

Vuk'uzenzele

Niyethulelwa WuPhiko lukaHulumeni Kwezokuxhumana Nokudluliswa Kolwazi (i-GCIS) English/isiZulu Zibandlela 2022

I-PrEP ingayivikela i-HIV



Njengoba iNingizimu Afrika izobe ikhumbula uSuku Lomhlaba Lwesifo Sengculazi mhla lu-1 kuZibandlela kanye noMkhankaso Wezinsuku ezingama-16 Wokulwa Nodlame Olubhekiswe Kwabobulili Obuthile (i-GBV) kusuka mhla wama-25 kuLwezi kuya mhla we-10 kuZibandlela, iphephandaba i-Vuk'uzenzele ibukisisa ubudlelwano obukhona phakathi kwe-GBV kanye ne-HIV/AIDS. ISikhwama Esibhekele uDlame Olubhekiswe Kwabobulili Obuthile Nokubulawa

Kwabesifazane (i-GBVF) sihlose ukuqinisekisa ukuthi iNingizimu Afrika iyaqeda nyangethe-GBVF ebhekiswe kwabesimame; abantwana; kanye nabesifazane abathandana nabanye besifazane (ama-lesbian), abesilisa abathandana nabanye besilisa (ama-gay), abanobulili obushintshashintshayo (ama-bisexual), abashintshe ubulili (ama-transgender), abathandana nabantu ngokwahlukana (i-intersex), abanobulili obungaqondakali (i-queer/questioning), abangakhethi ubulili babantu abathandana nabo kanye nabanye (i-LGBTQIA+). Isikhwama lesi sethulwa nguMongameli u-Cyril

Ramaphosa ngoNhlolanja wezi-2021, ukuze sizokweseka ukuqaliswa kwe-Qhingasus Lohlelo Lukazwelonke lwe-GBVF. Ngokwemininingwane ekuwebhusayithi yalesi sikhwama, sidlala indima ebaluleke kakhulu ekuletheni uguquko, olwesekwe phezu kocwaningo, ukuqwashisa kanye nosizo olubonakalayo ezinhlanganweni ezibambe iqhaza ekulweni ne-GBVF. Enye yezinhlangano esizwayilesi sikhwama i-Gugu Dlamini Foundation ezinze esifundazweni saKwaZulu-Natali, ethole izi-R250 000 kwiSikhwama se-GBVF ngo-wezi-2022. UMqondisi Omkhulu we-Gugu Dlamini Foundation, uMandisa Mabaso, wasungula le nhlangano ngowezi-2010 emva kokuthi umama wakhe – ongasekho uGugu Dlamini – wakhandwa ngamatshe waze wafa ngowe-1998 eThekwini ngenxa yokuthi wadalula isimo sakhe sokuba ne-HIV. “Inhlangano le ihlose ukuqinisa uhulumeni wasekhaya ukuthi abhekane kangcono ne-GBVF, okuyinto ebaluleke kakhulu ekulawuleni umbula-

lazwe we-HIV eNingizimu Afrika,” kusho uMabaso. “Ihlose futhi ukunciphisa ukusulelana nge-HIV/AIDS, yandise ukufinyelela ekunakekeleleni nokwenza ngcono imiphumela yezempilo kubesifazane nabesilisa abasuleleke nabathintwe yi-HIV/AIDS,” enezela. Uxhasomali olutholwa yinhlangano lusiza abesimame namantombazane ayizi-522 255 kanye namadoda nabafana abangama-900 ababuya emindenini ethintek kakhulu yi-GBV kanye nodlame lwasekhaya; abantu abahlukumezekile abaphila nokukhubazeka; kanye namalunga omphakathi we-LGBTQIA+, kusho uMabaso. Ngokwe-UNAIDS, ezindaweni ezihaqwe kakhulu i-HIV, abesimame abayizisulu ze-GBV babhekana namathuba amaningi afinyelela kuma-50% okuthola i-HIV. Ezinye zezizathu zalokhu ngokudlwengulwa kanye nokungavumi kwamadoda ukusebenzisa ijazi lomkhwenyana. **Iyini i-PrEP?** Enye yezindlela zokuvikela ukusuleleka nge-HIV uku-

