

# Vuk'uzenzele

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## R8.8 billion to fight HIV and TB



**Dikeledi Molobela**  
**H**ealth Minister, Dr Joe Phaahla, has committed to checking on the Global Fund Grant to ensure that it is implemented in

a quality manner and that the country utilises the funding received efficiently. Minister Phaahla said this recently while officiating the signing of the new Global Fund grant valued over R8.8

billion for the next three-year cycle for the country's response to HIV and tuberculosis (TB). "I urge our implementers to make South Africa proud and utilise the money accountably and effectively

ensure that services are reaching the communities in need. "I am excited for the new funding and promise to check in on the grant to ensure [that] we are implementing in a quality manner and absorbing funds effectively," the Minister said. He added that the country was grateful for the partnership it has forged with the Global Fund since 2003. To date, this partnership has seen South Africa receiving around US\$1.3 billion to fight HIV, TB and Malaria. The grant will strengthening the country's efforts towards meeting the 2030 Sustainable Goals. "I would like to thank the Global Fund for increasing the funding allocation for South Africa from US\$ 369 million in 2019-2022 to US\$ 546 million for the period 2022-2025." The allocated funds will support activities to be

implemented through the AIDS Foundation of South Africa, Beyond Zero, NACOSA and the National Department of Health as principal recipients. Minister Phaahla extended his gratitude to Global Fund for responding vividly to the COVID pandemic, through grant flexibilities. "The COVID-19 Response funding is contributing significantly to limit interruptions in delivery of TB and HIV services," he said. **Country Coordinating Mechanism (CCM)** Speaking about SA's Country Coordinating Mechanism (CCM), Minister Phaahla said that it ensured a consultation process where, every province; key population; beneficiaries; constituency; sector had a say in what goes in the funding proposal. The CCM consulted more than 35 entities and over 2000 individuals to inform the funding proposal. "Our current CCM has managed to prioritise the transformation agenda, about 400 community-based organisations will be empowered and trained to be able

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# Operation Vulindlela yi le ku pfuleni ka ndlela yo ya eku kuleni

**I**khonomi ya Afrika-Dzonga, tanihi ikhonomi yin'wana yihi kumbe yihi, yi nge tirhi, hambi ku ri ku kula, handle ka tiindasitiri ta tinetiweke leti tirhaka hi ku hetiseka na ku ka ti nga durhi. Tiindasitiri leti – leti katsaka gezi, mati, vutleketli na vuhlanganisi bya tiqingho – i mithu-mukwana leyi yisaka moya wa okisijeni eka ikhonomi.

Swiphiqo leswi nga na xivumbeko eka tindhawu leti i khale swi ri karhi swi kombisiwa ku va swin'wana swa swikamanyetokulu eka ku kula ka ikhonomi ya Afrika-Dzonga. Ku nga tirhi hi ku hetiseka na nxavo wa le henhla wa vukorhokeri bya tinetiweke i xikanganyisi xa ku endla bindzu laha tikweni.

Ku lulamisa na ku hlula mitlonthlo leyi, hi sungule *Operation Vulindlela* hi Nhlangu 2020 tanihi pfhumba ra Hofisi ya Phuresidente na Vutamelankwama bya Rixaka ro hatlisisa mipfuxeto leyi na xivumbeko eka indasitiri leta netiweke. Loko tindzawulo ta mfumo leti nga na vutihlamuleri na mavandla swi fambisa mipfuxeto leyi, *Operation Vulindlela* yi veka tihlo na ku kuma mitlonthlo na swivangelo swo hluleka. Laha swi lavekaka, yi humelerisa nseketelo wa xithekiniki eka tindzawulo.

Xiviko xa kotara na kotara lexa ha ku humaka xi andlala ku humelela loku endlaweke hi *Operation Vulindlela* na tindzawulo leti nga na vutihlamuleri bya mipfuxeto leyi.

Eka mfumo hinkwawo,



nkongomo wa hina wu le ka mipfuxeto leyi yi nga ya nkoka na ku hundzuluxa; leyi yi vumbaka hi vuntshwa ndlela leyi ikhonomi ya hina yi tirhaka hayona.

Leswi swi katsa fandisi ya swihondzo leswi laviwaka hi mpimo wa le henhla eka vuhlanganisi bya tiqingho ta tiselifoni, leswi nga hlwerisiwa kutlula malembe ya 10 leswi se swi nga fikisiwa emakumu hi Nyenyankulu. Ku humesiwa ka swihondzo swintshwa swi ta antswisa ku hlanganisa na ku hunguta mixavo ya mahangalaselo.

