

Vuk'uzenzele

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R8.8 billion to fight HIV and TB



Dikeledi Molobela
Health Minister, Dr Joe Phaahla, has committed to checking on the Global Fund Grant to ensure that it is implemented in

a quality manner and that the country utilises the funding received efficiently. Minister Phaahla said this recently while officiating the signing of the new Global Fund grant valued over R8.8

billion for the next three-year cycle for the country's response to HIV and tuberculosis (TB). "I urge our implementers to make South Africa proud and utilise the money accountably and effectively

ensure that services are reaching the communities in need. "I am excited for the new funding and promise to check in on the grant to ensure [that] we are implementing in a quality manner and absorbing funds effectively," the Minister said.

He added that the country was grateful for the partnership it has forged with the Global Fund since 2003.

To date, this partnership has seen South Africa receiving around US\$1.3 billion to fight HIV, TB and Malaria. The grant will strengthening the country's efforts towards meeting the 2030 Sustainable Goals.

"I would like to thank the Global Fund for increasing the funding allocation for South Africa from US\$ 369 million in 2019-2022 to US\$ 546 million for the period 2022-2025."

The allocated funds will support activities to be

implemented through the AIDS Foundation of South Africa, Beyond Zero, NACOSA and the National Department of Health as principal recipients.

Minister Phaahla extended his gratitude to Global Fund for responding vividly to the COVID pandemic, through grant flexibilities.

"The COVID-19 Response funding is contributing significantly to limit interruptions in delivery of TB and HIV services," he said.

Country Coordinating Mechanism (CCM)

Speaking about SA's Country Coordinating Mechanism (CCM), Minister Phaahla said that it ensured a consultation process where, every province; key population; beneficiaries; constituency; sector had a say in what goes in the funding proposal.

The CCM consulted more than 35 entities and over 2000 individuals to inform the funding proposal.

"Our current CCM has managed to prioritise the transformation agenda, about 400 community-based organisations will be empowered and trained to be able

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Operation Vulindlela is opening the path to growth

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Domestic workers given greater protection

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Fulo la *Operation Vulindlela* li khou vula ndila ya nyaluwo

Ikonomi ya Afrika Tshipembe, u fana na ikonomi inwe na inwe, i nga si kone u shuma zwavhuḍi, ri sa ambi u aluwa, arali hu si na sisiteme ya ndowetshumo i shumaho zwavhuḍi nahone ya maimo a nṭha. Hedzi ndowetshumo, dzine dza katela ndowetshumo ya muḍagasi, maḍi, vhuendi na vhudavhidzani ha ṭhingo, ndi dzone tsinga dzine okisidzheni ya ikonomi ya tshimbila khadzo.

Thaidzo dza kudzudza-nyelwe kwa zwithu kha zwiimiswa izwi ndi kale dzo sumbedziswa sa vhuṁwe ha vhukondisi vuhulwane kha nyaluwo ya ikonomi ya Afrika Tshipembe. U sa shuma zwavhuḍi khathihi na mbadelo dza nṭha dza tshumelo dza netiweke ndi zwiṁwe zwa zwithivheli kha u ita zwa mabindu fano shangoni.

U itela u tandulula na u fhelisa khaedu idzi, ro thoma fulo la *Operation Vulindlela* nga ṁwedzi wa Tshimedzi 2020 sa maga a Ofisi ya Phresidennde na vha Vhufaragwama ha Lushaka a u ita uri hu vhe na tshandukiso dza kudzudzanyelwe kwa zwithu kha ndowetshumo idzi dzi elanaho nga u ṭavhanya. Musi mihasho ya muvhuso khathihi na zwiimiswa zwi re na vhuḍifhinduleli zwi zwone zwine zwa khou tshimbidza mafhungo aya a tshandukiso, fulo la *Operation Vulindlela* ndi lone line la vhea iṭo na u ṭalusa khaedu na zwithivheli. Hune zwa ṭoḍea, ndi lone line la tshimbidza thikhedzo ya zwa thekheniki kha mihasho.

