

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Sepedi

August 2020 Edition 2



Bomb-buster's explosive career

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COVID-19 corruption to be stamped out

A NEW CORONAVIRUS anti-corruption centre will urgently investigate allegations of corruption in areas such as the distribution of food parcels, social relief grants, the procurement of medical supplies and personal protective equipment.

Cathy Grosvenor

Tough action is being taken against criminals and greedy government officials who have stolen either goods or money intended for government's Coronavirus (COVID-19) response. Public servants who buy goods or services at inflated prices from friends or family members, who award tenders only if they get money in their pocket and who help themselves to food parcels are hampering the efforts of government to curb the spread of the infection

and protect the poor from the effects of the lockdown.

This also applies to companies and individuals who make fraudulent Unemployment Insurance Fund (UIF) claims. This was according to President Cyril Ramaphosa when addressing the nation recently.

The President added that fake non-profit organisations have even been created by people wanting to illegally get their hands on government funding.

He explained that in April, government had announced a historic R500 billion social relief and economic support package to fight the Coronavirus and assist businesses, workers and households.

"But what concerns me, and what concerns all South Africans, are those instances where funds are stolen, where

they are misused, where goods are overpriced, where food parcels are diverted from needy households – where there is corruption and mismanagement of public funds," says the President.

New anti-corruption centre

President Ramaphosa says government will not tolerate this, which is why a new anti-corruption centre has been established. It brings together nine state institutions, namely: the Financial Intelligence Centre, the Independent Police Investigative Directorate, the National Prosecuting Authority, the Hawks, Crime Intelligence and the SAPS Detective

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Go keteka basadi ka go ba akaretša ekonoming

Ka Phato Afrika Borwa e keteka Kgwedi ya Basadi.

Tiragalo ye e dira matswalo a letšatši ka 1956 ge basadi ba 20 000 ba matšhetša Union Buildings – basadi ba bantši ba go bolela malema a go fapana, go tšwa mafelong a go fapana gomme ba mehlobo ka moka. Ba be ba kopane ka senyakwa sa bona sa go fediša melao ya dipasa le tokelo ya bona ya go phela ka tokologo.

Maemo le kemo ya basadi ka Afrika Borwa lehono a fapana kudu le ao bommago rena le bokoko a rena ba bego ba phela ka fase ga wona ka 1956. Re tšwa kgole gore re be le Afrika Borwa ya go hloka semorafe, ya go hloka kgethologanyo ya bong, ya go huma gape yeo e lokologilego.

Go bile le tšwelopele kudu mo go kaonafatšeng maphelo a basadi ba Afrika Borwa go ekonomi, lekala la dipolotiki le go bophelo bja setšhaba.

Go le bjalo, re a tseba gore re sa ya kgole. Basadi ba sa lebane le kgethollo, tlhorišo le dikgaruru, gomme ba sa phela ka bohloki.

Ge e le gore ka nnete re nyaka go diragatša tshepišo ya Molaotheo wa rena re swanetše go lwantšha dikgato tse di dirago gore basadi ba se be le letseno le tšhelete moo go dirago gore ba ikhwetše ba kgotleletše go hlorigwa le go bethwa.

Re tsenetše lesolo la go ribolla leswika leo le re amantšhago le maitapišo a lefase a go fihlelela tekatekano ya bong ka 2030. Tekatekano ya meloko ke agenda ya tlhohleletšo le phetogo go fediša kgethollo le dikgaruru kgahlanong le basadi le bana le go kgatha tema

ka go lekana bophelong bja dipolotiki, leago le ekonomi.

Bjalo ka karolo ya lesolo le, re kopantše 'Ditirišano tša Twantšho' tše pedi, ye nngwe ke ya toka le ditokelo tša ekonomi ge ye nngwe e le ya kgahlanong le dikgaruru tše di ekadilego ka bong.

Bobedi ditabakgolo tše di bohlokwa go agenda ya rena ya bosetšhaba.

Dikgwedi tše 11 go tloga mola Leano la Twantšho la Go arabela la Tšhoganetšo go lwantšha dikgaruru tše di ikadilego ka bong le dipolao tša basadi (GBVF) ke banna le phethagatšwago go bonagetše tšwelopele go godiša thekgo le tlhokomelo ya bao ba phologilego, gomme go na le tšwelopele go kaonafatšeng molao go ba fa tšhireletšo ye kgolo.