phuza i-Pre-Exposure Prophylaxis (i-PrEP), okungamaphilisi aphuzwa nsukuzonke ngabantu abangenalo igciwane le-HIV abasengcupheni yokuthola i-HIV, ngocansi noma ngokuzijova ngezidakamizwa. NgoNcwaba, uNgqongqoshe u-Joe Phaahla wathi iNingizimu Afrika ihamba phambili ekuphuzweni kwe-PrEP e-Afrika eseningizimu ye-Sahara. Wathi ama-70%, noma izi-2 419 zezikhungo zikahulumeni ezinakekela ngezempilo zaseNingizimu Afrika seziwafakile amaphilisi e-PrEP ohlwini lazo lezinsizakalo. “Umuntu ophuza i-PrEP akufanelanga ukuthi awuphuze impilo yakhe yonke, bangakhetha ukuyiphuza njalo uma besengcupheni yokusuleleka nge-HIV. Kodwa-ke, ukuze i-PrEP izosebenza ngempumelelo, kufanele iphuzwe nsuku zonke [ngalesi sikhathi],” kugcizelela uMabaso. Kufanele futhi isetshe-nziswe kanye nezinye izindlela zokuzivikela, ezifana nejazi lowezifazane nejazi lomkhwenyana, ngoba i-PrEP ayimuvikeli umuntu kwezinye izifo

Iqhubeka ekhasini lesi-2



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Isuka ekhasini loku-1

ezithathelana ngocansi futhi ayivikeli ukukhulelwa.

UMabaso uthi ezikhathini lapho izithandani zifuna ukuba nomntwana, i-PrEP ingasiza ukuvikela ukusuleleka nge-HIV kwalowo ongenayo i-HIV kanye nomntwana ongakazalwa.

Okwamanje, ekuqaleni kwalo nyaka, iZiphathi- mandla Ezilawula Imikhiqizo Yezempilo eNingizimu Afrika

zigunyaze ukusetshenziswa kweringi eshuthekwa esithweni sangasese sowesifazane njenge-PrEP. Le ringi iqukethe isithako esithena igciwane amandla esibizwa nge-dapivirine futhi kufanele ishintshwe nyanga zonke. Ngaphezu kwalokhu, i-PrEP entsha – okungumjovo ohlala izinyanga ezimbili – ulinde ukuthi ugunyazwe. Uma usugunyaziwe, abantu ngeke kusafanela ukuthi bakhubule ukuphuza iphilisi zonke izinsuku.

Ucansi oluphephile

Inhlango ihlose ukunciphisa ukusuleleka nge-HIV ngokugqugquzela ukusetshenziswa kwejazi lomkhwenyana nocansi oluphephile.

“Sinxusa izinganentsha ukuthi ingajahi ukuzibandakanya ocansini baze bakulungele ukuthatha izinqumo eziphusile neziphilile,” kusho uMabaso.

“Siphinde sigqugquzele ucansi oluphephile ngokugcizelela ukusetshenziswa kwejazi lo-

mkhwenyana nokuba nomlingani oyedwa ngesikhathi. Ukusetshenziswa budedengu kwezidakamizwa – ikakhulukazi lezo okujovwa kuzona – kuyahlatshwa kakhulu njengoba kwenyusa ingcuphe yokwesuleleka nge-HIV,” enezela.

Inhlango iphinde ihlo-mise abantu abaphila ne-HIV, abasengcupheni kanye nalabo abathintwe yi-HIV/GBV ukuthi bawazi amalungelo abo futhi bafinyelele kwizinsizakalo zomthetho

ukugwema nokubhekana nokuphulwa kwamalungelo omuntu. **U**

Ukuthola eminye imininingwane kanye nosizo lwe-Gugu Dlamini Foundation, vakashela ku: www.gugudlamini-foundation.org. Ngemininingwane mayelana ne-PrEP, vakashela isikhungo sezempilo esiseduze nawe.

Okumele kwaziwe ngomama abane-HIV abancelisayo

Njengoba iNingizimu Afrika izobe ikhumbula uSuku Lomhlaba Lwesifo Sengculazi mhlaba lu-1 kuZibandlela, uMnyango Wezempilo KwaZulu-Natali weluleke omama abane-gciwane le-HIV ukuthi bacabange ngokuncelisa abantwana babo ibele kuphela izinyanga eziyisithupha.

Ngokusho komnyango, uma ungumama onegciwane le-HIV futhi oncelisayo, kubalulekile ukuthi uxoxisane nomeluleki wakho we-HIV ngezindlela ezechukene zokupha umntwana ukudla.