Muvhigo wa kotara wa

zwenezwino wo sumbedzisa mvelaphanda ye ya itwa nga fulo la *Operation Vulindlela* khathihi na mihasho i re na vhuḍifhinduleli ha tshandukiso idzi.

Kha muvhuso woṭhe nga u angaredza, ro sedzesa kha zwa tshandukiso dzine dza vha dza ndeme nahone dzi ḍisaho tshanduko; dzine dza shandukisa ndila ine ikonomi yashu ya shuma ngayo.

Hezwi zwi katela fandi-si ya u rengiswa ha sipekiṭhiramu tshi re na ṭhoḍea khulwane kha zwa vhudavhidzani ha ṭhingo, ye ya fhiriselwa phanda nga miṁwaha i fhiraho 10 fhedzi ya ḍa he ya fhedza yo vha hone nga ṁwedzi wa Ṭhafamuhwe. Zwa u bviswa ha sipekiṭhiramu tshiswa zwi ḍo khwinisa vhuṭumani khathihi na u fhungudza mitengo ya vhuṭumani ha inthanethe ya luvhilo.

Zwa u thomiwa ha tshii-miswa tsha Maandlanga a Vhuimangalavha ha Lushaka sa tshii-miswa tshiṭuku tsho ḍiimisaho u bva kha Transnet ṁwaha wo fhelaho, zwo vha zwo fhiriselwa phanda nga tshifhinga tsha miṁwaha i fhiraho 15. Hezwi zwo vha liga la u thoma lo teaho kha u ita uri hu kone u vha na u shela mulenzhe ha sekhithara ya phuraivethe khathihi na u engedza kushumele kwavhuḍi kwa theminala dza vhuimangalavha hashu.

Ro dovha hafhu ra vhuedzedza sisiteme ya Blue Drop, Green Drop na No Drop lwa u tou thoma u bva tsha ṁwaha wa 2014 ri tshi itela uri hu vhe na vhulavhelesi ha khwine kha zwa maḍi na u kunakiswa ha maḍi a mashika. Ro aṇḍadza na u khwinisa Mutevhe wa Zwikili zwa Ndeme, zwine

hezwi na zwone zwo vha lwa u tou thoma u tou bva tsha ṁwaha wa 2014.

Hedzi dzi tou vha dziṁwe dza tsumbo dze nga mulandu wa u lavhelesa na u vha na vhuronwane kha tshivhalo tshiṭuku tsha tshandukiso dza ndeme, dze houno muvhuso wa kona u ita uri hu vhe na mvelaphanda khadzo.

Nga kha fulo la *Operation Vulindlela*, ro dovha hafhu ra kona u shumisa maṁwe maitete o fhelelaho nahone a vhuronwane kha zwa tshandukiso, u vhone uri hu khou vha na vhukonanyi ha khwine vhune ngaho mihasho nga vhunzhi khathihi na zwiimiswa zwa kona u shela mulenzhe.

Tsumbo yazwo ya khwinesa ndi ine ya vha kha sekhithara ya fulufulu, hune vhunzhi ha tshandukiso dza ndeme nahone dzi re na vhuṭumani dzi kati zwazwino hu tshi itelwa u shandukisa ndila ine ra bveledza na u shumisa ngayo muḍagasi.

Mvelaphanda dzo swikelwaho u swika zwino, ndi dzine dza katela u engedzwa ha phimo ya u ṇetshedzwa ha laisentsi dza thandela ntswa dza u bveledza muḍagasi u swika kha 100MW, zwine hezwi zwa tendela thandela idzi dzi tshi ṭumanywa na netiweke ya muḍagasi uri dzi kone u rengisa muḍagasi wadzo kha vharengi. Ro vusulusa Mbekanyamushumo ya U renga Muḍagasi wa Fulufulu lo Vusuludzwaho u bva kha Vhabveledzi vho ḍiimisaho nga u vula zwiṁwe zwikhala zwiswa zwa u ita khumbelo.

