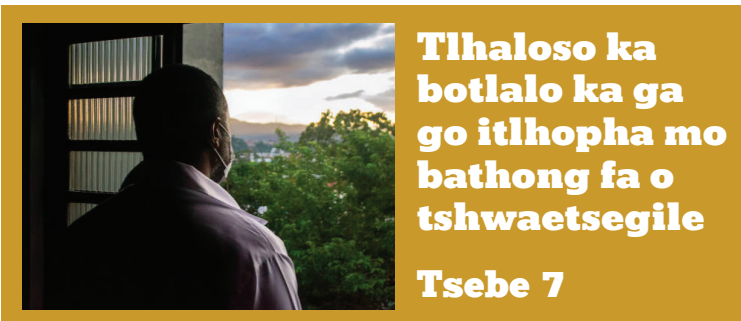


Vuk'uzenzele

O e tlisediwa ke Ditlhaeletsano tsa Puso (GCIS)

English/Setswana

Phatwe 2020 Kgatiso 1



Aforika Borwa e tsaya dikgato go samagana le tlhalelo ya metšhini ya go thusa go hema



MOTŠHINI wa go thusa go hema o o dirilweng ka fa nageng o tla thusa balwetse ba ba nang le matshwao a a seng bogale a *COVID-19* go hema botoka.

Silusapho Nyanda

Ntwa kgatlhanong le bolwetse jwa mogare wa *corona* (*COVID-19*) ka fa nageng ya Aforika Borwa e tshegeditswe ka tlhagiso ya metšhini ya go thusa go hema e e dirilweng ka fa nageng.

Motšhini wa go thusa go hema o o bidiwang *Continuous Positive Airway Pressure* (CPAP) o thusa balwetse ba ba nang le matshwao a a seng bogale a *COVID-19* go hema botoka ka go ba bodulolela mowa o o itekanetseng mo dikarolong tsa bona tsa go hema gore di se tswalege.

Metšhini ya go thusa go hema eno e dirilwe ke Lekgotla la Dipatlisiso tsa Saense le Intaseteri (CSIR) mmogo le badirisani mmogo ba yona ba

le bantsinyana ba ka fa nageng mme e tla phasaladiwa naga ka bophara go thusa balwetse ba ba nang le matshwao a go sokodisiwa ke go hema fa ba le mo tshimologong ya go tshwaediwa ke *COVID-19*.

“Mowa o gantsi batho ba o hemang o na le diphesente di le 23 tsa oksijene. Metšhini ya go thusa go hema ya CPAP e kgona go pompa palo e e kwa godimo ya oksijene, mme seno se kgona go thusa motho go hema. CPAPA e pompa oksijene e e sa feleng e e humileng. O ka kgona go oketsa kgotsa go fokotsa oksijene e motho a e hemang,” ga rialo Molaodikhuduthamaga wa CSIR mo Ditlhagisweng tsa mo Isagong: Tlhagisodikuno e bong Martin Sanne.

E tswelela mo go tsebe 2



Go buisa Vuk'uzenzele tsenya epe ya GOVAPP e o ka e fitlhelang mo go:



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IKGOLAGANYE LE RONA MO GO



Vuk'uzenzele



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KE MAHALA, GA E REKISEWE

TSHEDIMOSETSO KA GA 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

E tswela go tswa mo go tsebe 1

Balwetse ba ba dirisang metšhini ya go thusa go hema ba e dirisa ka go apara maseke wa go thusa go hema. Oksijene e tswa mo tankeng ya oksijene mme e tswakwa le mowa o o tlwaelegile o o leng mo motšhining wa go thusa go hema mme go tsweng foo e fetela mo masekeng moo e tla hemiwang ke molwetse.

Sanne a re mo godimo ga go thusa go pompa mowa o o fetlhlilweng ka oksijene, CPAP e thusa gape balwetse gore ba kgone go hemela kwa ntle mowa o o tswang

ka fa teng ga matshwafo a bona.

Didirisiwa tseno tsa CPAP di ka dirisiwa mo mafelong a bookelo a a dirisang thekenoloji ya maemo a a kwa godimo le mo maokelong a nakwana, a a jaaka dipetlele tse di leng kgakala le baagi mmogo le mafelo a go kotosa bao ba nang le mogare.

Sanne a re CSIR e tla re kwa bokhutlong jwa kgwedi ya Phatwe monongwaga ya bo e tlhagisitse metšhini ya go thusa go hema e le 10 000. Ka tirisanommogo le Siemens, Simera, Akacia, Gabler, Umoya le Yunibe-

siti ya Motse Kapa, CSIR e kgonne go tlhagisa di-CPAP ka go ikamanya le metheo ya Mokgatlo wa Lefatshe wa Merero ya Boitekanelo (WHO).

