

Vuk'uzenzele

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COVID-19 is dangerous and we must take care

WITH 196 750 coronavirus cases and 3 199 deaths recorded by 5 July, government is again urging citizens to protect themselves and adhere to lockdown regulations.

Allison Cooper

South Africa is seeing a fast rise in its number of coronavirus (COVID-19) cases and government expects infections to surge in July and August.

The word surge entails a sudden and big increase in the number of positive cases, as recently seen in Gauteng, where the number of infections has grown to over 63 400 in a short period of time.

Health Minister Zweli Mkhize explains that various factors will contribute to the surge, including people moving around more; people getting together in groups; and people not wear-

ing face masks and not social distancing.

As a result of the increasing number of cases, President Cyril Ramaphosa has extended the employment of 20 000 South African National Defence Force (SANDF) members from 27 June until 30 September.

Apart from helping to maintain law and order and protect the country's borders, the SANDF will work with the National Department of Health in managing the virus through the provision of field hospitals, medical screening and quarantine facilities. It will also support the Department of Cooperative Governance and Traditional Affairs' efforts to maintain and enhance the



President Cyril Ramaphosa has extended the deployment of 20 000 South African National Defence Force members until 20 September 2020 to help manage the virus.

living conditions of the population. This will include the supply of water.


After visiting Mpumalanga on 3 July, President Ramaphosa said he was pleased with the province's efforts to fight the

virus. Mpumalanga is one of the least affected provinces. At the time of the President's visit, it had 1 478 cases, with 520 recoveries and nine fatalities.

He warned, however, that while more industrialised prov-

inces with bigger populations had far more cases, the surge in infections would hit all regions. People must not let their guard down, he said.

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"JAANONG KE NAKO YA GORE RE DIRE MMOGO, GO TLOTLA NELSON MANDELA, GO AGA AFORIKA BORWA E NTŠHWA, E E BOTOKA YA BOTLHE."

MOPORESITENTE CYRIL RAMAPHOSA

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RE GO AGELA BOKAMOSO JO BO BOTOKA
RE ITHUTA GO TSWA MO DITIRONG TSA GA MADIBA



Molaetsa wa tlotlomatso go badiredi ba rona ba tlhokomelo ya boitekanelo



Se šweng jaana, palo ya dintsho tsa mogare wa corona e fetile 2 000. Gareng ga bao ba latlhegetsweng ke matshelo go na le badiredi ba tlhokomelo ya boitekanelo, baitseanape ba ba neng ba tlhokomela balwetse, mme e bile ba tshegetsatsa le go okobatsa maikutlo a bao ba leng mo maokelong mme ba le kgakala le bamalapa a bona. Go utlwiswa botlhoko go bona banna le basadi bao ba dirang ditiro tse tsa boineelo e bile di tlhophegile ba lwala le go tlhokafala.

Ba di goga kwa pele go lwanthana le leroborobo leno. Ba dira ka thata le ka fa tlase ga kgatelelo e e seng kana ka sepe ya maikutlo ka kitso ya gore ba ka tloga ba tshwaetsega ka mogare. Ke bagaka ba mmatotantweng kgatlhanong le mogare wa corona.

Re rolela hutshe maAforika Borwa a a pelokgale, a a tlogelang magae, malapa le bao ba ba ratang go leba kwa tirong letsatsi le letsatsi ntle le go sitwa go dira kwa ditleliniking, maokelong le ditheong tse dingwe tsa tlhokomelo ya boitekanelo. Ke

teng koo ba neelanang ka tirelo ya tlhokomelo go boitekanelo, tshegetso ya botsamaisi le ditirelo tse dingwe jaaka go phepafatsa le go baakanya diyamaleng.

Fela jaaka ba dira tiro ya bona, le rona re na le boikarabelo mo go bona le go bamalapa a bona.

Boitekanelo le pabalesego ya bona di botlhokwa.

Re ba neela tlotla le thoriso jaaka banna le basadi bao ba bontshitseng gore ba ikaeletse go baya matshelo a bona mo kotsing gore re kgone go phela.