Uma ukhetha ukuncelisa ibele, qinisekisa ukuthi umuncelisa ibele kuphela isikhathi esiyizinyanga eziyisithupha.

Ucwaningo lubonise ukuthi umntwana unamathuba ayingcosana kakhulu okuthola i-HIV obisini lwebele uma umama emuncelisa ibele kuphela.

Ngalesi sikhathi usakuhlulelwe, futhi uma usancelisa, qinisekisa ukuthi usebenzisa ijazi lomkhwenyana uma uya ocansini ukuze uzogwema ukusuleleka ngegciwane

okusha. Uma unanoma yiyiphi inkinga efana nezingono ezibuhlungu noma amabele abuhlungu, qinisekisa ukuthi uya emtholampilo ngokushe-sha uzothola usizo.

Umnyango uncoma kakhulu ukuncelisa ibele kuphela ngoba kusiza umntwana ukuthi abe namasotsha omzimba aqinile, futhi kuqinisa ubudlelwano phakathi komama nomntwana. Ukuncelisa ibele kuphinde kunciphise ubungozi bokuba nomdlavuza webele.

Amampunge namaqiniso ngokuncelisa ibele

Maningi amampunge akhulunywayo ngokuncelisa ibele, umnyango ucacise ngala mampunge ngokuphendula le mibuzo elandelayo ejwayele ukubuzwa ngomama abanegciwane le-HIV kanye le-HIV.

Umbuzo: Umakhelwane wami uthe kufanele ngithole umuthi othile wokuhlaza isisu somntwana wami.

Ingabe lokhu kubalulekile?

Impendulo: Umthubi, okungubisi lokuqala oluphuma ebeleni emuva kokubeletha,

lukhuculula ijengezi esiswini somntwana. Angeke udinge muthi ukuthi usihlantisise njengoba ubusi lwebele luhlazekile nje, futhi luvala ingaphakathi lesisu, lusivikele emagciwaneni.

Umbuzo: Ezinsukwini zokuqala, uma ngingenalo ubisi olwanele, ngingamnika amanzi noma olunye ubisi?

Impendulo: Umntwana udinga umthubi kuphela. Kufanele nje uhlale uncelisa umntwana njalo ukuze ubisi luzophuma – uma wenza njalo wenza ubisi oluningi. Cela umbelethisi ukuthi akunikeze umntwana wakho emuva kokubeletha, ukuze uzobeka umntwana ebeleni. Umntwana uzofunda masinyane ukuncela futhi lokhu kuzokusiza ukuthi ube nobisi oluningi.

Umbuzo: Ngincelisa ibele, kodwa umntwana akasuthi. Ingabe kufanele ngimnike ubisi olusethinini futhi?

Impendulo: Cha, ungenza ukuthi ube nobisi oluningi ngokuncelisa umntwana njalo nje. Nikeza umntwana isikhathi sokuncela ubisi aze asuthe ebeleni elilodwa ukuze uzo-

qinisekisa ukuthi umntwana uthola ubisi lokugcina okungubisi umntwana aluthola ekugcineni kokuncela. Uma umntwana encela kakhulu, kukhandeka ubusi oluningi.

Umbuzo: Umntwana wami ufuna ukuncela njalo mhlawumbe anginalo ubisi olwanele?

Impendulo: Mhlawumbe umntwana ukhula masinyane, usedinga ubisi oluningi. Ngokumncelisa njalo, ungakhanda obisi olwanele oluzomsuthisa. Ubisi ngeke luphele. Nikeza umntwana isikhathi esengeziwe sokuncela – ungamsusi umntwana ebeleni. Uma umntwana echamela amanabukeni angaphezu kwayisithupha nsuku zonke, enceliswa njalo nje (okungenani izikhathi eziyisi-8 kuya kweziyi-12 nsuku zonke), futhi umntwana enyuka ngesisindo okungenani esingama-500g njalo ngenyanga, lokho kusho ukuthi unobisi olwanele.

Umbuzo: Ngenzenjani uma umntwana wami ekhala njalo?

Impendulo: Shushuzela umntwana wakhongokumbeka ebeleni njalo nje. Abantwana badinga ukusondelana nomama babo. Ukulala egumbini elilodwa komama nabantwana kuyakukhuthaza lokhu. Uma umntwana wakho elambile, omiwe noma

ethukuthele, ukuncela ibele kuyabenelisa. Akujwayelekile ukuthi ungancelisa umntwana wakho ngokweqile uma umncelisa ibele kuphela.

