

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS) English/isiNdebele UMrhayili 2022 umGadangiso 2

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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Ijima i-Operation Vulindlela Lihlahla Indlela Yokukhulisa Umnotho

Umntho we-Sewula Afrika, njengewamanye amazwe, angeze wasebenza, namkha ukhule, ngaphandle kwamathungelelwano wamabubulo asebenze kuhle nangepumelelo. Amabubulo la – okufaka hlangana igezi, amanzi, iinthuthi nezokuthintana – amithambo yokukhambisa umnotho.

Ilinka zomthangalasisekelo kilemikhakha sekukade zatshwaywa njengeenqobo zokukhula komnotho weSewula Afrika. Ubuthapha keza-masebenzo neendleko eziphakemeko zezenzelwa zethintanoligqa kuqaba amahlelo wokuvula amabubulo ngelizweni lekhethu.

Ukuze kuqalanwe neentjijilwezi, sahloma ijima i-Operation Vulindlela ngoSewula wee-2020 njengomzamo we-Ofisi kaMengameli neweZiko leeMali leliZwelo ke uku-rhabisa amatjhuguluko kilemithangalasisekelo yamabubulo. Nanyana iminyango namabubulo karhulumente athintekako adosa phambili ngamatjhuguluko la, ijima i-Operation Vulindlela litjheja belitshwaye iintjijilwezi neenqobo. Lapho kutlhogeka khona, lisiza iminyango ngesekelo lobuqharha-qharha.

Umbiko wamhlapha wekota uhlatulula iragelophambili esele yenziwe lijima i-Operation Vulindlela neminyango ethintekako ngamatjhuguluko la.

Kurhulumente ngokuphelela kwakhe, umnqopho wethu usematjhugulukweni aqakathekileko naletha



umehluko; layo abumba indlela umnotho welizwe lekhethu osebenza ngayo.

Lokhu kufaka hlangana ukuthengiswa efandisini kwethungelelwano lezinga eliphezulu lezokuthintana, okwariyada ngeminyaka engaphezu keliTjumi kodwana kwaphethwa ngoNtaka. Ukukhutjwa kwethungelelwano lezokuthintana kuzokuthuthukisa ukuthintana kwehlise neendleko zokurhatjha ngommoya.

Ukuhlonywa nyakenye kweBandla eliLawula amaDoyelo leliZwelo ke njengebubulwana elizijameleko le-Transnet kuriyade ngeminyaka engaphezu keli-15. Leli bekuligadango lokuthoma elifaneleko ukusiza amabubulo wangeqadi ukuzibandakanya nokukhulisa ukusebenza ngefanelo kwamatheminali wamadoyelo wethu.

Sivuselela godu ihlelo i-Blue Drop, i-Green Drop nele-No Drop system okungekokuthoma ukusukela ngomnyaka wee-2014 ukuqinisekisa ukutjheji-

siswa ukuhlolwa ngefanelo kwekhwalithi yokuhlweniswa kwamanzi. Sikhuphele emphakathini irhelo i-Critical Skills List, nakho okungekokuthoma ukusukela ngomnyaka wee-2014.

Lezi ziimbonelo lapho, ngokunqophisisa kumatjhuguluko amaQalontanzi, lelihlandle lombuso elikhghele ukuletha ngalo iragelophambili.

Ngejima i-Operation Vulindlela, sikghonile ukusebenzisa indlela yokwenza enqophileko yokuletha amatjhuguluko, Ukuqinisekisa Ukusebenzisana ngokuhlanganyela okungcono lapho iminyango ehlukahlukileko nama-bubulo athinteka khona.

Isibonelo esihle salomkhakha wezamazandla, lapho isibalo esithile samatjhuguluko aqakathekileko kuragwa nawo ukutjhungulula indlela esiphehla nesisebenzisa ngayo igezi.

Ipumelelo ifaka hlangana ukukhuliswa kwesibalo samalayisensi wamaphrojekthi amatjha wokuphehla igezi ukufikela kumaMamegaWatsi ali-100,

okuvumela amaphrojekthi la ukuhlanganyela kusi-phehligezi selizwelo ke nokuthengisela umphakathi igezi. Sivuselele ihlelo elizijameleko loku-Thenga nokuKhiqiza iGezi ngokuvulwa kwethuba lokukhangisa elitjha.