Gore ba kgone go dira tiro e ya bopelokgale ba tlhoka tshegetso ya rona mmogo le tshireletso ka go ba tlamela ka didirisiwa tsa go itshireletsa (di-PPE).

Ka tshegetso ya Letloletshwaraganelo le meneelo go tswa go maAforika Borwa ka bontsi, dikgwebo, mekgatlho le mebuso e mengwe, re kgonne go senkela badiredi ba rona ba ba di gogang kwa pele di-PPE. Fao go nnileng le tlhalelo ya di-PPE, maokelo a rona a mekamekane le go netefatsa gore di nna gona.

Re a itse gore go fitlhelela di-PPE ga se yona fela kgwetlho eo badiredi ba tlhokomelo ya boitekanelo ba itemogelang

yona. Ditleliniki le maokelo go ralala naga di itemogela tlhalelo ya badiredi. Re mekamekane le bothata jo.

Go tshegetsatsa tiro ya bomasupatsela ba rona go dikologa naga, re romela Ditona le Batlatsatona go didika dingwe le dingwe tsa naga go ya go iponna ka matlho dikgwetlho tse di rileng mo didikeng tse le go dirisana mmogo le bolaodi jwa boitekanelo jwa porofense.

Re tlhoka go dira mmogo go sireletsa boitekanelo jwa bomasupatsela ba rona le jwa badiredi botlhe.

Mekgatlho ya badiri le yone e dirile tiro e e duleng diatla ka go ruta maloko ka ga go laola tshwaetsego, go e thibela le go latela mekgwa ya bophepa.

Gape, ba tsewetse go tshegetsatsa tiro ya Lefapha la Merero ya Ditiro le Badiri mo go tsewetseng ditlhatlhobo tsa mafelotiro go netefatsa gore diphorotokholo tsa boitekanelo le pabalesego di a latelwa go badiri ba ba boelang ditirong. Bontsi jwa mekgatlho ya rona ya badiri bo neelana ka tshedimosetso mabapi le mogare wa corona fa bathapi bona ba tsewetse ka matsholo tsiboso.

Nngwe ya dikgwetlho tse di runtseng mo nageng ya rona ke go tlhaolwa ga batho bao go netefaditsweng ba tshwaetsegile ka mogare wa corona. Go nnile le dipegelo tse di tlhobang boroko ka ga bangwe bao ba tlhopololwang ke baagi mmogo le baagi ba bangwe ba ipelaetsa kgatlhanong le go amogelwa ga balwetse ba mogare wa corona mo maokelong le mo ditleliniking tsa selegae. Ba tshwanetse go emisa se.

Fela jaaka re nnile seopose-nngwe mo go amogeleng batho bao ba tshelang ka HIV mme ra ema kgatlhanong le kgobelelo, re tshwanetse go bontsha kutlwisiso, kutlwelobotlhoko, itshokelano le bopelonomi go bao ba tshwaeditsweng ke mogare ono le go ba malapa a bona.

Ga twe go tlhaolana gono go fetlhiwa ke letshogo la go tshaba go tshwaetsiwa ke bolwetse jono le go tlhoka go tlhaloganya go go tletseng ka ga jone. Tsela e e siameng go fenya tshabo ya bolwetse le go tshwaetsega ke go latela diphorotokholo tsa bophepa tse di tsewetseng tirisong.

Letshogo le le a tlhaloganyega e bile ke la boammaruri. Go le

jalo, re itse se re tshwanelang go se dira go itshireletsa mmogo le ba bangwe.

Re itse gore mogare ono o tlholwa ke eng le gore re ka dirang go itshireletsa mo go tshwaetsegeng. Re a itse gore re tshwanetse go katoga batho ba bangwe, re itlhaole fa re ka nna le kgokagano le bao ba nang le tshwaetso le go iponatsa kwa bookelong fa re na le matshwao.

Re tshwanetse go kaelwa ke dintlha tsa boammaruri e seng magatwe.

Nako ya gore mongwe a nnele gore ga a itse ope yo o nang le tshwaetso kgotsa yo a amilweng ke mogare wa corona e fetile bogologolo. Gajaana, ditsala, bamalapa, badirammo go le baagisani ba rona ba tlhoka boutlwelobotlhoko le tshegetso ya rona.


