

Vuk'uzenzele

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R8.8 billion to fight HIV and TB



Dikeledi Molobela

Health 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 strengthen 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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I-Operation Vulindlela ivula indlela yekukhulisa umnotfo

Umnotfo wase-Ningizimu Afrika, njengawo wonkhe umnotfo, angeke usebente, futsi angeke ukhule, ngaphandle kwekusebenta nekucudzelana kahle kweluchungechunge lwetimboni. Letimboni leti – letifaka ekhatsi gezi, emanti, tigitjelwa netekuchumana ngetincingo – tingumtsambo wekuphila kwetemnotfo.

Tinkinga letimayela nekuhleleka kulomkhakha tabonwa kudzala taba nguletinye tihibe letihamba embili ekukhuleni kwe-mnotfo waseNingizimu Afrika. Kungasebenti kahle kanye netindleko letisetulu tenethiwekhi kuvimbela kwenta ibhizinisi kulelive.

Kubukana nekuso-mbulula letinseyeya, sisungule i-Operation Vulindlela ngeMphala 2020 njengalenye indlela yelihhovisi laMengameli neleMgcinimafa Wave-lonkhe yekunika emandla tingucuko tekuhleleka kuloluchungechunge lwetimboni. Ngalesikhatsi ematiko netikhungo tahu-lumende tenta letingucuko, i-Operation Vulindlela yona itawugadza futsi ibuke tinseyeya netihibe. Lapho kudzingeka khona, itawuniketa kusekela lokufanele kulamatiko.

Lombiko wekota losandza kuphuma uchaza kahle umsebeni loseewentiwe yi-Operation Vulindlela kanye nematiko lanemsebeni wekwenta letingucuko.

Kuwo wonkhe hulu-



mende, sigcile kakhulu kutingucuko letisisekelo naletiletsa luntjintjo; letitawenta kabusha indlela lensha yekusebenta kwe-mnotfo wetfu.

Loku kufaka kufakwa endalini kwebuchakachaka betekuchumana ngemagagasi emoya, lokubanjelelwe iminyaka lengetulu kwalelishumi lokugcine kucedzelwa ngeNdlovulenkulu. Lokukhululwa kwalobuchakachaka lobusha kutawutfutukisa kuchumana futsi kwehlise tindleko tedatha.

Kusungulwa kweLuphiko Lwetemachweba Avelonkhe abe incenye lengaphansi kwe-Transnet lomnyaka lowengcile kwabambeleleka ngeminyaka lengetulu kwe-lishumi nesihlanu. Loku bekusinyatselo sekucala lesimcoka lesenta kutsi kungene umkhakha lotimele nesekekukhulisa kusebenta kahle kwematheminali emachweba.

Siphindze futsi sabuyisa luhlelo lwe-Blue Drop, lwe-Green Drop nelwe-No Drop kwekucala kusuka nge-

mnyaka we-2014 kucinisekisa kutsi silandzelela kahle kusetjentiswa nekusebenta kwemanti lasezingeni. Sishicilele saphindza sabuyeketa Luhlu Lwemakhono Labucayi, nawo kwekucala kusukela ngemnyaka we-2014.

Loku kunguletinye tibonelo letikhomba kutsi, ngekufaka emandla kumitamo nasekubukisiseni tingucuko letimbalwa leticaliswa embili, lohulumende lona ukhonile kuta nenchubekela embili.

Ngekusebentisa i-Operation Vulindlela, sikhonile kulandzela indlela lenembako kakhulu nalefaka konkhe kuletingucuko, lecinisekisa kuchumana lokuncono lapho khona kungenelele ematiko lahlukahlukene netikhungo.

Sibonelo lesihamba embili saloku sikulomkhakha wetemandla, lapho kube khona tingucuko letinengi letimcoka, letinekuchumana letitawentiwa kute sintjintje indlela lesiphehla ngayo gezi nalesiwusebentisa ngayo.

Lokucophe umlandvo kufaka ekhatsi kukhushulwa kwemkhawulo wemalayisensi emiklamo lemisha yekuphehla gezi iye ku-100MW, kuvumela lemiklamo kutsi ichume kumzila lomkhulu nekutsi itsengisele bantfu gezi. Sibuyekete Luhlelo Lwe-kutsenga Gezi Kubakhciti Labatimele ngekuvula sikhatsi lesisha sekufaka ticelo.

