

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 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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Domestic workers given greater protection
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Letsholo la *Operation Vulindlela* le bula ditsela tse lebisang kgolong

Moruo wa Afrika Borwa, jwalo fela ka moruo ofe kapa ofe, o ke ke wa sebetsa, kapa hona ho hola, ntle le tlhodisano e ntle ya marangrang a diindasteri.

Diindasteri tsena – tse akgang ya motlakase, metsi, dipalangwang le marangrang a mehala – ke tsona tsa bohlokwa moruong.

Mathata a metjha a lemo-hilwe kgale dikarolong tsena jwalo ka e meng ya ditshitiso tsa kgolo ya moruo wa Afrika Borwa. Ho se sebetse hantle le ditjeho tse hodimo tsa marangrang a ditshebeletso ke tshitiso ya ho etsa kgwebo ka hara naha.

Bakeng sa ho rarolla le ho hlola diphephetso tsena, re thehile Letsholo la *Operation Vulindlela* ka Mphalane 2020 e le boikitlehetso ba Kanto-ro ya Mopresidente le Lefapha la Matlotlo a Naha ba ho potlakisa phetoho ya meralo diindastering tsena tsa marangrang. Ha mafapha a ikarabellang a mmuso le makala a amehang a etsa diphephetso, Letsholo la *Operation Vulindlela* lona le beha leihlo, le ho hlwaya diphephetso le ditshitiso.

Moo ho hlokehang, le thusa mafapha ka tshehetso ya setekgeniki.

Tlaleho ya moraorao ya kotara ka nngwe e hlakisa tema e kgathilweng ke Letsholo la *Operation Vulindlela* le mafapha a ikarabellang ntlafatsong tsena.

Ho phatlalla le mmuso, re tsepame hodima ntlafatso



tse bohlokwa mme tse etsang phetoho; tse fetolang mokgwa oo moruo wa rona o sebetsang ka ona.

Hona ho kenyeletsa fantisi e hlokwang haholo bakeng sa marangrang a mehala, e ileng ya diehiswa ka dilemo tse fetang tse leshome mme ya qetella e phethahaditswe ka Tlhakubele. Ho fantiswa ha marangrang a mantjha ana ho tla ntlafatsa kgokahano le ho theola ditheko tsa marangrang a inthanete.

Ho thehwa ha Balaodi ba Naha ba Maemakepe jwalo ka lekala le ikemetseng la Transnet ngwahola ho ile ha diehiswa ka dilemo tse fetang tse 15. Ona e bile mohato wa pele o hlokahalang wa ho thusa mekgatlo ya poraefete ho ba le seabo le ho eketsa tshebetso ya diteishene tsa rona tsa boemakepe.

Hape re kgutlisitse le tshebeletso ya *Blue Drop*, *Green Drop* le *No Drop* lekgetlo la pele ho tlohka 2014 ho etsa bonnete ba hore metsi a hlwekile le hore boleng ba tlhwekiso ya ona bo hodimo. Re phatlaladitse letoto le ntjhaaditsweng la Bokgoni ba Bohlokwa, hape

e le lekgetlo la pele ho tloha ka 2014.

Ena ke emeng ya mehlala moo, ka ho tsepamisa matla le maikutlo ho palo e lekaneng ya dintlafatso tse ka sehloohong, mmuso o busang ha jwale o kgonne ho tliša tswelopele.

Ka Letsholo la *Operation Vulindlela*, re kgonne le ho nka mokgwa o tsepameng o akaretsang wa ntlafatso, ho netefatsa tshebetso mmo-ho e ntle moo ho nang le mafapha a sehlopha le ditheo tse ding.

Mohlala o motle wa sena o lefapheng la motlakase moo diphephetso tse mmalwa tsa bohlokwa tse hokahaneng le tse ding di ntseng di tla bakeng sa ho fetola mokgwa o re fehleng le ho sebedisa motlakase.

Phihlollo e kgolo ka ho fetisisa e kenyeletsa ho nyo-llwa ha bonyane ba sekepele sa dilaesense tsa ho fehla motlakase ho isa ho dimekate tse 100, tse dumellang kgokahano ya diporojeke tsena le ho rekisetsa bareki motlakase. Re tsoseleditse Lenaneo la Theko la Bahlahisi ba Ikemetseng ba Motlakase o Ntjhaaditswang

ka ho bulela dithendara tse ditjha.

