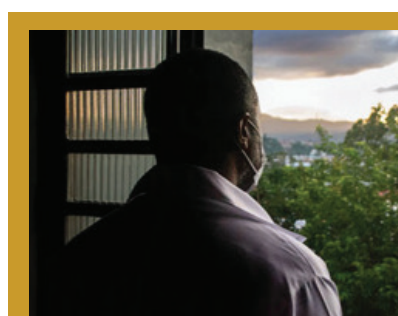


Vuk'uzenzele

O e tlišetšwa ke Dikgokagano tša Mmušo (GCIS)

English/Sepedi

Phato 2020 Kgatišo 1



**Boipeelothoko
ka boripana**

Letlakala 7



**Rasetimamollo
wa Crew Juliet
o hlaloša taba
ya gagwe**

Letlakala 8



Afrika Borwa e tšea kgato ya go rarolla bothata bja tlhokego ya dithušagohema



SETHUŠA- GOHEMA

seo se dirilwego
ka mo Afrika
Borwa se tla
thuša balwetši
bao ba nago le
dika tša maga-
reng tša
COVID-19
gore ba heme
gabonolo.

Silusapho Nyanda

Ntwa kgahlanong le bol-
wetši bja coronavirus
(COVID-19) ka Afri-
ka Borwa e matlafaditšwe ke
sethušagohema sa mathomo seo
se dirilwego ka mo nageng.

Sethušagohema sa *Continuous Positive Airway Pressure* (CPAP) se
thuša balwetši bao ba nago le dika
tša magareng tša COVID-19 gore ba
kgone go hema gabonolo ka go ba
fa moya wa okšetšene gore o dire
gore meelamoya ya bona e dule e
bulegile.

Sethušagohema se hlamilwe ke ba
Council for Scientific and Industrial
Research (CSIR) ka tšhomišano le

**E tšwelapele
letlakaleng la 2**



Go bala *Vuk'uzenzele* Ikhweletšwe GOVAPP mo go:



Nyaka SA Government mo go Google playstore goba mo go appstore



IKGOKAGANYE LE RENA GO

Vuk'uzenzele

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KHOPHI YE KE MAHALA, GA E REKI ŠWE

TSHEDIMOŠO YA 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](https://www.sanews.gov.za)

E tšwelapele go tšwa letlakaleng la 1

batšekarolo ba se bakae ba mo gae, gomme e tla abelwa balwetši go phatlalala le naga bao ba nago le mathata a go hema mo legatong la mathomo la phetelo ya COVID-19.

"Moya woo motho ao hemago o na le dipersente tše 23 tša oksetšene.

Sethušagohema sa CPAP se kgona go pompa oksetšene e ntšhi, gomme ya thuša motho go hema. CPAP e pompa oksetšene e sa emiše.

O ka oketša goba wa fokotša bontšhi bja oksetšene yeo motho a e hemago,"

gwa realo Molaodiphethiši wa CSIR Future Production: Manufacturing, elego Martin Sanne.

Balwetši bao ba šomišago sethušagohema ba se lokelelwa maskeng woo ba tla bego ba o apere Oksetšene e gogwa go tšwa tankeng ya kgase gomme ya hlakantšhwa le moya wa tlhago ka gare ga sethušagohema, gomme go tloga moo o romelwa maskeng gomme wa hemelelwa ka gare ke molwetši.

Sanne o bolela gore godimo ga go pompa moya wa go ba le oksetšene, CPAP e thuša gape balwetši gore ba

hemele ka ntle.

Sedirišwa sa CPAP se ka šomišwa mafelong a tša maphelo a theknolotši ya godimo gape le ka mafelong a nakwana a bjalo ka maokelo a nakwana le mafelo a boipeelothoko.

Sanne a re CSIR e tla be e kgonne go dira dithušagohema tše 10 000 ge kgwedi ya Phato e fihla mafelelong. Ka tšhomišano le Siemens, Simera, Akacia, Gabler, Umoya le Yunibesithi ya Cape Town, CSIR e tšweleditše CPAP go ya le ka melawana ya Mokgatlo wa Lefase wa Tša Maphelo.


Dithušagohema tša mathomo di tla fiwa maokelo a mmušo ao a lego bothateng bja tlhokego ya didirišwa tša go lwantšhana le COVID-19.

CSIR e thomile go šomana le CPAP morago ga gore lefase le itemogele tlhokego ye kgolo ya dithušagohema.

"Dikgweding tša Hlakola le Moranang go bile le tlhokego ya dithušagohema go tšwa go baabi ba tšona ba boditšhabatšhaba. Moo di bego di hwetšagala gona di be di bitša kudu, gomme ke moo mmušo o ntšhitšego thentara ya go dira dithušagohema," gwa realo Sanne.