Tingucuko kumitsetfomgomo mayelana neku-khicita kabusha emandla tivumele bomasipala kutsi batitsengele gezi kwekucala ngca. Futsi tingucuko temtsetfo titawubanga kutsi kube nekuchudzelana lokusha kumakethe yegezi, letawusekelwa kushicilelwa kweMtsetfosivivinywa Wekuchibiyela Tinchubomtsetfo Tegezi futsi umsebeni wekuchibiyela Inchubomgomo Yetindleko Tagezi usentiwa.

Luhlelo lwekuhlukanisa tigaba te-Eskom lusendleleni, lapho khona lesikhungo sihambisana nesikhatsi lesibekiwe lesiyiNgongoni 2021 sekutsi kusungulwe Inkampani Yavelonkhe Yekukhicita Gezi. NgeNgongoni kulomnyaka sinelitsemba lekutsi sitawucedzela kuhlukanisa letigaba te-Eskom tekukhicita nekusabalalisa gezi.

Umbiko wekota uchaza letinye tintfo letinengi letentiwe, kanye netindzawo lapho kusadzingeka kusentiwe khona umsebeni lomkhulu.

Kulomkhakha wemanti,

i-Operation Vulindlela beyiniketa kusekela lokubucayi kuLitiko Letemanti Nekutfutwa Kwendle kute kube neluhlelo lwekugucula simo kulokuniketwa kwemalayisensi ekusebentisa emanti, ngenhloso yekuphotfula ticelo leti-80% etinsukwini leti-90.

Umsebeni wekusungula i-Ejensi Yavelonkhe Yesakhiwonchanti Semitfombo Yemanti usetawentiwa letawucinisekisa kulawulwa kahle kwemitfombo yavelonkhe yemanti.

Kumkhakha wetigitjelwa, kungasebenti kahle kwemachweba nemizila yetfu yetitimela kube nemtselela lomkhulu kulamandla etfu ekuhambisa imphahla emaveni angaphandle. Umsebeni wekucala wekusebentisana nemkhakha lotimele usetawentiwa kute kutjalwe timali kusakhiwonchanti semachweba nekutfutukisa kuphatfwa kwematheminali eticukatsi kumachweba aseThekwini naseNgqura.

Umbiko Wahulumende lomayelana neNchubomgomo Yavelonkhe Yetemizila Yetitimela, lowavunywa yiKhabhinethi ngeNdlovulenkulu, ubuka kahle tindlela tekuvuselela sakhiwonchanti semzila wetitimela nekuvumela labanye balingani labatimele kutsi basebentise Imizila Yetitimela te-Transnet.

Luhlelo lolusebenta ngalokuphelele lwe-e-Visa lusunguliwe emaveni la-14, lafaka ekhatsi lamanye emave latimakethe letinkulu tetfu tekuvakasha. Kubuyeketa lokukhulu kweluhlelo lwekusebentisa i-visa nalo lusungiswa kute sikhone kuheha emakhono ladzingwa live lakitsi.

Letingucuko tibangwe kutsi kube nekusebentisana nematiko lahlukene ahulumende lasebentisa luhlelo lwekusebentisana kuletsa tingucuko.

Senta lubito kubosomabhizinisi nebatjalimali kutsi batsatse lelifuba letingucuko letitawulandzela kutsi bantjintje tetsembiso tabo nekutibophelela kwabo kube ngilokubambekako, lokutawakha lutjalomali lolutawuvula ematfuba emsebeni.

Tivikele ku-*COVID-19* ngembi kobusika

Allison Cooper

Njengoba lenyuka lizinga lekutseleleka nge-*COVID-19* eNingizimu Afrika ngembi kwesikhatsi lesilinganisiwe sekutseleleka kwelihlandla lesihlanu nekungena kwetinyanga tasebusika sekusondzele, hulumente uyachubeka kucela ummango kutsi ugomele leligciwane futsi ungashiywa sikhatsi sekutfola imijovo yekuvusetela.

Ngekusho KweNdvuna Yetemphilo Dkt Joe Phaahla, mhla ti-25 Mabasa iNingizimu Afrika ibe nekutseleleka lokusha kwe-*COVID-19* lokukhule nge-137%, uma kucatsaniswa netinsuku letengcile letisikhombisa, lokubangwa kakhulu kutseleleka lokusemazingeni lasetulu eGauteng, KwaZulu-Natali naseNshonalanga Kapa.

"I-*COVID-19* isasenebungoti futsi angeke sikhone



kuyekela tonkhe tindlela tekutivikela," kwasho Indvuna Phahla.

