

# Vuk'uzenzele

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**COVID-19 support for matrics**

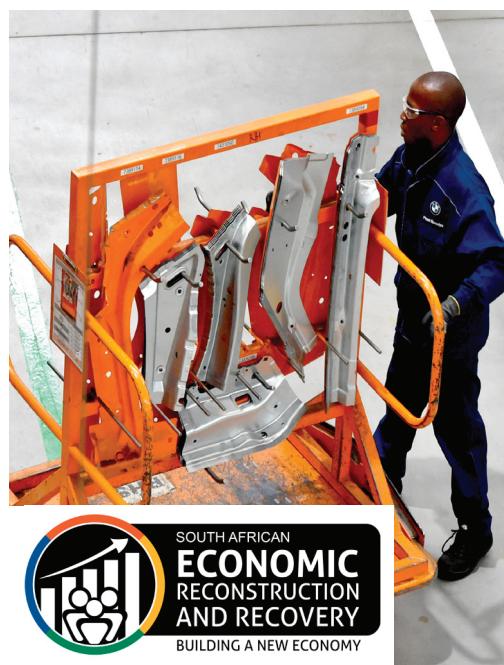
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## Rebuilding the South African economy



at the same time preventing a significant spike in COVID-19 infections.

### Caution still required from South Africans

While most lockdown restrictions have now been lifted and the number of new infections and hospitalisations has stabilised, President Ramaphosa warned that South Africans still need to protect themselves to prevent a second wave.

"Many countries are in the midst of a second wave of infections, which has often been more severe than the first. COVID-19 is far from over," he said.

President Ramaphosa said that South Africans need to be especially careful as the festive season nears.

"Of course, with the festive season approaching, it is understandable that we will want to be with family and

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**AS GOVERNMENT MOVES RAPIDLY** to address the country's economic recovery, the President has urged people to follow all COVID-19 health and safety protocols.

Dale Hes

The Coronavirus Disease (COVID-19) outbreak has had

a significant impact on our economy and on the lives of millions of South Africans. But now, with a vaccine closer to reality and

government developing a comprehensive economic recovery plan, the focus is on emerging from this time of hardship.

President Cyril Ramaphosa's recent address to the nation showed that government is committed to opening up and rebuilding the economy, while



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"JWALE KE NAKO YA HORE BOHLE RE SEBETSENG MMOHO, TLONGLONG YA NELSON MANDELA, HO AHA AFRIKA BORWA E NTJHA, E BETERE BAKENG SA BOHLE."

MOPRESIDENTE CYRIL RAMAPHOSA

#SendMe

RE O AHOLA BOKAMOSO BO BETERE  
RE ITHUTA HO TSWA HO MADIBA



## Tsosoloso e motjheng bakeng sa Afrika Borwa

**D**ifate tsa jacaranda di thuntse hohle motsemoholong wa naha ena, e leng letshwao la hore ho kena lehlabula.

Kamora hore ho fete mariha a malelele a bile a le boima, mathwaso a sehla se setjha a tshwanelo ho re fa tshepo.

Ha ho ne ho tsebahatswa ka Maemo a Koduwa ya Naha ka Tlhakubele, ntho e neng e le ka sehloohong di sa tloha e ne e le ya hore re kgine ho ata ha kokwanahloko ena re be re fane ka kimollo ya tshohanyetso ho baahi, setjhabeteng, ho basebetsi le dikgwebong.

Nakong ya dikgwedi tse robedi, ebile e le ka tshehetso ya balekane ba rona kahisanong, re ile ra anetsa mehato e phethahetseng ya ho kgina sefutho sa kokwanahloko ena setjhabeteng le moruong.

Re ile ra nanabetsa tshireletso ya setjhaba ka sekgaahlase neng se e so ka se bonwa naheng ena. Re enngwe ya dinaha tse mmalwa lefatheng moo ho yona tokelo ya phihlello ya tshireletso ya setjhaba e fuperweng ke Moloatheo, ebile re ka ba motlotlo ka hore nakong ya koduwa ena e mpehadi re ile ra fana ka mohlala o tshwarehang wa tokelo ena ka mekgwa e mengatanyana.

Ho eketsa hodima dithuso tse seng di le teng tsa ditjhete tsa setjhaba, tse fihlellang bathong ba kahodimo ho 17 milione kgwedi le kgwedi, re ile ra eketsa dithuso tsa ditjhete tsa Metsofe, tsa Dikowa le tsa Tshehetso ya Bana. Re ile ra nanabetsa Dithuso tsa Ditjhete tse Kgethehileng tsa Kimollo ya

Setjhaba Matshwenyehong a COVID-19, tse fihlelleng bathong ba dimilione tse tshelletseng ho fihlela jwale.