Ku tumbuluxiwa ka Vulawuri bya Mihaluko bya Rixaka tanihi xiyengentso-ngo xo hambana xa Transnet lembe leri nga hela swi hlwerisiwile kutlula malembe ya 15. Leswi swi ve goza ro sungula leri a ri laveka ro kotisa vutekaxiave bya sekirtara leyi nga riki ya mfumo na ku engetela ku tirha hi ku hetiseka ka switichi swa ka hina swa le mihlalu-kweni.

Hi tlhele hi vuyisa sisiteme ya Thonsi ra Wasi, Thonsi ra Rihlaza na ku Pfumaleka ka Thonsi ro sungula kusukela

layisense ya tiphurojeke letintshwa to tumbuluxa gezi kuya eka 100MW, leswi pfumelelaka tiphurojeke leti ku hlanganisa na giridi kutani ti xavisela vatirhisi gezi. Hi pfuxetile Nongonoko wa Makumelo ya Vatumbuluxi va Gezi hi Eneji leyi Pfuxetekaka lava Tiyimeleke hi ku pfula mikarhi yo bida yintshwa.

Ku cinca ka swinawana hi mayelana na vuswikoti bya matumbuluxelo lamantshwa swi pfumelele timasipala ku kuma gezi ti tiyimele ti ri toxo rosungula. Naswona mipfuxeto ya milawu ekuheteleleni yi ta tisa makete wa gezi wo chipa wuntshwa, lowu seketeriwaka hi ku hangalasiwa ka Nawumbisi wo Cinca Malawulelo ya Gezi na ntirho lowu yaka emahlweni ku cinca Pholisi ya ku Veka Mixavo ya Gezi.

Endlelo ro tlhantlha swiphemu swa Eskom ri le ku humeleleni, laha vandla leri ri nga kota ku fikelela siku ro hetelela ra N'wendzambahala 2021 ra ku tumbuluxiwa ka Khamphani yo Hangalasa ya Rixaka. Hi N'wendzambahala lembe leri hi tshemba leswaku hi ta va hi hetile ku tlhantlhiwa ka swiphemu swa Eskom swo tumbuluxa na ku hangalasa.

Xiviko xa kotara na kotara xi komba nhlayo ya ku humelela ka nkoka kun'wana, xikan'we na tindhawu leti ntirho wo kongomisa wu nga eku yeni emahlweni.

Eka sekirtara ya mati, *Operation Vulindlela*, a yi ri eku nyikeni ka nseketelo wa xithekiniki eka Ndzawulo ya Mati na Nkululo ku tirhisa kungu ro tisa ku cinca eka ku nyikiwa ka tilayisense to

tirhisa mati, ku kongomisiwile eka ku tirhana na 80% ta swikombelo hinkwaswo hi nkarhi wa masiku ya 90.

Ntirho na wona wu le ku yeni emahlweni ku tumbuluxa Ejensi ya Switirrhisiwakulu swa Swipfuno swa Mati ya Rixaka leyi nga ta tiyisisa vulawuri byo antswa bya swipfuno swa hina swa mati swa rixaka.

Eka sekirtara ya vutleketli, ku nga tirhi hi ku hetiseka ka mihaluko na swiporo swi onhile ngopfu vuswikoti bya hina byo rhumela tinhundzu eka matiko mambe. Ntirho wu le ku yeni emahlweni ku tumbuluxa swinakulobye na vatirhi va sekirtara leyi nga riki ya mfumo ku va va vekisa eka switirrhisiwakulu swa le mihalukweni na ku antswisa malawulelo ya switichi swa tikhontheni emihalukweni ya Durban na Ngqura.

Phepha ra Swibumabumelo swa Mfumo hi mayelana na Pholisi ya Swiporo ya Rixaka, leri ri nga pasisiwa hi Khabinete hi Nyenyan-kulu, ri andlala makungu yo pfuxeta switirrhisiwakulu swa swiporo na ku endla leswaku mavandla ya vunharhu va nghena eka netiweke yo fambisa nhundzu hi swiporo. Swiporo swo Fambisa Nhundzu swa ka Transnet se swi le ku endleni leswaku ku va na swivandla swa vatirhisi va swiporo lava nga riki va mfumo eka netiweke.

Sisiteme ya Vhisa ya Xiekitironiki leyi tirhaka hi ku hetiseka yi simekiwile ematikweni ya 14, ku katsa tin'wana ta timakete ta hina ta swa vupfhumba letikulu. Nkambisiso wo katsakanya wa sisiteme ya vhisa ya ntirho na wona wu le ku yeni emahlweni ku endlela leswaku hi kota ku koka rinoko ra swikili leswi ikhonomi ya hina yi swi lavaka.

Mipfuxeto leyi yi endlawile yi koteka hikwalaho ka ku tirhisana ko antswa eka mfumo hinkwawo hi ku seketela ajenda ya mipfuxeto leyi avelaniwaka.

