

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS) English/isiXhosa EkaCanzibe 2022 Ushicilelo 2

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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Operation Vulindlela is opening the path to growth
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Domestic workers given greater protection
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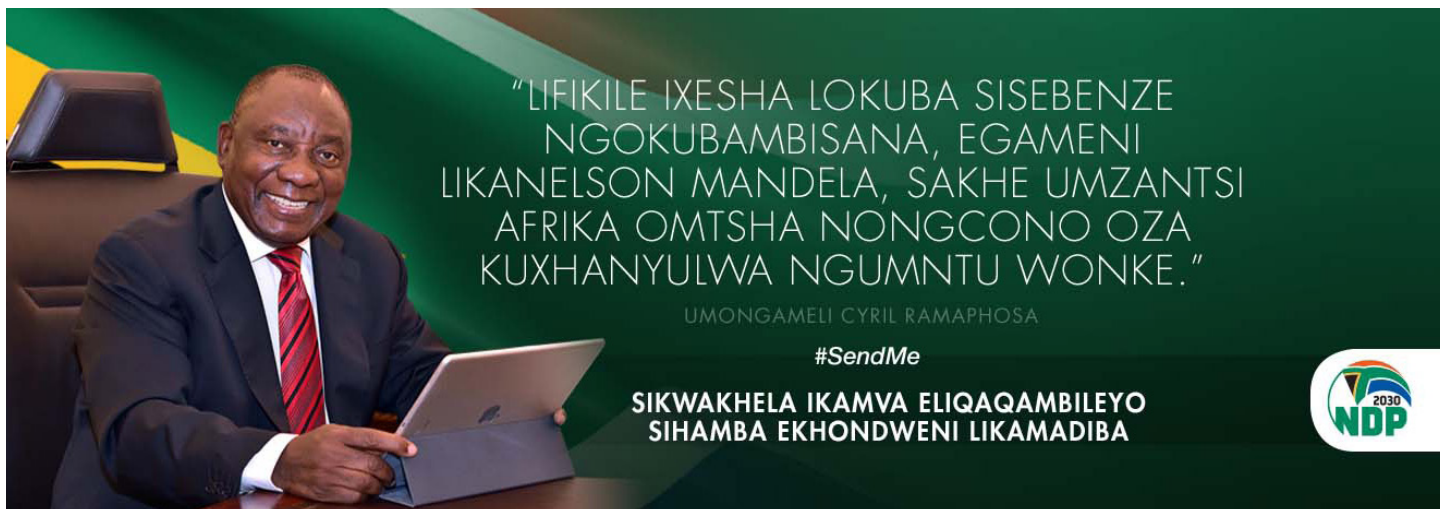
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Iphulo i-Operation Vulindlela livula indlela yokukhula koqoqosho

Uqoqosho loMzantsi Afrika, njengalo naluphi na olunye uqoqosho, alunakusebenza, singasathethi ke ngokukhula, ngaphandle koshishino olusebenzayo kunye nolukhuphisanayo. La mashishini - aquka umbane, amanzi, ezothutho kunye nawonxibelelwano - ayimithambo yokuphila koqoqosho.

Ingxaki zokwakheka kwezi ndawo kudala zichazwa njengezinye zezona zithintela uhlumo loqoqosho loMzantsi Afrika. Ukungasebenzi kakuhle kunye neendleko eziphezulu zeenkono zothungelwano kungumqobo ekwenzeni ishishini kweli lizwe.

Ukujongana kunye nokoyisa le mingeni, siye saseka i-Operation Vulindlela kweyeDwarha yowama-2020 njengeniyathelo le-Ofisi kaMongameli kunye noNondyebo weSizwe ukukhawulezisa ukwenziwa ngokutsha kwezakhiwo kula mashishini othungelwano. Ngelixa amasebe karhulumente kunye namaqumrhu anoxanduva eqhuba olu hlaziyo, i-Operation Vulindlela ibeke esweni kwaye yachonga imingeni kunye nemiqobo. Apho kuyimfuneko, iye iququzelele amasebe inkxaso yobugcisa.