Thentara yeo e be e le karo-lo ya Protšeke ya Bosetšhaba ya Dithušagohema ya ka Lefapheng la tša Kgwebo, Intaseteri le Phadišano.

CSIR e gare e šoma gape ka sethušagohema sa *Bi-Level Positive Airway Pressure* seo nepo ya sona elego go thuša balwetši bao ba nago le dika tše šoro tša COVID-19

Sethušagohema seo se tla thuša ka go hemela ka gare le ka ntle, e ka ba ka mokgwa wa go gatelela moya goba ka go lekola kabo ya oksetšene yeo molwetši a e hlokago, gape le go beakanya kgatelelo ya moya go ya le ka moo e hlokegago. 



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Thuša go emiša go phatlalala ga COVID-19

Setšhaba sa gaborena se lebagane le bothata bjo bogolo historing ya temokrasi ya rena.

Mo matšatšing a go feta a 120, re atlegile go diteleng go phatlalala ga baerase yeo e hlolago masetlapelo lefaseng ka bophara.

Efela gabjale go keka ga diphetetšo, fao re kilego ra eletšwa ke ditsebi tša bongaka gore go tlo ba gona, go fihlile. Palo ya go feta kotara ya milione ya maAfrika Borwa e fetetšwe ke *coronavirus*, gomme ebile re a tseba gore diphetetšo tše dintšhi di iphihlile. Gabjale go netefatšwa diphetetšo tše diswa tša go feta 12 000 tšatši le lengwe le le lengwe.

Esale go tloga mola bolwetši bjo bo phulegago ka kgwedi ya Hlakola, go hlokošetse batho ba 4 079 ba bolawa ke COVID-19.

Bjalo ka maphoto a magolo a go tonya ao a budulelago ka nageng ya rena go tšwa ka lewatlang la South Atlantic mo nakong ye ya ngwaga, go na le dikarolo di se kae tša ka mo nageng tšeo di ka se fihlelelwego ke *coronavirus*. *Coronavirus* kotsi le go ba šoro kudu go feta efe goba efe yeo e kilego ya ba gona. E tloga e tlaralatša mošomo wa didirišwa tša rena le maikemišetšo ka go fetišiša.

Go keka ga diphetetšo, elego seo se akantšwego ke ditsebi le boramahlale ba borena kgwedding tše tharo tšeo di fetilego, go fihlile. Go thomile ka Kapa Bodikela gomme gabjale go tsene ka Kapa Bohlabela le ka Gauteng.

Le ge go le bjalo, ge diphetetšo di golela godimo ka lebelo, go bohlokwa go lemoga gore palo ya mahu ya dipersente tše 1.5 ke ye nngwe ya dipalo tša fasefase lefaseng ge e bapetšwa le ya lefase ya dipersente tše 4.4. Go ba fasefase ga palo ya



mahu ka nageng ya gaborena go hlotšwe ke maitemogelo le boikgafo bja bašomedi ba tša maphelo gape le magato a tšhoganetšo ao re a tšeerego go hlabolla mokgwa wa tša maphelo.

Le ge bontšhi bja batho ba gaborena ba tšeere magato a go thibela phatlalalo ya baerase, go na le bao ba sego ba dira bjalo. Go na le ba bangwe bao ba hlokomologago melawana yeo e fetišitšwego ya go lwantšhana le bolwetši bjo.

Mo kgabagareng ya leuba le, go tsena ka gare ga thekisi o se wa apara maske, go kopana le bagwera, go ya meletlong goba gona go etela meloko, go ka phatlalatša baerase gabonolo gomme gwa ba le go lobja ga maphelo. Bjo e ka no ba e le bolwetši bjo bo hlolwago ke baerase, efela bo phatlalatšwa ke mekgwa le maitshwara a batho.

Ka maitshwara a rena – re le batho, malapa le ditšhaba – re ka kgona ebile re swanetše re fetole mokgwaphatlalalo wa leuba le ka mo nageng. Re swanetše re apare maske wa lešela woo o khupetšago nko le molomo nako ye nngwe le ye nngwe ge re e tšwa ka gae.

Re swanetše re tšwele pele go hlapa diatla ka meetse le sesepe goba sebolayaditwatši ka mehla. Re swanetše re tšwele pele go hlwekiša le go bolaya ditwatši mabatong ka moka a

mafelo a bohle. Sa bohlokwa le go feta ke gore re swanetše re bule sekgoba sa dimitara tšepedi gare ga rena le batho ba bangwe.

Gabjale go na le bohlatse bjoo bo tšwelelago bja gore baerase ye e ka kgona le go fofa moyeng mo mafelong ao a tletšego batho ba bantšhi, ao a tswalegilego goba ao ka go ona moya o sa sepelego botse.

Ka lona lebaka le, re swanetše re hlabolle mafelo a setšhaba ao a tswalegilego ka pelapela, elego fao kotsi ya go fetelwa e lego godimo kudu.