Mo kgwedding ya Phato, re thoma ka phethagatšo ya Leano la Peakanyo la Bosetšhaba go lwantšha GBVF ke banna. Ntlha ya bohlokwa ya leano le ke go kgonthiša gore basadi ba bantši ba fiwa kudu menyetla mo ditšheleteng. Se ke ka gore go se lekalekane ga ekonomi le go se lekalekane ga leago go a sepelelana. Maemo a basadi ka Afrika Borwa a ba dira gore ba be kotsing ya go hlorigwa. Re swanetše go oketša thekgo ya basadi go ba kgonthiša gore ba itirele tšhelete ya bona. Re dirile maikgafo a mmalwa ka fase ga Tekatekano ya Moloko yeo e tla tšweletšago dipolelo ka Leano la Peakanyo ya Bosetšhaba.

Sa mathomo, re ya go tsentšha basadi mererong ya ekonomi ka go ba abela dithendara. Re beile selebanywa sa go kgonthiša gore bonnyane dithoto le ditirelo tša go lekana 40%

tše di rekilwego ke makala a setšhaba di tšwe dikgwebong tša basadi.

Sa bobedi, re ya go oketša thekgo go di-SMME tša basadi le go basadi bao ba nago le dikgwebo tša mo mebileng goba bao ba sa šomego. Se se tla akaretša go boledišana le makala a ditšhelete go dira gore ditirelo tša ditšhelete di fihlelelege le go rekega go basadi.

Sa boraro, re nyaka go kgonthiša gore basadi ba bantši ba na le dithoto tša bohlokwa go swana le naga. Go bohlokwa gore basadi e be baholegi ba lenaneo le potlakišitšwego la poelo ya mafase. Go bohlokwa gore go R75 milione ya diboutšhara tše di beetšwego kimollo ya COVID-19 ya kabo ya temo 53% ya baholegi e tla ba basadi ba magaeng. Re swanetše go kgonthiša gore basadi ba balemi ba ka gae le ba bannyane ba tšwela pele go amogela thekgo ka morago ga leuba.

Sa bone, re nyaka go kgonthiša gore basadi ba šireletšwa go dikgaruru tše di ikadilego ka bong mo mošomong. Ka tsela yeo re tla ba re šoma legatong la bosetšhaba le la selete go tumelanelano ya Kopano ya ILO ka ga Dikgaruru le Tlhorišo Mošomong.

Go thwe tokologo ga e fiwe, eupša e a tšewa.

Tokologo ya basadi ke mantšu fela ao a lego letlakaleng ntle le ge e ka bapetšwa ke boikgafo go tšwa go makala ka moka a setšhaba.

Ge re beakanya kagolefsa ya ekonomi ya rena mo tlhohlong ya leuba la coronavirus, re rile re ka se boele moo re bego re le gona pele ga go phulega ga baerase. Re swanetše go aga ekonomi ye bohlokwa ya

go fapana le yeo re bego re na le yona yeo, gare ga dilo tše dingwe, e kaonafatšago maemo a bohlokwa a basadi.

Se se ra gore peeletšo ya rena ka mananeokgoparara ga se ya swanela go thekga fela kaonafatšo ya diintasteri tša gae, eupša le dikgwebo tša basadi.

E swanetše go hlola dibaka tša mešomo mo magatong ka moka a peakanyo, go thekga ka ditšhelete, go aga le go hlokomela mananeokgoparara. Ka tekanyo ya go swana ge re oketša thekgo ya mananeo a mešomo ya setšhaba, re swanetše go kgonthiša gore makgarebe kudu ba swanetše go ba bakgathatema. Godimo ga go hwetša letseno, mananeo a a tla ba fa sebaka go hwetša mabokgoni a mangwe le maitemogelo ao a hlokega go go kgatha tema ekonoming ye kgolo.

Le ge e le maikarabelo a mmušo go aba dibaka tša ekonomi go basadi le go hlola tlhako ya go kgonthiša go tšwetša pele tekatekano ya bong, mang le mang mo setšhabeng o swanetše go kgatha tema ya gagwe.

Dikgwebo di swanetše go thekga dikgwebo tša basadi ka go reka mo go tšona dithoto le ditirelo. Di swanetše go thwala basadi ba bantši gomme ba thwale basadi ba bantši maamong a bolaodi.

Se se bohlokwa kudu go lebeleletšwe gore rekoto ya lekala la praebete mo go kemedi ya bong legatong la taolo e šaletše morago go ya lekala la setšhaba. Ye ke taba yeo e tšweletšwago gantši mo dipolelišanong tše di bilego le tšona le mekgatlo ye mmalwa ya dikgwebo tša basadi. Gore re be le tekatekano re swanetše go fediša setlwaedi sa megolo

ya go se lekane go ya ka gore motho ke monna goba mosadi gomme re lefa batho ba ba dirilego mošomo wa go swana ka go lekana go ya ka Molao wa Tekatekano ya Mošomo.