"Siyaphindza futsi sicela bonkhe labo labasengakagomi kutsi bagome. Basengaphansi kwe-50% bantfu labadzala labatsetse umtsamo wekucala wekugoma futsi loko akusikahle. Sicela bantfu labadzala labasesebasha kutsi baye kuyogoma. Kuvikeleka ngekwe-

mvelo kuhamba kuhambe kuphele akufani nekwekugoma, angeke ukuhlelele sikhatsi. Sicela bonkhe labo lekufuneka batfole imijovo yekuvusetela kutsi batsatse lelifuba ngembi kwekungena kwebusika lobunemandla.

Litiko Letemphilo lase-Nshonalanga Kapa litsi lwatiso lwasekhaya nelwemave emhlaba lukhomba kutsi kugomela i-*COVID-19* kusa-

seyindlela lehamba embili yekulwa naleligciwane. Loku kumcoka kakhulu ebantfwini labanemasotja emtimba labutsakatsaka.

I-*COVID-19* angeke iphele nyalo nanyalo. Kute siyincobe, kufuneka sicinisekise kutsi bantfu bagoma ngebunyenti futsi bachubeke kutsatsa imijovo yabo yekuvusetela, litiko lasho njalo.

Lihlandla lesihlanu

Nanoma tigameko tekutseleleka nge-*COVID-19* tenyuka, futsi ngalesikhatsi lelivelilindlele kutsi libe nekutseleleka ngemandla kwelihlandla lesihlanu, kusengakatiwa kutsi kutawuba kubi kanganani.

"Lokusengakacaci kahle kutsi bososayensi betfu basitjela kutsi lelihlandla lelisha litawuta ngeluhlotjana leligciwane lolusha loluteketiswa ngekutsi yi-Pi, lolutawenta kutsi kube nekutselelana kakhulu futsi angeke sikubalekele kutseleleka ngayo. Kodvwa,

kwanyalo, lokucinisekiwe kutsi lokutawuba nemandla tinhlotjana teligciwane letincane te-*Omicron* letibitwa ngekutsi yi-B.4 ne B.5" ngekusho kwaPhaahla.

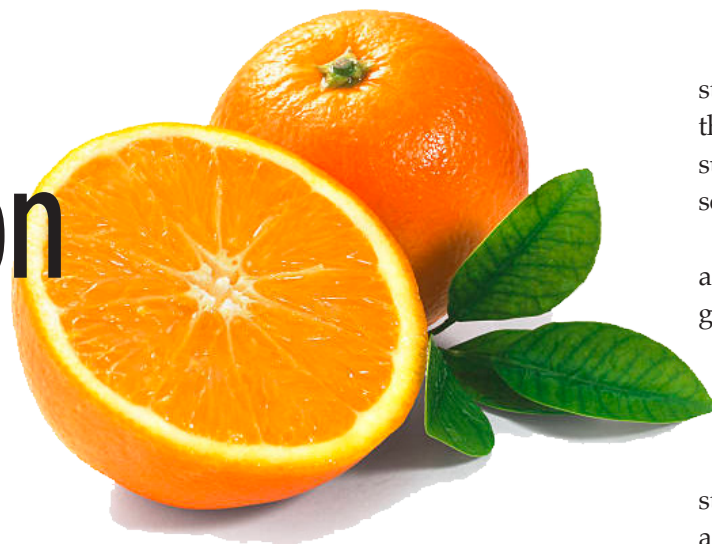
Vikela Kutseleleka

Ungasita kuvikela kusa-balalisa i-*COVID-19* ngekucinisekisa:

- Kutsi kugomela kwakho i-*COVID-19* (lokufaka ekhatsi kutsatsa imijovo yekuvusetela) kwenteke ngalokuphelele.
- Kutsi indzawo lokuyo levalekile ingenisa kahle umoya.
- Ngekufaka sifonyo uma usendzaweni levalekile noma usemkhatsini kwebantfu.
- Ngekutsi utfole umgomo wemkhuhlane.
- Kutsi uyati lekufanele ukwente uma unetimphawu temkhuhlane.
- Kutsi ugeza tandla futsi usebentisa sibulalimagciwane.

Kutfola luhlu lwe-tikhungo letivuliwe tekugoma ngena ku- <https://sacoronavirus.co.za/active-vaccination-sites/>

Boost immunity before flu season



Getting 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.