

Vuk'uzenzele

O e tlisetwa ke Dikgokahano tsa Mmuso (GCIS)

English/Sesotho

Phato 2020 Kgatiso 1



**Mabala-
nkwe ka
ho itsheka
thajana**

Leqephe 7



**Moifo wa ditima-
mollo wa Crew
Juliet o pheta
pale ya hae**

Leqephe 8



Afrika Borwa e nka dikgato tsa ho rarolla qaka ya kgaello ya dithusaphefumoloho



SETHUSAPHEFUMOLOHO

se entsweng kwano lapeng se tla thusa bakudi ba nang le matshwao a fokolang a COVID-19 ho phefumoloha habobebe.

Silusapho Nyanda

Twantsho ya lefu la kokwanahloko ya corona (COVID-19) Afrika Borwa e matlafaditswe ke sethusaphefumoloho sa pele se entsweng kahara naha.

Sethusaphefumoloho sa Continuous Positive Airway Pressure (CPAP) se thusa bakudi ba nang le matshwao a fokolang a COVID-19 ho phefumoloha habobebe, ka ho fana ka kगतello e tlase ya moya o nang le oksijene e le ho boloka dipeipi tsa bona tsa moya di bulehile.

Sethusaphefumoloho sena se radilwe ke Lekgotla la Diphuputso tsa Saense le Indasteri (CSIR) ka kopanelo le balekane ba bangatanyana

ba kwano lapeng, mme se nanabetswa naha ka bophara ho bakudi ba bonahalang ba na le mathata a phefumoloho qalehong ya tshwaetso ya COVID-19.

“Moya oo ka tlwaelo motho a o phefumolohang o na le sekepele sa dipheresente tse 23 tsa oksijene. Sethusaphefumoloho sa CPAP se ka pompa sekepele se phahameng sa oksijene e le ho thusa motho hore a phefumolohle. CPAP e pompa motswako wa oksijene motjhaotjhele. O ka eketsa kapa wa fokotsa sekgahla sa oksijene eo motho a e phefumolohang,” ho rialo Molaodi wa Phethahatso wa

**E tswella pele
leqepheng la 2**



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KHOPHI ENA KE MAHALA, HA E REKISWE

TSA MORAORAO KA COVID-19

Bad behaviour results in alcohol ban

A TRAUMA SURGEON has welcomed President Cyril Ramaphosa's efforts to sober up South Africa, saying that heavy drinking was causing a headache for hospitals.



The sale of alcohol was once again banned in South Africa in the middle of July because of the number of people needing emergency care in hospitals as a result of drunken behaviour.

Instead of being available to help people who were very sick from the coronavirus disease (COVID-19), hospitals were treating patients wounded in car accidents or

fighting that were caused by drinking too much.

Professor Steve Moeng, who is head of trauma at Gauteng's Charlotte Maxeke Hospital, explains that under level five of the lockdown, the hospitals' emergency rooms were nice and quiet but each time the country went to a lower level, the number of people needing emergency treatment at our hospitals increased.

He says that since the coun-

try moved to level four of the lockdown on 1 June, hospitals have seen more trauma cases.

"Unfortunately, this has had a negative impact in terms of our ability to deal with the COVID-19 load in our hospitals," he says, explaining that in South Africa, most of the trauma cases dealt with by hospitals are related to alcohol.

Moeng, who is also the academic head of trauma at the University of the Witwa-

tersrand, says when the emergency rooms are full, hospitals are not able to give as much time and resources to COVID-19 as needed.

He says there is a need to re-evaluate society's relationship with alcohol because too many people are not able to drink responsibly and

instead become drunk and disorderly and behave recklessly or badly as a result.

Emergency rooms tell the story of the impact on South Africa of the abuse of alcohol, with doctors spending most weekends stitching up victims of domestic abuse, car crashes or violent fights.

📞 – SANews.gov.za

E tswella pele ho tswa ho leqephe la 1

Tlhahiso ya Kamoso ya CSIR: Manufacturing Martin Sanne.

