

Vuk'uzenzele

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Mass COVID-19 vaccine roll-out programme takes shape

PRESIDENT Cyril Ramaphosa has stressed that getting enough COVID-19 vaccines as quickly as possible – and making sure that they reach the people who need them – is one of government's biggest tasks this year.



Allison Cooper

South Africa's mass Coronavirus Disease (COVID-19) vaccination programme is set to speed up herd immunity when the first batch of one million Oxford University-AstraZeneca vaccines arrives from the Serum Institute of India (SII) in January.

The second batch of 500 000 vaccines is due to arrive from the SII in February, says Health Minister Zweli Mkhize.

The aim of the vaccination programme is to achieve herd immunity across the population, says President Cyril Ramaphosa.

"When enough people are vaccinated, we will reach what is known as 'herd immunity' or 'population immunity'. This is when enough of the population is immune to the virus to provide indirect protection to those who aren't immune, bringing the spread of the virus under control. "While the actual level needed for herd immunity is not known, our scientists estimate that we will likely reach herd immunity once around 67% our population is immune. This amounts to around 40 million people," he explained. To achieve this, govern

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Minister Mthembu:

A great leader has fallen
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Rest In Peace

Minister Jackson Mthembu

1958 - 2021



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2021 e betere ho Maafrika Borwa ohle

Dibeke tsa pele tsa selemo e bile tse boima ho Maafrika Borwa ohle. Koduwa ya kokwanahloko ya *corona* e ile ya mpefala haholo, mme le tshwaetso tse ntjha tsa eketseha ka sekgahla se seholo se fang sa pele. Dipetlele di ile tsa ba tlasa kgatello e kgolo jwalo ka ha bongata ba batho bo ile ba hloka tlhokomelo ya bongaka.

Leha dikarolo tse ngata tsa moruo di kgonne ho sebetsa hape dikgwedi tse mmalwa, ho sa tla nka nako hore moruo o boele o setlele esitana le yona mesebetsi e lahlehileng hore e boele e fumanehe.

Jwalo ka ha selemo se setjha se qala, malapa a mangata a ntse a utlwela ditlamorao tsa koduwa ena maphelong a ona le moo a phelang teng.

Lefatshe ka bophara jwale le kena selemong sa bobedi sa koduwa ena ya kokwanahloko ya *corona*. Afrika Borwa jwalo ka dinaha tse ding tse ngata tsa lefatshe, selemo sa 2021 e tla ba se nang le phephetso e kgolo haholo. Leqhubu la bobedi la tshwaetso ya *COVID-19* le ka latelwa ke a mang a ka kgahlapetsang maphelo a batho ba rona le yona tsoseletso ya moruo wa rona.

Selemo sena se le boima se le jwalo, empa ke na le tshepo ya hore re tla e hlola koduwa ena mme re thehe tsela e yang tsoseletsong.

Tshepo ya ka e tswa ho Maafrika Borwa. Ha ke sheba tsela eo Maafrika Borwa

a ileng a arabela ka yona bothateng bona ho tloha ha kokwanahloko ena e ne e fihla naheng ya habo rona, ha ke qeaqee hore re na le mamello, tiisetso esitana le bona bokgoni ba ho hlola bohloko bona.

Teng ho bile le phapang moo le moo, empa bongata ba Maafrika Borwa bo utlwisitse tlhokeho ya ho kginwa ha metsamao le mesebetsi ya ona, mme a ikobela le melao e behilweng. Se bileng bohlokwa haholo le ho feta ho ikobela melao, ke hore Maafrika Borwa a mangata a ile a nka boikarabelo bakeng sa ona le ba bang, a latela dikeletso mabapi le dintlha tse kang ho se atamellane le batho ba bang, ho apara sefonyo esitana le ho hlapa matsoho.

Moo re ileng ra haellwa teng, ka bomadimabe, re bone ditlamorao tse bosula. Re a tseba jwale kotsi ya tshubuhlellano le ho ba mokguping, ho se apare sefonyo le ho se ipehe thoko le ba bang.

Sena ke tlhokomediso bakeng sa selemo sena seo re leng ho sona. Jwale se re tseba haholwanyane ka bohloko bona le hore re ka thibela ho ata ha bona jwang.