Mo malatsing, dibekeng le dikgweding tse di tlang, re tla iphitlhela nako dingwe re wele mowa e bile re tshogakakile fa re bona dipalo tsa batho ba ba tshwaetsegile le go tlhokafala di tsewetse go tlhatloga. E ka nna ka lebaka la gore go maswemaswe, fela re na le tshepo ya gore go tla siama. Borasaense le bagakolodi ba bongaka ba rona ba re boleletse gore kelo ya ditshwaetsego e tla tlhatloga fa seemo se tsewelela go rotoga.

Fela se se totobetseng ke gore a tla boela a ya kwa tlase gape.

Re tlotlomatso badiredi ba tlhokomelo ya boitekanelo bao ba latlhegetsweng ke matshelo a bona ba tlhokometse balwetse.

A re ba gopoleng ka go tsaya karolo go itlhokomela mmogo le baagimmogo ka rona.

Re tlike go fenya mogare o mme ra aga sešwa setšhaba sa rona. Re fetile maimeng a a fetang ano mme ra a fenya.

Tla re semeleleng mmogo go boloka matshelo mme re se tshameke ka maatla le sebete sa rona. 

TSHEDIMOSETSO KA GA COVID-19

Molemi yo mošwa o amogela tshegetso ya COVID-19

MOLEMIRUI yo o runyang wa Kapa Botlhaba ke mongwe wa baungwamelemo ba Letlole la puso la Namolo go Mogare wa Corona.

Silusapho Nyanda

Nomagcinandile Suduka (27) o godisa boswa le khumo ya balelapa la gagwe ka go beeletsa go temothuo.

Mong wa 4 U and 4 Me Primary Cooperative kwa Motseng wa Mooiplaas o amogetse tshegetso go tswa go Lefapha la Temothuo, Tlhabololo ya Mafatshe le Tlhabololo ya Magae ya Letlole la Namolo go Mogare wa Corona (COVID-19) go polase ya gagwe ya merogo, mae le diphologolo.

Lefapha le neelane ka diboutšhara di ka nna bokana ka R1.2 bilione go balemirui ba ba tlhokang thuso.

Suduka a re diboutšhara tsa gagwe di tla mo thusa go godisa tlhakore la tlhagiso ya



■ Nomagcinandile Suduka o fetotse tshimo ya go itshedisa go nna kgwebopotlana.

mae mo kgwebong ya gagwe. le tharo tsa bokana ka R19 000. "Ke amogetse diboutšhara di Ya R12 000 go reka dikgogo di

le 100 tsa mae, ya R6 500 go di rekela dijo mme ya R500 ke ya go di rekela melemo."

O simolotse polase ya go tlhagisa mae ka go fepa dikgogo tsa legae tsa balelapa ka dijo tsa moalo kgodiso, tseo di kgontshang dikgogo go tlhagisa mae ntle le go kopana le mekoko. Gajaana, dikgogo tsa gagwe di le 50 di tlhagisa mae a le 50 ka letsatsi, mme o a rekisa ka beke le beke.

Suduka, yo o ruileng gape le dipodi di le 73, dinku di le 25 le dikgomo di le 25, o simolotse temothuo ka 2015 morago ga go amogela Setifikeiti sa Botsamaisi jwa Ditheo tsa Puso sa N6 go tswa kwa Kholejeng ya Thuto ya Tiro ya Diatla le Ikatiso ya Ikhala.

Morago ga go lemoga gore ga gona ditšhono di le dintsi tsa ditiro, o ne a swetsa go tsamaisa polasi ya temo ya

gaabo ya go itshidisa mme a e fetola go nna motswedi wa kgwebo e e nang le poelo.

Suduka a re: "Re godile re lema le go rua, jalo morago ga go aloga ke ne ka swetsa go lema go na le go ya go batlana le tiro."

Se se bontshitse e le tshwetso e e nang le thotloetso, jaaka ga jaanong a setse a okeditse palo ya dipodi le dikgomo.