Bakudi ba sebedisang sethusaphefumoloho ba hokahantswe ke sekwahelasefahleho. Oksijene e hulwa tankeng ya gase ya oksijene mme e tswakwa le moya wa tlhaho o kahara sethusaphefumoloho ebe ho tloha moo e fetisetswa ho sekwahelasefahleho mme mokudi o e phefumolohelwa kahare.

Sanne o re kahodimo ho ho pompa moya o nang le oksijene, CPAP e boela e thusa bakudi ho phefumolohela ka ntle."

Sesebediswa sa CPAP se ka sebediswa ditikolohong tsa bongaka ba botekgeniki bo phahameng esita le dibakeng tsa nakwana, tse kang dipetlele tse thokwana le metse esita le ditsheng tsa tshekeho.

Sanne o re CSIR e tla be e se e hlahisitse dithusaphefumoloho tse 10 000 mafelong a Phato. Ka ho sebedisana hammoho le

Siemens, Simera, Akacia, Gabler, Umoya le Yuni-vesithi ya Cape Town, CSIR e hlahisitse CPAP ho ya ka maemo a beilweng ke Mokgatlo wa Lefatshe wa Bophelo bo Botle.

Lefupe la pele la dithusaphefumoloho le tla abelwa dipetlele tsa mmuso tse nang le kgatello ka lebaka la kgaello ya disebediswa tsa ho lwantsha COVID-19.

CSIR e qadile ho sebetšana le CPAP kamora hore lefatshe lohle le qale ho ba le kgaello e kgolo ya dithusaphefumoloho.

"E ne e ka ba nakong ya Tlhakubele le Mmesa moo ka tshohanyetso ho bileng le phepelo e fokolang ya dithusaphefumoloho ho tswa ho bafepedi ba rona ba matjhaba. Moo o neng o ka di fumana teng, di ne di le theko e phahameng haholo mme ka hona mmuso wa ntsha thendara ya tlhahiso ya dithusaphefumoloho," ho rialo Sanne.

Thendara e ne e le karolo ya Projeke ya Naha ya Dithusaphefumoloho kahare ho Lefapha la Kgwebisano, Indasteri le

Tlhodisano.

CSIR e boetse e sebetšana le ho fumana sethusaphefumoloho sa *Bi-level Positive Airway Pressure*, se reretsweng ho thusa bakudi ba nang le matshwao a mpefetseng a COVID-19. Sethusaphefumoloho se tla thusa ka ho phefumolohela kahare le ka ntle, e ka ba ka mekgwa ya kgatello e tsepamisitsweng kapa ka ho phopholetsa phepelo ya oksijene e hlokwang ke mokudi esita le ho fetofetola kgatello eo ka tshwanelo. 📞



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Thusa ho thibela ho ata ha **COVID-19**

Setjhaba sa habo rona se hlahetswe ke koduwa e kgolo ka ho fetisisa nalaneng ya demokrasi ya rona. Ka matsatsi a kahodimo ho 120, re ile ra atleha ho diehisa ho ata ha kokwanahloko ena e bakang qomatsi lefatsheng lohle.

Empa jwale nako ya ho eketseha ha ditshwaetso tseo re ileng ra eletswa ka tsona ke ditsebi tsa rona tsa bongaka hore e tla fihla, jwale e fihlile. Mafrika Borwa a kahodimo ho kotara ya milione a se a tshwaeditswe ke kokwanahloko ya *corona*, mme re a tseba le hore ditshwaetso tse ding tse ngata ha di a utollwa.

Ha jwale re ba le ditshwaetso tse ntjha tse kahodimo ho 12 000 letsatsi le letsatsi.

Haesale lefu lena le ne le qale ho ropoha ka Tlhakubele, ke bonnyane ba batho ba 4 079 ba shweleng ka lebaka la *COVID-19*.

Jwaloka maqhubu a mangata a mohatsela a parolang naha ya rona a hlaha ka Borwa ho Atlantic nakong ena ya selemo, ho na le dikgutlwana tse mmalwa naheng ya rona tseo kokwanahloko ya *corona* e sa tlo fihla ho hang ho tsona. Sefefo sa kokwanahloko ya *corona* se kotsi ebile se ruthutha le ho feta kokwanahloko efe kapa efe eo re kileng ra e tseba. E monyolla mehlodi le ditjhelete tsa rona ho isa moo di fellang teng.