Umbuzo: Ingabe kulungile yini ukumnika okanye okuphuzwayo?

Impendulo: Cha, ukwengeza ezinye iziphuzo kusho ukuthi umntwana usemathubeni amaningi okuthola izifo ezifana nesifo sohudo kanye nenyumoniya. Futhi, uma umntwana ephuza ezinye izinto, ngeke ancele njalo lokho okuzokwenza ukuthi ungenzi ubisi olwanele.

Umbuzo: Ingabe umntwana uyawadinga yini amanzi uma kushisa?

Impendulo: Cha, ubisi lokuqala (oluphuma kuqala) lunamanzi amaningi futhi luyakuqeda ukoma komntwana. Wena qinisekisa ukuthi umncelisa njalo umntwana wakho uma kushisa.

Umbuzo: Ngingaqala nini ukumnika okanye ukudla?

Impendulo: Emva kwezi-nyanga eziyisithupha, qhubeka nokumncelisa ibele njengakuqala, kodwa wengeze nokanye ukudla. Umntwana ulungela ukuqala ukufunda ukudla emva kwezinyanga eziyisithupha. **U**

Lolu lwazi luhlinzekwe nguMnyango Wezempilo KwaZulu-Natali.



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Izibalo Zemisebenzi Zibonisa Ukuthi Umnotho Wethu Uyavuka

Eminyakeni embalwa eyedlule, abantu baseNingizimu Afrika bebephoqekele ukuthi balwisane nokukhula okuhamba ngonyawo lonwabo kanye no-kwenyuka koku-swelakala kwemisebenzi.

Lokhu kube nzima kakhulu ngenxa yobhubhane, imizamo yokuvukela umbuso ngoNtulikazi ngowezi-2021, kanye nezikhukhula ezingxenyeni zaKwaZulu-Natali, eMpumalanga Kapa naseNyakatho Ntshonalanga.

Kukho konke lokhu, inkinga kagesi nayo ivele yenyukela, yadala umonakalo emnothweni futhi yathwesa ubunzima amakhaya namabhizinisi.

Noma kunjalo, ngisho nakuzo lezi zinsalela ezabekayo, umphakathi wakithi kanye nomnotho kubonise ukuqina. Futhi izinkomba zithi umnotho wethu ubonisa izimpawu ezinhle zokukhula.

Izibalo zakamuva zemisebenzi, ikakhulukazi, izona ezilokozisa inhansi yethemba.

Ezezibalo eNingizimu Afrika ziqophe ukwehla kwezininga labantu abangasebenzi kwikota yesibili yowezi-2021. Ngokuphawulekayo, izibalo zabo zibonisa ukuthi inani ngqo labantu abasebenzayo lenyuke lasuka kubantu abayizigidi eziyi-14.5 kwikota yesine yowezi-2021 laya kwizigidi eziyi-15.5 kwikota yesibili yowezi-2022. Lokhu kwenyuka kugqugquzela kakhulu kwemisebenzi edingekayo kwisigamu sokuqala salo nyaka.

Le misebenzi yayisungulwe



ikakhulukazi emikhakeni efana neyezinsizakalo zomphakathi nezenhlalo, ezohwebo, ezezimali kanye nakwezokwakha, ikakhulukazi.

Kunjalo, kuningi okusamele kwenziwe uma sifuna ukwenza umehluko obonakalayo kwizinga eliphezulu lokweswelakala kwemisebenzi ezweni lethu.

Ngalowo mzuzu, lezi zibalo zibonisa ukuthi izindawo ezibekwe eqhulwini oHlelweni Lokwakha Kabusha Nokuvuselela Umnotho ezifana nemisebenzi eminingi yomphakathi, izinguquko zomnotho kanye nokuthuthukiswa kwengqalasizinda – zinomthelela ekusungulweni kwemisebenzi.

Njengoba ukuthuthukiswa kwengqalasizinda kanye notshalomali kungenye yezinto ezibekwe eqhulwini ohlelweni lokuvuselela umnotho, ukukhula kwesibalo semisebenzi emkhakheni wezokwakha kuyagqugquzela kakhulu.