Sena se ile sa etsuwa nakkong ya dibeke tse mmalwa kamora ho phatlalatswa ha Maemo a Koduwa ya Naha.

Sefutho sa boikitlaetso boo se ke ke sa shebelwa fatshe.

Ho kopanya tsamaiso ena inthaneteng e ne e le mosebetsi o boima wa kopanello dipakeng tsa Lekgotla la Tshireletso ya Setjhaba la Afrika Borwa (SASSA), Tshebeletso ya Pokello ya Lekgetho ya Afrika Borwa (SARS), Lefapha la Merero ya Lehae le tse ding tse ngata.

Re ile ra qala mosebetsi o phethahetseng wa ho etsa dikopo le wa ditefo, le ho kopanngwa ha mehlodi e mengatanyana ya dideitha, ho akga le Ngodiso ya Naha ya Palo ya Setjhaba le mohldi wa deitha wa Inshorensa ya ho Fellwa ke Mosebetsi (UIF). Re ile ra qala methati e metjha ya ho etsa dikopo e kang ya WhatsApp le USSD, raba ra thea mekgwatsamaiso le dibanka tse kgolo hore di thuso ka tiiseletso ya dintlhata motha tsa ho banka. Ena ke katileho e kgolo ka nako e kgutshwane.

Ntle le mehato eo re ileng ra e nka ya ho sireletsa le ho baballa mesebetsi, re ile ra boela ra tshehetso dikgwebotse neng di tshereema. Re ile ra fana ka kimollo dikgwebong tse nyenyane ka mokgwa wa ho di imolla dikolotong, wa ho di tshehetso ka ditjhete, wa ho diehisa ditefo tsa lekgetho le mekgwa e meng.

Re ile ra kenya Tlhophiso ya Tiiseletso ya Kadimo



ya Ditjhete ya COVID-19 tshebetsong, e le ho thusa dikgwebotse hore di kgone ho fihlella ditshenyelelo tsa tsona tsa tshebetso nakong ya ho kgina ha metsamao ya batho le ditshebeletso tseo e seng tsa mantlha, mme ha jwale re ntse re sheba hore na tlhophiso ena e ka di fihlella ha jwang dikhamphane tse ngata le ho feta tse hlokan.

Re ile ra fana ka tshireletso ya meputso ya basebetsi le kimollo ho eng ba dikgwebotse kahya ya meralo ya motheo kamora motshetshetho o bileng teng bekeng e fetileng o neng o le mabapi le projeke ya meralo ya motheo.

Tsena tsohle di ne di arabella ka kotlolohlo maemo a tshohanyetso mme e ne e le tsa nakwana feela. Tse ding jwale di tla pheletsong, ha tse ding ho atlottswa nako ya tsona jwaloka ha mebaraka ya bosebetsi e ntse e hlaphelwa.

Mehato eo re ileng ra e kenya tshebetsong e thusitse haholo ho sireletseng setjhaba sa habo rona hore se se ke sa tsukutlwya ke maemo a COVID-19. Dithuso tsa ditjhete tse ekeditweng di thusitse ho thibela hore dimilione tsa batho di se ke tsa kodumela mosimeng wa

bofuma ba lephako.

Ha re ne re sa ka ra kena dipakeng ho sireletsa mesebetsi le ho pholosa dikgwebotse, maemo a ho phela a batho ba habo rona le maemo a dikete-kete tsa dikgwebotse a ka be a mpefetse le ho feta.

Jwale re mothating wa phetoho ya ho tloha kimlong ho ya boiphumanong.

Mehato ya tshohanyetso eo re ileng ra e kenya tshebetsong e radile motheo o tiileng oo re tla ahella moruo wa habo rona hodima ona.

Jwaloka ha tsepamiso ya rona ya maikutlo jwale e fetohetse ho kenngweng tshebetsong ha Leano la Kahobotja le Ntlafatso ya Moruo, ntlha ya rona e ka sehloohong e tla ba ho susumetsa kgolo le ho thea mesebetsi.

Ho se ho e na le kgatelopele mapatlelong a mangatanyana.

Re bona boitlamo bo botjha ba ho kenya tshohanyetso mme e ne e le tsa nakwana feela. Tse ding jwale di tla pheletsong, ha tse ding ho atlottswa nako ya tsona jwaloka ha mebaraka ya bosebetsi e ntse e hlaphelwa.