Sepheletho sa rena sa go tla ka kiletšo ya mosepelo ya bosetšhaba se thibetše phatlalalo ya diphetetšo mathomong ge ditirelo tša maphelo di be di se tša itokiša, elego seo se ka bego se hlotše tobo ye kgolo ya maphelo.

Ka nako yeo re bilego le yona, re tšeere magato a bohlokwa go matlafatša mekgwa ya go ikarabela ya tša maphelo. Re šetše re dirile diteko tša *coronavirus* tša go feta dimilione tše pedi, gomme bašomedi ba tša maphelo ba šetše ba dirile diponego tša go feta dimilione tše 20.

Re dirile gore go be le mepete e 28 000 ya balwetši ba COVID-19 ka maokelong, gomme ebile re agile maokelo a nakwana go kgabaganya naga.

Gabjale re na le mepete e 37 000 ya boipeelothoko mafelong a poraebete le a setšhaba

go kgabaganya naga, gomme a itokišeditše go amogela bao ba sa kgonego go ipeela thoko ka magae.

Re rekile le go aba dimilione tša didirišwa tša go itšhireletša maokelong, dikliniking le dikolong go kgabaganya naga, e lego tša go šireletša bašomedi bao ba šomago ka batho ba bantšhi. Re thwetše ebile re sa thwala baoki, dingaka le bašomedi ba tša tšhoganetšo ba tlaleletšo.

Re tšwela pele go ba le tšwelopele mo maitekelong a rena a go lwantšha COVID-19, efela tlhotlo ye kgolo e sa etla.

Re šoma go kgabaganya diprofense go oketša palo ya mepete ya ka diwateng le ka tlhokomelong yeo e tsenelletšego re direla balwetši ba COVID-19.

Sekgoba se a bulwa ka maokelong a mmalwa ka go se amogele balwetši bao ba sa hlokego thušo ya tšhoganetšo.

Go fetolwa gape le mafelo a mangwe ka maokelong go ba diwate tša tlaleletšo, gape le go agwa goba go oketšwa ga maokelo a nakwana.

Re šoma go oketša kabo ya oksetšene, dithušagohema le didirišwa tše dingwe bakeng sa bao ba tlo hlokego tlhokomelo yeo e tsenelletšego, go balwa le kabo ya oksetšene bakeng sa mabaka a mangwe. Re diriša ditheknolotši tša titšithale go matlafatša taetšo, go nyakana gape le go beela thoko balwetši, le go thekga bao diteko tša bona di laetšago ba fetetšwe.

Bjale ka ge re lebile sehloeng sa diphetetšo, re hloka go ba le tlhokomelo ye kgolo le go thatafatša magato ao a late-lwago gabjale go fokotša lebelo la diphetetšo.

Melawana ya mabapi le go apara dimaske e tla thatafatšwa.

Bengmešomo, bengmabenkelele balaodi, baotledi ba dinamelwa tša bohle, gape le balaodi le beng ba meago efe goba efe ya setšhaba, gabjale ba tlamegile semolao go netefatša gore yo mongwe le yo mongwe yoo a tsenago ka moagong goba

ka senamelweng sa bona o swanetše go ba a apere maske.

Dithekisi tšeo di tšego maeto a kgauswi di a dumelelwa go rwala go fihlela dipersenteng tše lekgolo, mola tša maeto a matelele di se tša dumelelwa go feta dipersente tše masomešupa, gomme gona fao go latelwe melawana e meswa ya mabapi le dimaske, go bolaya ditwatši ka dinamelweng gape le go bula mafasetere.

Gabjale go na le bohlatse bjoo bo tletšego bja gore thekišo ya dinotagi e hlotše kgatelelo ye kgolo go maokelo, go akaretšwa le ka diyuniting tša maemo a tšhoganetšo le tša tlhokomelo yabao ba bakwago le badimo ka baka la dikotsi tša difatanaga, dikgaruru le mathata a go sepelelana le tšona. Ka fao, re tšeere sephetho sa gore, go re re kgone go lota sekgoba seo se šetšego se le gona ka maokelong, gona thekišo, kabo le phatlalatšo ya dinotagi e tla fegwa go tloga gonabjalebale.

Bjalo ka legato la tlaleletšo la go fokotša tlalelo ya maokelo, ga go na motho yoo a swanetšego go ba ka ntle mebileng go tloga ka iri ya senyane bošego go fihla ka iri ya bone ka masa.

Re tšea magato a re tseba gabotse gore ga a amogele ebile a bea mapheko maphe-long a batho, efela a swanetše gore a tšewe gore re kgone go feta sehloa sa bolwetši.

Ga go na ka mokgwa woo re ka efogago lephoto la *coronavirus*, efela re ka kgona go fokotša tshenyo yeo le ka e hlolago maphelong a rena.

