

Vuk'uzenzele

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Helping victims of GBV get justice

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New app helps save lives

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Mass COVID-19 vaccine roll-out programme takes shape

PRESIDENT Cyril Ramaphosa has stressed that getting enough COVID-19 vaccines as quickly as possible – and making sure that they reach the people who need them – is one of government's biggest tasks this year.



Allison Cooper

South Africa's mass Coronavirus Disease (COVID-19) vaccination programme is set to speed up herd immunity when the first batch of one million Oxford University-AstraZeneca vaccines arrives from the Serum Institute of India (SII) in January.

The second batch of 500 000 vaccines is due to arrive from the SII in February, says Health Minister Zweli Mkhize.

The aim of the vaccination programme is to achieve herd immunity across the population, says President Cyril Ramaphosa.

"When enough people are vaccinated, we will reach what is known as 'herd immunity' or 'population immunity'. This is when enough of the population is immune to the virus to provide indirect protection to those who aren't immune, bringing the spread of the virus under control. "While the actual level needed for herd immunity is not known, our scientists estimate that we will likely reach herd immunity once around 67% our population is immune. This amounts to around 40 million people," he explained. To achieve this, govern

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Minister Mthembu:

A great leader has fallen

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Rest In Peace

Minister Jackson Mthembu

1958 - 2021



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Umnyaka wa-2021 loncono kubo bonkhe bantfu baseNingizimu Afrika

Emaviki ekucala emnyaka bekamatima kubo bonkhe bantfu baseNingizimu Afrika. Lolubhubhane lweligciwane le-corona lube lubi kakhulu, kanye nekwesuleleka lokusha lokwenyuka ngelizinga leliphangisako futsi le-nyuke kakhulu kunakucala. Tibhedlela setetfwele kamatima kakhulu njengaloku bantfu labanengi badzinga kunakekelwa ngekwetekwelashwa.

Nanome imikhakha leminengi yeteminotfo ikhonile kutsi iphindze futsi isebente tinyanga letinengi, kutawutsatsa sikhatsi kutsi umnotfo uphindze usimame kanye nekubuyiswa kwemisebenti lelahlekile. Njengaloku umnyaka lomusha ucala, imindeni leminengi solo mane isayiva imitselela yalolubhubhane etimphilweni tayo kanye nasemisebentini letiphilisa ngayo.

Umhlaba nyalo sewungene emnyakeni wesibili walolubhubhane lwaleligciwane le-corona. Kubantfu baseNingizimu Afrika, kanye nasemaveni lamanengi emhlabeni wonkhe, umnyaka wa-2021 utawuba ngumnyaka lonetinsayeya letinkhulu kakhulu. Lelihlandla lesibili lekutseleleka nge-COVID-19 lingalandzelwa ngemahlandla lachubekako, latawubeka timphilo tebantfu engotini kanye nekuvuseleleka kabusha kwemnotfo.

Njengaloku lomnyaka vele utawubamatima, nginesicini-seko noko kutsi sitaluncoba lolubhubhane bese sibeka live letfu endleleni ngalokucinile endleleni leya ekulivuseleleleni kabusha.

Kutetsemba kwami kuvela

kubantfu baseNingizimu Afrika. Nangibuka kutsi bantfu baseNingizimu Afrika baphendvule njani kuleninga kusukela nje leligciwane lafika lapha eveni letfu, angingabati kutsi sinako loko kumelana, kutekhuta kanye nemandla ekuncoba lesifo.

Kuliciniso kubekhona lapho kungahambanga kahle khona, kodvwa linyenti lebantfu baseNingizimu Afrika basivisisa sidzingo sekutivimbela ekuhambeni kwabo kanye nasemisebentini, bahambisana nalemitsetfosimiso lesiyishayile. Ngisho nangetulu kwekuhambisana nemitsetfosimiso, linyenti lebantfu baseNingizimu Afrika batitsatsele sibopho kanye nekutibophelela futsi nakulabanye, balandzela teluleka letifanana neku-chelelana ngekwetehlalo, kufaka sifonyo kanye neku-geza tandla.

Lapho singentanga kuhle khona, ngekuudzabuka siyibonile imiphumela yako. Nyalo sesiyati mayelana ngebungoti betindzawo letivaliwe kanye nemihlangano lenesicuku sebantfu, wekungafaki sifonyo kanye nekungachelelani nalabanye.

