

# Vuk'uzenzele

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English / Tshivenda

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readied for  
COVID-19  
spike**

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to receive  
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## Schools to re-open in phases



**SCHOOL PERSONNEL** are returning to work on set dates during May to prepare for the return of Grade 7 and matric students in June, with subsequent grades being phased in over a period of time.

### More Matshediso

**T**he Department of Basic Education has revised the school calendar to keep learners and teachers safe as South Africa continues to fight the coronavirus (COVID-19) pandemic.

Basic Education Minister Angie Motshekga says the plan is that Grade 12 and 7 learners go back to school on 1 June 2020. Office-based staff returned to

work on 4 May, school management teams on 11 May and teachers on 18 May to allow sufficient time for schools to be prepared for the return of the first batch of learners.

The school calendar will be gazetted once the administrative work has been completed.

Furthermore, special arrangements will be made to permit learners and teachers who are currently in other towns or cities, provinces and/or neighbouring countries to return to

their schools and places of residence.

A special dispensation will also put in place for learners who experience barriers to learning.

### Catch-up programme

Following the announcement of the national lockdown by President Cyril Ramaphosa, the Council of Education Ministers agreed to focus on a catch-up programme for when learners return to school and, in the

meantime, to double efforts to promote learning and teaching in homes.

"We are grateful that our partners have made great strides to reach out to as many learners as possible, with the provision of curriculum support during the COVID-19 lockdown," Minister Motshekga says.

The department has used 123 radio stations and six television channels, with a total reach of over 35 million people, to minimise the impact of the national

lockdown on schoolchildren by putting learning support within their reach.

In addition to the 13 radio stations of the SABC, which broadcast in all official languages, 110 community radio stations are also involved in carrying curriculum content on a daily basis.

The radio lessons provide curriculum support lessons to learners in various grades, including early childhood de

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# Kha ri farisane kha nndwa yashu ya u lwa na COVID-19

**L**ifhasi lothe nga vhuphara lo fara tshi konḡaho nga dwadze la tshitzhili tsha corona, line la khou phadlala nga luvhilo. Khaelo a i athu u wanala. U mona na lifhasi, vathu vha tshivhalo tshi fhiraho 3.4 milioni vho kavhiwa na uri ho no lovha vha fhiraho 240,000. Ngangoho hezwi ndi zwifhinga zwi lemela.

Musi hu tshi tiwa mulevho wa tshiimo tsha tshiwo tsha lushaka vhegeni dza rathi dzo fhiraho, Afrika Tshipembe lo vha li na zwiwo zwo khwaṭhisedzwaho zwa u kavhiwa nga tshitzhili tsha corona zwa 61. Naho tshivhalo itshi tshi fhasi, kuvhonele kwa vhaḡivhi na tshenzhemo ya dzitshakatshaka zwo sumbedzi-sa uri u kavhiwa hu nga gonya nga nḡila khulwane nahone nga luvhilo. Ndo amba uri hu tea u dzhiwa maga a ndeme nahone nga u ṭavhanya.

Maga ayo – ane a katela nyiledza u bva mahayani ya lushaka lwoṭhe na u valwa ha mikano yashu – o sumbedza u shuma kha u lengisa u phadlala ha vhlwadze.

Hezwi zwo konadzea nga uri vhumzhi ha MaAfrika Tshipembe vho tevhedzela mbetshelwa dza nyiledza u bva mahayani, u ita maitele a u sa vha tsinitsini na vhaṭwe na u ambara masiki wa khofheni. Ndi a vha rwelwa zwanda kha hezwi na huṭwe u ḡidzima he vha ita.

Kha luṭa ulu lwa musi ri tshe kati na dwadze, maṭwe mashango a na zwivhalo zwinzhi zwa u kavhiwa u fhira zwine ra vha nazwo. Hune ra vha hone zwi-no – hune ra vha na maḡuvha a 46 u bva tshe ra rekhoda tshi-wo tsha vhu100 tsha tshitzhili tsha corona – ri na zwiwo zwo khwaṭhisedzwaho zwa 6,783. Italy, line tshivhalo tsha lo tsha vathu tsha fana na tshashu,

lo no vha na zwiwo zwi fhiraho 140,000 ngeno United States li na zwiwo zwi swikaho haneḡha kha 700,000 hu tshi khou vhalwa kha ḡuvha la vhu-46.