Amatjhuguluko wemileyo mayelana nekghonakalo etja yokuphehla igezi avumele abomasipala ukuzithengela igezi ngokwabo okungekokuthoma. Amatjhuguluko wezomthetho azokuvulela imakethe etja yokuphalisana ngokuthengisa igezi, okusekelwa kukhutjwa komThethomlingwa wokuLawulwa kweGezi.

Umsebenzi wokutlharulula i-Eskom uyaraga, lapho ibubulweli lizokufikelela isikhathi esabekwako sikaNobayeni wee-2021 sokuHloma iKhampani yokuPhakela iGezi yeliZwelo ke. NgoNobayeni wanonyaka, sithemba ukuthi kuzabe sekutlharulwe amaphiko we-Eskom wokuphehla nokusabalalisa igezi.

Umbiko wekota utshwaya ipumelelo eqakathekileko, kunye neengcenyana lapho umsebenzi ongeneleleko usaraga khona.

Emkhakheni wamanzi, ijima i-Operation Vulindlela gade inikela isekelo lezobuqharhaqharha emNyangweni wezaManzi nokuHlwengisa ukuletha isikhathi sokusebenza kweqhinga ngokunikelwa kwamalayisensi woku-setjenziswa kwamanzi, ngomnqopho wokutjheja iimbawo ezima-80% ngamalanga ama-90.

Uyaraga umsebenzi

wokuhloma i-Ejensi yeenSetjenziswa zaManzi yeliZwelo ke ezokuqinisekisa ukuphathwa ngcono kwamanzi elizweni loke

Kezeenthuthi, ukusebenza butjhapha emadoyelweni nemizileni yeentimela kuthintela khulu ikghono lethu lokuthumela iphahla ngaphandle kwemikhawulo. Umsebenzi uyaraga netjhebiswano namabubulo wangeqadi ukusisa kumthangalasisekelo wokuthuthukisa ukuphathwa kwamatheminali weemumathi edoyelweni le-Durban neleNgqura.

IPhephamibono lomThethomgomo wesiPoro, elavunyelwa yiKhabinethi ngoNtaka, lihlathulula amaqhinga wokuvuselela umthangalasisekelo wesi-poro nokusiza amanye amakhampani ukufikelela ithungelelwano lemithwalo ekhanjiswa ngeentimela. Ikambiso yesiPoro sesiTimela semiThwalo se-Transnet isebujameni bokuvula amathuba wamakhampani azijameleko ukungena kilelithungelelwano.

Irherho elizeleko lokusebenza i-e-Visa lihlonywe emazweni ali-14, kufaka hlangana kamanye athandwa ziimvakatjhi. Ukubuyekisa okupheleleko kwerherho i-e-Visa liyaraga ukusiza ukukhanga amakghono athlogwa mnotho welizwe lekhethu.

Amatjhuguluko la aphunyeleliswe kusebenzisana ngcono hlangana kwemikhakha karhulumente ngehlelo lamatjhuguluko elinqotjhiweko.

Sikhombela abasisi namabhezini bona bazibandakanye amatjhugulukweni aragako batjhugululele iinthembiso nokusisa kwabo ebumameni bokuvula imisebenzi.

Zivikele Ekubanjweni Yingongwana i-*COVID-19* Ngaphambi Kobusika Banonyaka

Allison Cooper

Njengombana iimbalobalo zokutheleleka kwabantu nge-*COVID-19* zikhuphuka eSewula Afrika ngaphambi kokwehla kobulwelo kwehla lesihlanu nokobana ubusika sebutjhidele nje, urhu lumende uraga nokukhuthaza umphakathi ukuhlabela ingogwana nokuhlala bavikelekile ngokuhlaba imijovo yokuqinisa ivikeleko.

NgokukaNgqongqotjhe wezePilo, uDorh. Joe Phaahla, ngeLanga langomhla ama-25 kuSihlabantanga, iSewula Afrika ifikelele esibalweni se-137% ngokukhuphuka kweembalobalo ze-*COVID-19* naku-madani swa namalanga wangaphambilini alikhomba, okubangelwe khulu mazinga wokuthelelana aphezulu e-Gauteng, KwaZulu-Natala neTjingalanga Kapa.

"I-*COVID-19* izokuhlala inobungozi godu asikwazi ukuziliselela ngamaga-



dango wokukhandela ubulwelo," kwatjho uNgongqotjhe uPhaahla.

