

Vuk'uzenzele

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COVID-19 support for matrics

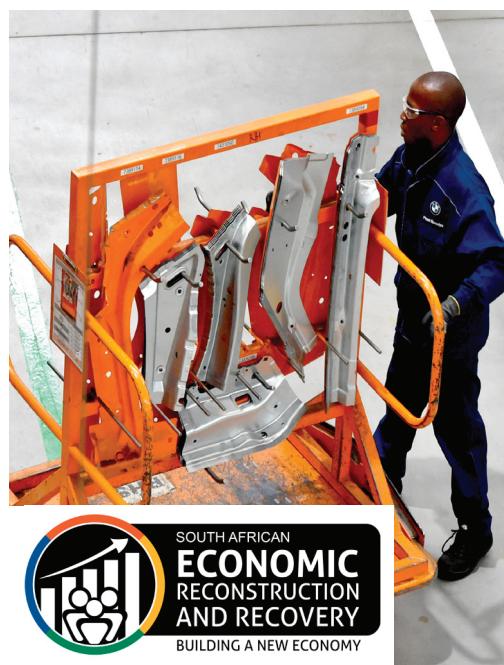
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Land applications being processed

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Rebuilding the South African economy



at the same time preventing a significant spike in COVID-19 infections.

Caution still required from South Africans

While most lockdown restrictions have now been lifted and the number of new infections and hospitalisations has stabilised, President Ramaphosa warned that South Africans still need to protect themselves to prevent a second wave.

"Many countries are in the midst of a second wave of infections, which has often been more severe than the first. COVID-19 is far from over," he said.

President Ramaphosa said that South Africans need to be especially careful as the festive season nears.

"Of course, with the festive season approaching, it is understandable that we will want to be with family and

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AS GOVERNMENT MOVES RAPIDLY to address the country's economic recovery, the President has urged people to follow all COVID-19 health and safety protocols.

Dale Hes

The Coronavirus Disease (COVID-19) outbreak has had

a significant impact on our economy and on the lives of millions of South Africans. But now, with a vaccine closer to reality and

government developing a comprehensive economic recovery plan, the focus is on emerging from this time of hardship.

President Cyril Ramaphosa's recent address to the nation showed that government is committed to opening up and rebuilding the economy, while



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"SWESWI I NKARHI WA HINA HINKWERHU
KU TIRHISANA, HI KU XIXIMA NELSON
MANDELA, KU AKA AFRIKA-DZONGA YO
ANTSWA, LERINTSHWA YA HINKWAVO."

PRESIDENTE CYRIL RAMAPHOSA

#SendMe

ENDLA VUMUNDZUKU BYA WENA BYI TIRHA KU ANTSWA
LANDZELA MIKONDZO YA MADIBA



Nhlakarhelo wa vonaka evugimamusi bya Afrika-Dzonga

Mijakaranda yi le ku balekeni swi-luva hi vutalo entsindza wa tiko, yi komba masungulo ya ximumu.

Endzhaku ka xixika lexo leha na ku tika, masungulo ya nguva yintshwa ya hi xarha hi ntshembo wa leswinnenne.

Loko Xiyimo xa Rixaka xa Mhangu xi tivisiwa hi Nyenyankulu, xirhangana xa hina xa xihatla a ku ri ku kamanyeta ku hangalaka ka xitsongwatsongwana lexi na ku nyika mphalalo wa xilamulelamhangu eka vaakatiko, miganga, vatirhi na mabindzu.

Eku fambeni ka nhungu wa tin'hwti na hi nseketelo wa vatirhisani lava nga na xinakulobye, hi simeke xikatsa xo katsakanya xa magoza ku hunguta nkhumbo wa vanhu na ikhonomi wa ntungukulu lowu.

Hi ndlandlamukise hi mpimo lowukulu nsirhelelo wa vanhu hi xikaluxi lexi xi nga si tshamaka xi ringetiwa etikweni leri. Hi rin'wana ra matiko mangarimangani emisaveni laha mfanelo ya mfikelelo wa nsirhelelo wa vaaki wu sirheleriweke eka Vumbiwa, naswona hi nga tinyungubuya leswaku hi nkarhi wa xirilo lexi hi humelerise mfanelo leyi hi tindlela to tala.