Fhedzi izwi a zwi ambi uri phan-zi yo pfuka. Afrika Tshipembe a li athu tou swika maṭhakheni a u kavhiwa. Modele yoṭhe ya sainthifiki i sumbedza uri phimo ya u kavhiwa i ḡo isa phanda na u engedzea nga luvhilo kha minwedzi i si gathi i ḡaho.

Fhedziha, luvhilo lune vhu-lwadze ha phadlala ngalwo na tshivhalo tsha vathu vane vho kavhiwa zwi ḡo bva nga zwine ra khou ita zwazwino. Ndi ngazwo hune u leludza ha nyiledza u bva mahayani hu tshi ṭoda u itwa nga zwiṭuku na nga u ṭhogome-la. Ndi nga nṭhani ha zwenezwi hune vhumzhi ha ndaulo dzi tea u dzula dzo ralo na uri ndi zwa ndeme uri vathu vha dzi tevhedzele. Ndi a zwi ḡivha uri izwi zwi lemela hani na uri ndi a pfeesa mbilaelo dzine vhumzhi ha vhaḡunashango vha vha na-dzo nga ha nḡila ine ndaulo idzi dza khou dzehenelela ngaho na u shaedza kha pfanelo dzavho. Fhedzi hezwi zwoṭhe ndi zwa ndeme. Ndivho yashu khulwane ndi u vhumzhi vhutshilo.

U sa vha tsinitsini na vhaṭwe na tsiravhlwadze yo teaho zwi kha ḡi vha vhumzhi hashu ha nṭhesa kha nndwa iyi. Hezwi ndi zwone zwine zwa vhumzhi ndaulo dze ra dzi vhekanyela u dzi shumisa kha levele 4 ya vhumzhi hashu. Vhumzhi hashu ho ḡisendeka nga vhumzhi ho khwaṭhisedzwaho, data ya sainthifiki na ya zwa ikonomi khathihi na maitele a nṭhesa a dzitshakatshaka.

Kha khaṭhulo ya 1995 ya Khothe ya Ndayotewa ye i sa ṭanganedze ndaṭiso ya zwa masheleni, Vho Justice Arthur Chaskalson vho ṇwala uri: “Panelo dza vhumzhi na tshirunzi ndi zwa ndemesa

kha pfanelo dzoṭhe dza vathu na tshiko tsha dziṇwe pfanelo dza muthu. Nga u ḡikumedzela riṇe vhaṇe kha tshishavha tsho simiwaho kha u dzhiela nzhele pfanelo dza vathu ri tea u dzhie-la nṭha idzi pfanelo mbili u fhirisa dziṇwe dzoṭhe.”

Ndaulo dzine ra khou dzi shumisa dzo tewa kha vhumzhi sumbedzi ha vhumzhi na tshirunzi, zwine zwa khwaṭhisedza vhumzhi – kha nyimele idzi dzo kalulaho – nyiledza dza tshifhinga nyana kha dziṇwe pfanelo, sa u vho-fholowa kha u ya hune wa funa na u ṭangana na vhaṭwe.

Nga u ita izwi, Afrika Tshipembe a lo ngo fhambana na maṭwe mashango.

Nyanganyelo ya thihi tsha ṭhanu ya tshivhalo tsha vathu kha lifhasi vho khethelwa na u valelwa thungo kana vha kha nyiledza u bva mahayani ya lushaka, ngeno tshivhalo itshi tshi tshi khou engedzea nga u ṭavhanya zwi tshi fhindula u go-nya ha u kavhiwa. Izwi zwi katela mashango ane a vha na vathu vhanzhi u fhira vashu, sa India i na vathu vha lingano 1.5 bilioni.

Mashango manzhi a khou shumisa ndaulo dzi ṭodaḡo vathu vha tshi vha vhe mahayani nga zwifhinga zwo tiwaho sa zwine ra khou shumisa fano. U kaliwa ha mitshimbili hu khou shumisa kha mashango o fhambanaho. Kha ḡorobo ya UK na France, Paris, u ya fhethu ha nnyi na nnyi zwo kaliwa lwa awara nkene nahone kha tshikhala tshikene u bva hune wa dzula hone.