Diphephetso tsa melawana ya boholo ba tlhahiso e ntjha ya motlakase di dumelletse bommasepala ho ithekela motlakase ka bobona leketlo la pele. Mme ntjhaafatso ya molao e tla qetella e hlalositse mmara o motjha o qothisang lehlokwa la motlakase, ka tshehetso ya phatlalatso ya Sehlophathiso sa Bili ya Taolo ya Motlakase le mosebetsi o tswelang pele wa ho lokisa Molao wa Ditheko tsa Motlakase.

Mosebetsi wa ho arola Eskom o motjheng, mme setheo se fihlelletse pehelo ya sona ya ho theha Khamphani ya Naha ya Tsamaiso ya Motlakase pele ho Tshitwe 2021. Monowaha ka Tshitwe, re tshepa ho qeta ho arola dikarolo tsa Eskom tsa tlhahiso le tsa phepeto ya motlakase setjhabeng.

Tlaleho ya kotara le kotara e hlakisa diphihlollo tse ding tsa bohlokwa, mmoho le dibaka tseo mosebetsi o matla o ntseng o etswa ho tsona.

Lefapheng la metsi, ha esale Letsholo la *Operation Vulindlela* le fana ka tshehetso ya setekgeniki ho Lefapha la Metsi le Dikgwerekgwere bakeng sa ho kenya tshebetso leano la phetoho la ho fana ka dilaesense tsa tshebediso ya metsi, ka maikemisetso a ho sebetsana le dikopo tse diperesente tse 80 matsatsing a 90.

Hape mosebetsi o tseleng wa ho theha Setheho sa Naha sa Mohlodi wa Ditshebeletso tsa Metsi se tla

etsa bonnete ba taolo e ntle ya ditshebeletso tsa rona tsa naha tsa metsi.

Lefapheng la dipalangwang, tshebetso e mpe boemakepeng le ditereneng e amme bokgoni ba rona ba ho romela dihlahiswa dinaheng tse ka ntle. Mosebetsi wa ho theha tshebedisano mmoho le basebetsi ba mafapha a poraefete o tseleng bakeng sa ho tsetela ho meralo ya motheho le ho ntlafatsa taolo ya diteishene tsa dikhonthina boemakepeng ba Durban le ba Ngqura.

Pehelo setjhaba ya mmuso ka Melawana ya Diterene ya Naha, e tjhaellatsweng monwana ke Kabinete ka Tlhakubele, e hlakisa merero ya ho ntjhaafatsa meaho le diporo tsa diterene le ho letla dikhamphani tse ikemetseng tsa diterene ho sebedisa diporo tsa diterene.

Transnet Freight Rail e se ntse e le mothating wa ho etsa hore ho be le dibaka tsa bakganni ba diterene ba poraefete ho marangrang a yona.

Ho thakgotswe tsamaiso e sebetsang ka botlalo ya *e-Visa* dinaheng tse 14, ho kenyeletsa le dimmaraka tse ding tsa rona tsa bohlahodi. Tshekatsheko e batsi ya tsamaiso ya tokomane e dumellang batho ba dinaha tse ding ho sebetsa ka hara naha ena le yona e motjheng ho etsa hore re kgone ho hohela tsebo e hlokwang ke moruo wa rona.

Dintlafatso tsena di tlišwa ke tshebedisanommoho ya mmuso ohle ka morero o le mong wa ntlafatso.

Re ipiletsa ho dikgwebo le batsetedi ho nka monyetla diphephetso tse re sebetsanang ka tsona tsena mme ba phethahatse boitlamo le ditshepiso tsa bona ho ba dipeeletso tsa nnete, tse tla theha mesebetsi.

Itshireletse ho *COVID-19* pele re kena mariheng



Allison Cooper

Jwalo ka ha ditshwaetso tsa Afrika Borwa tsa *COVID-19* di ntse di ata pele ho leqhubu le ntseng le leptjwa la bohloko le dikgwedi tsa mariha tse seng di le haufi, mmuso o tswelela pele ho kgothaletsa setjhaba ho enta kgahlano le vaerase ena le ho hlaba diene tsa tlatsetso.

Ho ya ka Letona la Bophelo Ngaka Joe Phaahla,

ka la 25 Mmesa, Afrika Borwa e hatisitse dipere-sente tse 137 tsa ho ata ha ditshwaetso tse ntjha tsa *COVID-19*, ha ho bapiswa le matsatsi a supa a fetileng, mme di nyollotswe haholo ke sekgahla se hodimo sa ditshwaetso tsa Gauteng, KwaZulu-Natal, Kapa Bophirima.