Polase ya merogo ya ga Suduka ya dihektara di le thataro, e tlhagisa mmopo mo dihektareng di le nne, ditapole mo hektareng e le nngwe mme diphisi le dinawa di jadilwe mmogo mo hektareng ya bofelo.

Suduka o ithutile go le gontsi ka mo pakeng ya COVID-19, segolobogolo gore diatla le go dira ka thata ga gagwe, ke tsona dithoto tsa botlhokwa mo go ene. **U**

Grow your own food and save money

Silusapho Nyanda

Agardener in Kwa-Zulu-Natal has proven to be a smart businessman, selling his home-grown produce to put money in his pocket. This is thanks to the One Home, One Garden and Fruit Tree programme aimed for Kwa-Zulu-Natal residents.

Muziwakhe Nsele (42) is a popular man in Hlathini, a village near Melmoth where he lives and sells vegetables such as beans, cabbage and potatoes.

Nsele's business grew in leaps and bounds following the outbreak of the coronavirus (COVID-19), with people buying from him rather than travelling

to the shops.

With his profit, Nsele has bought six goats and plans to expand his agriculture business. "I will also be investing in layers and broiler chickens to expand my income streams through the sale of eggs and whole chickens," Nsele says.

The father of six says his business received a boost from the One Home, One Garden and Fruit Tree programme run by the province's Department of Agriculture and Rural Development (DARD).

The programme encourages people to start gardening at their homes as a means of fighting poverty and Nsele received seeds, fertiliser and advice from DARD.



■ Muziwakhe Nsele is becoming a successful businessman, thanks to his vegetable garden.

DARD MEC Bongiwe Sithole-Moloi says the One Home, One Garden and Fruit Tree programme assists families that are suffering because of COVID-19. She says: "The programme

remains a crucial seed for a sustainable rural economy and with specific interventions and support from DARD, it can reduce and eliminate poverty through subsistence farming." **U**

To be part of the programme, visit the office of DARD at your local municipality. The contact details of the DARD offices can be found on the department's website www.kzndard.gov.za. Alternatively, call the department at 033 355 9100.

Tips on how to start a garden:

- Make sure you know which plants your soil will support.
- Ready your garden by first ploughing the land more than once without planting.
- Add fertiliser.
- Remove all weeds.

Go aga botshelo jo bo botoka

Go tswa mo lapeng le le dikobo di magetleng kwa Motseng wa KwaNongoma, KwaZulu-Natal, Silondiwe Magwaza wa dingwaga di le 23, o fentse dikgoreletsi di le dintsi go fitlhelela toro ya gagwe go nna motsamasi wa tsa kago.

Go tswa kgolong ya gagwe a dikaganyeditswe ke mafaratlhatlha a a loleya, go rotloeditse Magwaza go sekasekana le mekgwa e mešwa go tokafatsa baagi ba gaabo.

Gajaana ke leloko lantlha go balelapa go iponela gerata.

Magwaza o ithutitse kwa yubesithing ya Witwatersrand ka 2019, a iponela gerata ya ntlha go dithuto tsa dikago.

"KwaNongoma e na le mafaratlhatlha a a bokoa mme le tirelo ya go baakanya seno e bonya tota. Fa ke lebelela dikgwetlho tse di itemogelwang mo teropong ya gaetsho, ke ne ka rotloetsega go

dira sengwe se se amanang le tsa kago jalo go fetola maemo a gajaana," a rialo.

Go fitlhelela dithutego tse go ne go se bonolo. Magwaza a re o fitlhetse go le boima go tsepamisa maikutlo ka ntlha ya matshwenyego a a neng a le mo magetleng a gagwe ka matlole. Mme, Agente ya Tshegetso go Mafaratlhatlha a Dimmasepala (MISA) e ne ya mo rola boima jono.

"Ke ne ke tlhola ke tshwe-nyegile thata ka matlole gonne ke tswa kwa lapeng la kobo dikhutswane. Seo e nnile go fitlha ka 2018, fa ke amogela basari go tswa MISA. E nthusitse go digela gerata ya me ntle le matshwenyego. E ne e du-elela tsotlhe, sa me fela e le go tsepamisa mogopolo go dithuto tsa me," a rialo.