Keketseho ya ditshwaetso tseo ditsebi le boramahlale ba rona ba ileng ba e lepa dikgweding tse kahodimo ho tse tharo tse fetileng, jwale e fihlile. E qadile Kapa Bophirimela mme jwale e ntse e ata Kapa Botjhabela le Gauteng.

Empa leha ditshwaetso di eketseha ka potlako hakaalo, ho bohlokwa ho tseba hore sekgahla sa ho shwa ha batho ba habo rona sa 1.5% ke se

seng sa tse tlase ka ho fetisisa lefatsheng. Sena ke papisong le sekgahla se tlwaelehleng lefatsheng lohle sa 4.4% ya batho ba shwang. Re na le palo ena e tlase ya mafu naheng ya rona ka lebaka la boiphihlelo le boikitlaetso ba diprofeshenale tsa rona tsa bophelo bo botle, esita le mehato ya tshohanyetso eo re e nkileng ho aha bokgoni ba tsamaiso ya rona ya bophelo bo botle.

Leha boholo ba batho ba habo rona ba nkile dikgato tsa ho thibela ho ata ha kokwanahloko ena, ho na le ba bang ba sa itshwenyang ka ho etsa jwalo.

Ho na le ba bang kahara rona mona ba sa natseng melawana e beilweng ya ho kgina lefu lena.

Setsiketsing sa sewa sena, ho kena ka tekesing ho sa kenngwa sekwahelelano le molomo, mmoka wa ho teana le metswalle, ho ya meketjaneng kapa hona ho etela ba lelolo, ho ka akofisa ho ata ha kokwanahloko ena habobebe ho be ho fete le maphelo a batho. Lena e ka nna ya eba lefu leo sesosa sa lona e leng kokwanahloko, empa lona le ata ka lebaka la boitshwaro ba batho.

Ka diketso tsa rona, re le batho ka bomong, re le malapa, re le setjhaba, re ka kgona ebile re tlameha ho fetola ho ata ha sewa sena naheng ya rona. Re lokela ho rwala sekwahelelano le molomo sa lesela se kwahelang nko le molomo kgafetsa ha re tloha malapeng. Re lokela ho tswela pele ho hatlela matsoho a rona ka metsi le sesepa kapa ka sebolayadikokwanahloko kgafetsa. Re tlameha ho tswela pele ho hlwekisa le ho nyanyatsa bokahodimo ba dibaka tsohle, dibakeng tsohle tseo ho phetheselang setjhaba ho tsona. Taba ya bohlokwa ka ho fetisisa ke ya hore re tlameha ho siya sebaka se bolokehileng sa bonyane ba

dimithara tse pedi dipakeng tsa rona le batho ba bang.

Jwale ho na le bopaki bo botjha ba hore kokwanahloko ena e ka nna ya fetiswa ka dikarolwana tse nyenyane haholo tse moyeng dibakeng tseo ho tsona ho subuhlellaneng batho, tse kwalehileng kapa tse nang le lephallo le fokolang la moya.

Ka lebaka lena, re tlameha ho ntlafatsa bokahare ba tikoloho ya dibaka tse phetheselang batho, moo kotsi ya tshwaetso e leng kgolo ka ho fetisisa.

Qeto ya rona ya ho phatlalatsa hokginwa hametsamao ya batho le ditshebeletso tseo e seng tsa mantlha naha ka bophara, e ile ya thibela sekgahla se hodimo sa keketseho ya ditshwaetso di sa tloha ha ditshebeletso tsa rona tsa bophelo bo botle di ne di so loke hantle, e leng ntho e neng e ka baka ho shwa ha batho ba bangata le ho feta.

Ka nako eo re bileng le yona, re nkile mehato ya bohlokwa ya ho matlafatsa karabelo ya rona mabapi le bophelo bo botle. Re se re entse diteko tsa kokwanahloko ya *corona* tse kahodimo ho dimilione tse pedi mme basebeletsi ba setjhaba ba tsa bophelo bo botle ba se ba entse ditlhahlobo tse kahodimo ho dimilione tse 20.