Loku kubika lokuhle ngalomnyaka losembi kwetfu. Nyalo sesati kabanti mayelana ngalesifo nekutsi singasivikela njani kutsi singabhebhethetseki. Nanome sekunaloko umuntfu langakubita ngekutsi 'kukhatsala kwelubhubhane', loko akusho kutsi asikatimiselile njengebantfu baseNingizimu Afrika kwenta loko lokudzingeka kutsi sikwente.

Njengaloku sitigcina nge-mandla lamakhulu tinyatselo letimcoka tekuvikela, sitawube futsi sicala ngemkha-

nkhaso lomkhulu wekugoma. Njengaloku linyenti lebantfu ligonywa, sitawube senta kokubili sisindzisa timphilo siphindze futsi ngekuchubeka njalo sinciphise bungoti bekwesuleleka ngaleligciwane ebantfwini.

Kutfolela tigomo ngekushesha nakwenteka – kanye nekuenta siciniseko sekutsi letigomo tifinyelele kulabo bantfu labatidzingako – kutawuba nguleminye yemisebenti lemikhulukati kulonyaka. Loku kutawuba yinsayeya nakuwo onkhe emave emhlabeni wonkhana njengaloku kuphangelanwa ngekutfolela luphakelo lolunemkhawulo lwetigomo. Kodvwa sisebenta kamatima nebalangani betfu kute-mabhizinisi, betemisebenti, kanye nebetinhlango temmango kute kutsi loku kube yimphumelelo. Sisebenta ngetindlela letahlukahlukene kutsi sitfolela tigomo, lokufaka ekhatsi kusebentisa sisetjentiswa semhlaba wonkhe i-COVAX, umtamo weLububhano lwe-Afrika kanye nekuchumana kwetfu nalabo labenta lesigomo.

Njengaloku senta loku ngekuhlanganyela kute sincobe lolubhubhane, kutawudzingeka kutsi sisebente ngekuhlanganyela ekwakheni futsi kanye nekuntjintja umnotfo wetfu. Sinawo emandla kanye nenshisekelo kokubili kutsi sikhutsate imisebenti yetemnotfo, sikhulise umnotfo wetfu futsi sidale imisebenti. Futsi sikwente loko nanome lolubhubhane lunje.

Timali tahulumende tingaphasi kwekucindzeteleka lokukhulu, ikakhulu nyalo nangenca yekuphendvula ngekwetemphilo kule-COVID-19 kanye nangetinya-

tselo tekuhhamula tetemnotfo netenhlalo lesitibekile kute sisite betemabhizinisi kanye nemakhaya laphuyile. Kuncipha kwemnotfo kusho kutsi imalingena yemtselo yehlile kakhulu. Kunetincenye letitsite temnotfo letitawutsatsa sikhatsi lesidze kutsi tivuseleleke ngenca yekufunwa kwato lokuncane ngumhlaba wonkhe jikelele kanye nekuvinjelwa kuambela emave emhlaba.

Kungaleso sizatfu-ke kutsi sidzinga kutsi sicabange tintfo letinsha futsi sigcile emaswini etfu ekwakheni futsi lomnotfo. Ngalokumcoka, leLisu Lekwakha Kabusha Umnotfo Nekuuvusetela lesalimemetela ngenyanga yeMphala kulomnyaka lophelile limayelana nekuvumelana emkhatsini wabo bonkhe mayelana naloko lekumele kutsi kwentiwe kute kwakhiwe kabusha lomnotfo. Loku kubeka sisekelo lesicinile sekusebentisana ngekuhlanganyela kusetjentiswe imitfombolusito, emakhono kanye nemandla abo bonkhe balingani betenhlalo.

Kungaleso sizatfu-ke sidzinga kutsi sibe nemcondvo lomusha futsi sigcile emaswini etfu ekwakha kabusha umnotfo wetfu. Sibonelo, sisebentisane ngekuhlanganyela nebasiti ngetimali labatimele kanye netikhungo tentfutfuko letinengi kute silungiselele imiklamo yesakhiwonchanti emikhakheni lefanana netekutfutsa, tekuhlaliswa kwebantfu, temanti netekuchumana. Ngeku-sebentisa, sisungula tindlela tekusita ngetimali lemiklamo lesebentisa imitfombolusito leminengi kuyo yomibili imikhakha, yahulumende naletimele. Loku kubaluleke kakhulu ngalesikhatsi lapho timali tahulumende tinganeli.