Ingxelo yekota yakutsha nje ichaza umgama osele uhanjiwe i-Operation Vulindlela kunye namasebe anoxanduva loku kwenziwa ngokutsha.

Kurhulumente wonke, sigxile ekwenzeni ngo-



kutsha okusisiseko kunye nokuguqulayo; nokuvelisa ngokutsha indlela esebenza ngayo uqoqosho lwethu.

Oku kuquka intengiso yamazama omoya emfonomfono zonxibelelwano ezishukumayo nafunwa kakhulu, eyalibaziseka ngaphezu kweminyaka elishumi yaza ekugqibeleni yagqitywa kweyoKwindla. Ukukhutshwa kwamaza omoya amatsha kuya kuphucula uqhagamshe-lwano kwaye luhlise iindleko zedatha.

Ukusekwa koGunya-ziwe wamaZibuko eSizwe njengecandelo elizimeleyo le-Transnet kulo nyaka uphelileyo, kulibaziseke ngaphezu kweminyaka eli-15. Eli yaba linyathelo eliyimfuneko ekuvumeleni icandelo labucala ukuba lithathe inxaxheba kunye nasekwandiseni ukusebenza kakuhle kweetheminali zethu zamazibuko.

Siphinde sabuyisela inkqubo ye-Blue Drop, i-Green Drop kunye ne-No Drop okokuqala ngqa ukusukela ngonyaka wama-2014 ukuqinisekisa ukubekwa esweni okubhelele komgangatho

wokucocwa kwamanzi kunye namanzi amdaka. Sipapashe uLuhlu lwe-Zakhono eziBalulekileyo, nokokuqala ngqa ukusukela ngo-2014.

Le yeminye yemizekelo apho olu lawulo lukwazile ukuqhuba inkqubo, ngokuthi lujolise umzamo kunye nengqalelo kwinani elicuthiweyo lokwenza ngokutsha kwezinto eziphambili.

Ngokusebenzisa i-Operation Vulindlela, siqwazile nokuthatha indlela ejolise ngqo kunye nebandakanya zonke iinkalo zokwenza ngokutsha, siqinisekisa ulungelelwano olungcono oluquka amasebe amaninzi kunye namaqumrhu karhulumente.

Owona mzekelo ubalaseleyo woku ukwicandelo lezandla, apho uninzi lokwenza ngokutsha olubalulekileyo nolunxibeleleneyo luqhuba khona ukuze kutshintshwe indlela esivelisa kunye nesiwusebenzisa ngayo umbane.

Amanqaku abalulekileyo aquka ukunyuswa kobume belayisenisi yeprojekthi zokuvelisa ngokutsha ukuya kutsho kwi-100MW,

oku kuvumela ezi projekthi ukuba ziqhagamshelane kwaye zithengisele abathengi umbane. Siyivuselele iNkqubo yokuFumana uMvelisi waMandla oMbane oVuselelekayo ngokuvula izikroba ezintsha zokunika amaxabiso.

Utshintsho kwimimiselo yomthamo wokuvelisa ngokutsha kuvumele oomasipala ukuba bathenge umbane ngokuzimeleyo okokuqala ngqa. Kwaye uhlaziyo lwemithetho ekugqibeleni luya kuzala imariki entsha ekhuphisanyo yombane, exhaswa kukupapashwa koMthetho-sihlomelo oYilwayo woLawulo loMbane kunye nomsebenzi oqhubekayo wokuhlomela uMgaqo-nkqubo wamaXabiso oMbane.

Inkqubo yokohlula-hlula u-Eskom isendleleni, yaye eli qumrhu lihlangabezana nomhla walo wokugqibela owabekwa ngenyanga yoMnga wama-2021 woku-sekwa kweNkampani yeSizwe yoThumelo Lombane. NgeyoMnga kulo nyaka sinethemba lokugqiba ukohlulwa-hlulwa kwecandelo lokuvelisa kunye nokusasaza kombane lika-Eskom.