Maga a pfarededzo na a thivhelo a fanaho na ashu a khou shumisa kha mashango o fhambanaho. Tsumbo, u rengi-swa ha zwikambi nga tshifhinga tsha nyiledza u bva mahayani ho iledza kana hu a haniwa fhethu ho fhambanaho na nga mivhuso yapo, hu tshi katelwa zwipida

zwa Mexico, Hong Kong na Greenland, he ṇwedzi wo fhiraho ho bviswa nyiledzo ya thengiso ya zwikambi nga tshifhinga tsha nyiledza u bva mahayani u itela u fhungudza u kavhiwa khathihi na u itela u langa khakhathi dza u tambudzwa ha vana na vhaḡumakadzi.

Hu na zwinzhi zwe tshishavha tsha ṭhisa kha tsheo dza muvhu-so dza u engedza ha thivhelo ya zwibvedzwa zwa mafola kha levele ya vhumzhi. Tsheo i ngaho iyi i tou tea u sa ḡisa nyandano kha tshishavha, fhedzi zwo kha-khea u humbulela uri Dziminiṭa kana Phuresidennde vha khou ita kana u amba nga u funa kha fhungo ili.

Nga la 23 Lambamai, ndo ḡivhadza uri u rengiswa ha sigareṭe zwi nga tendelwa kha levele ya vhumzhi. Hezwi zwo vha zwo ḡisendeka kha muhumbulo wa Khoro ya Vhumzhi ya Lushaka ya Tshitzhili tsha Corona (NCCC), na uri zwo vha zwi hone kha muhanga wa mvetomveto wo iswaho tshishavhani u itela nyambedzano.

Nga murahu ha ndavheleso na therisano dzo sedzwaho zwavhuḡi, NCCC yo shandukisa kuhumbulele kwayo nga ha mafo-la. Nga ṇwambo wa izwo, ndaulo dzo tendelwaho nga Khabinethe na u ḡivhadza nga Minisiṭa Vho Nkosazana Dlamini-Zuma nga la 29 Lambamai dza engedza u thivhelwa uho.

Hei ndi tsheo ḡuṭe na uri zwitatemende zwo iswaho tshishavhani nga nṇe na Minisiṭa ro vha ro imela, na u ṇewa maṇḡa nga ḡuṭe la vane nda vha ra-nga phanda.

Ndaulo dzoṭhe dzine ra khou dzi shumisa dzo lavheleswa nga vhumzhi. Ri tshi khou ḡi ya phanda ho vha na vhumzhi vha ho itwaho na vhaḡivhi vha zwa mishonga, zwigwada zwa vhumzhi na ṇdowetshumo dzo

fhambanaho. Ro vha ri tshi khou dededzwa nga zwiimiswa zwa dzitshakatshaka na tshenzhemo ya maṭwe mashango.

Ngoho ndi ya uri ri kha nyimele ine a ri na tshenzhemo yayo. Hu kha ḡi vha na zwinzhi nga ha epidemiology (davhi la saints) ya mishonga li sedzaho kha u phadlala na u langwa ha vhumzhi-lwadze kha vathu) ya tshitzhili zwi sa ḡivheho. Ndi khwine u khakha kha sia la vhumzhi ha u thivhela phanzi u fhirisa u badela zwihulu nga u kundelwa zwino u ṇea khaṭhulo ya la matshelo.

Musi hu na mihumbulo yo fhambanaho kha dziṇwe dza tsheo dze ra dzhia – na uri kha dziṇwe nyimele hu na zwi fhambanyaho zwigwada – muvhuso u khou ḡi-dina vhumzhi kha u shuma nga nḡila ine ya bvedza pfanelo dza vhumzhi na tshirunzi kha vathu vashu vhoṭhe.

U thetshesela vathu vashu na mbilaelo dzavho kha tshifhinga itshi zwo vha tshinwe tsha tshilululi tshine riṇe sa muvhuso ro kona nga khatsho u langa dwadze ili. Ri isa phanda na u thetshesela mbilaelo dza vathu vashu na uri ro ḡilugisela u ita ndivhanyiso dzi linganyaho mbilaelo dza vathu nga ha khaedu dzine vho livhana nadzo hu tshi itelwa u vhumzhi matshilo.