Re fumane dibethe tse ka bang 28 000 tsa dipetlele bakeng sa bakudi ba *COVID-19* ra ba ra aha dipetlele tse sebetsang tse thokwana le metse ho pharalla le naha. Jwale re na le dibethe tsa tshekeho tse kahodimo ho 37 000 ditsing tsa kokelo tsa poraefete esita le tsa setjhaba ho pharalla le naha, mme di malaalaotswe ho tsheka bao ba sa kgoneng ho itsheka malapeng a bona.

Re ile ra fumana ra ba ra fana ka dimilione tsa thepa ya boitshireletso dipetleleng, ditliniking le dikolong ho

pharalla le naha ho basebetsi ba habo rona ba tshwereng teu. Re thaothile ebile re ntse re tswela pele ho thaotha baoki ba tlatsetso, dingaka le basebetsi ba ditshebeletso tsa tshohanyetso tsa bophelo bo botle.

Re tswela pele ho etsa kgatelepele mekutung ya rona ya ho lwantsha *COVID 19*, empa phephetso ya rona e kgolo e sa ntse e tla. Diproveng tsohle, re sebeletsa hore re boele re eketse lenane la diphaposi tse akaretsang tsa bakudi esita le hore dibethe tsa bohlokwa di fumanehe bakeng sa bakudi ba *COVID-19*.

Bokgoni ba diphaposi tsa bakudi bo ekeditswe dipetleleng tse ngata ka hore ho diehiswe tlhokomelo e sa potlakang hakaalo, le ho fetola dikarolo tse ding tsa sepetlele hore e be diphaposi tse ding tsa bakudi esita le ho aha kapa ho atolosa dipetlele tse thokwana le metse.

Re sebetsana le ho eketsa phepelelo ya oksijene, ya dithusaphefumoloho le thepa e nngwe bakeng sa bao ba tla hloka tlhokomelo e hlokolotsi, ho akga le ya ho faposwa ha phepelelo ya oksijene e reretsweng mabaka a mang. Re sebedisa mekgwa ya theknoloji ya dijithale ho matlafatsa boitsebahatso, ho fofonela le ho kgethela ba ileng ba atamelana le batshwaetsuwa, esita le hona ho fana ka tshehetso ho bao diteko di reng ba fela ba na le tshwaetso.

Ha e le mona re atamela sehlohlolong sa ditshwaetso, re lokela ho ba sedi haholo re be re tiise mehato e seng e le teng ya ho sisitsehisa sekgahla sa tshwaetsano.

Melawana ya ho kenya dikwahelelano le molomo e tla matlafatswa. Bahiri, beng ba mabenkele le baokamedi, balaodi ba dipalangwang tsa setjhaba, le baokamedi kapa beng ba moaho ofe kapa ofe oo ho phetheselang setjhaba ho ona, jwale ba tlangwa ke molao hore ba etse bonnete ba hore mang kapa mang ya kenang meahong kapa makoloing a bona, o tlameha ho kenya se-

kwahelanko le molomo.

Ditekesi tse potolohang hau-finyane jwale di tla dumellwa ho eketsa sekepele sa bapalami hore di tla tswete, ha ditekesi tsa maeto a malelele tsona di sa tlo dumellwa ho palamisa bapalami ba kahodimo ho lenane le etsang 70%, ha feela ho latelwa ditsamaiso tse ntjha tsa thibelo ya kotsi tse amanang le dikwahelelano le molomo, ho nyanyatsa makoloi ka dibolayadikokwanahloko le ho bula difenstere.

Jwale ho na le bopaki bo to-betseng ba hore ho bulelwa ha thekiso ya jwala ho bakile kgatelelo e matla dipetleleng, ho kenyeletswa le diyuniting tsa dikotsi le tsa ba kulang haholo tsa ICU, ka lebaka la dikotsi tsa makoloi, dikgoka le dikotsi tse amanang le tseo. Kahoo re entse qeto ya hore, hore re boloke bokgoni ba dipetlele, thekiso, le thomello le kanetso ya jwala e tla kwalwa hanghang.