Metšhini ya go thusa go hema ya ntle e tla neelwa dipetlele tsa puso tse di tobaneng le matsapa a go tlhoka didirisiwa tsa go samagana le COVID-19.

CSIR e simolotse ka tiro ya go dira di-CPAP morago ga gore go nne le tlhalelo ya metšhini ya go thusa go hema mo lefatsheng ka bophara. "Mo kgwedding ya Mopitlwe le Moranang, go ne ga nna le tlhalelo ya

metšhini ya go thusa go hema mo batlameding ba rona ba boditšhabatšhaba.

Fao e neng e le teng gone e ne e rekisiwa ka madi a a boitshegang mme puso e ne ya rebola thendara ya gore go tlhagisiwe metšhini ya go thusa go hema," ga rialo Sanne.

Thendara eno e ne e le karolo ya Porojeke ya puso ya Naga ya Metšhini ya go Thusa go Hema e e neng e laolwa ke Lefapha la Kgwebisano, Intaseteri le Dikgaisano tsa Dikgwebo.

CSIR e samagane gape le go dira motšhini wa go thusa go hema wa *Bi-level*

Positive Airway Pressure (BPAP) o maitlhommo a ona e leng go thusa balwetse ba ba leng mo maemong a a tlhobaetsang a COVID-19.

Motšhini ono wa go thusa go hema o tla thusa balwetse go goga mowa le go hemela kwa ntle mowa o o leng mo matshwafong a bona, e ka tswa e le ka mokgwa wa go o beela nako go dira tiro eno kgotsa ka go o dira gore o dupelele fa molwetse a tlhoka go goga kgotsa go hemela kwa ntle mowa o o leng mo matshwafong mme e le ona o o itirisang ka bo ona go ya ka seo molwetse a se tlhokang.



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Thusa go emisa go anama ga COVID-19

Setšhaba sa rona se to-bane le matlhotlhape-lo a se kana ka sepe fa e sale re nna le temokerasi ya rona. Sebaka sa matsatsi a feta a le 120, re atlegile mo go diegiseng go anama ga mogare ono o o dubang matlhotlhapelo lefatshe ka bophara.

Fela ga jaanong, tlhatlogo ya ditshwaetso e re sa bolong go lemosiwa ka yona ke baitseanape ba rona ba tsa boitekanelo gore e mo tseleng, e re aparetse. Palo ya maAforika Borwa a feta kotara ya milione jaanong e tshwaeditswe ke mogare wa *corona*, e bile re a itse gore batho ba bangwe gape ba le bantsi go santse go sa itsiwe fa ba tshwaetsegile kgotsa jang.

Jaanong re iphitlhela re bega dikgetse tse dintšhwa di feta di le 12 000 letsatsi le lengwe le le lengwe.

Fa e sale mogare ono o supotsa tlhogo ka kgwedi ya Mopitlwe monongwaga, batho ba feta ba le 4 079 ba setse ba tlhokafetse ka ntlha ya COVID-19.

Fela jaaka ditsuatsue tse di maatla tse di tsubutlang naga ya rona go tswa kwa karolong ya Borwa jwa Lewatle la Atlelanta mo pakeng eno ya ngwaga, le ka mogare ono wa *corona* go tla nna le dikarolo tsa naga eno tse di ka se tsubutlweng ke mogare wa *corona*. Setsuatsue sa mogare wa *corona* se bogale thata e bile se senya tota go gaisa ditsuatsue tse dingwe tse re kileng ra sutlha mo go tsona. Se tlhotlhora metswedi le maitlhommo a rona tota.

Tlhatlogo ya ditshwaetso e re sa bolong go lemosiwa ka yona dikgwedi di le tharo tse di fetileng ke baitseanape ba rona ba tsa boitekanelo le ba tsa saense gore e mo tseleng, e re aparetse. E simolotse kwa Kapa Bophirima mme jaanong e tswelletse go tsubotla Kapa Botlhaba le Gauteng.

