

# Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/isiNdebele

UNobayeni 2020



**COVID-19 support for matrics**

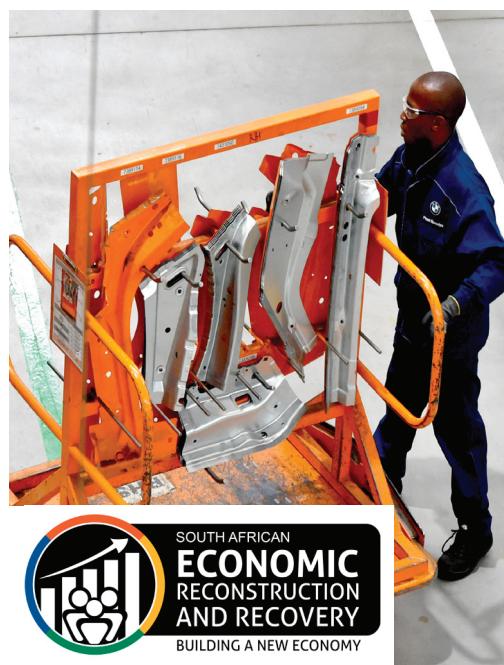
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## Rebuilding the South African economy



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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"SEKUSIKHATHI SOKOBANA  
SISEBENZISANE, NGOKUHLONIPHA  
U-NELSON MANDELA, SAKHE ISEWULA  
AFRIKA ETJA NENGCONO YABANTU BOKE."

UMENGAMELI CYRIL RAMAPHOSA

#SendMe

SIKWAKHELA INGOMUSO ELIKHANYAKO NELINEPUMELELO  
NGOKUGADANGA EMTLHALENI KAMADIBA



## Sekusemnyango Ukuvuseleleka kweSewula Afrika

Inhlahla ze-jacaranda zitlhurhile ziyakarisa hlangana nehloko-dorobha yelizwe lekhethu, ekulitshwayo lokungena kwehlobo. Ngemva kobusika obude nobubudisi, ukuthoma kwesikhathi esitjha somnyaka kufuze kusinikele ithembu.

NgoNtaka lokha naku-menyezelwa ubuJamo beHlekelele yeliZweloke, amaqaloqangi wethu wamsinyana kwaba kukhandela ukurhatjheka kwengogwana nokunikela ngesizo elirhabako kuzakhamazi, imiphakathi, abasebenzi namabhizinisi.

Esikhathini esiziinyanga ezibunane nangesekelo labatjhebisani bethu, sasabalisa imihlobohlobo yamagadango athe tjha ngomnqopho wokwehlisa umthelela omumbi phezu kwehlalakuhle nomnotho wesitjhaba olethwe ngumabhubhisa oyi-Coronavirus.

Sinabise khulu ukuvikele-ka kwezhelalakuhle nge-zinga elingakhange lilingwe ngaphambilini kilelizwe. Singelinye lamazwe ambadlwana ephasini lapho ilungelo lokufikelela iintlabagelo zezhelalakuhle lifakwe kumThethosisekelo, godu singazikhakhazisa kobana esikhathini lesi sehlekelele emasikizi siliphumelele ngokuphathekako leli lungelo ngeendlela ezinengi.

Ukungezelala phezu kweembonelelo zesondlo sombuso ezikhona, ezifikelela abantu abangaphezu kween-gidi ezili-17 qobe yinyanga, singezelele imali yesiBonelelo sabaLupheleko, sabaPhila nokuKhbazeka nesiBonelelo seSondlo sabeNtwana.



Ngaphezu kwalokho saletha esitjha isiBonelelo esiKhethekileko se-COVID-19 seSizo lezeHlalakuhle kileHlekelele, esifikelele ebantwini abazii-nzidi ezisithandathu bekube gadesi. Lokhu kwensiwa ee-mvekeni ezimbalwa ngemva kokumenyezelwa kobuJamo beHlekelele beliZweloke.

Isilinganiso salesisibopho angeze saqalelwaa phasi. Uku-ze kwethulwe lelihlelo kwaba nokubonisana okudephileko hlangana ne-Ejensi yee-mBonelelozeSondlonomHla-laphasi kaRhulumende yeSewula Afrika (i-SASSA), iZiko eliButhelela umThele leSewula Afrika (i-SARS), umNyango wezangeKhaya nabanye ababelani.

Sahlela ikambiso esebezena ngokomtjhini ngokuzeleko yokwenza isibawo nokubha-delwa, nebuthelelomini-ningwana elihlanganyelwe-ko, kufaka hlangana iRejista yeNani labaNtu yeliZweloke nebuthelelominingwana leTjhorensi yabangasaSebenziko (i-UIF). Sahlela itjhaneli etja yokwenza iimbawo nge-WhatsApp ne-USSD, kwatlanywa amahlelo nama-bhang aukukghonakalisa ukuqinisekiswa kweminini-ningwana. Le yipumelelo ekulu eyenziwe ngesikhathi esifitjhani.

