

Vuk'uzenzele

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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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Operation Vulindlela is opening the path to growth

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Domestic workers given greater protection

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I-Operation Vulindlela ivula indlela yokukhulisa umnotho

Uminothe waseNingizimu Afrika, njengawo wonke umnotho, ngeke usebenze, angiphathi-ke ukuthi ukhule, ngaphandle kwezimbongi ezinekhono nezisezingeni lokuncintisana. Lezi zimbongi - ezibandakanya ugesi, amanzi, ezokuthutha kanye nezokuxhumana ngobuchwepheshe - ziyimithambo ephethe ukuphila komnotho.

Izinkinga zokwakheka kwale mikhakha kudala zabekwa njengezinye zezithiyo ekukhuleni komnotho waseNingizimu Afrika. Ukungabikho kwamakhono kanye nezindleko eziphezulu zezinsizakalo zenethiwekhi kuyisithiyo ekuqhubeni ibhizinisi kuleli lizwe.

Ukubhekana nokusombulula lezi ziselele, sisungule umkhankaso i-Operation Vulindlela ngoMfumfu ngo-2020 njengomzamo weHhovisi likaMongameli kanye neHhovisi likaMgcinimafa Kuzwelonke ukuqhuba ngesivivini ukugqulwa kwezakhiwo kulezi zimbongi. Ngesikhathi iminyango kahulumeni esebenzayo kanye nezinhlangano ziqhuba lezi zinguquko, i-Operation Vulindlela iqapha futhi ithole izinselele kanye nezithiyo. Lapho kudingeka khona, ilawula ukwesekwa kweminyango ngokobuchwepheshe.

Umbiko wekota wakamuva ucacisa inqubekelaphambili eyenziwe

i-Operation Vulindlela kanye neminyango ebhekene nalezi zinguquko.

Kuwona wonke uhulumeni, sigxile kwizinguquko eziyisisekelo futhi ezinguqukayo; ezakha kabusha indlela umnotho wethu osebenza ngayo.

Lokhu kubandakanya ukufakwa endalini kobuxhakaxhaka bezokuxhumana ngamagagasi omoya okudingeka kakhulu, obekumiswe iminyaka engaphezu lwelishumi nokuze kwagcina sekuphuthuliwe ngoNdasas. Ukuvulwa kobuxhakaxhaka obusha buzokwenza ngcono ukuxhumana futhi kwehlise izindleko zedatha.

Ukusungulwa kwe-Sigungu Samachweba Kuzwelonke njengophiko olwehlukile olungaphansi kwe-Transnet ngonyaka owedlule bekumiswe iminyaka engaphezu kwe-15. Lokhu kwakuyisinyathelo esifanele ekuvumeleni ukubandakanyeka komkhakha ozimele kanye nokukhulisa ikhono lokusebenza kwamachweba ethu.

Siphinde sabuyisela uhlelo lwe-Blue Drop, olwe-Green Drop kanye nolwe-No Drop okokuqala ngqa kusukela ngowezi-2014 ukuqinisekisa ukuqapha kangcono amanzi kanye nomgangatho wokuhlanzwa kwamanzi angcolile. Sishicilele futhi sabuyekeza uHlu Lwamakhono Angandile, okokuqala ngqa futhi kusukela ngowezi-2014.

Lezi yizibonelo nje, uma sigxila ekunikezeni

amandla futhi sinaka inani elithile kwizinguquko ezibekwe eqhulwini, lo hulumeni ukwazile ukwenza inqubekelaphambili.

Ngokusebenzisa i-Operation Vulindlela, siphinde sakwazi ukusebenzisa indlela egxile emsebenzini ngokuphelele, lokho okuqinisekise ukulawula kangcono lapho iminyango nezinhlangano eziningi zibandakanyeka.

Isibonelo esihle salokhu sikumkhakha wezamandla, lapho izinguquko eziningi ezibalulekile, ezihlobene ziqhubeka ukushintsha indlela esiphehla ngayo futhi esisebenzisa ngayo ugesi.

Okunye okuyingqophamlando kufaka phakathi ukwenyuswa kwesilinganiselo sezimvume semiklamo emisha yokuphehla ugesi saya kwi-100MW, lokho okuvumele le miklamo ukuthi ixhume kwisizinda bese ikwazi ukudayisela amakhasimende ugesi. Sivuselele uHlelo Lwendali Lomkhiqizi Ozimele Wogesi Ovuselelekayo ngokuvulela ezinye izikhathi zokufaka izicelo.

