

Vuk'uzenzele

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Stay alert during COVID-19 level 1

PEOPLE MUST continue to wear their face masks and follow all other safety protocols so that South Africa can overcome the pandemic and regrow the economy.

Sphelele Ngubane

The country has moved to Coronavirus Disease (COVID-19) alert level 1 but government urges people to continue with all the precautionary measures aimed at curbing the spread of the virus.

The wearing of face masks remains compulsory and there are still some restrictions to maintain low levels of infections and, in particular, to prevent super-spreading events. It has been a year since the first case of COVID-19 was reported in South Africa. More than 1.5 million

people have been infected and over 50 000 have died from the disease.

Dr Nkosazana Dlamini Zuma, the Minister of Cooperative Governance and Traditional Affairs, has provided details of the regulations that have changed, including the new curfew, which is from midnight to 4am. People may only be out of their properties during this time if they have a permit or a security or medical emergency.

Gatherings

The maximum number of people attending a religious, social, political or cultural gathering is 100

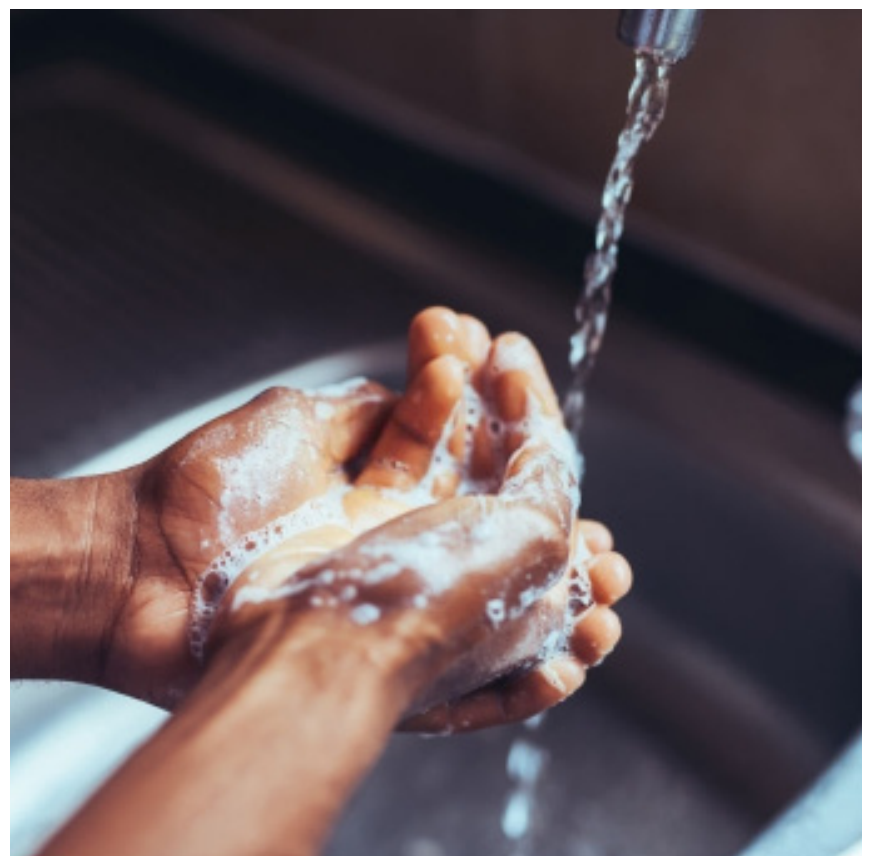
indoors or 250 outdoors, provided that the venue is big enough to allow for social distancing.

The number of people attending a funeral is limited to 100. If the venue is too small for people to be at least one-and-a-half metres from each other, then not more than 50% of the capacity of the venue may be used. Night vigils or after-funeral gatherings, including 'after-tears' gatherings, are not allowed.