Le fa tota ditshwaetso di tswelletse go tlhatloga ka bontsi, go botlhokwa thata go nopola gore palo ya tlhatlogo ya dikgetse tsa dintsho ya phesente e le nngwe le halofo ke e nngwe ya dipalo tse di kwa tlase thata mo lefa-

tsheng ka bophara. Eno ke fa re e bapisa le palo ya tlhatlogo ya dikgetse tsa dintsho e e tletseng mo lefatsheng ya diphesente di le 4.4. Re tshwanetse go leboga batlhankedi ba rona ba boitekanelo ka maitemogelo le boineelo jwa bona mmogo le dikgato tse re di tsereng go ithulaganya sentle mo tsamaisong ya boitekanelo go bo re na le palo eno e e kwa tlase ya dintsho mo nageng ya rona.

Le fa tota go na le batho ba le bantsi ka fa nageng ba ba tsereng dikgato go thibela go anama ga mogare ono, go santse go na le ba bangwe ba le bantsi ba ba sa direng jalo. Go na le ba bangwe mo go rona ba ba itlhokomolosang melaokiletso eno e e neseditsweng pula gore e ka dirisiwa go lwantshana le bolwetse jono.

Mo nakong eo re aparetsweng ke leroborobo leno, go namela thekesi o sa apara maseke wa go hema, go kokoana go etela ditsala, go ya meketeng kgotsa go etela balelapa, go dira gore go nne bonolo gore mogare o aname mme seno se ka tlhola dintsho.

Jono e ka tswa e le bolwetse jo bo tlhodiwang ke mogare, fela bo anama ka ntlha ya maitsholo a batho.

Ka maitsholo a rona – re le batho ka borona, re le masika, re le baagi – re ka fetola ka fao leroborobo leno le itirelang ka teng boithatelo e bile re tshwanetse go dira jalo. Re tshwanetse go apara maseke wa lesela o o thibang nko le molomo fa re tswa ka malapa a rona. Re tshwanetse go tswelela go tlhapa diatla tsa rona ka gale ka metsi a sesepa kgotsa ka go a tlotla sebolayamegare.

Re tshwanetse go tswelela go phepafatsa mafelo otlhe a a dirisiwang ka gale ke batho.

Se se botlhokwa go fetisisa, re tshwanetse go katogana – go katoga motho yo mongwe sekgala sa dimitara di le pedi.

Jaanong go na le bopaki jo bo supologang jo bo reng mogare ono o ka tsamaya ka dikarolo tse dinnye thata tse di leng mo

moweng mo mafelong a go nyeumang batho mo go ona, a a tswalegileng kgotsa ao a sa tsenelweng ke phefo. Ka ntlha ya seno re tshwanetse gore ka gangwe fela re tokafatse mafelo a batho ba tsenang ka fa gare ga ona ao mo go ona kgonagalo ya go anama ga mogare ono e leng teng.

Tshwetso ya rona ya go tsena mo kगतong ya go sekega nakwana ditiro tsa ka fa nageng e re thusitse gore re se gosomelwe ke ditshwaetsego tse dintsi re santse re le mo tshimologong fao ka nako eo maokelo a rona a neng a santse a ise a ithulaganye, e leng seo se ka bong se bakile dintsho tse di seng kana ka sepe.

Mo nakong eo re nnileng le yona, re tsere dikgato tse di botlhokwa thata go matlafatsa maokelo a rona gore a kgone go samagana le mogare ono. Re setse re dirile diteko tsa mogare wa *corona* di feta di le dimilione di le pedi mme ka fa letlhakoreng le lengwe batlhankedi ba boitekanelo ba ba tsenang ntlwana ka ntlwana bona ba setse ba dirile ditlhatlhubo tsa boitekanelo di feta di le dimilione di le 20

Re beetse thoko malao a ka nna 28 000 kwa dipetlele go thusa balwetse ba COVID-19 mmogo le go tlhoma dipetlele tsa nakwana tse di leng kgakala le baagi tse di dirang go ralala le naga. Ga jaana re na le malao a feta a le 37 000 kwa maokelong a puso le a poraefete go ralala le naga a a beetsweng balwetse ba ba nang le mogare ono mme ba tlhoka go katosiwa, a a letetseng fela go amogela balwetse bao ba batlang go ka katosiwa mo bathong ba bangwe mme ba se na ditlogo tsa go ka ikatosa ka bobona fa ba le kwa malapeng a bona.

Re rekile ra bo ra romela dimilione milione tsa didirisiwa tsa ipabalesego kwa dipetlele, ditleliniki le kwa dikolong go ralala le naga e le go ka babalela batlhankedi ba rona ba ba kopanang le badirelwa. Re thapile e bile re tswelletse go thapa baoki, dingaka le batlhankedi ba tirelo ya tshoganyetso ya

boitekanelo.