E le mohato o ekeditsweng wa ho fokotsa kgatelelo dipetleleng, ho tla ba le thibelo ya motsamao dipakeng tsa hora ya borobong bosiu le hora ya bone hoseng.

Re nka mehato ena re tseba hantle hore e qobella dithibelo tse sa amohelehang maphelong a batho. Empa leha ho le jwalo, mehato ena e a hlokeha hore re ipone re fetile sehlohlolong sa lefu lena.

Ha ho kamoo re ka se qobang kateng sefefe sena sa kokwanahloko ya *corona*. Empa re ka e fokotsa tshenyoo eo se ka e bakang maphelong a rona.

Re le setjhaba re ikentse kgo-kanyana phiri ka sepheo sa ho tshhetsana, ho tshedisa bao ba kulang esita le ho kgothaletsa kamohelo ya batho ba seng ba tshwaeditswe ke kokwanahloko ena.

Hona jwale, ho feta neng kapa neng, re na le boikarabelo ka maphelo a bao ba mathokong a rona.

Re tla atleha ho a hlola maemo ana a boima. Re tla kgutlisetsa naha ya habo rona bophelong bo botle le katlehong. Re tla hlola. **U**

Celebrating South African women

August is Women's Month, a time when we pause to celebrate the achievements and contributions made by South African women.

Why do we celebrate Women's Day?

In South Africa, 9 August is Women's Day and the month of August is National Women's Month. This is an opportunity to celebrate women's achievements and the important role that women of all races and religions have played and continue to play in South African society.

On 9 August 1956, more than 20 000 women from all walks of life united in a mass demonstration at the

Joseph, Albertina Sisulu, and Sophia Williams-De Bruyn.


In remembrance of what South African women

ments of these inspirational women, the problems they faced in the struggle to be free and the important role all women continue to play in society.

Apart from their traditional roles as mothers, wives and caregivers, statistics show that women are making great progress in business, politics and academic and economic careers, with more and more women reaching top positions.

Make a difference

Women of South Africa, be proud of what you have achieved. Let the achievements of those who went before you inspire you to unlock your own strength and motivate you to make a difference in your family, your community and your country.

Go out and celebrate the women that you are. Go out and make a difference this Women's Month! 

“Women of South Africa, be proud of what you have achieved.”

Union Buildings in Pretoria. They protested against the unjust pass laws enforced on women in South Africa.

The women were led by Lilian Ngoyi – a trade unionist and political activist, Helen

achieved on that day, 9 August has been declared as National Women's Day and is a public holiday in South Africa. Women's Month is an opportunity to celebrate and reflect on the achieve-

Gender-based Violence

Gender-based Violence and Femicide (GBVF) continues to be a big problem in our society. The fight against GBVF cannot be left to government alone; it must be embraced by all South Africans – men, in particular.

Contact the Gender-based Command Centre in your area by calling 0800 428 428 or send a please-call-me to *120*7867#

Important numbers

If you are being abused or suspect that someone is being abused, call:

- South African Police Service 10111
- Childline 0800 055 555
- Stop Women Abuse Hotline 0800 150 150
- Lifeline 0861 322 322.

Moifo wa ditimamollo wa Crew Juliet o pheta pale ya hae

BASADI ba tlameha ho ba bopulamadiboho ba tsa ho tima mollo, ho rialo setimamollo sena.

Dale Hes

Motjha eo e leng setimamollo, Vuyiseka Arendse ya dilemo di 26, ke karolo ya Moifo wa Juliet oo e leng moifo wa pele wa basadi feela ba timang mollo wa hlaha. Sefutho le boikitlaetso ba hae ba ho iketsetsa lebitso lepatlelong la ho tima mollo le kgurumeditsweng ke banna, ke kgothatso ya sebele basading bohle.

Arendse o holetse torotswaneng ya Beaufort West Kapa Bophirimela. Kamora dithuto tsa hae tsa sekolo, o ile a leka ho ntshetsa dithuto pele kholetjheng ya Oudtshoorn, empa a etsa qeto ya hore a kgutlele habo ho ya tshhetsa lelapa labo. O ile a sebetsa suphamaketeng nakwana empa a kgahlwa ke



■ Motjha eo e leng setimamollo, Vuyiseka Arendse, ke karolo ya moifo wa pele wa ditimamollo tsa basadi feela wa Afrika Borwa.