Luhlelo lweSikhutsati saMengameli Semisebenti ngulesinye sibonelo sekwenteka kwekusebenta ngekuhlanganyela. Kuvisisa noko kutsi kutawutsatsa sikhatsi kutsi kukhula kute-mnotfo kuholele ekubeni nemisebenti kumkhakha lotimele, setfule lesikhutsati semisebenti kutsi sicale kudala ematfuba emisebenti nyalo.

Loluhlelo luchunyaniswa eHhovisi laMengameli, kodvwa lifezekiswa ngematiko lamanengi ahulumende kanye nasemikhakheni lehlukene. Ngaloluhlelo, tinkhulungwane letingemashumi ebantfu labangasebenti bakhona kutfolela kokubili, kufundza nekuhola njengaloku banika tinsita tetenhlalo letimcoka.


Ngekuhamba kwesikhatsi, loluhlelo lutawufaka ekhatsi incenye 'yemisebenti yetenhlalo', lapho sitawuhlanganyela khona naleminye imikhakha yetenhlalo kute kuca-shwe bantfu emisebentini leyahlukahlukene – kusukela ekwenteni ncono kutsi kube nekudla, kubukana nebudlova lobucondziswe ebulilini lobutsite kute kutfutukiswe tekuhlaliswa kwebantfu lokungakahleleki – konkhe kube neligalelo ekwenteni lokuhle.

Yonkhe lemisebenti icinisekiswa ngekutsi kugcilwe kakhulu kuleto tingucuko tetemnotfo letitawuba nekugcila lokukhulu eku-khuleni. Loku kufaka ekhatsi kwandziswa kwemandla ekuphehla gezi, kwenta tintfunja tetfu tekungena nekuphuma kulelive tisebente ngemphumelelo nangekuchudzelana, kwenta ncono kufinyelela kutfolela kuchumana nge-inthanethi lokusheshisako lokungabiti, kanye nekuenta ncono tikhatsi tekubuyisa timvume tetemanti, tetimayini kanye naletinye timvume. Lemitamamo ichunyaniswa futsi yeluswa ngekuhlanganyela Lihhovisi lami neSikhwama Savelonkhe.

Kunyenti lekusamele kutsi kwentiwe kulomnyaka lesikuwo. Futsi singakungabati lokutsi sisatawubukana netinsayeya letetfusako.

Kodvwa sikhombisile kutsi njengesive, siyakhona kuphumelela nangabe sisebentisana ngekuhlanganyela ekwenteni inhloso yinye.

Nangabe sikhumbula loko, futsi nangabe bunye betfu sibusebentisa, sitawucinisekisa kutsi umnyaka wa-2021 uletsela bantfu bakitsi bonkhe temphilo letincono netimphilo letincono.

Nginifisela konkhe lokuhle kulomnyaka lomusha. 

Busting the myths



Allison Cooper

People with albinism do die. They do not have superpowers. Their blood can't heal others and their body parts will not make you rich.

"They also do not repre-

sent an ancestor," says Dr Khensani Ngobeni-Mkize, a Mbombela-based specialist dermatologist (skin doctor).

"Albinism is a group of inherited genetic disorders in which there is reduced or no melanin production in the skin, hair and eyes," she adds.

Melanin is the pigment that

gives human skin, hair and eyes their colour.

"The only difference between a person with albinism and person without it, is the lack of colour. Due to reduced melanin, they have problems with their eyesight and prefer being in the shade because they are sensitive to the sun," says Dr Ngobeni-Mkize.

There are two forms of albinism, oculocutaneous (affects the skin and eyes) and ocular (affects eyes only).

Dr Ngobeni-Mkize urges parents of children with albinism to empower their child. "See an eye specialist, make sure they get a proper education, encourage them and help educate the community about albinism. This is very important to stop the stigmatisation and discrimination."


Sun protection is vital

Melanin is important because it creates colour in the skin, hair and eyes, which protects them against the damaging rays of the sun.

It's vital that people with albinism protect themselves from the sun to avoid skin cancer. A skin sore could be cancer if it changes, grows, bleeds, will not heal, or is

painful or itchy. They should also have their skin checked every six months and have their eyes checked by an eye doctor, who can provide them with glasses that can improve, but not cure, their eyesight.