Ingxelo yekota iqaqambisa ezinye izinto ezibalulekileyo eziphunyeziweyo, kwaye kunye nemimandla apho umsebenzi onzima uqhubeka khona.

Kwicandelo lamanzi, i-Operation Vulindlela inikezela ngenkxaso yobuchwephesha kwiSebe lezaManzi noGutyulo ukuze liphumeze isicwangciso sotshintsho ekunikezelweni

kweelayisenisi zokusebenzisa amanzi, lijolise ekujongeni malunga nama-80% zazo zonke izicelo zingaphelanga iintsuku ezingama-90.

Usaqhubeka umsebenzi wokuseka i-Arhente yeSizwe yeZiseko Zophuhliso lweMithombo yaManzi eza kuqinisekisa ulawulo olungcono lwemithombo yamanzi esizwe sethu.

Kwicandelo lezothutho, ukungasebenzi kakuhle kwamazibuko kunye noololiwe kukuchaphazele kakhulu ukuthumela kwethu impahla kumazwe angaphandle. Uyaqhubeka umsebenzi wokuseka intsebenziswano nabasebenzi becandelo labucala ukuze batyale imali kwiziseko zophuhliso lamazibuko kunye nokuphucula ulawulo lweetheminali zeekhonteyina kumazibuko aseThekwini kunye nawa-seNgqura.

IPhepha leNgcacisokukubona loMgaqo-nkqubo weSizwe kaLoliwe, elavunywa yiKhabhinethi kweyoKwindla, lichaza izicwangciso zokuvuselela amaziko kaloliwe kunye nokwenza ukuba abantu bafikelele kuthungelwano loololiwe bokuthutha. I-Transnet Freight Rail sele iqalisile nenkqubo yokwenza imizila ifumaneka kubasebenzi bakaloliwe babucala bothungelwano.

Inkqubo ye-e-Visa esebenza ngokupheleleyo iye yaqaliswa kumazwe ali-14, kubandakanywa nezinye zezona marike zethu zinkulu zabakhenkethi. Uphononongo olubanzi lwenkqubo ye-visa yomsebenzi nayo iyaqhuba ukuze siqwazi ukutsala izakhono ezifunwa luqoqosho lwethu.

Oku kwenziwa ngokutsha kwenzekile ngenxa yentsebenziswano engcono koorhulumente bebonke, bexhasa i-ajenda yohlaziyo ekwabelwane ngayo.

Sihlaba ikhwelo koosomashishini kunye nabatyali-mali ukuba bathathe ithuba kolu tshintsho luqhubekayo kwaye bajike izibhambathiso kunye nezibophelelo zabo zibe lutyalo-mali olubonakalayo, noludala imisebenzi.

Zikhusele kwi-COVID-19 ngaphambi kobusika

Allison Cooper

Njengoko iimeko zoMzantsi Afrika ze-COVID-19 ziye zisanda ngaphambi kweenyanga ebeziqikelelwe zetyeli lesihlanu kunye neenyanga ezibandayo zasebusika zisondele, urhulumente uyaqhubeleka nokukhuthaza uluntu ukuba lugonyelwe le ntsholongwane kwaye lungashiyeki kwisigonyo sokuvuselela.

NgokukaMphathiswa wezeMpilo uGqr. Joe Phaahla, ngomhla wama-25 kuTshazimpuzi uMzantsi Afrika ubale ukunyuka okungange-137% kwe-COVID-19, xa kuthelekiswa neentsuku ezisixhenxe ezidlulileyo, okuqhutywa ikakhulu ngamazinga aphezulu osuleleko eRhawutini, KwaZulu-Natal kunye naseNtshona Koloni.

I-COVID-19 iseyingozi kwaye asinako ukuyeka zonke iindlela zokuzithi-



ntela," utshilo uMphathiswa uPhaahla.