Mananeo a mangatanyana a kgiro a katlasa Ditsiane tsa Kgiro tsa Moporesidente a se a qadile. Re hahamalla pele ka ditlhabollo tsa moruo mapatlelong a kang a eneji le a dikgokahanyo tsa mehala.

Merero e fetolwa hore e be diketso ha boikitlaetso bona bo bonahala mesebetsing le menyetleng.

Tsone di hlokotso haholohlo jwanyane mothating wa jwale, haholohlo jwaloka ha ho atamela sehla sa monyaka wa mafelo a selemo, hore re se ke ra fetoha baitshenetsi.

Phadimeho e kgolo e a hlokeha ho rona bohle, re tsebe ho boloka kokwanahloko ena e le hojana le rona.

Ho ropoha botjha ha yona neng kapa neng ha ho no busetsa morao dikatleho tsa rona tsa bophelo bo bottle feela, empa ho tla kwebetella makgabane a tsosoloso ya moruo a seng a hlahelletse, ho be ho re tlose mathwasong a selemo ho re busetse morao mariheng.

Ho thibela leqhubu la bobedi la ditshwaetso tsa COVID-19, re tlameha ho ikamahanya le ditataiso tse ntseng di le teng tsa bophelo bo bottle ba setjhaba.

Haeba re hloleha ho kgwesa sekwahlanko le molomo moo ho kgobokaneng batho, haeba re ya diketsahalong tseo ho tsona ho subuhellaneng batho, ha re ipee borona le ba bang feela tllokotsing, re boela re bea le tsosoloso ya moruo wa habo rona kotsing.

Bohle ha re nneng re tswelepele ho etsa letsoho la monna.

Diketso tse ntle tsa ho kgwesa sekwahlanko le molomo, tsa ho qaqolohana le tsa ho hatlela matsoho kgafetsa di re thusitse ho fenya ditlamorao tse mpempe tsa sewa sena. E ntse e le tsona tseo e leng thebe ya rona e ntle ka ho fetisisa.

Ha re hopoleng boitelo boo bohle re ileng ra tlameha ho bo etsa e le ho kgina ho ata ha kokwanahloko ena matsatsing a yona a pele.

Esita leha boholo ba diketsahalo tsa kahisano le tsa moruo di thakgohile hape, re ntse re tshwanelo ho hlophpha mehato yohle ya bophelo bo bottle. Sena se a hlokeha kahohleholle haeba re batla ho aha botjha moruo wa habo rona esita le ho lahlela koduwa ena matjoing.

# Nwaa metsi hore o qobe kgaello ya metsi mmeleng

Allison Cooper

**L**ebatama le leholo le ho se nwe mekedikedi e lekaneng, di ka baka kgaello ya metsi mmeleng esita le ho shwa lehlakore ho bakwang ke motjheso.

Ho ya ka Lefapha la Bophelo Bo Botle la Kapa Bophirimela, motjheso wa lehlabula o tla le kotsi e kgolo ya kgaello ya metsi mmeleng, e leng tahlelo e kotsi ya metsi mmeleng.

Hangata kgaello ya metsi mmeleng e bakwa ke ho se nwe mekedikedi e lekaneng e le ho busa metsi a mmele o a lahlang ha motho a fufulelwa. E ka nna ya bakwa le ke ho kula ho bakang lehlatso/letshollo; le ho fufulelwa ka lebaka la feberu.

Ho lahlehelwa ke maro a mmele ha ho etsahale feela dinakong tsa ha mmele o sebetsa ka thata, empa ho ka nna ha bakwa ke ho tsamaya ka maoto sebaka se seleletsana, ho sebetsa ka jareteng kapa ho palama baesekelle, haholoholo ha ho tjhesa kapa ho le mongobo.

Ha o haellwa ke metsi mme-

leng, mmele wa hao o ke ke wa sebetsa jwaloka tlwaelo.

Bana ba katlase ho dilemo tse hlano, metsofe le batho ba sebetsang lepalapaleng ke bona ba tlokotsing e kgolo ya ho fokollwa ke metsi le ho shwa lehlakore ho bakwang ke motjheso (e leng lefu le bakwang ke motjheso o fetisang mmeleng wa hao).

Hoshwalehlakore hobakwaling ke motjheso ke maemo a hlokang thuso ya bongaka ka tshohanyetso. Batla thuso ya bongaka hanghang haeba o na le letshwao lefe kapa lefe ho ana:

- Ho ikutlwya o ferekane kapa mokgwa oo o buang ka ona o qala ho sisitheha o bile o sa hlake.
- Ho nyekelwa ke pelo le ho hlatsa.
- Ho hema ka potlako, ha boima.
- Pelo e qala ho otla ka potlako.
- Ho tshwarwa ke hlooho e mpe.