Borders

- Land borders: Nothing changes as the 20 land borders which have

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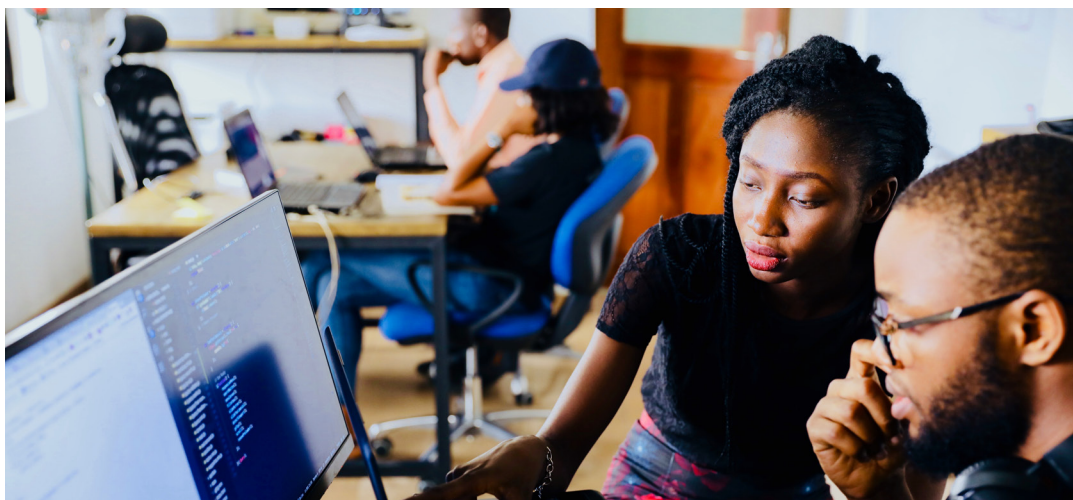
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Imisebenzi kahulumeni eqeqeshekile



Ngesikhathi ngiqokelwa esikhundleni sokuba uMongameli waseNingizimu Afrika, ngathi ukwakha umbuso osebenza kahle, okhonayo nonomthetho ongenayo inkohlakalo kwakungenye yezinto eziseqhulwini.

Umbuso okhonayo, osebenza kahle, onomthetho noqhakambisa intuthuko kuphela ongakwazi ukufeza izibophezelo zokuthuthukisa izimpilo zabantu baleli lizwe.

Lokhu kusho ukuthi imisebenzi kahulumeni kumele iqashe amadoda nabesifazane abawufundele umsebenzi, abanamakhono, abangacabangeli bona bodwa futhi abaneqiniso.

Kumele bazinikele ukuphakamisa amagugu oMthethosisekelo, futhi kumele, njengoba ngangishilo enkulumweni yami yokugcotshwa, “basebenzele umphakathi ngokuthembeka kuphela”.

Emavikini amabili edlule, izingxoxo nomphakathi beziqhubeka mayelana nomthetho obalulekile ozonikeza umfuthoomkhulu emizamweni yethu yokuqinisa, ukunikeza amandla kanye nokunikeza amakhono ezomsebenzi kahulumeni.

Umthetho osadingidwa woHlaka Lokuqaliswa Kokusebenza Lukazwelonke Ekuqeqeshakeni Emisebenzini Yomphakathi uhlose

ukwakha umbuso osebenzele kangcono abantu bakithi, ongenakho ukungenelela kwezepolitiki futhi lapho imisebenzi inikezwa ngokufaneleka.

Uhlaka lwagunyazwa yi-Khabhinethi ngoLwezi ngoNyaka owedlule futhi izingxoxo ezihlelekile nemikhakha yomphakathi eyehlukahlukene ziyaqhubeka njengamanje.

Iminyaka engamashumi amabili nesikhombisa yentando yeningi, singasho ukuthi uma sikhuluma ngemisebenzi kahulumeni noma kukhona okuningi okuhamba kahle kakhulu, sisasenazo izinselele eminyangweni eminingi kahulumeni uma kuziwa kumakhono, ukwenza kahle umsebenzi kanye nokuqeqesheka emsebenzini.

Isikhathi esiningi, abantu bebeqashwa futhi benyuselwa ezikhundleni eziphezulu ezingabafanele noma abangaziqeqeshelwe. Lokhu kuthunaza ukusebenza kukahulumeni, kodwa futhi kuvuna ukunikezana umsebenzi ngobuhlobo, ukugamanxa kwepolitiki kumsebenzi weminyango, ukungaphenduli, ukungaphathi kahle kanye nenkohlakalo.

