igciwane futhi angeke wenze ukuthi uhlonzwe njengonegciwane emva kokugoma.

Umbuzo: Ngakube kuyiqiniso ukuthi kunensinjana i-microchip emigomweni, elandela umkhondo wokuhamba kwabantu?

Impendulo: Cha. Ayikho insinjana noma into elandela ukuhamba kwabantu emigomweni. Abakhiqizi bemigomo kudingeka ukuthi badalule izithako zemigomo yabo kwiziphathimandla Ezilawula Imikhiqizo Yezempilo eNingizimu Afrika (i-SAHPRA) ngaphambi kokuba umgomo ugunyazwe ukuthi usetshenziswe.

Umbuzo: Ngizwile ukuthi imigomo inophawu lweSilo (lobuSathane) – i-666. Ngakube lokhu kuyiqiniso na?

Impendulo: Cha. Imigomo ayihlanganise lutho nezinhlangano zezinkolo futhi ayikwazi ukufakwa imimoya, amadimoni noma yiziphi ezinye izithako



ezingabonakali.

Umbuzo: Ngingakwazi ukugoma uma ngikhulelwe?

Impendulo: Owesifazane okhulelwe unamathuba amaningi okuthi angaguliswa yi-COVID-19. Ukugoma kungavimbela ukuthi agule kanzima owesifazane okhulelwe.

Umbuzo: Ngakube kufanele ngiyeke ukuncelisa umntwana ibele ukuze nginywe?

Impendulo: Inhlangano Yezempilo Emhlabeni Jikelele kanye noMnyango Wezempilo abakuncomi ukuyeka ukuncelisa umntwana ibele ukuze ugomele i-COVID-19. Imigomo inconyiwe ukuthi ingasetshenziswa ngomama abancelisayo.

Umbuzo: Ngakube ngingakwazi ukugoma ngemuva nje kokwesuleleka nge-COVID-19?

Impendulo: Cha. Noma ngubani oke wasuleleka nge-COVID-19 kumele

alinde okungenani izinsuku ezingama-30 ukusuka ngesikhathi sokuphela kwezimpawu zayo.

Umbuzo: Ngingezimpawu ze-COVID-19, ngabe kuphephile ukuthi ngigome?

Impendulo: Cha. Akumelanga ukuthi ugome uma unezimpawu ze-COVID-19. Okungcono kumele uhlole kuqala.

Umbuzo: Ngingakwazi yini ukuthi ngithole umjovo wesibili womgomo we-Pfizer ngaphambi kokuphela kwezinsuku ezingu-42 emva komjovo wami wokuqala?

Impendulo: Cha. Uvumeleleka kuphela ukuthola umjovo wesibili emva kwezinsuku ezingama-42.

Umbuzo: Ngakube kumele ngigome uma sengike ngalulama kwi-COVID-19? Ngakube umzimba wami ungakwazi ukulwa nalesi sifo ngokwawo, ngaphandle kokukhahlanyezwa ukugula emuva kokugoma?

Impendulo: Ubufakazi bukumbisa ukuthi ukulwa komzimba wakho nezifo, uma uguliswa yi-COVID-19, kuba buthakathaka futhi kunamandla amancane uma kuqhathaniswa namandla omgomo okulwa nezifo. Ukugoma kuzonika amasosha akho omzimba amandla anele kanye nabekezela isikhathi eside okulwisana nezifo.

Ukugula emuva kokugoma kuncane futhi akuthathi isikhathi esedlula usuku noma izinsuku ezimbili, ngesikhathi ukuguliswa yi-COVID-19 kungaholela ekulalisweni esibhedlela noma ekufeni.

Umbuzo: Ngakube kufanele abantu abanezifo ezingamahlalakhona, njengomfutho wegazi ophakeme, ukuthi bagome?

Impendulo: Abantu abanezifo ezingamahlalakhona basengozini enkulu yokuguliswa kanzima yi-COVID-19. Ngakho-ke bazozuza kakhulu ngokuthi bagome.

Umbuzo: Uma ngike ngangazwana nomuthi wokwelapha ngaphambilini noma umgomo ngakube kumele ukuthi ngigome?

Impendulo: Noma ngubani onomlando wokungazwani nanoma yimuphi umgomo noma imithi yokwelapha kumele bakhulume nabanakekeli babo bezempilo.

Umbuzo: Ngakube kuyingozi kangakanani ukungazwani nomgomo?

Impendulo: Ukungazwani nomgomo okunzima akujwayelekile. Ukungazwani nomgomo kuvame ukwenzeka imizuzwana noma imizuzu nje ngemuva kokugoma. Yingakho nje kubalulekile ukuthi abantu balinde imizuzu eyi-15 endaweni yokuqashwa kwesimo

ngemuva kokugoma.

Umbuzo: Ngakube kuphephile ukugoma uma ungezwani namaqanda?

Impendulo: Yebo. Awukho umgomo we-COVID-19 onephrotheni yeqanda.

Umbuzo: Ngizwile ukuthi abantu abadala bashona ngokushesha emva kokugoma. Ngakube umgomo uphephile kubantu abadala?

Impendulo: Umgomo uphephile futhi usebenza kahle ekunqandeni isifo se-COVID-19 kanye nokufa. Ngokusebenzisa umgomo, sibona ukwehla kwezinga lokushona kwabantu abadala ngenxa ye-COVID-19 emazweni amaningi.

Umbuzo: Kungani abanye abantu besuleleka nge-COVID-19 ngemuva kwamaviki amabili begomile?

Impendulo: Ugoma ngokugcwele emuva kwezinsuku ezingama-30 uthole umgomo i-*Johnson & Johnson* noma emuva kwamaviki amabili emuva kokuthola umjovo wesibili womgomo i-*Pfizer*. Uma kwenzeka uhlangabezana negciwane ngaphambi kokuthi ugome ngokugcwele, usangasithola lesi sifo.

Umbuzo: Ngabe umgomo ukunqanda ngokugcwele ukwesuleleka nge-COVID-19?

Impendulo: Cha. Noma ngabe usugome ngokugcwele kepha usangasuleleka nge-COVID-19. Noma kunjalo, umgomo unciphisa ingozi yokwesuleleka nge-COVID-19 okunzima, ukulaliswa esibhedlela kanye nokufa.

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