Kha tshifhinga itshi tshi lemela-ho, nungo dzashu dzoṭhe dzi tea u sedza kha u vhumzhi uri mutakalo na vhumzhi zwo vhumzhi, uri ṇḡisedzo ya zwijwa, maḡi, ndo-ndola mutakalo, vhumzhi dze ha zwa matshilano na thikhedzo ya tshishavha a zwi thithiswi.

Kha nyimele idzi dzo kalulaho, sa muvhuso, sa vathu vhone vhaṇe na tshishavha hu ḡo vha na zwifhinga zwine ra khakha. Musi izwi zwi tshi itea, ri ḡo zwi khakhulula. Fhedzi ri tea u isa phanda, ri sa laṭi fulufhelo kana vhumzhi hashu.

Nyimele ine ra ḡivana ri khayoi ṭoda ri na ṭhuthwedzo na u sa fhela mbilu. I ṭoda u vha na mbilu yavhuḡi na u fulufhelana vhumzhi ha vhone, vhadzulapo, muvhuso wavho, na vhumzhi ha riṇe vhaṇe.



# Liga nga liga la vhusumbedzisi ha u shumisa masiki wa khofheni

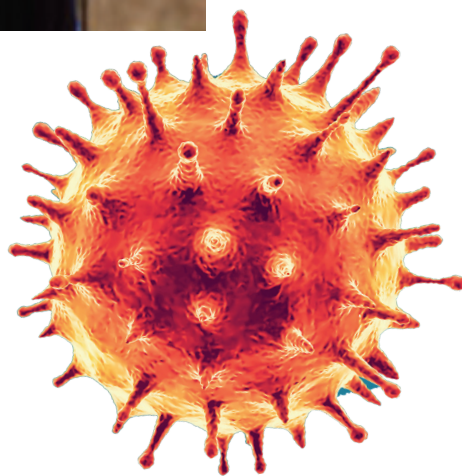


u atsamula.

Ndi zwa ndeme vhukuma uri masiki wa labi u shumiswe nga ngila yone. U sa shumiswa nga ngila yone zwi nga ita uri vhashumisi vha di vhee kha khombo ya u phadaladza COVID-19.

Na musiki vho ambara masiki vha kha di tea u:

- tamba zwanda zwavho
- u dzhiela nzhele u sa vha tsinitsini na vhañwe
- humbula u atsamulela na u hotolela ngomu ha lukuḁavhavha lwavho
- tinya u difara maṭo, ningo kana mulomo nga



**M**uhasho wa Mutakalo wa Lushaka u themendela uri muthu muñwe na muñwe Afrika Tshipembe a ambare masiki wa khofheni wo itwaho nga labi (une wa divhiwa sa masiki u si wa zwa musho-nga) musiki vhe fhethu ha nnyi na nnyi.

Vhañameli vhane vha enda nga dzithekhisani na dziñwe tshaka dza vhuendi ha nnyi na nnyi, khathihi na vhatu vhane vha fhedza tshifhinga vha fhethu hune zwa konda uri zwa maitele a u vha kule na kule nga tshivhili zwi konadzee, vha khou tuṭuwedzwa uri vha ambare masiki wa khofheni wo itwaho nga labi.

Mbuelo khulwane ya muñwe na muñwe o ambaraho masiki wa khofheni ndi u fhungudza vhunzhi ha u hotolelwa tshitshili tsha Corona (COVID-19) nga avho vho kavhiwaho, nga zwenezwoha, ha vha u fhungudza u phadalala hatsho nga kha marotha.

Vhunga vhañwe vha vhatu vhane vha vha na tshitshili tsha Corona vha tshi nga vha vha si na tsumbadwadze kana vha sa divhi uri vho kavhiwa, muñwe na muñwe u tea u ambara masiki wa khofheni.

**Tsiravhulwadze ya mufemo nga masiki ya khofheni yo itwaho nga labi**

Masiki dza khofheni dza

labi dzo themendelwa sa tshipiḁa tsha tsiravhulwadze ya mufemo kana maitele ane a katela hafhu u hotolela na u atsamulela ngomu ha lukuḁavhavha kana kha thishu. Masiki wa khofheni u tea u vala ningo na mulomo tshoṭhe. Masiki dza khofheni dzi songo tsitselwa fhasi musiki vha tshi khou amba, u hotola kana

zwanda zwi songo kuna ho.