Kunyenye futhi inkinga ehambisana nalokhu yepolitiki kanye nokugamanxa kwabaphathi ekuphathweni kwemisebenzi kahulumeni.

Umuntu kumele abheke kuphela ukungazinzi kweminyango kahulumeni uma abaphathi abakhulu beshintshwa noma bekhishwa njalo nje uma kubekwa uNgqongqoshe omusha.

Abaqondisi-Jikelele nabaphathi beminyango ezifundazweni bathinteka kakhulu. Kweminye iminyango, ama-DG, ama-HoD kanye nabaphathi abakhulu babe nozinzo esikhathini, lokho okwenze iminyango yakwazi ukusebenza ngokuphazamiseka okuncane. Kweminingi yale minyango lapho kukhona uzinzo kubaholi, imiphumela yocwaningo lwamabhuku ivame ukuba mihle futhi nezimali zikahulumeni kuyaphenduleka ngazo. Lapho kukhona uguquko olukhulu kubaphathi bomnyango, kuvamise ukuthi kube khona isiphithiphithi ekuphatheni.

Esinye sezincwadi ezibalulekile ezenziwe kumthetho osadingidwa wohlaka ukuthi imisebenzi kahulumeni kumele abezepolitiki bangamanxi kuyona nokuthi iminyango kahulumeni kumele ivaleleke kwezepolitiki.

Ukuqeqesheka emsebenzini kuyadingeka ukuze kuzoba nozinzo emisebenzini kahulumeni, ikakhulukazi ezikhundleni eziphezulu. Abasebenzi bakahulumeni kumele bakwazi ukuqhubeka benze umsebenzi wabo

“noma ngabe kunaluphi na ushintsho loNgqongqoshe, Amalungu oMkhandlu Weziphathimandla noma Amakhansela asegenjini elibusayo eliphethe ukuphathwa, noma izinguquko zamaqembu epolitiki emva kokhetho”.

Siphakamisa izinguquko ezifinyelela kude ezimbalwa, ezifana nokwelula isikhathi saBaphathi Beminyango ngokubheka ukufaneleka kanye nokusebenza kahle, ngokwenza ukuhlolwa okuhambisana nomsebenzi nokubandakanya iKhomishana Yemisebenzi Kahulumeni kwinhlolokhono yaBaqondisi-Jikelele kanye namaPhini abaqondisi-Jikelele.

Ukwethulwa kokuhlolwa ubuqotho kubo bonke abakhethe kuzosiza ukuthi siqashe abasebenzi bakahulumeni abazosebenza ngeqiniso. Sidinga futhi ukwelula ukuvivinywa kokuqashwa esakwethula ngoMbasa kowezi-2020 ezikhundleni ezingaphezu kwezabaphathi abakhulu. Imibuso ephumelayo nethuthukayo inezinyathelo ezifanayo ezisiza ngokuqeqesheka okusezingeni emsebenzini kahulumeni.

Njengoba saphawula ohlakeni lomthetho osadingidwa, “isakhiwo esizigabagaba kumele siqhubeke nokusebenza ngokuthembeka nangokukhuthala ngalokhu okugunyazwe ngabavoti kanye neqembu, kodwa bayeke ukuthi balingise osopolitiki ngokwabo.”

Siphakamisa indlela enzima kakhulu ekuqashweni nasekukhethweni kwabasebenzi bakahulumeni, ukufundiswa ngomsebenzi omusha kanye nokulawulwa ngokusebenza. Lokhu kubandakanya ukufunda okuqhubekayo kanye nendlela ecacile yokuthuthukiswa ngokomsebenzi kwabo bonke abasebenzi bakahulumeni.

Uhlaka lomthetho osadingidwa lugcizelela isidingo sabasebenzi bakahulumeni ukuthi baziphendulele uma ungenziwe kahle umsebenzi, nokuqeda nya ukungajeziswa kokungaphathi kahle kanye nokuxhashazwa kwezinsiza zombuso.