Re tswelletse go nna le kगतelopele mo matsapeng a rona a go samagana le COVID-19, le fa go le jalo, kgwetlho ya rona e e namagadi e santse e tla. Go ralala le diporofense tsotlhe, re samagane le go oketsa palo ya diphaposibookelo tse di amogelang balwetse ba malwetse a a farologaneng mmogo le malao a a tlhokegang go amogela balwetse ba COVID-19.

Mo dipetlele di le dintsinnyana balwetse ba ba sa tlhokeng kalafo ya tshoganyetso ba fokodiwa mo diphaposing tsa bookelo go romelwa kwa malapeng a bona, dikarolo dingwe tsa dipetlele di fetolwa go nna diphaposi tsa balwetse e bile go tlhomiwa kgotsa go okediwa gape le dipetlele tsa nakwana tse di leng kgakala le baagi.

Re samagane le go oketsa tlamelo ya oksijene, metšhini ya go thusa go hema mmogo le didirisiwa tse dingwe gape tse di botlhokwa tse di tla tlhokagalang go thusa bao ba leng mo maemong a a tlhobaetsang, go tsenyeletsa go tlamela ka oksijene mabapi le ditirelo tse di rileng.

Re dirisa thekenoloji ya dijithale go gagamatsa matsholo a go nopola, go gata motlhala le go beela kwa thoko batho bao ba kopaneng le bao ba tshwaetsegileng, mmogo le go tshegetsabao diteko di fitlhetseng ba na le mogare ono.

Jaanong jaaka re tsena mo maemong ao ditshwaetso di tla bong di le kwa godimo, re tlhoka go tsaya dikgato tse di gagame-tseng tsa polokesego mmogo le go gagamatsa dikgato tse ga jaana di leng teng go ka fokotsa lebelo la ditshwaetsego.

Melawanataolo ya gore batho ba apare dimaseke e tla gagamadiwa. Bathapi, beng ba mabentlele le balaodi, beng ba dipalangwa tse di dirisiwang ke baagi, mmogo le balaodi le beng ba meago yotlhe e e dirisiwang ke baagi jaanong ke molao gore motho mang le mang yo a tsenang mo mafelong a bona kgotsa yo a namelang di-

palangwa tsa bona o tshwanetse go bo a apere maseke.

Dithekesi tse di tsayang maeto a fa gautshwana di tla letlelelwa gore di ka tlatsa banamedi, mme tseo di tsayang maeto a maleele tsona di tla tshwanelwa ke go pega fela 70% ya banamedi, mme seno se tla letlelelwa fa fela ba ikamanya le dikgato tsa tsamaisokgwebo tse di ikamanyang le tiriso ya dimaseke, go tshela sejanaga seo ka sebolayamegare mmogo le go bula a mangwe a matlhabaphefo a sejanaga seno.

Jaanong go bopaki jo bo to-tobetseng gore go letlelelwa gore notagi e ka simolola go rekisiwa go nnile le ditlamorago tse di seng kana ka sepe mo dipetlele, go tsenyeletsa le mo ditirelong tsa dikgobalo tse di masisi le mo ditirelong tsa diyuniti tsa balwetse ba ba lwelang botshelo le badimo, mme seno ke ka ntlha ya dikotisi tsa dijanaga, tirisodikgoka mmogo le ditiragalo tsa mothale ono tse di tlholang dikgobalo tse di masisi.

Ka ntlha ya seno, re tsere tshwetso ya gore, gore re kgone go somarela bokgoni jwa dipetlele go ka samagana le matsapa a re tobaneng le ona, thekiso, kabelano le phasalatso ya notagi e tla tshwanelwa ke go kgaotswa go tloga mo motsing one o.

Go tsaya kgato e nngwe gape go ka fokotsa boima jo dipetlele di bo rweleng, re tla tsenya gape le dikiletso tsa go tsamaya masigo magareng ga ura ya bo robongwe mo maitisiboeng le ura ya bone mo matsheng.

Re tsaya dikgatokiletso tseno re itse sentle gore ke tseo batho ba sa itumeleleng tsona mo matshe-long a bona. Fela di botlhokwa thata mo pakeng eno gore re kgone go kgabaganya paka eno eo bolwetse jono bo tlhatlogelang kwa godimo mo go yona.

Ga go tsela e nngwe e re ka efogang setsuatsue seno sa mogare wa *corona*. Fela re ka fokotsa bogale jwa tshenyoo e ka bo dirang mo matshelong a rona.