Hi ku engetela eka timali ta nhlayiso wa vaaki leti nga kona, hi fikelela kutlula 17 wa timiliyoni ta vanhu n'hweti yin'wana na yin'wana, hi engetele Midende ya Vadyuhari,

Vatsoniwa na Vana. Hi simeke Timali ta Nhlayiso ta Mphalalo wa Vaaki wa (COVID-19) wo Hlawuleka ta Ntshikelelo, leti ti fikelele ntsevu wa



timiliyoni ta vanhu kutafika sweswi. Leswi swi endliwile ku naga si hela mavhiki mangarimangani ya Xiyimo xa Rixaka xa Mhangu lexi tivisiweke.

Xikaluxi vutiboheleri byolebyo xi nga ka xi nga tekeriwi ehansi. Ku endla leswaku sisiteme leyi yi kumeka eka inthanete ku vile na ntirhisano exikarhi ka Ejensi ya Timali ta Nhlayiso wa Vaaki ya Afrika-Dzonga, Vukorhokeri bya Xibalo bya Afrika-Dzonga, Timhaka ta Xikaya na van'wana vo tala.

Hi simeke xitirhisawa lexi tilawulaka hi vutalo na phurose yo hakela, na tidatabase-sinyingi leti pfanganisiweke, ku katsa na Rhijisitara ra Vanhu ra Rixaka na databesi ya Nkwama wa Ndzindzakhombo wa lava nga Tirhiki (UIF). Hi simeke tichanele to endla swikombelo eka tona tintshwa to fana na WhatsApp na USSD, naswona hi tumbuluxi tisisiteme na tibangi ta swa bindzu ku endlela leswaku ku va na ntiyiso wa vuyokoxoko byo bangla.

Lowu i mfikelelo wo tiviana hi xinkadyana lexitsono. Ku fambisana na magoza lama hi ma tekeke ku sirhelela na ku yisa emahlweni vutihanyisi, hi tlhele hi setela mabindzu lama a ma

tikeriwa. Hi nyike mphalalo eka mabindzu lamatsongo hi xivumbeko xa mphalalo wa swikweleti, timali na ku thlerisiwa endhaku ka tihekelo ta xibalo na mitwanano yin'wana.

Hi simeke Xikimi xa Ntiyisiso wa Tiloni xa COVID-19 ku kotisa mabindzu ku fikelela swihakeleriwa swa wona swo tirha hi nkarhi wa ku pfaleriwa, naswona eka nkarhi wa sweswi hi languta hilaha xikimi lexi xi nga kotaka ku fikelela hakona tikhamphani leti nga eku dingeni.

Hi nyike nsirhelelo wa malinghena eka vatirhi na mphalalo eka van'wamabindzu hi ku tirhisa Xikimi xa Mphalalo wa Vathori xa Nkarhinyana lexi lawuriwaka hi UIF.

Leswi a ku ri angulo wo kongoma eka xilamulelamhangu naswona hi ntumbuluko a swi ri swa nkarhinyana. Sweswi swin'wana swi le ku fikeni emakumu, kasi swin'wana swi ndlandlamukisiweke tanihiloko makete wa vatirhi wu ri karhi wu hlakarhela.

Magoza lama hi ma simekeke ma pfune swinene eka ku sirhelela rixaka ra ka hina eka mimoya ya tihanyi ya COVID-19. Timali ta nhlayiso to engetela ti pfune ku sivela timiliyoni ta vanhu eka ku wela ehansi ka ntila wa vusweti bya

swakudya.

Loko a hi nga phalalangi ku sirhelela vutihanyisi na ku porisa mabindzu, swiyimo swa ku hanya swa vanhu va ka hina na swiyimo swa magidi ma mabindzu a swi ta va swi nyanyile hi ndlela yo tivikana.

Sweswi hi le ku cinceni kusuka eka mphalalo kuya eka nhlakarhelo.

Magoza ya xilamulelamhangu lama hi ma tekeke ma vumbile masungulo yo tiya lama hi faneleke ku aka ikhonomi ya hina hi vuntshwa ehenhla ka wona. Tanihileswi nkongomo wa hina sweswi wu cincelaka eka nsimeko wa Kungu ra ku Akiwa hi Vuntshwa na Nhlakarhelo wa Ikonomi, xirhangana xa hina xi ta va ku hlohotela ku kula na ku tumbuluxa mitirho.

Se ku vile na ndzima leyi khatsiweke eka swiyenge swo hlayanyana.