Ukuqeqesheka emsebenzini kahulumeni kubandakanya ukuqeqeshwa kwabasebenzi kuzo zonke izinhlobo zikahulumeni ngokuhlinzeka imithetho efanele.

Isikole Sikahulumeni Kuzwelonke sinendima ebaluleke kakhulu kulokhu.

Ukuqeqesheka akusikho nje ukuba neziqo ezifanele namakhono omsebenzi kuphela, kodwa futhi kumayelana nokuba nenhlolipho, ukuzehlisa kanye nobuqotho uma usebenza ngabantu bomphakathi.

Umsebenzi kahulumeni uhlukahlukene, unohlu olukhulu lwamakhono, iziqu kanye namakhono omsebenzi. Abasebenzi abaningi bakahulumeni banamakhono akhethekile adingeka ekuhlinzekweni kwezinsiza ngempumelelo. Ngakho-ke akusikho ukuthi sidinga abasebenzi bakahulumeni abambalwa: esikudingayo ngempela abasebenzi bakahulumeni abafanelekile ngumsebenzi abanamakhono afanelekile, ukuziphatha ngomthetho kanye nokuzinikela ekusebenzeleni abantu.

Amadoda nabesifazane abasebenzela uhulumeni kumele bacijwe ukuze bezodlala indima yabo ekuthuthukiseni nasekuqiniseni intando yeningi. Lokhu kuyisiqinisekiso sethu sombuso okhonayo osebenzela izidingo zezakhamuzi.

Nginyaniselwa ukuba nibe yingxenywe yezingxoxo zomphakathi mayelana nalolu hlaka lomthetho osadingidwa, olutholakala kwiwebhusayithi yeSikole Sikahulumeni Kuzwelonke, futhi wenze izwi lakho lizwakale.

Imisebenzi kahulumeni akuyona eyeqembu elilodwa, futhi akumele kuqashwe iqembu elithile. Akumele ibe umthetho yona uqobo.

Imisebenzi kahulumeni eyawo wonke umuntu waseNingizimu Afrika. Kumele isebenzele bona futhi bona kuphela. **U**

Local doctor opens free clinic for Chatsworth community

COMMUNITY-FUNDED clinic gives patients with COVID-19 a fighting chance.

■ Dr Diveshni Govender helping a COVID-19 patient at the Havenside Clinic.



A new clinic opened by a Durban-based doctor is assisting the community in the fight against the Coronavirus Disease (COVID-19)

and it is doing it for free.

The clinic, operating from the Havenside Community Hall in Chatsworth, was established by Dr Diveshni Govender (39) in a bid to

cope with the second wave of COVID-19 infections. Hundreds of patients have been treated at the clinic since it opened its doors in January.

"The number of COVID-19

patients we were seeing increased to the point where I had to treat some patients in their cars, in the shopping complex where my practice is located," she says.

Dr Govender contacted community activists to assist with getting her access to use the Havenside Community Hall as a makeshift clinic. Govender says that the clinic is run on donations from several non-governmental organisations, businesses and members of the community.

The 30-bed clinic has helped patients like Jeeveshni Abraham (47) and her family. Abraham, her husband and two children were admitted to the clinic after her symptoms started to worsen.

"At the clinic, we received quality care and medication. We also had access to oxygen to help with breathing a little easier when we were in distress. The clinic also admitted my brother, his wife and children when they con-

tracted the virus," she says.

When Abrahams and her family were discharged from the clinic they received medicine packages to take home.

Dr Govender says that the free medicine they dispense from the clinic is made possible through donations from members of the community.

According to her, the clinic mainly treats patients who are above 45 years of age, with about 10% of patients under the age of 12. She says that the clinic has also partnered with a private ambulance company to transport patients who need elevated care to a hospital, at no cost.

Dr Govender says: "The partnership has saved several lives as patients who are in urgent need of transport to a hospital no longer have to wait a long time for an ambulance."