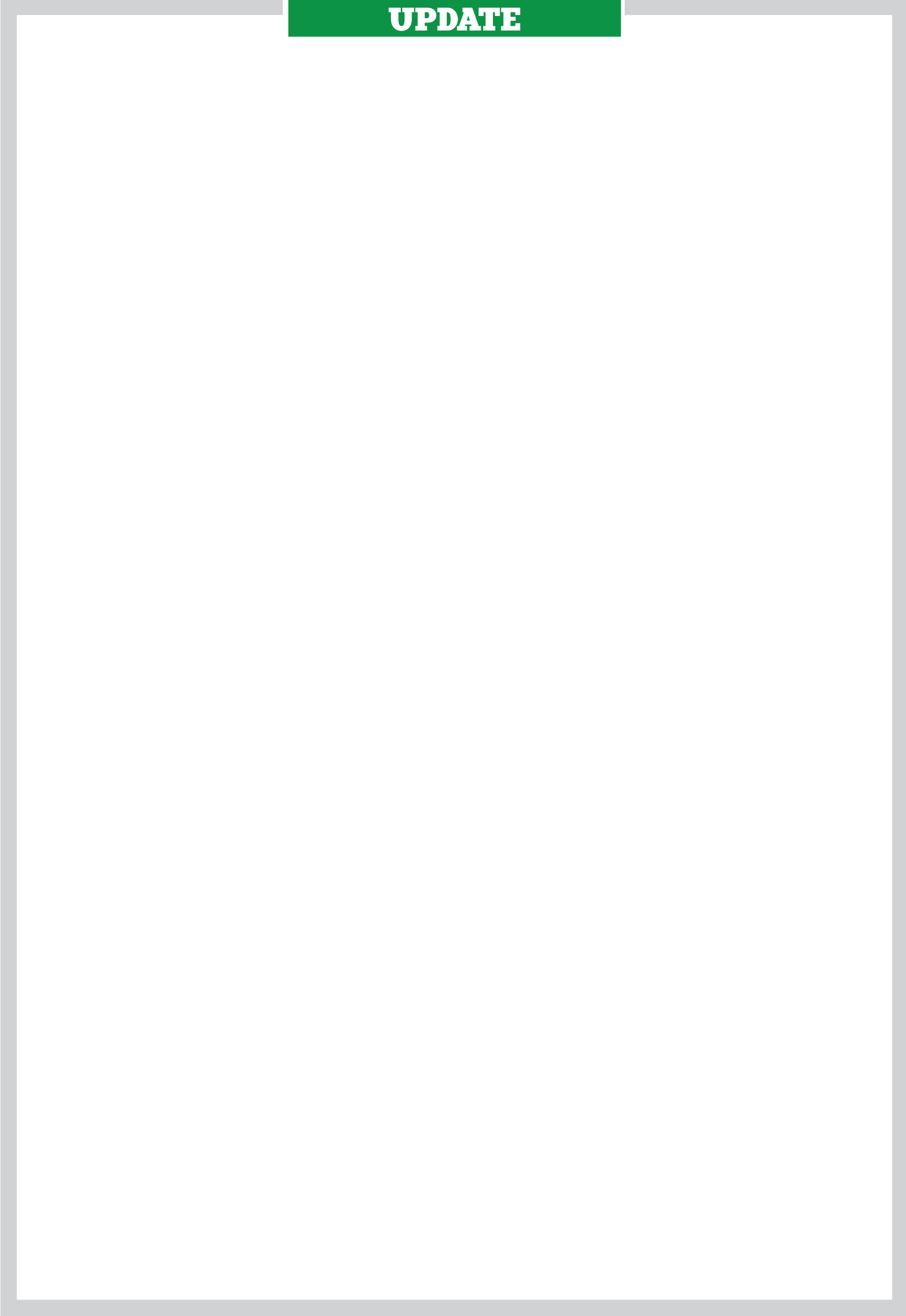
Re le naga kgetse eno ya tsie re e kgona ka go e tshwaraganela, ka go thoba matswalo a bao ba gateletsweng mmogo le go ro-tloetsana gore re amogele bao ba tshelang ka mogare ono.

Mo motsing ono, go feta mo malobeng, re na le maikarabelo a go sireletsa matshelo a bao re tshelang le bona.

Re tla se sutlha setsuatsue seno. Re tla busetsa naga ya rona mo maemong a itekanelo le a khumo. Re tla sutlha mo dinaleng tsa phage. **U**

**TSHEDIMOSETSO KA
GA *COVID-19***

**TSHEDIMOSETSO KA
GA *COVID-19***



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 Union

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.”