Tshanduko kha milayo ya nga ha vhunzhi ha vhubveledzi vhuswa ha muḍagasi dzo ita uri mimasipala i kone

u tou ḍirengela muḍagasi lwa u tou thoma. Nahone tshanduko dza zwa milayo dzi ḍo fhedza dzo bveledza maraga wavhuḍi wa zwa muḍagasi, dzi tshi tikedzwa-ho na nga nyanḍadzo ya Mulayotibe wa Khwiniso ya Milayo ya zwa Muḍagasi khathihi na nga mushumo u re kati wa u khwinisa Mbekanyamaitete ya Mitengo ya Muḍagasi.

Mushumo wa u khethekanya mishumo i itwaho kha tshii-miswa tsha Eskom u khou tshimbila zwavhuḍi, lwe tshii-miswa tsha kona u swikela mushumo watsho nga tshifhinga wa u thoma Khamphani ya Vhupfukiseli ha Lushaka phanda ha musi hu sa athu swika ḍuvha la u fhedza la ṁwedzi wa Nyendavhusiku 2021. Nga ṁwedzi wa Nyendavhusiku uno ṁwaha, ri khou fulufhela uri ri ḍo kona u khunyeledza mushumo wa u khethekanya Eskom u ya nga khethekanyo ya vhubveledzi na ya u ṇetshedzwa ha muḍagasi.

Muvhigo wa kotara u sumbedzisa vhunzhi ha dziṁwe mvelaphanda dza ndeme dzo swikelwaho, khathihi na masia ane khao ha kha ḍi vha na mushumo muhulwane.

Kha sekhithara ya zwa maḍi, fulo la *Operation Vulindlela* li khou ṇetshedza thikhedzo ya zwa thekheniki kha Muhasho wa Maḍi na Vhuthathazwizhili u itela u thusa kha zwa u thoma u shumisa puḷane ya tshandukiso ya u ṇetshedzwa ha laisentsi dza kushumisele kwa maḍi, hune tshipikwa tsha hone ha vha u khunyeledza khumbelo dzi swikaho 80% ya khumbelo dzoṭhe dzo itwaho hu sa athu fhela maḍuvha a 90.

Mushumo u kati wa u

thoma Zhendedzi la Themamveledziso ya Zwiko zwa Maḍi la Lushaka line la ḍo ita uri hu vhe na ndangulo ya khwine ya zwiko zwashu zwa maḍi.

Kha sekhithara ya vhuendi, zwa u sa shuma zwavhuḍi kha vhuimangalavha na zwiporo zwo kwama nga ndila ine ya si vhe yavhuḍi vhukoni hashu ha u rumela thundu kha maṁwe mashango. Mushumo u kati zwazwino wa u thoma vhusaka ha tshumisano na vha zwiimiswa zwa sekhithara ya phuraivethe hu tshi itelwa u bindudza kha themamveledziso dza vhuimangalavha khathihi na u khwinisa ndangulo ya theminala dza khontheina kha vhuimangalavha ha Durban na ha fhaḷa Ngqura.

Nḍivhadzamulayotibe ya nga ha Mbekanyamaitete ya Tshiporo ya Lushaka, ye ya ṭanganedzwa nga Khabinethe nga ṁwedzi wa Ṭhafamuhwe, i bvisela kha-gala puḷane dza u vusuludza nga huswa themamveledziso dza tshiporo khathihi na u ita uri vhaṁwe vathu vha nṇḍa na vhone vha kone u swikela netiweke ya tshumelo dza u endedza thundu nga tshiporo. Vha tshumelo dza U endedza Thundu nga Tshiporo vha Transnet vha kati na mushumo wa u ita uri hu vhe na zwiikhala zwa vhashumisi vha tshiporo vha phuraivethe kha netiweke yeneyo.

Sisiteme ine ya khou shuma nga vhuḍalo ya e-Visa, yo rwelwa ṭari kha mashango a 14, hu tshi katelwa na kha maṁwe mashango ane a vha mimaraga yashu ya zwa vhaendelamashango mihulwanesa. Tsenguluso yo fhelelaho ya sisiteme ya visa ya zwa mishumo na yone i kati zwazwino u itela uri ri kone u kunga zwikili zwine ikonomi yashu ya zwi ṭoḍa. Hedzi tshanduko dzo konadzea nge ha vha na tshumisano yavhuḍi vhukati ha muvhuso nga fhasi ha adzhenda nthihi ya mvusuludzo.