## Matshwao a bontshang kgaello ya metsi mmeleng

A mang a matshwao a pele a

bontshang kgaello ya metsi mmeleng a akga:

- Ho ikutlwya o nyorilwe le modikadikwane.
- Ho oma molomo.
- Mokgathala.
- Ho ba le moroto o mmala o leroothonyana, o bile o na le lephoka.
- Ho rota ha mmalwa ho feta tlwaelo.

## Hore o dule o na le metsi mmeleng o be o qobe ho shwa lehlakore ho bakwang ke motjheso, o tshwanelo ho:

- Nwa metsi a mangata ho feta tlwaelo, ha ho tjhesa.
- Dula ka tlung kapa moriting.
- Rwala mosetla kapa o itshiretse ka sekgele.
- Tshwara botlolo ya metsi hohle moo o yang teng mme o a nwe kgafetsa.
- Haeba o sebetsa lepalapaleng, kgefutsa kgafetsa o nne o tlohe letsatsing.
- Iphodise ka ho sebedisa botlolo ya ho inyanyatsa.

## Masea le bana

Batswadi le bahlokomedi ba



bana ba tlameha ho tsepamisa maikutlo haholwanyane baneng le maseeng, ho netefatsa hore ba na le metsi mmeleng.

Ha ho tjhesa haholo, batswete ba nyantshang ba tlameha ho nyantsha masea a bona kgafetsa.

Bolokang bana ka matlung kapa moriting, le ba apese diaparo tse bobbe le be le ba hlakole mebeleng ka lesela le mongobo e le ho ba thusa hore ba dule ba phodile.

Hopolang ho ba tlotsa ka setlolo se ba sireletsang bohaling ba letsatsi ha ba tswela kantle.

Haeba bana ba katlase ho dilemo tse hlano ba tsholla, ba hlatsa kgafetsa ba bile ba tepelletse, tsa mo batla thuso

ya bongaka hanghang. Hape, batla thuso ya bongaka hanghang haeba lesea la hao le sa kgone ho nyanya letswele kapa mahlo a lona a hohlo-metse le bile le bothetse phuana hloohong.

Baneng teng, matshwao a mang a ho haellwa ke metsi mmeleng a akga:

- Molomo o ommeng kapa o namathelang.
- Ho tswa dikeledi tse fokolang kapa di se ke tsa tswa ho hang ha ba lla.
- Ho rota hanyane kapa ho rotela maleiri ha mmalwa ho feta tlwaelo.
- Letlalo le ommeng, le maphodi.
- Ho hlohlona ha letlalo.
- Ho otsela kapa modikadikwane.

# Be healthy this festive season

**GIVE YOURSELF** the gift of good health this holiday period by watching what you eat.

**T**he festive season in South Africa is a time of soaking up the sun, enjoying a cold one with friends and feasting on delicious meals.

Unfortunately, many people overeat and eat unhealthy food over this time, which can pose health risks to a lot of people, especially those with already existing chronic conditions such as high blood pressure, high cholesterol or gout.

To keep healthy, the Kwa-

Zulu-Natal Department of Health advises the public to monitor what they eat as it may not always be good for their well-being.

## Making good choices

Eating the correct amount of the correct kinds of foods will meet all of a person's nutritional needs and boost resistance to diseases and stress. Do not eat lots of salt because it can cause high blood pressure.

Although some health con-



ditions are hereditary and are passed from one generation to another, many ailments are caused by poor nutrition and a lack of exercise. Called 'lifestyle diseases', these include heart conditions and high blood pressure which can result in heart attacks and strokes, diabetes, gall bladder

complaints and liver, kidney and skin diseases.

Eating a variety of foods that are not too fatty, too sweet or too salty, with enough fibre, will help keep you healthy.

Your diet should include small portions of protein, such as meat, fish, chicken

and eggs; dairy such as milk; good fibre from foods such as lentils and dried beans; and fruit and vegetables. Avoid fatty meat or oily food, sweetened foods, refined grain products such as white bread and large quantities of tea or coffee.

You must also drink about eight glasses of water each day because water is essential to good health. It dilutes the urine and prevents kidney damage from a high concentration of waste products.

The effects of not following a healthy diet can include serious health consequences, such as obesity, which worsens other diseases and strains a person's joints.

Rather than binge eating at social gatherings, it is better to have three daily meals of more or less the same size.