Izinguquko kwimithethonqubo yokuphehla ugesi omusha zivumele omasipala ukuthi bazithengele ngokwabo ugesi okokuqala ngqa. Izinguquko zomthetho zizogcina ngokuba nomphumela wemakethe entsha encintisayo kagesi, ngokwesekwa ukushicilelwa koMthethosivivinywa Ochitshiyelwe Womthe-

thonqubo Wogesi kanye nomsebenzi oqhubekayo wokuchibiyela iNqubomgomo Yentengo Kagesi.

Umsebenzi wokucozula u-Eskom uyaqhubeka, futhi njengoba le nkampani yakwazi ukuhlangabezana nomnqamulajuqu kaZibandlela wezi-2021 wokusungulwa kwe-Nkampani Kazwelonke Yokudluliswa Kukagesi. NgoZibandlela kulo nyaka siyathemba ukuthi sizophothula ukucozulwa kweziphelilimandla kanye nezigaba zokuthunyelwa kukagesi zakwa-Eskom.

Umbiko wekota ugqamisa impumelelo ebalulekile eningi, kanjalo nezindawo lapho umsebenzi omkhulu uqhubeka khona.

Emkhakheni wamanzi, umkhankaso i-Operation Vulindlela ubulokhu uhlinzeka ngosizo lobuchwepheshe kuMnyango Wamanzi Nokuthuthwa Kwendle ukuqalisa uhlelo lokulungisa isimo soku-khishwa kwezimvume zokusebenzisa amanzi, ngenhloso yokucubungula izicelo ezingama-80% ezinsukwini ezingama-90.

Umsebenzi uyaqhubeka futhi wokusungula i-Ejensi Kazwelonke Yengqalasizinda Yemithombo Yamanzi ezoqinisekisa ukulawulwa okungcono kwemithombo yamanzi kuzwelonke.

Emkhakheni wezokuthutha, ukungasebenzi kahle kumachweba nako-jantshi bezitimela kukhahle-meze kakhulu ikhono lethu

lokuthumela impahla kwamanye amazwe. Umsebenzi uyaqhubeka wokusungula ubudlelwano nomkhakha ozimele ukuthi utshale izimali kwingqalasizinda yamachweba futhi kwenziwe ngcono ukulawulwa kwemigudu yeziqathathi emachwebeni aseThekwini naseNgqura.

UMthetho Odingidwayo ngeNqubomgomo Yojantshi Bezitimela Kuzwelonke, owagunyazwa yiKhabhinethi ngoNdasas, ucacisa izinhlelo zokuvuselela ingqalasizinda yojantshi bezitimela nokuvumela ukungena kwabangaphandle kulolu hlelo lwezitimela zempahla. Uhlelo Lomzila Wezitimela Zempahla kwa-Transnet seluvele luqalile ukuvula izikhala zabasebenzisi bojantshi abazimele.

Uhlelo olusebenza ngokugcwele lwe-e-Visa selwethulile emazweni ayi-14, kubandakanya nezimakethe zethu ezinkulukazi zabavakashisi. Ukubuyekwezwa okuphelele kohlelo lwe-visa nako kuyaqhubeka ukusivumela ukuthi sihehe amakhono adingwa ngumnotho wethu.

Lezi zinguquko zifezeke ngenxa yokusebenzisana kuhulumeni ngokulandela uhlelo loguquko olulodwa.

Sicela amabhizinisi nabatshalizimali ukuthi basebenzise lezi zinguquko eziqhubekayo ngokuthatha iminikelo nezibophezelo zabo zibe utshalomali oluphathekayo nolusungula amathuba emisebenzi.

Zivikele kwi-COVID-19 ngaphambi kobusika

Allison Cooper

Njengoba izigameko ze-COVID-19 eNingizimu Afrika zilokhu zikhuphuka ngaphambi kwehlandla lesihlanu eliqaguliwe kanye nezinyanga ezibandayo zobusika esezisemome, uhulumeni uyaqhubeka nokunxusa umphakathi ukuthi ugamele igciwane futhi ungasaleli emuva ngemijovo yokuvuselela.

Ngokusho kukaNgqongqoshe Wezempilo uDkt. Joe Phaahla, mhla zingama-25 kuMbasaneNingizimu Afrika yaqopha ukukhula kwezigameko ezintsha ze-COVID-19 ngama-137%, uma kuqhathaniswa nezinsuku eziyisikhombisa ezedlule, okuholwa kakhulu ngamazinga aphezulu okusuleleka ezifundazweni zase-Gauteng, KwaZulu-Natali kanye naseNtshonalanga Kapa.