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! **U**

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.

Motimamelelo wa setlhophapha sa Crew Juliet o abelana ka naane ya gagwe

BASADI ba tshwanetse go gotetsa molelo, ga rialo motimamelelo.

Dale Hes

Mošwa wa motimamelelo Vuyiseka Arendse (wa dingwaga di le 26) ke yo mongwe wa setlhophapha sa Crew Juliet, setlhophapha sa ntlha sa basadi fela ba batimamelelo ba naga ya Aforika Borwa. Maatla a gagwe le phisegelo ya gagwe ya gore e nne motho bathong mo lekaleng la botimamelelo leo le tletseng ka banna ke seo se tlhotlheletsang basadi e le ruri.

Arendse o goletse ko teropong e nnye ya kwa Kapa Bophirima ya Beaufort West. Fa a sena go konosetsa dithuto tsa gagwe o ne a iteka lesego kwa kholejeng kwa Oudtshoorn, fela o ne a fetola mogopolo mme a boela gae go tlhokomela balelapa la gagwe.

O ne a dira sebakanyana se se khutshwane kwa lebentleleng la dijo le legolwane, fela tiro ya go tima melelo e ne ya mo



Mošwa wa motimamelelo Vuyiseka Arendse ke yo mongwe wa setlhophapha sa ntlha sa basadi fela ba batimamelelo ba naga ya Aforika Borwa.

Raditshwantsho ke Alistair Burt - NCC ya Ditirelo tsa Tikologo

ngokela.

“Ke ne ka bona batimamelelo ba apere diaparo tsa bona le diteroko tsa bona tse dikgolo tse dikhibidu, ka gangwe ke ne ka nna le kgatlhego mme ka batla go itse go le gontsi ka tiro eno,” ga rialo Arendse.

Arendse ke yo mongwe wa dialogane tsa bajalefa ba le naane la tlhabololo ya bašwa la ngwaga wa 2016 la puso ya Kapa Bophirima la Chrysalis Academy. Fa lenaane leno le sena go konosela, o ne a dira kwa seteiseneng sa batimamelelo kwa Beaufort West, mo a neng a gola R1 900 ka kgwedi. Mme o ne a bona

tšhono e e neng e rebotswe ke ba Koporasi ya Tshomarelo ya Tlhago (NCC) ya Ditirelo tsa Tikologo mo ngwageng o o fetileng.

“Ke ne ke santse ke le motlhatlhededi kwa sekolong sa Chrysalis Academy fa ba NCC ya Ditirelo tsa Tikologo ba ne ba tla kwa sekolong go buisana le baithuti ka tšhono ya go dira dikopo tsa katiso mo setlhopheng sa ntlha sa batimamelelo mo dikgweng sa basadi fela. Le fa ke ne ke se moithuti mo nakong eo, ke ne ke na le kgatlhego e e seng kana ka sepe mme ke ne ka tsenya kopo ya katiso, mme

ba ne ba nkamogela,” ga rialo Arendse.

Arendse o ne a tsenela katiso eo, e mo go yona e neng e tsenyeletsa dithuto tsa go buisa le go dira tiro.

“Go gontsi go ke ithutileng gone. Go naya motlhalala, ke ne ke sa itse gore go na le batimamelelo bao tiro ya bona e leng fela go tima melelo mo dikgweng. Ke ne ke tsaya fela gore batimamelelo ba tima fela melelo kwa diteropong mo meagong,” a rialo.

Arendse o tlaleleditse ka gore o ikutlwa a le motlotlo go bo a falotse katiso le go nna yo mongwe wa ditokololo tsa setlhophapha sa ntlha se se tshwanang se le nosi sa basadi fela ba batimamelelo.

“Ke ne ke le motlotlo e le ruri, bogolosegolo ka ntlha ya gore fa ke ne ke bolelela batho gore ke batla go nna motimamelelo, bontsi bo ne bo nkgalala bo re ga nkitla ke atlega ka ntlha ya gore ke mosadi e bile ga nkitla ke kgona go itshokela tiro eno. Seno se ne sa dira gore ke ikgotlokotse ke ba bontshe gore ga go sepe se se ka nkgoreletsang gore ke dire tiro eno, e se fela ka ntlha ya fa ke batla go itirela seno ke le esi, mme ke ne ke batla gape le go bontsha basadi ba naga ya Aforika Borwa gore le bona ba ka kgona go fitlhelela seno.”