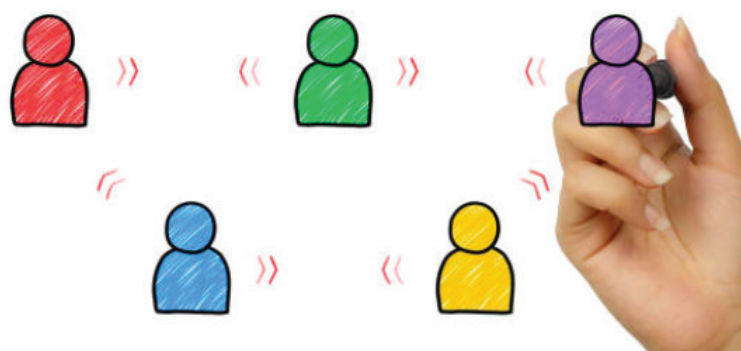
Tshitshavha tshi songo shumisa masiki wa zwa sedzhikhaḁa (mishonga) kana masiki dza u fema dza N-95 nga uri hedzi dzo vhetshelwa vhashumi vha ndondola mutakalo na vhañwe vhañhindi vha u thoma vha zwa mushonga.

U

## Vha shumisa hani masiki wavho wa labi

1. Kha vha shumise masiki wo tanzwawo na u ainiwa.
2. Vha tambe zwanda phanda ha musiki vha tshi ambara masiki.
3. Vha tshi ambara masiki vha vhone uri tshipiḁa tshone tsho sedzana na tshifhinga tshavho, vha vhone uri wo vala tshoṭhe ningo na mulomo wavho nga ngila yone.
4. Vha vhoṭhe thambo murahu ha tho- ho yavho, kana arali vha tshi khou shumisa mabanda a lekere, vha vhone uri o vhoṭha a khaṭha.
5. Vha vhone uri u vha lingana zwavhuḁi. Vha u monise u itela u wana hune wa lingana zwavhuḁi. Vha songo vhuva vha fara tshipiḁa tsha labi.
6. Musiki vho no ambara masiki, VHA SONGO TSHA FARA TSHIFHATUWO TSHAVHO hafhu u swika vha tshi u bvula.
7. Musiki vha tshi u bvula, vha vhoṭhe thambo, vha u petele nḁa ngomu nga vhurondwane, vha u fare nga thambo/lekere vha u vhee kha khontheina ya u tanzwela khayi masiki wa labi.
8. Vha tambe zwanda zwavho zwavhuḁi vha zwi omise phanda ha musiki vha tshi ita tshiñwe tshithu.
9. Muthu u tea u vha na masiki mbili u itela uri vha tshi kuvha inwe vha vhe vha na inwe yo lugelaho u shumiswa.
10. Masiki dzi tea u tanzwiwa nga tshisibe na maḁi a u fhiswa, dzi tshisibe nga vhurondwane na u ainiwa.

## U VHA KULE NA VHAÑWE



### Ndeme ya u sa vha tsinitsini na vhañwe

Kha ndwa ya u lwa na tshitshili tsha COVID-19 tshine tshi a kavhesa, u sa vha tsinitsini na vhañwe ndi zwa ndeme vhukuma kha u thusa u fhelisa phadaladzo ya vhuḁwadze uvhu u mona na shango.

U sa vha tsinitsini na vhañwe ndi nga ha u sia tshikhala tsho tsireledzeaho vhukati havho na vhañwe tsha hanefha kha mithara mbili uri vha fhungudze u pfukela ha COVID-19.

Maitele aya ndi a ndeme musiki ri kati ha dwadze la tshitshili tsha Corona hune tshitshili tsha phadalala kana u pfukela u bva kha muthu u ya kha muñwe nga kha marotha a no bva musiki muthu o kavhiwaho a tshi atsamula, u hotola kana u amba.

U tevhedzelwa ha u sa vha tsinitsini na vhañwe na nyiledza u bva mahayani Afrika Tshipembe ndi zwa ndeme kha u navhisa mudzenga, hune ha vhone nga u tsa ha tshivhalo tsha vho kavhiwaho.

*Aya mafhungo vho tshetshedzwa nga Muhasho wa Mutakalo.*