"Siyabakhuthaza godu boke labo abangakabukhlaba ukuya bayokuhlabela ingogwana. Sisese ngaphasi kwama-50% wabantu abadala abasahlabe kanye kwaphela godu lokho akusikuhle. Sikhuthaza ilutjha esele likhulakhulile bona liyokuhlaba. Amasotja wemvelo avikela umzimba ayatjhabalala ngokukhamba kwesikhathi kungakho

kufuneka umjovo. Akunasingo sokutlolisa. Sikhuthaza boke labo abafanelwe mjovo wokuzaliselela ukusebenzisa ithubeli ngaphambi kobusika obungeneleleko," ungezelele ngokutjho njalo.

UmNyango wezepilo weTjingalanga Kapa uthi iimbalobalo zangekhaya nezangaphetjheya zitjengisa ukuthi ukuhlabela i-*COVID-19* kusiviko esiphuma phambili ekuhlwaneni nengogwana. Khulukulu ebantwini

abanamasotja womzimba abogabogako.

Ngokutjho komnyango, i-*COVID-19* ayikazukuphela msinyana. Ukuze siyehlule, kufuze siyitjhabalalise ngokuqinisekisa ukuthi abantu abanengi ngokukghonakalako bayahlaba begodu baraga nokuhlaba imijovo yokuqinisa ivikeleko.

Ukwehla kwe-*COVID-19* Kwehlandla Lesihlanu

Nalokha iimbalobalo ze-*COVID-19* zikhula godu ilizwe lilindele ukungena msinyana ekwehleni kwayo kwehlandla lesihlanu, akukaziwa ukuthi izokurhagala kangangani.

"Esingakabukuba nesi-qiniseko sakho kukuthi abososayensi bethu basitjela ukuthi umzombe omutjha lo uzokuza nomhlobo omutjha onesingabizo esithi yi-Pi, ozokurhatjheka ngebelo elikhulu bewubhedlthe amasotja wokuvikela umzimba. Kodwana, kilesisigaba, okuqinisekisiweko kurhagala kwemihlotjana

i-Omicron ebizwa i-B.4 kunye ne-B.5," kwatjho u-Phaahla.

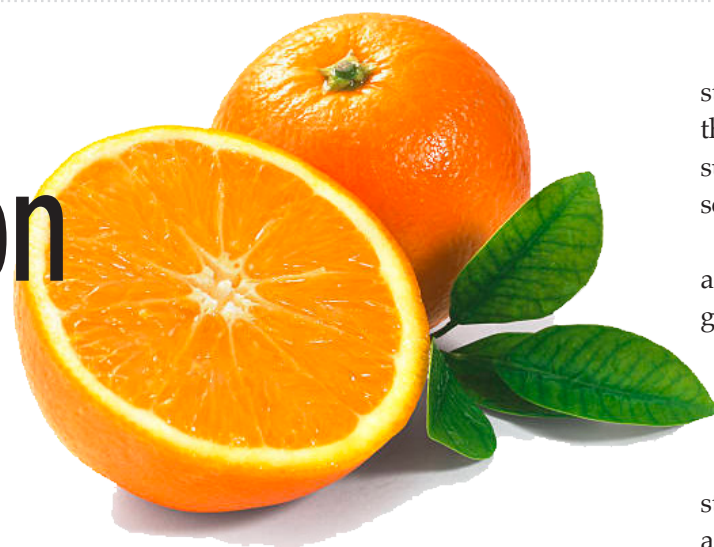
Khandela Ukungenwa yi-*COVID-19*

Ungasiza ngokukhanda ukungenwa yi-*COVID-19* ngokuqinisekisa ukuthi:

- Uyihlabe yoke imijovo ye-*COVID-19* (kufaka hlangana imijovo yokuqinisa ivikeleko).
- Iindawo ezingaphakathi komakhiwo zikghonakalisa bona kutjhalale ummoya owaneleko.
- Umuntu ngamunye ufaka imaski nakangaphakathi komakhiwo namkha eendaweni ezinabantu abanengi.
- Uhlabela umgomani.
- Uyazi ukuthi kufuneka wenzeni nawunamatswayo womgomani.
- Uhlambe izandla zakho godu usebenzise isihlanzekisi.

Nawufuna irhelo leendawo zokuhlabela i-*COVID-19*, ngena kubunzin-zolwazi ku: <https://sacoronavirus.co.za/active-vaccination-sites/>

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.