Le ho siya taba ya hore re se re 'kgathetse ke koduwa' ena, jwalo ka Maafrika Borwa, re na le tshepo ya ho etsa se tlamehang ho etswa.

Jwalo ka ha re ntse re ikobela ka thata diphelelo tsa ho thibela bohloko bona, re boetse hape re kena letsholong le leholo la ho hlaba setjhaba ka ente e thibelang

bohloko bona. Ho entwa ha batho ka bongata, ho tla pholosa maphelo a mangata, ho boele hape ho theole kotsi ya tshwaetso setjhabeng.

Ho fumana ente e lekaneng ka potlako – le ho netefatsa hore e finyella bathong ba e hlokanang – e tla ba o mong wa mesebetsi e meholo selemong sena. Sena e tla ba bothatanyana jwalo ka ha dinaha tsohle tsa lefatshe di leka ho fumana ente ena e so kang e fumaneha ka bongata. Leha ho le jwalo, re sebetsa mmoho le mahlahana a rona ho tsa kgwebo, mekgatlo ya basebetsi le ya setjhaba ho fihlela sena. Re leka ho fumana ente ena dibakeng tse fapafapaneng tse kenyeletsang mokgatlo wa matjhaba wa COVAX, Mokgatlong wa Dinaha tsa Afrika re boetse hape re buisana ka kotloloho le bahlahisi ba diente tsena.

Jwalo ka ha re sebetsa mmoho ho lwantsha koduwa ena, re tlameha ho boela re sebetsa mmoho ho tsoseletsa le ho fetola moruo wa rona.

Re na le bokgoni le tabatabelo tsa ho tsosolosa le ho nyolla moruo esitana le hona ho theha mesebetsi. Re tlameha ho etsa sena re ntse re tjamelane le koduwa ena.

Ditjhelete tsa setjhaba di tlasa kgatello e kgolo, haholoholo ka lebaka la ditjhele tsa bophelo bo botle twantshanong le *COVID-19* esitana le tshehetso eo re fanang ka yona dikgwebong le malapeng a futsanehileng. Ho putlama hona ha moruo ho boetse ho bolela le ho theoha haholo ha lekgetho le kenang.



Ho na le dikarolo tse ding tsa moruo tse tla nka nako ho tsoseletseha ka lebaka la sekgahla se tlase sa tlhokeho ya ditshebeletso tsa tsona lefatsheng ka bophara, le ka lebaka la ho kginwa ha maeto a matjhaba.

Ke ka hona re tlamehang ho shebana le ntjhafatso esitana le ona maano a rona a ho aha moruo botjha. Hantlente, Leano la Tsoseletso ya Moruo leo re le phatlaladitseng ka Mphalane ngwahola, le thehilwe tumellanong le mahlahana a rona ka mehato e hlokalalang kahong botjha ya moruo. Sena ke motheo o matla wa tshebedisano mmoho e radilweng ka disebediswa, bokgoni le matla dikarolong tsohle tsa setjhaba.

Re bona sena se etsahala ka ditsela tse fapafapaneng.

Mohlala, haesale re sebedisana mmoho le batshehetsi ba ikemetseng ba ditjhelete le mekgatlo e fapafapaneng ya ntshetsopele ho rala diprojeke tsa dibopeho tsa motheo dikarolong tse kang tsa dipalangwang, ho dudiswa ha batho, metsi le tsa kgokahano. Ka ho sebedisa Letlole la Dibopeho tsa Motheo jwalo ka o mong wa mekgwa ya tshebetso, re theha mekgwa ya diprojeke mehloding e fapafapaneng ho tswa ka bobedi, mmusong le makaleng a ikemetseng. Sena se bohlokwa haholo nakong eo ditjhelete tsa setjhaba di fokolang.

O mong wa mehlala ya tshebedisano mmoho ena ke Leano la Kgiro la Mopresidente. Jwalo ka ha re utlwisisa hore ho tla nka nako e telele hore kgolo ya moruo e thehe menyetla ya mesebetsi lekaleng le ikemetseng, re thehile leano la kgiro ho qala ho theha menyetla ya mesebetsi hona jwale. Leano lena le laolwa ke kantoro ya Mopresidente, empa le kengwa tshebetso ke mafapha a fapafapaneng maemong a

fapafapaneng a mmuso. Ka lona leano lena, dikete tse balwang ka mashome tsa batho ba sa sebetseng di kgona ho fumana manyane le hona ho ithuta jwalo ka ha ba fana ka ditshebeletso tsa bohlokwa setjhabeng.