Bjalo ka setšhaba, re a thekga-na, re thekga le bao ba lwalago ebile re hlohleletša kamogelo ya batho bao ba phelago ka baerase ye.

Gabjale, le go feta peleng, re rwele maikarabelo a bao re phelago le bona.

Re tla le fediša lephoto le. Re tla bušetša naga ya gaborena maamong a mabotse a maphelo, gomme ebile re tla ba le tšwelopele. Re tla fenyha. **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

“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-

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! 

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.

Rasetimamollo wa Crew Juliet o hlaloša taba ya gagwe

BASADI ba swanetše ba be dipulamadibogo, gwa realo rasetimamollo.

Dale Hes

Rasetimamollo wa moswa, Vuyiseka Arendse (26), ke karolo ya Crew Juliet, elege sehlopha sa mathomo sa borasetimamollo ba basadi feela sa go lwa le mello ya mašokeng. Maatla le maikemišetšo a go itirela leina ka intasetering ye ya go tlala ka banna ke khuetšo ye kgolo go basadi ka moka.

Arendse o goletše torotswaneng ya Beaufort West ka Kapa Bodikela. Ge a se no fetša sekolo, o lekile go ithuta kholetšheng ka Oudtshoorn, efela a tšea sephetho sa go boela gae go hlokomela lapa labo. O šomile lebenkele-ngkgoparara nakwana, efela botimamollo bo ile bja mo goga mahlo.

“Ke bone borasetimamo-



Rasetimamollo wa moswa, Vuyiseka Arendse, ke karolo ya sehlopha sa mathomo sa borasetimamollo ba basadi feela.

Seswantšho: Alistair Burt – NCC Environmental Services

llo ba apere diyunifomo tša bona ka ditheraka tše kgolo tše dihwibidu. Ka pelapela ka ba le kgahlego gomme ka nyaka go tseba kudu ka seo,” gwa realo Arendse.

Arendse e be e le yo mongwe wa dialoga tša lenaneo la tlhabollo ya baswa ya Chrysalis Academy ya mmušo wa Kapa Bodikela

ka 2016. Morago ga lenaneo leo, o o ile a šoma setišing sa botimamollo sa ka Beaufort West gomme a gola feela R1 900 ka kgwedi. Efela o ile a kopana le monyetla woo o tšwago go ba NCC Environmental Services ngwagola.

“Ke be ke le go la Chrysallis Academy ke šoma bjalo ka monolofatši ge NCC e tla

go tlo boledišana le baithuti ka ga monyetla wa go dira dikgopelo tša go tsenela tlhahlo ya sehlopha sa mathomo sa basadi feela sa botimamollo bja mašokeng.

Le ge ke be ke se yo mongwe wa baithuti, ke ile ka ba le kgahlego ye kgolo kudu gomme ka dira dikgopelo tša go tsenela tlhahlo, gomme ke ile ka atlega,” gwa realo Arendse.

Arendse o ile a tsenela tlhahlo yeo e kopantšhitšego makala a botimamollo a teori le go šoma ka matsogo.

“Ke ithutile tše ntšhi kudu. Sa mathomo, ke be ke sa tsebe gore go na le borasetimamollo bao mošomo wa bona elego go tima mello ya mašokeng. Ke be ke nana gore ba šoma feela ka ditoropong go tima mello ka meagong,” a realo.

Arendse o tlaleletša ka gore o kwele bose kudu ge a tšwelela tlhahlong le go ba karolo ya sehlopha sa mathomo sa moswananoši sa borasetimamollo ba basadi feela.


“Ke be ke thabile kudu, kudu ka gore ge ke be ke

botša batho gore ke nyaka go ba rasetimamollo, bontšhi ba rile nka se kgone ka ge ke le mosadi gomme nka se kgonane le boima bja mošomo.

Se se nkgoromeditše go ba bontšha gore le nna nka kgona, esego feela bakeng sa ka empa le bakeng sa basadi ka moka ka Afrika Borwa.”

“E be e le šifithi ya ka ya mathomo ya bošego le mo-segare ebile e le la mathomo re šoma le borasetimamollo ba bangwe ba banna. Go be go lapiša ebile le yunifomo e fiša kudu empa re kgonne go fetša mošomo gomme maikutlo a ka morago ga moo e be e le a kgotsofalo.”

Arendse o hlhloletša basadi ba Afrika Borwa gore ba se ke ba inyatša.

“O se ke wa ya ka mantšu a batho ge ba re o ka kgona eng, o ka se kgone eng.” 

***Go bona monyetla yeo e abjago ke ba NCC Environmental Services, latela letlakala la bona la Facebook. O ka ba letšetša mogala go 021 702 2884 (Cape Town), 010 007 5272 (Gauteng), 031 003 2964 (KwaZulu-Natal) goba 041 101 1033 (Kapa Bohlabela).**