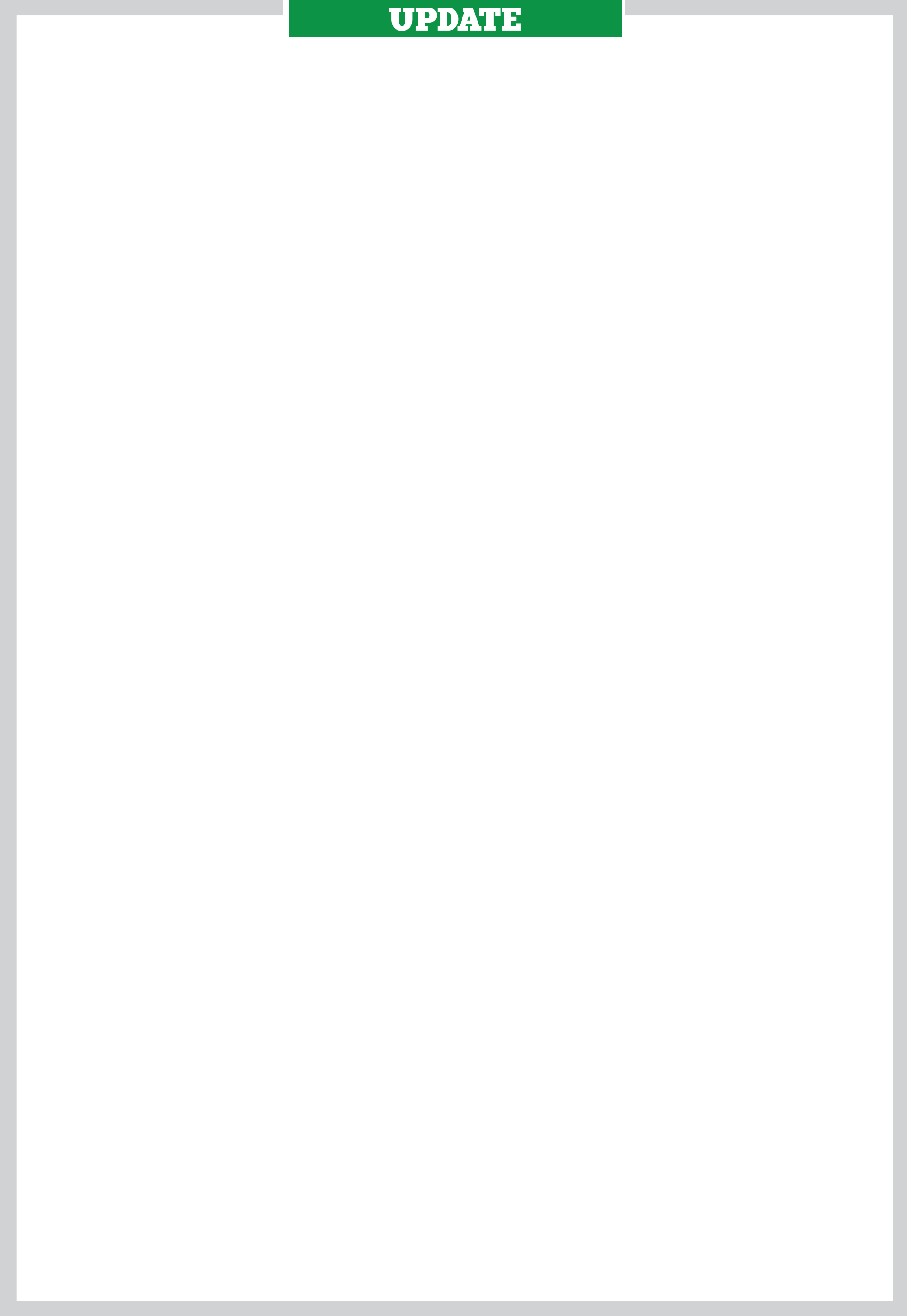
Arendse a re o simolotse go tima molelo lwa ntlha mo botshelong jwa gagwe ka molelo wa kwa Noordhoek o o neng o le boima go o lwantsha fela go o timeng go dirile gore a nne le maitemogelo a a seng kana ka sepe.

“E ne e le letsatsi la me la ntlha ke dira bosigo le motshegare e bile e ne e le lantlha re dira mmogo le batimamelelo ba banna. Diaparo tsa rona tsa ipabalelo di ne di le boima e bile di le mogote mo go maswe fela re ne ra konosetsa tiro ya rona mme maitemogelo ano a ne a se kana ka sepe.”

Arendse o rotloetsa basadi ba naga ya Aforika Borwa gore ba se ke ba inyatsa.