Ha nako e ntse e tsamaya, leano lena le tla kenyeletsa karolo ya 'kgiro ya setjhaba' moo re tlang ho sebedisana mmoho le basebeletsi setjhabeng ho hira batho ho etsa mesebetsi e fapafapaneng – ho tloha ntlafatsong ya pakeletso ya dijo ho ya twantshong ya tlhekefetso ya bonng ho isa ntlafatsong ya bodulo dibakeng tsa baipehi – tseo kaofela e leng ketso tse molemo haholo.

Mosebetsi ona kaofela o matlafaditswe ke ho shebana ka matla le dintlafatso tsa moruo tse tla shebana le kgolo ya ona. Tsona di kenyeletsa kgudiso ya ho fehlwa ha motlakase, ho etsa boemakepe bo sebetsang ka nepo le bo maemong, ho ntlafatsa kgokahano e ditjhele di fihlellhang ya inthanethe, mmoho le kgutsufatso ya nako ya ho fumana dilayesense tsa phephelo ya metsi, merafo le tse ding. Maano ana a laolwa le hona ho behwa leihlo ka kopanelo ke kantoro ya ka esitana le kantoro ya Naha ya Matlotlo.

Mosebetsi o tlamehang ho etswa o sa le moholo ha selemo se ntse se tsamaya. Ka hodimo ho moo, re tlameha ho tseba hore ha ho qeaqeo, re tla teana le diphephetso tse ngata.

Leha ho le jwalo, jwalo ka setjhaba re a kgona ho fihlela maikemisetso a rona ha feela re sebedisana mmoho.

Ha re ka hopola seo, mme ra sebedisana mmoho, re ka netefatsa hore 2021 e tlietsa batho bohle maemo a betere a tsa bophelo bo botle esitana le a moo ba phelang teng.

Ke le lakaletsa tsohle tse molemo selemong se setjha. 

Busting the myths



Allison Cooper

People with albinism do die. They do not have superpowers. Their blood can't heal others and their body parts will not make you rich.

"They also do not repre-

sent an ancestor," says Dr Khensani Ngobeni-Mkize, a Mbombela-based specialist dermatologist (skin doctor).

"Albinism is a group of inherited genetic disorders in which there is reduced or no melanin production in the skin, hair and eyes," she adds.

Melanin is the pigment that

gives human skin, hair and eyes their colour.

"The only difference between a person with albinism and person without it, is the lack of colour. Due to reduced melanin, they have problems with their eyesight and prefer being in the shade because they are sensitive to the sun," says Dr Ngobeni-Mkize.

There are two forms of albinism, oculocutaneous (affects the skin and eyes) and ocular (affects eyes only).

Dr Ngobeni-Mkize urges parents of children with albinism to empower their child. "See an eye specialist, make sure they get a proper education, encourage them and help educate the community about albinism. This is very important to stop the stigmatisation and discrimination."


Sun protection is vital

Melanin is important because it creates colour in the skin, hair and eyes, which protects them against the damaging rays of the sun.

It's vital that people with albinism protect themselves from the sun to avoid skin cancer. A skin sore could be cancer if it changes, grows, bleeds, will not heal, or is

painful or itchy. They should also have their skin checked every six months and have their eyes checked by an eye doctor, who can provide them with glasses that can improve, but not cure, their eyesight.

Protect yourself from the sun by:

- Wearing a broad-brimmed hat.
- Wearing a light scarf or shirt with a collar to protect the neck.
- Applying broad-spectrum sunscreen, with UVB and UVA protection, that contains minerals and is water resistant. Apply sunscreen 20 minutes before sun exposure and re-apply frequently.
- Avoiding the sun between 10am and 3pm.
- Drinking water.
- Eating a well-balanced diet. 