"*COVID-19* e ntse e tshosa mme re ke ke ra kgona ho tlohella metjha yohle ya tshireletso," ho rialo Letona Phaahla.

"Re boela re ipiletsa hore bohle ba ntse ba eso ente ba tle ba tlo enta. Re sa le ka tlasa diperesente tse 50 tsa batho ba baholo ba entileng ente e le nngwe mme seo ha se a loka. Re kgothalletsa batjha hore ba tle. Ho se tshwaetsehe ha tlhaho ho a fela ka mora nako e itseng mme ho fapana le ente, ho ke ke ha tsejwa. Re ipiletsa hore bohle ba boemong ba ho hlaba ente ya tlatsetso ba nke monyetla pele mariha a kenella," o a tlatsetsa.

Lefapha la Bophelo la Kapa Botjhabela le re lesedi le hatisitsweng la naha le la matjhaba le a paka hore ho enta kgahlano le *COVID-19* e sa le tshireletso e hlwahlwa ka ho fetisisa kgahlano le vaerase ena.

Ebile hona ho maleba ka ho fetisisa bakeng sa batho ba nang le masole a mmele a fokolang.

COVID-19 hae tlo fela neng kapa neng haufinyana.

Bakeng sa ho e hlola, re tlameha ho e fedisa ka ho etsa bonnete ba hore batho ba bangata ka moo ho ka kgonwang ba entile mme ba tswela pele ka ho hlaba ente ya tlatsetso, ho rialo lefapha.

Leqhubu la bohloko

Le ha e le mona ditshwaetso tsa *COVID-19* di ntse di ata mme naha e lebelletse ho ba leqhubung la bohloko hau-finyana, ha ho eso tsejwe hore le tla ba lebe ha kae.

"Ho se ho sa hlaka ke hore boramahlale ba rona ba re jwetsa hore leqhubu le letjha

le tla tla ka mofuta o motja o bitswang Pi, o tla hoka ho fetiswa haholo le ho baleha tshireletseho. Empa mothating ona, ho netefaditsweng ho le ka sehloohong ke mefutafuta ya *Omicron* e bitswang *B.4* le *B.5*," ho rialo Phaahla.

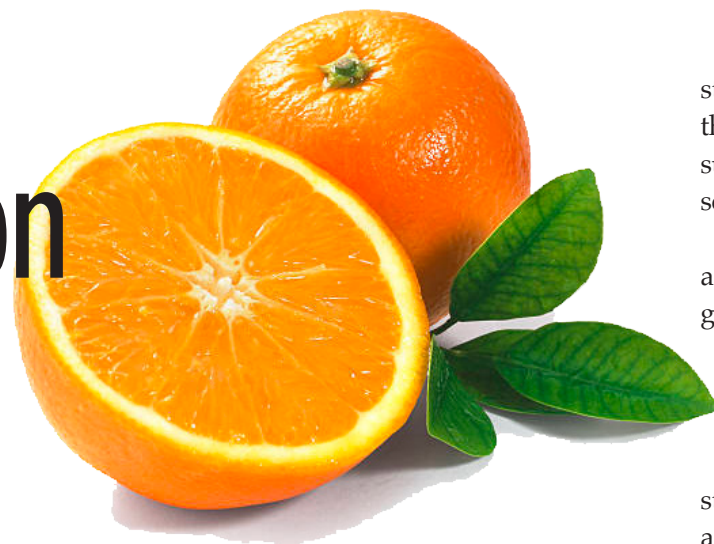
Thibela tshwaetso

O ka thusa ho thibela tshwaetso ya *COVID-19* ka ho etsa bonnete ba:

- Hore o entela meento yohle ya *COVID-19* (ho kenyeletsa le diene tsa tlatsetso)
- Hore meaho e fumana moya o lekaneng.
- Ho rwala semonkwana ha o le ka hara meaho ya setjhaba kapa dibakeng tse nang le batho babangata.
- Hore o entela ntaramane.
- Hore o a tseba hore o etseng ha o na le matshwao a tshwanang le a ntaramane.
- Hore o hlapha matsoho mme o tloetsa matsoho ka sebolayakokwanahloko.

Bakeng sa letoto la ditsha tsa ho enta, etela <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.