Protect yourself from the sun by:

- Wearing a broad-brimmed hat.
- Wearing a light scarf or shirt with a collar to protect the neck.
- Applying broad-spectrum sunscreen, with UVB and UVA protection, that contains minerals and is water resistant. Apply sunscreen 20 minutes before sun exposure and re-apply frequently.
- Avoiding the sun between 10am and 3pm.
- Drinking water.
- Eating a well-balanced diet. 

Kukhulisa umntfwana lonesitfutwane

Allison Cooper

Nanome kungawetfusa umndeni kuva kutsi umntfwana unesitfutwane, ungenta simo selikhaya lelivisisa loko, lelinelutsandvo nalele-mukelanako umntfwanakho langakhulela kulo futsi batsembe emandla abo ekuphumelela.

Ngekusho kwenhlangano yeSifutwane yaseNingizimu Afrika, batali bangakhatsateka ngelikusasa lemntfwanabo futsi bakukhandze kulukhuni kwemukela sitfutwane nome kukhuluma ngaso. Ungativa utfukutsele, ukhatsateke kakhulu, ute kwenetiseka futsi utive unelicala, kodvwa ungakuncoba konkhe loko lokuvako ngekutsi utifundzise mayelana nalesimo.

Sitfutwane sinemkhuba wetiwombe tekukubamba ngekuphindzelela, lokwenteke nangabe kube nekukhishwa kwemitsambo ebuchosheni.



Kungani kube ngumntfwanami?

Kuvisisa sitfutwane nekutsi kungani kube nekubambeka akuchazi kutsi kungani loko kwenteke kumntfwanakho.

Kutehlakalo letilinganiselwa ku-66%, imbangela yesitfutwane ayatiwa. Loku kubitwa ngekutsi i-*idiopathic epilepsy*. Kuletehlakalo letisele imbangela ingabonakala, lokwatiwa ngekutsi i-*symptomatic epilepsy*.

Kungaba netimbangela letahlukahlukene letifanana nekulimala enhloko, lokungenteka nome ngabe ungakanani ngebudzala, kulimala nawubelekwa, njenge-

kweswelakala kwemoyamphilo ngesikhatsi ubelekwa; kuchucha kwemkhuhlane, kuvuvuka kwebucopho incubulundvwana yasebuntfwaneni; kanye nekutsikameteka nome kungalingani kwenchubo yekusebenta kwemtimba nome yemakhemikhali emtimba.


Dokotela utakuncumela umutsi ngekubuka budzala bakhe, simo semtimba kanye netinhlobo tekubanjwa sitfutwane umntfwanakho letimbambako. Khumbula, imitsi lemelana nekuchucha ayiselaphi sitfutwane kodvwa, esikhatsini lesinyenti, inciphisa tiwombe tekubambeka

kanye nekubakubi kwato.

Emathiphi latsite ekukhulisa umntfwana lonesitfutwane:

- Matisa umntfwanakho ngalesimo. Bantfwana ngisho nome ngabe basesebancane baneminyaka lemitsatfu bayakhona kuvisisa kutsi ingcondvo ilawula umtimba. Bantfwana lasebabadzala kufanele kutsi banikwe inchazelo lephelele.
- Yatisa tihlobo letisedvute kanye nebangani bemntfwanakho, bothishela kanye netiphatsimandla tesikolo letinesibopho.
- Cinisekisa kutsi umntfwanakho utfola luhlolo lwe-tekwelashwa loluphelele lolwentiwe yingcweti lekufundzele loko, kahle hle kube dokotela wemiva.
- Gcizelela emakhono emntfwanakho kanye nanome ngabe yini lokutawukwenta ncono kutemukela kwakhe, kutiva abalulekile kanye nekute-temba.
- Cinisekisa kutsi kune-

mntfu lomdzala logadza lokwentiwako, njengekubhukusha.

- Cinisekisa kutsi imitsi yakhe uyayinatsa futsi uyinatsa njalo njengaloku kuncunyiwe.
- Nika lokutawukwentiwa njalo kanye nesikhatsi lesinyenti sekuphumula, kudla lokutsatfu lokunemsoco ngelilanga kanye nekutivocavoca njalo.
- Nawuchaza tiwombe tekubanjwa sitfutwane, sebensisa emagama umntfwanakho latawuwavisisa.
- Ungavumeli umntfwanakho kutsi asebensise loku-banjwa sitfutwane kutsi angeti imisetjentana nome kutsi amukele sibopho. 

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