"I-COVID-19 isalokhu



yingozi futhi ngeke sikwazi ukuyekela zonke izindlela zokuyivikela," kusho uNgqongqoshe uPhaahla.

"Siyaphinda futhi sinxusa bonke labo abangakagomi ukuthi beze bezogoma. Sisalokhu singaphansi kwama-50% wabantu abadala asebethole okungenani umjovo owodwa kanti lokho akukuhle neze. Sinxusa intsha esikhulile ukuthi isondele. Ukuqina kwamasotsha omzimba ngokwemvelo kuyafadalala

ngokuhamba kwesikhathi futhi akufani nokugoma, ngeke ukubekele isikhathi. Sinxusa bonke labo abafanelekile ukuthola umjovo wokuvuselela ukuthi basebenzise leli thuba kungakafiki ubusika," kwengeza yena.

UMnyango Wezempilo eNtshonalanga Kapa uthi imininingwane yalapha kuleli lizwe neyasemhlabeni jikelele iqinisekisa ukuthi ukugomela i-COVID-19 kusalokhu kuyisona sikhali

esihamba phambili eku- lweni negciwane. Lokhu kusiza kakhulu kubantu abanamasotsha omzimba abuthakathaka.

I-COVID-19 angeke inyamalale maduze nje. Ukuze inqotshwe, kufanele siyiqede ngokuqinisekisa ukuthi kugoma abantu abaningi futhi siqhubeke nokuthola imijovo yokuvuselela, kusho umnyango.

Ihlandla lesihlanu

Yize izigameko ze-COVID-19 zikhula futhi izwe lilindele ukuthi maduze lingene ehlandleni lesihlanu, akukaziwa ukuthi lizoba libi kangakanani.

"Okungakaqinisekiswa yilokho esikutshelwa ngososayensi bethu ukuthi umxhantela wegciwane omusha uzofika ngomxhantela omusha oteketswa ngelika-Pi, ozofuna ukusabalala ngesivinini futhi wehlule namasotsha omzimba aqinile. Kodwa kulesi sigaba, osekuqinisekisiwe ukuthi yikhona

okudlangile yimixhantela yegciwane i-Omicron ebizwa nge-B.4 ne-B.5," kusho uPhaahla.

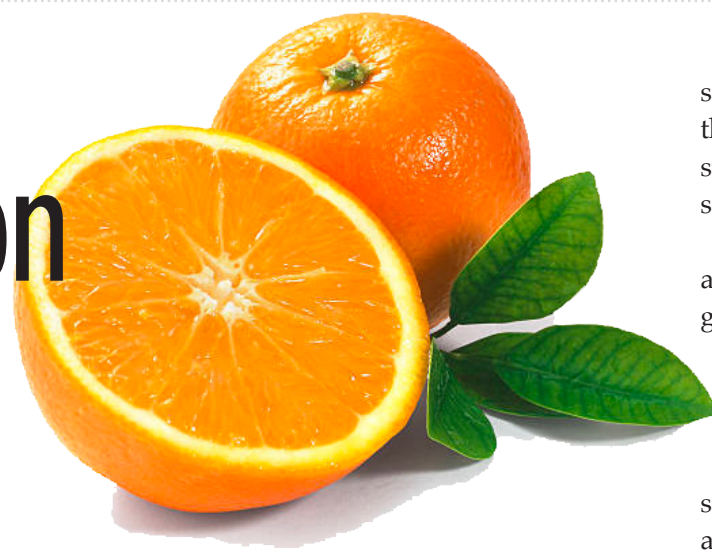
Gwema ukusulelana

Ungasiza ukugwema ukusulelana nge-COVID-19 ngokuqinisekisa:

- Ukuthi awushiywa isikhathi ekuthatheni imigomo yakho ye-COVID-19 kanye nemijovo yokuvuselela.
- Ukuthi izindawo zangaphakathi zingenisa umoya ngokwanele.
- Ukuthi ugqoka isifonyo uma ungapakathi kwesakhiwo kanye nasezindaweni ezigcwele abantu.
- Ukuthi ugomela umkhuhlane.
- Ukuthi uyazi kumele wenzeni uma unezimpa-wu ezifana nezomkhuhlane.
- Ukuthi uhlanza izandla zakho futhi usebenzisa izibulali-magciwane.

Ukuthola uhlu lwezi- khungo ezisebenza- yo zokugoma vakashela 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.