Hi le ku voneni ka vutiboheleri bya ku nyika timali byintshwa eka nhluvukiso wa swimakiwakulu endzhaku ka nkanerisano wa phurojeke wa swimakiwakulu vhiki leri nga hundza. Minonganoko ya mitirho yo hlayanyana ehansi ka Xihlohoteli xa Mitirho xa le Hofisini ya Phuresidente yi sungurile. Hi le ku yeni emahlweni na mipfuxeto ya ikhonomi eka swiyenge swo tanihi eneji na vuolanganis bya swa tqingho.

Makungu ma le ku hundziweni ya swiendlo naswona vutiboheleri byi le ku kombisweni eka mitirho na swivandlanene.

I swa nkoka swonghasi hi nkarhi lowu, ngopfungopfu leswi nguva ya makhismusi yi tshinelaka, leswaku hi nga vi vapfapfarhutapulani va ku wa ka hina.

Vuxiyaxiya lebyikulukumba bya laveka eka hina hinkwerhu ku endlela leswaku xitsongwatsongwana lexi xi fambla ekule.

Ku tlakuka hi xikaluxi lexi kumbe xihi a swi nga to tlherisela ntsena endzhaku hi ndlela yo hlamarisa mivuyelo ya hina ya swa rihanyu. Swi ta vunisa matluka ya rihlaza ya nhlakarhelo wa ikhonomi lama ya hlukeleke, naswona swi ta hi tlherisela endzhaku kusuka eka ximun'wana kuya eka xixika.

Ku sivela gandlati ra vumbihi ra mitluletavuvabyi ya COVID-19, hi boheka ku landzelela swiletelo swa rihamnyu swa vaaki leswi nga sala swi ri eku tirheni.

Loko hi hluleka ku ambala xipfalaxikandza eka nhlengelatano ya vaaki, loko hi ya eka swiendleko leswi nga tala vanhu, a ho veka ntsena hina na van'wana enxungetweni.

Kambe hi tlhela hi veka nhlakarhelo wa ikhonomi ya hina ekhombyeni.

A hi yeni emahlweni hi tirha xiphemu ya hina.

Swiendlo leswinene swa ku ambala xipfalaxikandza, swa ku siya mpfhuka exikarhi ka vanhu na ku hlamba swandla nkarhi na nkarhi swi hi pfune ku hlula switandzhaku swo biha kutlula mpimo swa ntungukulu lowu. Swa ha ri swona vusirheleri bya hina bya kahle swinene.

A hi tsundzukeni vutitsoni lebyi hinkwerhu hi bohekeke ku byi endla ku kamanyeta ku hangalaka ka xitsongwatsongwana lexi eka masiku ma le masungulweni.

Hambiloko mingiriko ya vanhu na ikhonomi yo tala ya ha ku sungula, ha boheka ku va ha ha landzelela magoza ya swa rihanyu hinkwawo.

Leswi swi fanerile hakunene loko hi fanele ku aka ikhonomi ya hina hi vuntshwa na ku herisa xirilo lexi. ①

Nwana mati ku papalata ku heleriwa hi mati emirin

Allison Cooper

Ku hisa swinene na ku ka u nga nwi swihalaki swo ringanela swi nga vanga ku heleriwa hi mati emirini na xitiroku xo vangiwa hi ku hisa ngopfu ka miri, lexi xi nga tekaka vutomi.

Ku ya hi Ndzwawulo ya swa Rihanyuya Kapa Vupela-Dyambu, ku hisa ka ximumu ku ta na nxungeto wa le henbla wa ku heleriwa hi mati emirini, leswi ku nga ku heleriwa hi mati emirini ko vava.

Ku heleriwa hi mati emirini hi xitalo swi vangiwa hi ku ka u nga nwi swihalaki ku tatisa mati lama ma nga hela hi ku juluka. Swi nga tlhela swi vangiwa hi vuvabyi, lebyi byi vangaka ku hlanta na/kumbe nchuluko; na hi ku juluka loku vangiwa hi ku hisa miri.

Ku hela ka swihalaki swa miri a swi humeleti ntsena hi nkarhi wa mgingiriko ya miri yo tika, kambe swi nga tlhela swi va mbuyelo wa ku famba, ku tirha exirhapani kumbe ku khandziya bayisikiri, ngopfungopfu

eka maxelo yo hisa kumbe ya nkahelo.

Loko u heleriwile hi mati emirini, miri wa wena a wu nga tirhi tanihi hi ntolovel.