Hlangana namagadango esawathathako ukuvikela

nokusekela amaphilo, sasekela godu amabhizinisi abogabogako. Sanikela isizo kumabhizinisi amancani ngokuwehlisela iinkolodo, sanzinzisa zeemali ukubuyisela emva kwesikhathi sokubhadelwa komthelo ne-zinye iinsizakusebenza.

Saphumelelisa iSkumu se-COVID-19 soku-Qinisekisa ukuBolekiswa ngeeMali ukusiza amabhizinisi bona ahlangabezane neendleko zawo zokusebenza ngesikhathi sokuqinteliswa kwamakhambio nemisebenzi ethileko, begodu kutjhejwa bonyana iskumu lesi singafikelela bunjani kamanye amakhamphani adingileko.

Sanikela ngekambiso evikela ingeniso yabasebenzi nokusiza abanikazi bamabhizinisi ngeSkumu sesiKhatjhana sokuSiza abaQatjhi esilawulwa yi-UIF. Koke lokhu gade kukuziphendulela okunqophileko ebujameni oburhabako godu okungekwasikhathjana. Amanye wamahlelo la selayokufika ekugcineni, kanti amanye alulelwae isikhathi njengombana amamakethewemisebenzi athoma ukubuyela esigeni nje.

Amagadango esawaphumeleliso asiza khulu eku-vikeleni umphakathi wethu ebujameni oburhageleko

be-COVID-19. Iimbonelelo ezingezelweko zasiza ekutheni iingidigidi zabantu zingawohlokeli ngeliweni lomtlhago.

Nangathana khange singenelele ekuvikeleni amaphilo nekuhlengeni amabhizinisi, indlela yokuphila yabantu behethu nobujamo beenkulungwana zamabhi-zinisi begade buzokuba bumbi khulu.

Njenganje sisesikhathini samatjhuguluko sisuka ekwamukeleni isizo siya ekuvuselelwani.

Amagadango arhabako esawethulako abesisekelo esiqinileko sokwakhela umnotho welizwe lekhethu. Njengombana gadesi sesitjhe-ja khulu ukuphunyeleliswa kweHleloqhinga lokwAkha kabuTjha nokuVuselela umNotho, amaqaloqangi wethu kuzokuba kukhulisa umNotho nokuvula imisebenzi.

Sele kuneragelophambili emikhakheni ehlukileko.

Sibona iimbopho ezitja zese-kelo leemali ngokuthuthukiswa komthhangalasisekelo ngemva komhlangano omayelana nokuthuthukiswa komthethosisekelo. Amahlelo ambalwa wokuqatjha ngaphasi kweHlelo lokuQatjha likaMengameli sele athomile.

Siyaraga namatjhuguluko wezomnotho emikhakheni efana nezamandla nezo-kuthintana.

Amahlelo atjhugululwa abezizenzo begodu neembopho zibonakala ngemisebenzi namathuba.

Koke kuqakathike khulu ngesikhathesi, khulukhulu njengombana sekutjhidle isikhathi samaholideyi kaKresimus, asingabi ngag-

basonga izandla.

Ukuziphatha ngefanelo kuyafuneka kithi soke ukuze sikhandele ingogwana engumabhubbisa le.

Ukwehla kobulwelobu ngobutjha kinanyana ngiliphi izinga angeze kwabuyisela emva kwaphela ipumelelo yethu kezamaphilo. Ku-zokurhabula namakari atlhurhako wokuvuselelwa komnotho esele kwensiwe, bekusibuyisele emva ukusuka etwasahlolo ukubuyela esikhathini sobusika.

Njengendlela yokukhan-delia ihlandla lesibili lokurhatjheka kokuthele-lana nge-COVID-19, kufuze sithebele imihlahlandlela yezamaphilo womphakathi eyethulwako.

Nasibhalelwaa kufaka imaski nasihlangana nabantu, nasihlangale iminyanya lapho kubuthene abantu sizabe singazifaki sisodwa engozini, kodwana sifaka nomnotho welizwe lekhethu engozini.

Asirageni nokulima indi-methu.

Iindlela zokuziphatha ezihle ezinjengokufaka imaski, ukujama nokuhlala maqalanga nokuhlamba izandla qobe kwasisiza ekwehlulen iumbulalazwe lo. Nagadesi zisese siviko sethu esingcono khulu.

Asikhumbule ukuzinikela okwamele sikwenza sisoke ukuze sikhandele ukurhatjheka kwengogwana emalangeni wokuthoma yehile.

Nalokha imisebenzi eminengi yezhelalakuhle neyezomnotho sele ithomile, Kufuze sithebele woke amagadango wezamaphilo. Lokhu kusidingo soku-kghonakalisa ukwakhiwa kabutjha komnotho welizwe lekhethu besiyamele ngale kwehlekelele esembe-theko. ❶

# Sela Amanzi Ukhandele Ukutlhayeletwa Mamanzi Emzimbeni

Allison Cooper

**U**kungaseli amanzi neenselo ezinye ngokwaneleko ngesikhathi somtjhiso omkhulu welanga kungabangela bona umuntu atlha yeletwa mamanzi emzimbeni, kezinye iinkhathi arhadlwwe strowugu esibangelwa sifuthufuthu emzimbeni ngenca yokurhagala kwelanga. Koke lokhu kunoqua phakathi.