Magwaza ke o mongwe wa makgolo a baithuti bao ba thusiwang ke mananeo a tlhabololo ya bašwa ya MISA ngwaga le ngwaga. Mananeo ano a neelana ka matlole go



■ Jaaka e le wa ntlha go balelapa la gaabo go iponela gerata ya thuto, Silondiwe Magwaza o leboga ba MISA ka tshegetso ya bona.

tshegetsa le go thusa baithuti go bona ditiro fa ba digela dithuto tsa bona.


"Ke ne ke emetse moletlo wa rona wa go aloga ka

patla le jase. O na le bokao jo bogolo mo go nna ka e bile ke le sealogane sa ntlha mo lelapeng. Ke santse ke na le tshepo ya gore re tla keteka

go aloga, fela ga go bonale go tla kgonega ka ntlha ya leroborobo le la mogare wa corona," a rialo.

Intaseteri ya kago e tletse ka banna bontsi.

"Gantsi, basadi ba ikutlwa ba nyenyefaditswe gonne bokgoni jwa bona go tlisa phetogo bo a belaelwa. Nako dingwe ga ba reediwe.

"Ke kgethile botsamaisi go tsa dikago gonne ke dumela gore ke na le matla go fetola intaseteri le go tokafatsa fa go tlhokegang gona. Ke bone basadi mo intasetering e ba fitlhelela maemo a a godimo mme ka nna le tlhotlhelletso. Ke dumela gore le nna ke tla kgona," a rialo. 

Dibasari tsa MISA di phasaladiwa go www.misa.gov.za go simolola ka Lwetse, go Facebook @MISA, go Twitter @MISA_CoGTA le go Instagram @MISA_CoGTA.

Don't share fake news!

Allison Cooper

Nelisiwe Dlamini (30), a researcher at the Council for Scientific and Industrial Research (CSIR), says it's important to verify stories from social media, especially those about the coronavirus (COVID-19), before sharing them.



"Some young people are becoming ringleaders of the spread of false information. This has the potential to create panic," she says.

Since the outbreak of COVID-19, the CSIR has created a dashboard to assist government and health

institutions to track the spread of misinformation, in order to avoid unnecessary public panic. The dashboard categorises information as misinformation (misleading content), disinformation (information that is untrue and mal-information (hate speech).

Dlamini is part of the team that does research and also helps categorise information in the dashboard.

A data dash-

board is an information management tool or website that tracks, analyses and displays information to monitor the performance of a business or department.

According to Dlamini, social media platforms become a great danger when used to share false information.

"Whether it's with the intention to harm or not, it creates social conflict, distracts people from the real issues and undermines government's, public authorities' and other organisations' efforts to curb the spread of COVID-19 and maintain social order."

She says there are numerous ways to identify fake news, including reading the whole story and not just the heading, being critical of everything you read and examining the source of the story.

"Reporting fake news is necessary, as it will help to take down fake news

stories from multiple platforms," says Dlamini.

A journey to research

Dlamini joined the CSIR in 2014, when she was awarded a studentship to pursue her MSc Computer Science degree. "It was a foot in the door for me and has since afforded me great opportunities," she says.


She was also awarded a grant from the Young Researcher's Establishment Fund, which she sites as a wonderful opportunity in her career.

Born in Pinetown, Kwa-Zulu-Natal, Dlamini says women hoping to follow in her footsteps need to be interested in and have a passion for research.

To become a researcher, learners need to take maths and science in high school. "After school I studied computer science and information systems and technology, which laid a strong founda-

tion for me," says Dlamini, who also holds a BcomHon Information Systems and Technology degree.

She didn't always know she wanted to be a researcher. "When I joined the CSIR, I was so amazed by the multi-disciplinary research that is done to make a difference in our country," she says.

This Women's Day, Dlamini says if there was ever a time for women to be bold and do everything they have ever wished to do, it is now. "We need to support each other and unite and always remember to celebrate each other. This alone will propel us." 

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