Ho hodisa ngwana ya nang le bohloko ba sethwathwa

Allison Cooper

Leha ba lelapa ba ka tshoswa ke taba ya hore ho na le ngwana ya nang le bohloko ba sethwathwa ka lapeng, o le motswadi o ka etsa hore ngwana wa hao a holele lapeng le ikamohetseng, le nang le lerato e bile le na le kutlwisiso ho etsa hore ngwana hao a hole a dumela hore o na le bokgoning ba ho atleha.

Ho ya ka ba Epilepsy South Africa, batswadi ba ka iphumana ba ngongoreha ka bokamoso ba ngwana mme ba fumana ho le boima ho amohela kapa hona ho bua ka sethwathwa. O ka ikgalefela, wa tetelela maikutlo, wa ikgalala mme wa ba wa ipona molato, leha ho le jwalo, o ka kgona ho hlola maikutlo ana kaofela esitana le lona letswalo ka ho ithuta ka maemo ana.

Sethwathwa ke ho akgeha, e leng ntho e etsahalang ha ho ba le maemo a sa tlwaelehang a hlabang jwalo ka mahlasedi a motlakase bokong.



Hobaneng ngwana ka?

Ho utlwisisa sethwathwa, le hore hobaneng se etsahala, ho ke ke ha hlalosa hobaneng sena se etsahala ngwaneng wa hao

Diketsahalang tse ka bang tse 66 ho tse lekgolo, sesosa sa sethwathwa ha se tsejwe.

Sena he se bitswa *idiopathic epilepsy*. Diketsahalang tsena tse 34 tse setseng ho tse lekgolo, sesosa se ka tsebisahala mme sena he sona se bitswa *symptomatic epilepsy*.

Ho na le disosa tse fapafapaneng tse kang ho lemala hloohong tse ka etsahalang

dilemong leha e le dife tsa bophelo ba motho, ho lemala ha o belehwa, jwalo ka ho haellwa ke ho hema ha o belehwa; ho hatellwa ke feberu, ho ruruha bokong, ho ruruha ha lera le kwahetseng boko, mmokonyane esitana le ho phatsamiseha ha ho sebetse ka nepo ha masole a mmele.


Ngaka e tla o ngolla meriana o ka e sebedisang ho latela dilemo tsa ngwana hao, maemo a hae a mmele le mofuta wa sethwathwa se mo tshwereng.

Hopola, meriana ena e kokobetsang ha e alafe sethwathwa, empa hangata, e

fokotsa sekgahla le makgetlo ao sethwathwa se hlaselang ka ona.

Dikeletso mabapi le ho hodisa ngwana ya nang le bohloko ba sethwathwa:

- Elellwisa ngwana hao ka maemo a hae. Ho tloha ba le dilemo di tharo feela, bana ba ka utlwisisa hore boko bo laola mmele. Ba seng ba holahodile bona ba ka fumantshwa tlhalosetso e phethahetseng.
- Tsebisana ba leloko le metswalle ya ngwana, matijhere le ba ikarabellang ka yena sekolong ka maemo a hae.
- Netefatsa hore ngwana hao o fumana tlhahlobo e phethahetseng ya bongaka ho tswa mothong ya rupeletsweng, ho ka ba momele ha e ka ba ngaka ya boko le methapokutlo.
- Kgothaletsa taba ya hore ngwana hao o sebedisa bokgoni ba hae le ho etsa dintho tse tla ntlafatsa boitshepo ba hae, ho ikamohela le hona ho amo-

- hela maemo a hae.
- Netefatsa hore ho ba le motho e moholo ya mo lebeleletseng ha a etsa dintho tse kang ho sesa.
- Netefatsa hore o nwa meriana ya hae ho latela ditaelo tsa ngaka.
- Mo ralle lenaneo-tshebetsong le kenyeletsang, ho robala ka ho lekaneng, ho ja ka nepo hararo ka letsatsi esitana le ho ikwetlisa kga-fetsa.
- Ha o hlalosetsa ngwana hao ka sethwathwa, sebedisa mantswe a tla a utlwisisa.
- O se dumelle ngwana hao ho etsa sethwathwa thebe ya ho qoba ho etsa mesebetsi ya ka lapeng le ho nka boikarabelo. 

Ha o batla ho tseba haholwanyane le ho fumana thuso, ikopanye le ba Epilepsy South Africa ho 0860 374 537 kapa o etele www.epilepsy.org.za