Isabelomali sangoNhlojanjwezi-2022 sabonisa ukukhula

ngama-30% kwemali esetshenziswe kwengqalasizinda yomphakathi eminyakeni emithathu ezayo yaya kwizigidigidi ezingama-R812, uma kuqhathaniswa nezigidigidi ezingama-R627 eminyakeni emithathu eyedlule.

IBhodi Lokuthuthukiswa Kwemboni Yezokwakha kamuva-nje liphawule ukuthi kunokukhula okukhona kwimiklamo yengqalasizinda eqhutshwa izinkampani zikahulumeni ezifana no-Transnet no-Eskom, nakumadolobhakazi kanye noMnyango Wezemisebenzi Yomphakathi Nengqalasizinda.

NgoNhlangulana, kulonyaka sibone umnotho wethu ubuyela emazingeni angaphambi kobhubhane ngokubuka umphumela ongemubi kakhulu we-GDP kwikota yokuqala yonyaka. Inhlosonqangi ngokusuka ngokubonakalayo kuleli zinga eliphansi, nokuyisona sizathu esenza siqhubeka nokugxila ekuguqulweni kwezakhiwo okuyizona eziqhuba ukukhula komnotho.

Uhulumeni kamuva-nje ushicilele isethulo esihlongozwayo sokususa isilinganiso somkhawulo wokukhishwa kwemvume yezikhungo eziphehla ugesi futhi wagqugquzela utshalomali kwimiklamo emikhulu, neyokuphehla ugesi ukuze kuzokwengezwa ngokushesha umthamo wogesi omusha kwisizinda sogesi sikazwelonke. Lokhu kuyingqophamlando emizamweni yethu yokuguqula ezamandla zakuleli lizwe, okuyinto ebaluleke kakhulu eyisidingo sokukhuliswa komnotho kanye nokuheha utshalomali.

Selokhu kwamenezelwa uhlelo lwezamandla lukazwelonke ngoNtulikazi kulo nyaka, besilokhu sisebenza njengohulumeni ngokubambisana nababambiqhaza abehlukene ekuqalisweni kokusebenza kwezinguquko zenqubomngomo.

Selokhu sakhuphula isilinganiso semvume saya kumamegawathi ayi-100 ngoNhlangulana wezi-2021, ingaphezu kwama-500 MW imiklamo ezimele yokuphehlwa kogesi ovuselelekayo esibhalisiwe, njengamanje ingaphezu kwezi-6 000 MW imiklamo esetshenzwayo emazingeni ehlukene okuthuthukiswa.

Inqubo yokuguqulwa kwezakhiwo iqhubekela phambili ekwesekeni ukukhula komnotho nokuheha utshalomali.

Ukukhula komnotho ngeke kube yimpumelelo futhi imisebenzi ngeke isungulwe ngaphandle kokulandela izinguquko zezakhiwo okuyinto enzima kodwa edingekayo

ukwenza ngcono isimo samabhizinisi nesotshalomali. Lokhu kungumsebenzi kahulumeni.

Kodwa-ke ukuze siqinisekise impumelelo kulokhu, kuzofanele kube nesivumelwano phakathi kwamabhizinisi, ezabasebenzi kanye nomphakathi hhayi nje kuphela ezinguqukweni ezidingekayo, kodwa ekuhwebelananeni okudingekayo ukufeza izinjongo zethu.

Ngesikhathi umnotho wethu uthatha isikhathi ukuvuka futhi nohlelo lwethu lwezinguquko luqala ukusebenza, sizokhubeka nokubheka uchungechunge lwezingenelelo ezizohambisana nokuseka ukusungulwa kwemisebenzi. Ngokuhambisana nezinyathelo ezeseka ukukhula komkhakha ozimele, sizokwandisa amathuba emisebenzi emphakathini futhi siqinisekise ukuvikeleka ngokwezenhlalo kulabo ababuthakathaka kakhulu.

Ukukhula kwamathuba emisebenzi, kanjalo nezinye izimpawu ezibuyisa ithemba zokuvuka komnotho, kufanele zisigqugquzele ukuphokophelela phambili nezinguquko futhi siqalise ukusebenza koHlelo Lokwakha Kabusha Nokuvuselela Umnotho ukuze sizovula indlela yotshalomali nokukhula komnotho. Kufanele kugqugquzele bonke ozakwethu emphakathini ukuthi basebenze ngokusondelana okukhulu nangokuphuthuma nangenhloso yokuzuza ukukhula okusheshayo komnotho nokusungula imisebenzi eminingi. **U**