Hi rhamba mabindzu na vavekisi ku tirhisa nkateko wa ku cinca loku ku yaka emahlweni kutani va cinca ku tiboha na ku tiyimisela ka vona leswaku ku va vavekisi byo tumbuluxa mitirho byo khomeka.



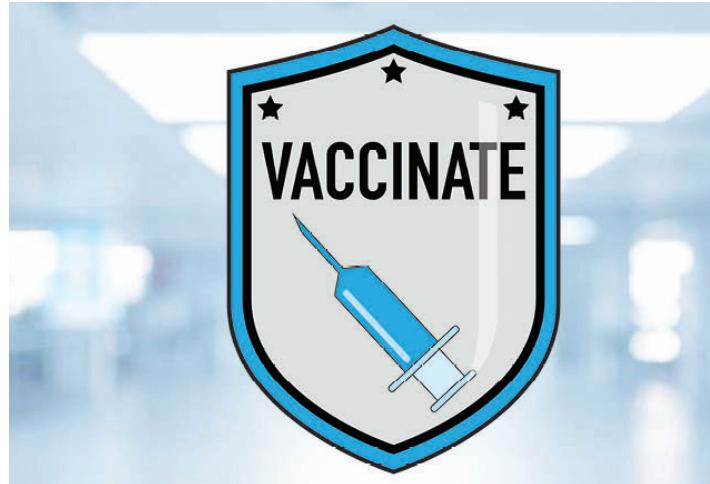
# Tisirhelele eka COVID-19 ku nga si fika vuxika

Allison Cooper

**L**oko timhangu ta Afrika-Dzonga ta COVID-19 ti ri karhi ti tlakuka ku nga si fika gandlati ra vuntlhanu leri bvumbiweke na tin'hwetl ta vuxika to titimela ti ri karhi ti tshunela, mfumo wu ya emahlweni na ku hlohlotella vaaki ku sawutisiwa ehenhla ka xitsongwatsongwana lexi na ku landzelerisa hi mitlhavelo yo nyika matimba.

Hi ku ya hi Holobye wa Rihanyo Dkd Joe Phaahla, hi siku ra 25 Dzivamisoko Afrika-Dzonga yi rhekhode ku tlakuka ka 137% ta timhangu ta COVID-19 ti ntshwa, loko ku pimanisiwa na masiku ya nkombo lama nga hundza, leswi vangike weke ngopfu hi mipimo ya le henhla ya ntluletavuvabyi eGauteng, KwaZulu-Natal na le Kapa-Vupeladyambu.

"COVID-19 yi tshama ya ha ri nxungeto naswona hi nga ka hi nga swi koti ku



tshika magoza yo sivele hinkwawo," ku vula Holo-bye Phaahla.

"Hi tlhela hi hlohlotella nakambe vanhu hinkwavo lava va nga si sawutisiwaka ku ta va ta kuma ntlhavelo. Ha ha ri ehansi ka 50% ta vanhu lavakulu lava nga kuma mpimohansi wa ntlhavelo wun'we naswona leswi a swi kahle. Hi hlohlotella vantshwa lavakulu ku ta va ta tlhaveriwa. Naswuto wa ntumbuluko wa tsana hi ku famba ka nkarhi naswona ku hambana na nsawutiso, a swi bukiwi. Hi hlohlotella vanhu hinkwavo lava fikele-

laka ku kuma mitlhavelo yo nyika matimba ku tirhisa nkarhi lowu hi nga se fika exivindzini xa vuxika," a engetela.

Ndzawulo ya Rihanyo ya le Kapa-Vupeladyambu yi vula leswaku data ya laha tikweni na ya le matikweni mambe yi humesa vumbho-ni bya leswaku nsawutiso ehenhla ka COVID-19 wu tshama wa ha ri wona vusi-rheleri bya kahle swinene ehenhla ka xitsongwatso-ngwana lexi. Leswi swi va tano ngopfu eka vanhu lava masocha ya miri ya vona ya nga tiyangiki.

"COVID-19 ya ha ri ekule na ku hela. Ku hlula yona, hi boheka ku yi herisa hi ku tiyisisa leswaku vanhu vo tala hilaha swi kotekaka hakona va sawutisiwa na ku ya emahlweni va kuma mitlhavelo yo nyika matimba," ku vula ndzawulo.

## Gandlati ra vuntlhanu

Hambileswi timhangu ta COVID-19 ti nga eku tla-kukeni naswona tiko ri nga eku languteleni ku va eka gandlati ra vuntlhanu ku nga ri khale, a swi si tiveka leswaku ri ta tikisa kufika kwihi.