Vana va le hansi ka malenbe ya ntlhanu, vadyuhari na vanhu lava va tirhelaka ehandle a va sirhelelekanga eka ku heleriwa hi mati emirini na xitiroku xo vangiwa hi ku hisa ngopfu ka miri (xiyimo lexi vangiwa hi loko miri wa wena wu hisa ku tlula mpimo).

Xitiroku xo vangiwa hi ku hisa ngopfu ka miri i xa vutshunguri bya xihatla.

Kombela ku pfuniwa hi vutshunguri hi xihatla eka swikombeto swihi kumbe swihi swa leswi:

- Ku titwa u kanganyiseka kumbe mbulavulo wa wena wu sungula ku nonoka na ku va wu nga twisisiki.
- Ku hlamba hi timbilu na ku hlanta.
- Ku hefemula hi ku hatlisa ko koma.
- Mbilu yi sungula ku ba hi ku hatlisa.
- Ku pandziwa hi nhloko swinene.

Swikombiso swa xitsundzuxo swa ku heleriwa hi mati emirini

Swin'wana swa swikombiso swa xitsundzuxo swa ku heleriwa hi mati emirini swi katsa:

- Ku twa torha na nsulu-lwana.
- Nomo wo oma.
- Ku karhala.
- Ku va na mitsakamiso ya muhlovo wo byihala, wo nuha swinene.
- Ku tshama u karhi u tsakamisa ku tlula ntolovel.

Ku tshama u ri na mati emirini na ku papalata xitiroku xo vangiwa hi ku hisa ngopfu ka miri u fanele ku:

- Nwa mati yo tala ku tlula leswi u nwisaka swona hi ntolovel hi masiku lama ku hisaka.
- Tshama endzeni kumbe etindhawini leti nga na ndzhuti.
- Ambala xigqoko xo anama kumbe u tirhisa xambhulala.
- Tshama u rhwele bodhlela ra mati u tlhela u nwa nkarhi na nkarhi.



va tshama va karhi va hlanta na ku karhala, kombela ku pfuniwa hi vutshunguri hi ku hatlisa. Tlhela u kombela nhlayiso wa vutshunguri hi xihatla loko ricece ra wena ri tsandzeka ku mama kumbe ri na matihlo yo wela endzeni na ngoma yo wela endzeni (ngoma) enhlokweni ya rona.

Eka vana, swin'wana swa swikombiso swa xitsundzuxo swi katsa:

- Nomo wo oma na ku damarhela.
- Mihloti yintsongo kumbe ku pfumala mihloti loko va rila.
- Ku tsakamisa swintsongo kumbe malerhi matsongo mo tsakama ku tlula ntolovel.
- Nhlonge yo oma, na ku titimela.
- Ku hlohlonyiwa.
- Ku karhala na nsulu-lwana.

Be healthy this festive season

GIVE YOURSELF the gift of good health this holiday period by watching what you eat.

The festive season in South Africa is a time of soaking up the sun, enjoying a cold one with friends and feasting on delicious meals.

Unfortunately, many people overeat and eat unhealthy food over this time, which can pose health risks to a lot of people, especially those with already existing chronic conditions such as high blood pressure, high cholesterol or gout.

To keep healthy, the Kwa-

Zulu-Natal Department of Health advises the public to monitor what they eat as it may not always be good for their well-being.

Making good choices

Eating the correct amount of the correct kinds of foods will meet all of a person's nutritional needs and boost resistance to diseases and stress. Do not eat lots of salt because it can cause high blood pressure.

Although some health con-



ditions are hereditary and are passed from one generation to another, many ailments are caused by poor nutrition and a lack of exercise. Called 'lifestyle diseases', these include heart conditions and high blood pressure which can result in heart attacks and strokes, diabetes, gall bladder

complaints and liver, kidney and skin diseases.

Eating a variety of foods that are not too fatty, too sweet or too salty, with enough fibre, will help keep you healthy.

Your diet should include small portions of protein, such as meat, fish, chicken

and eggs; dairy such as milk; good fibre from foods such as lentils and dried beans; and fruit and vegetables. Avoid fatty meat or oily food, sweetened foods, refined grain products such as white bread and large quantities of tea or coffee.

You must also drink about eight glasses of water each day because water is essential to good health. It dilutes the urine and prevents kidney damage from a high concentration of waste products.

The effects of not following a healthy diet can include serious health consequences, such as obesity, which worsens other diseases and strains a person's joints.

Rather than binge eating at social gatherings, it is better to have three daily meals of more or less the same size.