Dr Govender is assisted by two nurses and has also employed a cleaner to assist at the clinic. **U**

Ukugubha Usuku Lomhlaba Lwe-Down Syndrome

Kgaogelo Letsebe

I Nhlango Yomhlaba ye-Down Syndrome iqinisekise ukuthi ngoNdasa zingama-21 nguSuku Lomhlaba Lwe-Down Syndrome ukuze kubungazwe labo abalwela ukubandakanyeka kwabathandawo babo abaphila nalesi sifo.

I-Down Syndrome (i-DS) iyingxenye yokuphazamiseka kuma-chromosome okuqubuka ngesikhathi ukhulelwa. UDkt Midah Maluleka osebenza njengodokotela eMpumalanga uthi, "kuba khona ukwengezeka kwi-chromosome lama-21 (i-Trisomy 21) nokuyaye kubambezelele ukukhula komzimba kanye nengqondo. Asikho isisusa ngqo esidala le-chromosome eyeqile. Sekuqinisekisiwe ukuthi lokhu akuhlangene neminyaka yobudala, isimo



senhlalo nomnotho, ibala noma inkolo. Akusilo futhi ufuzo."

UMaluleka uyengeza ngokuthi i-DS ingukufa okuhambisana nama-chromosome okujwayelekile ebantwaneni abasanda kuzalwa. "Oyedwa ebantwaneni abayi-1000 abazalwayo emazweni athuthukile omhlaba noyedwa kubantwana abangama-650 abazalwayo emazweni asathuthuka, njengozwe lakithi, bayathinteka. Babalelwa kumaphesenti angama-80 abantwana abanesifo se-DS abazalwa ngabazali abaneminyaka engama-35,

ngaphandle kwalokho abesifazane abathola abantwana beneminyaka engama-35 basengcupheni yokuthi abantwana babo babe ne-DS."

Uthi ngoba lokhu kufakungatholakala kusukela ukhulelwa, kanti futhi kukhona izinkomba ezibonakalayo nokumele uzibheke. "Ngasekuqaleni kwezigaba zokukhulelwa, ukuhlolwa komntwana esesiswini emavikini ayi-12 kuya kwayi-13 kubalulekile. Lokhu kukalaka hle ukushuba koketshezi nge-muva kwentamo yomntwana, nokubizwa phecelezi nge-nuchal translucency. Kanti

lokhu kuvame ukuba kukhulu kakhulu ebantwaneni abane-DS.

Enye futhi indlela yokuhlola ngaphambi kokubeletha ukwenza uhlolo olubizwa nge-amniocentesis. Lapha kusuke kuqoqwa ingxenye encane yoketshezi i-amniotic fluid bese luthunyelwa ukuyocutshungulwa ama-chromosome. Lokhu kucwalinga yindlela yokuhlonza esebenza kahle ngokubalelwa kumaphesenti angama-98."

UMaluleka uthi abantwana abanesifo se-DS bayakwazi ukuphila ngokupheleleyo, ngokunempilo kanye nokuphila isikhathi eside.

Noma lingekho ikhambi lokuyilapha, abantu abane-DS bayazuza kakhulu emakhaya anothando, ukunakekelwa ngokwelashwa okufanele, ukungenelela ngokuphuthuma, emfundweni kanye nasemisebenzini yezandla.

Ngenxa yokunakekelwa okuthe thuthu, abantu abaningi abazalwe ne-Down syndrome namhlanje balingandeleke ukuphila iminyaka elinganiselwa kuma-55. Abantu abane-DS banemizwa kanye nezidingo ezifanayo njengabanye abantu futhi badinga amathuba kanye nokunakekelwa okufanayo," kusho uMaluleka.

Uthisha osebenzela eNyakatho Ntshonalanga uTshepo Kekana uthi, "Akusibona bonke abafundi abaphila nokukhubazeka abadinga ukuyiswa ezikoleni zabantwana abaphila nokukhubazeka kanye nezikole ezikhethekileyo. Kukhona ingcosana yalabo abaphila nokukhubazeka ekwaziyo ukwenza kahle kulezo zikole eziwayelekile. Ngokuqhubeka nokufunda, ukwesekelwa kanye nesineke, abafundi bengaqhakaza." **U**