Ngokombiko womNyango wezamaPhilo weTjingalanga Kapa, umtjhiso wehlobo uza nobungozi bokutlhayeletwa mamanzi emzimbeni, okukutlhayeletwa mamanzi emzimbeni okunobungozi epilweni yomuntu.

Ukutlhayeletwa mamanzi emzimbeni kanengi kubangelwa kungaseli iinseleko ezaneleko ukuzaliselela amanzi aphume emzimbeni ngengurumela. Kungabangela godu bulwele, obukhambisana nokubuyisa/nehlanzo kanye namkha ukuthulula/irhudo begodu nokujuluka okubangelwa

mgomani.

Ukuphuma kwamanzi emzimbeni ngeendlela zoke akwenzeki kwaphela lokha umantu nakazithabulula umzimba ngokungeleleko, kodwana nalokha nakakhamba ko, asebenza etonini namkha nakakhwele umlelenjana, khulukhulu ebujameni bezulu obutjhisako namkha obutjhisela ngemafini.

Nawutlhayeletwa mamanzi emzimbeni umzimbakho angekhe usebenze ngokujayelekileko. Abentwana beminya ka engaphasi kwemihlanu, abantu abalupheleko nalabo abasebenza ngaphandle basengozi ni yokutlhayeletwa mamanzi emzimbeni nokurhadlwa strowugu esibangelwa sifuthufuthu emzimbeni ngenca yokurhagala kwelanga (ubujamo obubangela kufuthelana khulu komzimbakho).

Istrowugu esibangelwa sifuthufuthu emzimbeni ngenca yokurhagala kwelanga kubujamo obudinga isizo lezamaphilo elirhabako. Funa isizo lokwelatjwa

msinyana nawunamanye wamatshwayo afana nabalwe ngenzasi:

- Ukuzizwa urarekile namkha ukukhuluma kakhoma kuthoma ukuba buthaka begodu kunganatlha.
- Ukusilileka nokubuyisa.
- Iphika namkha ukuphefumula msinyana okungayi ndawo.
- Ihliziyio ithoma ukubethela phezulu.
- Ihloko ebuhlungu okuqambako.

## Amatshwayo asiyeleliso sokutlhayeletwa mamanzi emzimbeni

Amanyewamatshwayo wokuthoma asiyeleliso sokutlhayeletwa mamanzi emzimbeni afaka hlangana:

- Ukuzizwa womile nokubanesiyezi.
- Umlomo owomileko.
- Ukudinwa.
- Ukukhupha umhlambuloko ongakahlambuluki nonephunga elimbi khulu.
- Ukuhlambuluka kancani kunokujayelekileko.

○○○

**Njengendlela yokuqinisekisa bona uhlala unamanzi emzimbeni bewukhandele istrowugu esibangelwa mtjhiso owoqileko kufuze u-:**

- Sele amanzi khudlwanan kunokujayelekileko ngamalanga anomtjhiso omkhulu.
- Hlale ngekhaya namkha emthunzini.
- Thwale ingwani enompetho omkhulu namkha usebenzise isamburen.
- Hlale uphethe ibhodlelo lamanzi begodu usele qobe kusikinyeka.
- Ziphe isikhathi soku-phumula nawusebenzela ngaphandle elangeni.
- Zipholise ngokuzirhatjha/ngokuzifafaza ngamanzi emzimbeni.

## Amasana Nabentwana

Ababelethi nabathogome li kufuze bayelele khulu abantwana namasana, ukupinisekisa bonyana abatlhayeletwa mamanzi emzimbeni.

Abomma abamunyisako kufuze bamunyise abantwana babo qobe kusikinyeka nakutjhisa khulu.

Yelela bonyana abantwana bahlale ngekhaya namkha emthunzini, bembathise izembatho ezelula begodu

ubasule ngetjhila elithambileko njengendlela yokubasiza bona bahlale bapholile. Khumbula ukusebenzisa isezezo esinesikhanadelalanga lokha nabazoku-phumela ngaphandle.

Lokha abentwana beminya ka engaphasi kwemihlanu babanjwa kuthulula, bahlale ukubuyisa begodu balila ngokudinwa, kumele ufune isizo lezokwelapha khonokho. Begodu kufuneka isizo lezokwelapha elirhabako lokha isana lingakghoni ukumunya namkha amehlwalo atjhingele ngaphakathi namkha lokha ifokotho ikhismeboleko.

Ebantwaneni, amanye wamatshwayo wokutlhayeletwa mamanzi emzimbeni afaka hlangana:

- Umlomo owomileko neendebe ezinamathelana.
- Iinyembezi ezincani namkha zingaphumi nakanilako.
- Ukuhlambuluka kancani namkha ukungabi ne sidingo sokukhutjwa ileyiri qobe njengokujayelekileko.
- Isikhumba esomileko ne siqandako.
- Ukuqhasuka okungakajayeleki.
- Ukuyendanofanaisiyezi/ukujugujeka. ①

# Be healthy this festive season

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

The 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. ①