"Siyaphinda sibongoza bonke abo bangekagonywa ukuba beze ngaphambili bafumane isigonyo. Base-ngaphantsi kwama-50% abantu abadala abathe bafumana isigonyo esinye kwaye oko akulunganga. Sibongoza abantu abatsha ukuba beze ngaphambili. Ukungabi nakusulelwa ngokwendalo kuye kwehle

emva kwexesha kwaye akufani nesigonyo, akubekelwa xesha. Sibongoza bonke abo bakulungeleyo ukuba bafumana isigonyo sokuvuselela ukuba bathathe elo thuba phambi kobusika" wongeze watsho.

ISebe lezeMpilo eNtshona Koloni lithi iingcombolo zasekhaya nezamazwe ngamazwe zingqina ukuba ugonyo lwe-COVID-19 luhleli ilelona khuseleko

lubalaseleyo kule ntsholongwane. Oku kukhusela ngakumbi kubantu abanamajoni omzimba abuthathaka.

Sisezakuhlala nayo i-COVID-19. Ukuze siyoyise, kufuneka siyitshabalalise ngokuqinisekisa ukuba abantu abaninzi kangangoko kunokwenzeka bayagonywa kwaye baqhubeke nokufumana isigonyo sokuvuselela, litshilo isebe.

Ityeli lesihlanu

Nangona amanani e-COVID-19 esanda kwaye ilizwe lilindeleke ukuba lingene kwityeli lesihlanu kungekudala, akukaziwa ukuba eli tyeli liya kuba bukhalikangakanani na.

"Eyona nto esathandabuzekayo izazinzulu zethu zisixelela ukuba eli tyeli litsha liza ngolunye uhlobo olutsha olubizwa ngokuba yi-Pi, oluzakusulela ngakumbi nangona ukuba unamajoni omzimba omelele. Kodwa, kweli nqanaba, eyona ingqinwayo

ukuba yeyona ihamba phambili yi-Omicron ebizwa ngokuba yi-B.4 kunye ne-B.5," utshilo uPhaahla.

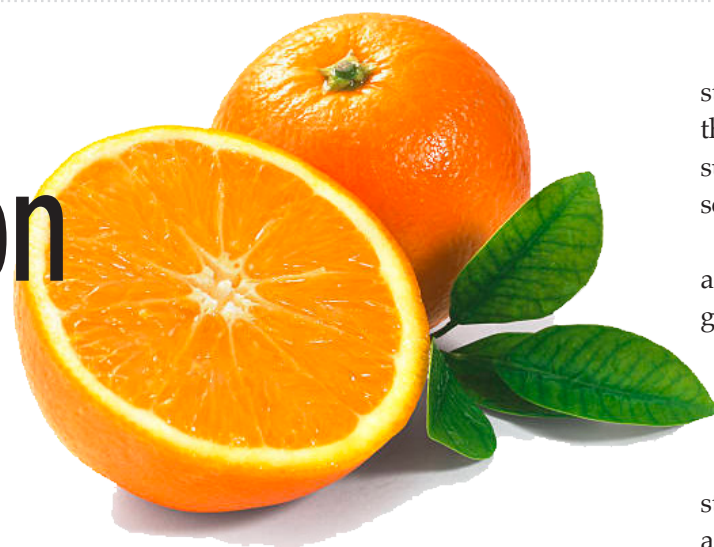
Ukuthintela usuleleko

Unganceda ukuthintela usuleleko lwe-COVID-19 ngokuqinisekisa:

- Ukuba ugonyo lwakho lwe-COVID-19 (kubandakanywa nesigonyo sokuvuselela) aluphelelwa lixesha.
- Ukuba iindawo ezingaphakathi zingena umoya kakuhle.
- Ukunxiba isigqubutheleli-buso xa ungaphakathi kunye nakwiindawo ezinabantu abaxineneyo.
- Ukuba ufumane isitofu sokugonyela umkhuhlane.
- Ukuba uyayazi into omawuyenze xa unempawu ezinjengomkhuhlane.
- Ukuba uhlamba izandla zakho kwaye ufaka isibulali zintsholongwane.

Ukufumana uluhlu lwamaziko avuliwe okugonya ngenaku- <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.