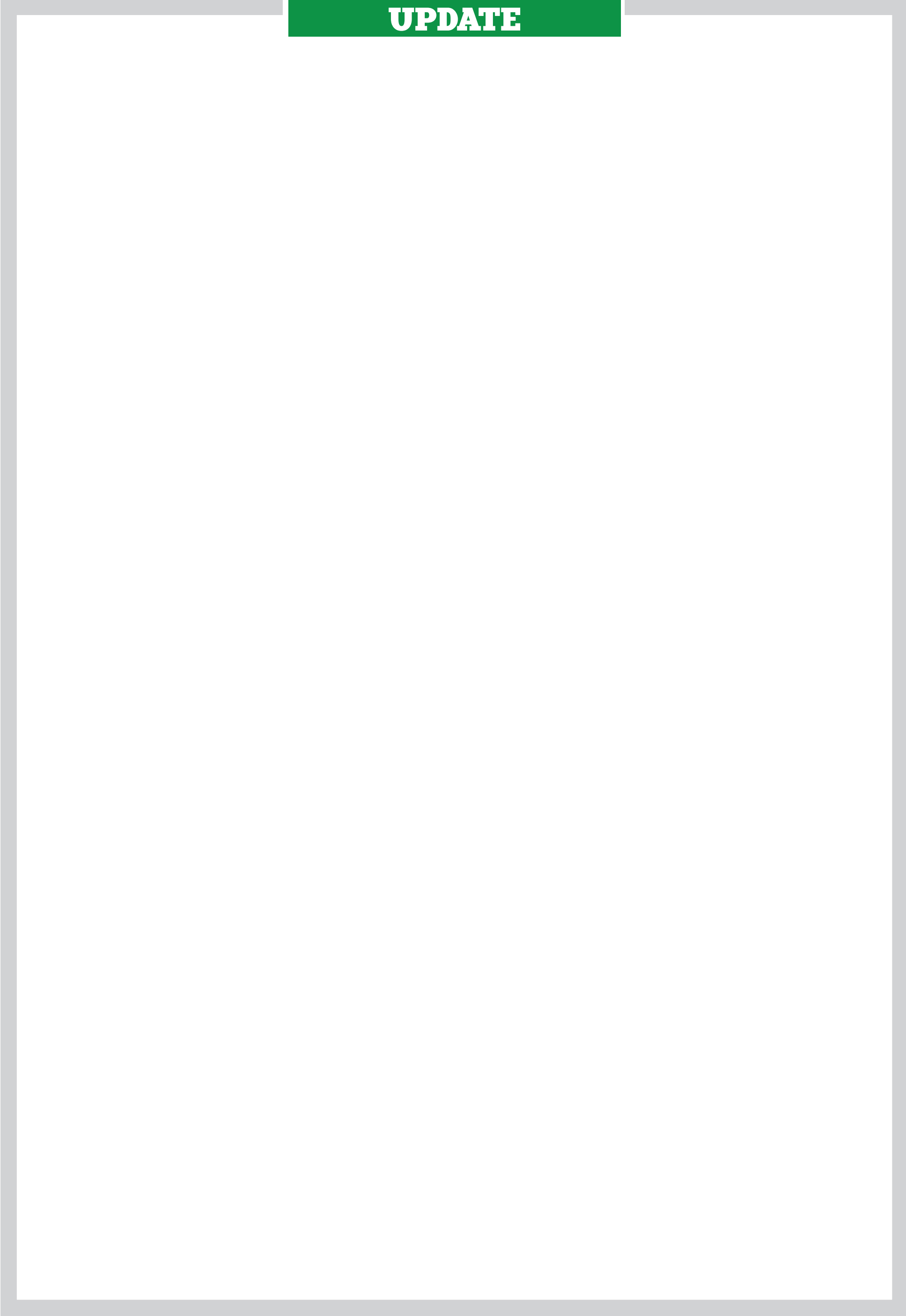
“O seke wa ya ka batho fa ba re ke eng se o ka kgonang go se dira le se o ka se kgoneng go se dira.” **U**

***Go lekola ditšhono tse dingwe tse di ntshiwang ke NCC ya Ditirelo tsa Tikologo, latela tsebe ya bona ya Facebook. O ka ba letsetsa gape le mo go 021 702 2884 (Kapa Bophirima), 010 007 5272 (Gauteng), 031 003 2964 (KwaZulu-Natal) kgotsa mo go 041 101 1033 (Kapa Botlhaba).**



TSHEDIMOSETSO KA
GA COVID-19

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