Ri khou ita khuwelelo kha mabindu na vhabindudzi ya uri vha shumise tshikhala itshi tsha tshanduko dzine dza vha kati, vha shandukise miano na vhuḍikumedzeli havho uri zwi vhe vhubindudzi vhu vhone nahone vhu sikaho mishumo.

Kha vha ditsireledze kha COVID-19 vhuriha vhu sathu dzhena

Allison Cooper

Musi tshivhalo tsha zwiwo zwa u kavhiwa nga vairasi ya COVID-19 fhano Afrika Tshipembe tshi tshi khou engedzea phanda ha musu luṭa lwa vhuṭanu lwa zwiwo zwa u kavhiwa lune lwa khou humbulelwa lu tshi swika khathihi na zwa uri minwedzi i rotholaho ya vhuriha i khou sendela, muvhuso u khou bvela phanda na u ṭuṭuwedza vhadzulapo uri vha haelwe u itela u lwa na vairsi khathihi na u dovha vha wana khaelo ya u engedza maandā kha iyo ye vha i wana u thoma.

U ya nga Minista vha Mhasho wa Mutakalo, Dokotela Vho Joe Phaahla, nga la 25 Lambamai Afrika Tshipembe lo rekhoda u engedzea nga 137% ha tshivhalo tshiswa tsha zwiwo zwa u kavhiwa nga vairasi ya COVID-19 musu tshi tshi vhambedzwa na tsha maduvha a sumbe o

fhiraho, zwine hezwi zwo itiswa nga maandā nga tshivhalo tsha nthesa tsha zwiwo zwa u kavhiwa ngei vunduni la Gauteng, KwaZulu-Natal na Kapa Vhukovhela.

“Vairasi iyi ya COVID-19 i kha di vha khombo vhu-kuma nahone ri nga si kone u ṭutshela maga othe a u thivhela,” Minista Vho Phaahla vha ralo.

“Ri khou dovha hafhu ra ṭuṭuwedza avho vhothe vhane a vha athu u haelwa uri vha bvele khagala vha ye vha haelwe. Ri kha di vha kha tshivhalo tsha fhasi ha 50% tsha vhaaluwa vhane vha kha di tou vha na khaelo nthihi fhedzi ya u thoma, nahone hezwi a si mbonalo yavhuḏi. Ri khou ṭuṭuwedza vathu vhaswa uri vha ye u haelwa. Maswole a tsireledzo ya muvhili a swika hune a fhelelwa nga maandā nga murahu ha tshifhinga nahone u nga si kone u ita nzudzanyo dza u ya wa a engedza maandā hafhu u fana na zwine wa nga ita kha muhalelo. Ri

khou ṭuṭuwedza vathu vhothe vhane vho tewa nga u wana khaelo dza u engedza maandā uri vha shumise tshikhala itshi phanda ha musu vhuriha vhu tshi hulela,” vho ralo vha tshi ḡadzisa.

Mhasho wa Mutakalo wa vundu la Kapa Vhukovhela wo ḡivhadza uri mbalombalo dza fhano hayani na dza dzitshaka dzo khwaṭhisedza uri muhalelo wa COVID-19 u kha di vha yone philelo ya khwinesa kha u lwa na vairasi iyi. Izwi zwo ralo nga maandā na kha vathu vhane maswole a mivhili yavho a vha a sa tou shuma zwavhuḏi nga mulandu wa maṭwe malwadze ane vha vha nao.

Dwadze la COVID-19 a li athu tou vha tsini na u fhela. U itela uri ri kone u li kunda, ri tea u tou li fhelisa nga u vhona uri hu khou haelwa vathu vhanzhi vhukuma khathihi na nga u bvela phanda na u ita uri vha wane khaelo dzavho dza u engedza maandā, mhasho u ralo.