Setshwantsho: Alistair Burt – NCC Environmental Services

mosebetsi wa ho tima mollo. “Ke ile ka bona ditimamollo di apare diyunifomo di tsamaya ka dilori tse kgolo tse kgubedu. Ke ile ka ba le thahasello hanghang ka ba ka labalabela ho ba le tsebo e tomanyana,” ho rialo Arendse.

Arendse e ne e le e mong wa baithuti ba pejana ba lenaneo la 2016 la ntshe-tsopele ya batjha la Akhademi ya Chrysalis la mmuso wa Kapa Bophirimela. Kamora lenaneo lena o ile a sebetsa seteisheneng sa ditimamollo

Beaufort West, mme o ne a amohela moputso wa R1 900 feela ka kgwedi. Empa jwale o ile a fumana monyetla o neng o fanwa ke ba NCC Environmental Services ngwahola.

“Ke ne ke le mohlophisi Akhademing ya Chrysalis ha ba NCC ba fihla ho tla buisana le baithuti mabapi le monyetla wa ho etsa kopo ya kwetliso bakeng sa moifo wa pele wa basadi feela ho tsa ho tima hlaha. Le hoja ke ne ke se karolo ya baithuti bana, ke ile ka ba le thahasello yaba ke etsa kopo ya ho fumantshwa

kwetliso mme ka amohelwa,” ho rialo Arendse.

Arendse o ile a fumana kwetliso e neng e kenyeleditse dithuto tsa bukeng esita le ho tshwariswa ha matsoho twantshong ya ho tima mollo.

“Ke ithutile boholo. Nna ka bonna, ke ne ke sa tsebe hore ho na le ditimamollo tse reretsweng ho tima mollo wa hlaha. Ke ne ke ntse ke nahana hore ba sebetsa feela ditoropong ho tima mollo meahong e tjang,” o rialo.

Arendse o eketsa ka hore o ile a ikutlwa a thabile haholo ka ho atleha kwetlisong ena esita le ho ba e mong wa moifo wa pele wa basadi feela wa mofuta wa ona wa ditimamollo.

“Ke ile ka ikutlwa ke nyakalletse, haholoholo hobane ha ke ne ke bolella batho hore ke batla ho ba setimamollo, ba bangata ba bona ba ile ba re nke ke ka kgona ho etsa mosebetsi oo hobane ke mosadi ebile nke ke ka o besa wa tuka mosebetsing oo.


Hona ho ile ha ntsosa molota hore ke ba bontshe hore nka o etsa, e seng feela bakeng sa ka empa le ka lebaka la basadi

bohle ba Afrika Borwa.”

Arendse o re mosebetsi wa hae wa pele wa ho lwantshana le mollo o matla Noordhoek o ne o phephetsa haholo, empa e ile ya eba malebela a kgothatsang haholo.

“E ne e le lekgetlo la pele ke sebetsa ka dihora tse 24 ebile e ne e le lekgetlo la pele re sebetsa le banna ba bang bohle ba ditimamollo. Ho ne ho qeta matla ebile ho tjhesa haholo ka lebaka la diaparo tsa rona tsa boitshireletso, empa re ile ra o qeta mosebetsi mme kamora moo re ile ra ikutlwa re kgotsofetse haholo.”

Arendse o kgothaletsa basadi ba Afrika Borwa hore ba se ke ba ikgella fatshe le ka mohla.

“Le se ke la laolwa ke seo batho ba reng le ka se etsa kapa le ke ke la se etsa.” 

***Bakeng sa ho hlahloba monyetla e meng e mengatanyana eo NCC Environmental Services di fanang ka yona, etela leqephe la bona la Facebook. O ka boela wa ba letsetsa ho 021 702 2884 (Motse Kapa), ho 010 007 5272 (Gauteng), ho 031 003 2964 (KwaZulu-Natala) kapa ho 041 101 1033 (Kapa Botjhabela).**