"Leswi ku nga si vaka na ntiyiso wa swona hileswaku vativi va hina va sayense va hi byela leswaku gandlati lerintshwa ri ta ta hi muxaka wuntshwa lowu nga nyikiwa vito ra Pi, lowu nga ta tlulela hi xihatla na ku papalata nsawuto. Kambe, eka nkarhi wa sweswi, mixaka leyi nga tiyisisiwa ku va yi ri kona hi vunyingi i mixakatsongo ya Omicron

leyi vitaniwaka B.4 na B.5," ku vula Phaahla.

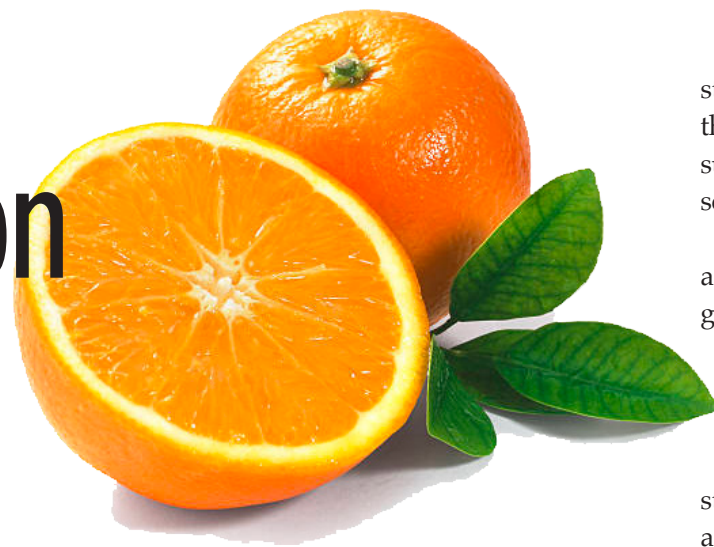
## Sivela ntluletano

U nga sivele ntluletano wa COVID-19 hi ku tiyisisa:

- Leswaku misawutiso ya wena ya COVID-19 (ku katsa na mitlhavelo yo nyika matimba) yi nga saleli endzhaku.
- Leswaku tindhawu leti nga endzeni miako ti nghenisa moya kahle.
- Ku ambala masiki ya xikandza loko u ri endzeni ka miako na le ka tindhawu leti nga tala ntshungu.
- Leswaku u kuma xi-sawutisi xa mukhuhlwana.
- Leswaku u tiva leswi u faneleke ku swi endla loko u ri na swikombeto swo fana na swa mukhuhlwana.
- Leswaku u hlamba mavoko na ku sanithayiza.

Ku kuma nxaxamelo wa tindhawu ta nsawutiso leti nga eku tirheni, endzela <https://sacoronavirus.co.za/active-vaccination-sites/>

# Boost immunity before flu season



**G**etting the flu vaccine and taking care of yourself by ensuring a healthy lifestyle are the two best ways to reduce your risk of becoming seriously ill from the flu this winter.

Getting your annual flu vaccination is the most effective way to protect yourself against flu and serious complications, says the Western Cape Delft Community Health Centre's dietician, Tanja Venter.

She said you can also help your body to fight off infections by eating a well-balanced diet that includes lots of fresh fruit

and vegetables.

"If you do catch a cold or the flu, having a strengthened immune system can help to reduce the severity of symptoms and the period of illness," she adds.

While no single food item can guarantee immunity against colds and flu, Venter says food rich in antioxidants can boost the immune system by ensuring that immune cells work optimally.

"Including butternut, pumpkin, citrus fruits (oranges), tomatoes, whole grains, milk and lean meats, and drinking lots of clean water can contribute to a

healthier immune system, keeping colds and flu at bay."

For infants and toddlers, up to the age of two, Venter says breastfeeding provides them with the best start to a healthy immune system.

## Reduce stress

Other ways to ensure a healthy immune system include monitoring your well-being and stress

levels.

Venter explains that long-term stress can affect the immune system, making the body vulnerable to infections.

"With the hustle and bustle of our daily lives, we often find ourselves stressed out, eating poorly and not doing enough exercise. Exercising can reduce stress and improve overall health," says Venter.

You can also decrease stress by doing something that helps you unwind, such as drawing, painting, sewing, writing or cooking.

"Other healthy habits for adults and children include good hygiene practices, such as washing your hands regularly, coughing or sneezing into a tissue or elbow and staying home when you are sick to avoid infecting others," says Venter.

Visit your local clinic to get your flu vaccine, or for a check-up, if you develop any of the common flu symptoms, including a headache, fever or body chills, sore throat or cough (usually dry), tiredness and weakness, a runny or stuffy nose, aching muscles and vomiting, diarrhoea and high fever (common in children).

This information was supplied by the Western Cape Government.