Luṭa lwa vhuṭanu

Naho tshivhalo tsha zwiwo zwa u kavhiwa nga vairasi ya COVID-19 tshi tshi khou engedzea na uri shango li khou lavhelela u dzhena kha luṭa lwa vhuṭanu hu si kale, a zwi athu tou ḡivhea uri luṭa ulwu lu ḡo vha khombo u swika ngafhi.

“Zwine a zwi athu tou vha khagala ndi zwine ra khou vhudzwa nga vhorasaintsi vhashu zwa uri luṭa ulwu luswa lu ḡo ḡiswa nga lushaka luswa lwa vairasi lune lwo newa dzina la Pi, lune lwa ḡo vha lushaka lu fhirelaho nga luvhilo khathihi na u kunda maswole a muvhili. Fhedzi, u swika zwino, tshaka dze dza khwaṭhisedzwa sa dzone tshaka dza vairasi dzo andesaho, ndi tshaka ṭhukhu dza lushaka lwa Omicron dzine dza vhidzwa u pfi B.4 na B.5,” vha ralo Vho Phaahla.

Kha vha thivhele u fhirela ha dwadze

Vha nga thusa u thivhela u fhirela ha dwadze la COVID-19 nga u vhona:

- Uri vho wana khaelo dzothe dza COVID-19 (hu tshi katelwa na khaelo dza u engedza maandā).
- Uri fhethu hothe hune ha vha nga ngomu ha zwifhaṭo hu khou dzhena muya nga ṇḡila yavhuḏi.
- Uri vha khou ambara masiki wa tshifhaṭuwo musu vhe nga ngomu ha tshifhaṭo na fhethu ho ḡalesa vathu.
- Uri vha khou wana khaelo ya mukhushwane.
- Uri vha a ḡivha zwine vha tea u ita musu vhe na tsumbadwadze dzi fanaho na dza mukhushwane.
- Uri vha khou ṭamba na u sanithaiza zwanda zwavho.

U wana mutevhe wa webusaiti dza zwa u haelwa dzi khou shumaho, kha vha dalele <https://sacoronavirus.co.za/webusaiti-dza-u-haelwa-dzi-khou-shumaho/>

Boost immunity before flu season

Getting the flu vaccine and taking care of yourself by ensuring a healthy lifestyle are the two best ways to reduce your risk of becoming seriously ill from the flu this winter.

Getting your annual flu vaccination is the most effective way to protect yourself against flu and serious complications, says the Western Cape Delft Community Health Centre's dietician, Tanja Venter.

She said you can also help your body to fight off infections by eating a well-balanced diet that includes lots of fresh fruit

and vegetables.

“If you do catch a cold or the flu, having a strengthened immune system can help to reduce the severity of symptoms and the period of illness,” she adds.

While no single food item can guarantee immunity against colds and flu, Venter says food rich in antioxidants can boost the immune system by ensuring that immune cells work optimally.

“Including butternut, pumpkin, citrus fruits (oranges), tomatoes, whole grains, milk and lean meats, and drinking lots of clean water can contribute to a

healthier immune system, keeping colds and flu at bay.”

For infants and toddlers, up to the age of two, Venter says breastfeeding provides them with the best start to a healthy immune system.

Reduce stress

Other ways to ensure a healthy immune system include monitoring your well-being and stress

levels.

Venter explains that long-term stress can affect the immune system, making the body vulnerable to infections.

“With the hustle and bustle of our daily lives, we often find ourselves stressed out, eating poorly and not doing enough exercise. Exercising can reduce stress and improve overall health,” says Venter.

You can also decrease stress by doing something that helps you unwind, such as drawing, painting, sewing, writing or cooking.

“Other healthy habits for adults and children include good hygiene practices, such as washing your hands regularly, coughing or sneezing into a tissue or elbow and staying home when you are sick to avoid infecting others,” says Venter.

Visit your local clinic to get your flu vaccine, or for a check-up, if you develop any of the common flu symptoms, including a headache, fever or body chills, sore throat or cough (usually dry), tiredness and weakness, a runny or stuffy nose, aching muscles and vomiting, diarrhoea and high fever (common in children).

This information was supplied by the Western Cape Government.