Basadi ba swanetšwe go šireletšwa go tlhorišo le kgethologanyo mošomong.

Ke maikarabelo a basepediši ba dinamelwa, balaodi ba diyunibesithi, makgotlataolo a dikolo le mekgatlo ya sedumedi go hlola maemo a a bolokegilego go basadi le bassetsana go ka tšea maeto, go ya dikolong le go ya dikerekeng.

Re swanetše go tšwela pele ka maitapišo a rena a go fediša go nyatšwa ga basadi ke banna, kgethollo ya basadi ke banna le go dira banna dihlogo. Ke mekgwa ye yeo e dirago gore go be le kgatelelo ya basadi.

Go tšwa go rena – bobedi banna le basadi – go kgonthiša gore mohola wa mosadi, maemo le dikgopolo ga di fetwe ke tša monna. Ke maikarabelo a rena bjalo ka batswadi le bokoko le bora kgolo go swara le go godiša barwa le barwedi ba rena go swana.

Go tšwa go rena bjalo ka banna go gana le go bolela kgahlanong le ditiragalo tša GBV ge re di bona, le ge e le gore di dirwa ke bagwera ba rena, bopapa ba rena goba bobuti ba rena.

A re beng moloko woo o fedišago kgatelelo ya basadi ka mekgwa ya yona ka moka, mo maphelong a rena.

Moloko wa bagale wa 1956 o matšheditše rena ka moka.

Re a ba hlomphe, rena le meloko ya ka moso ga se ra swanela go eke bohwa bjo bja go hlomphega.

TSHEDIMOŠO YA COVID-19

Pregnancy does not increase COVID-19 risks

SOME GOOD news for moms-to-be is that their pregnancy will not make them more ill should they contract COVID-19 and they may still breastfeed.

Silusapho Nyanda

Pregnant women and unborn children are not at a greater risk of contracting or developing severe symptoms of the coronavirus (COVID-19) but should still exercise good hygiene and social distancing.

The majority of pregnant women who contract COVID-19 will only show mild to moderate symptoms of the virus. However, pregnancy changes the immune system so pregnant women should continue with standard precautionary measures.

Bongumusa Makhathini,

a specialist obstetrician and gynaecologist at Grey's Hospital in Pietermaritzburg, KwaZulu-Natal, says that tests done on the placenta and umbilical cord blood of COVID-19-positive mothers were all negative for the virus.

"The available data shows that during pregnancy and birth, women infected by COVID-19 are not worse compared to non-pregnant women," he says.

Children born to COVID-19-positive mothers may be breastfed, provided the mother follows the right hygiene routine, including washing her hands before and after holding her child,

sanitising her chest before breastfeeding and wearing a mask. Mothers must clean any surface before a child comes into contact with it.

As breastfeeding offers more benefits than the risks posed by COVID-19, new mothers are encouraged to exclusively breastfeed for the first six months of a child's life.

Dr Makhathini says tests have found that COVID-19 is not present in breast milk.

"However, breast hygiene and other general COVID-19 safety precautions should be taken during breastfeeding or breast milk expression to avoid droplets and skin contact infections to the



newborn," he says.

Chronic diseases like asthma, diabetes and high blood pressure are known to increase the risk of severe symptoms of COVID-19 in the general population, and this applies to pregnant women too, says Dr Makhathini.

Dr Makhathini says that pregnant women who have COVID-19 and any other of

these chronic diseases, must keep a close eye on their health and their unborn baby.

"Closer monitoring of maternal and fetal wellbeing is highly recommended," he says.

He adds that pregnancy complications such as a miscarriage or going into labour earlier than planned have not been directly linked to the COVID-19 virus.

Go boela mošomong ka morago ga go kaonafala bolwetšing bja COVID-19

Allison Cooper

Naa o ka boela mošomong neng ge o fetetšwe ke coronavirus (COVID-19)?

Institute ya Bosetšhaba ya Malwetši a Go fetela e na le dikarabo tseo o di hlokago.

Ge ke fetetšwe ke COVID-19, ke swanetše go dula nako ye kaakang ke ipeetše thoko?

Batho bao ba fetetšwego ke COVID-19, eupša ba se na maswao, ba swanetše go ipeela thoko ka gae goba ka lefelong la mmušo leo le diretšwego go hlokomela bao ba fetetšwego ke baerase lebaka la matšatši a 10, go tloga ka letšatši leo ba amogelago dipolelo tša gore ba fetetšwe ke baerase.

Bao ba nago le maswao a ma-

nnyane ba swanetše go ipeela thoko ka gae goba ka lefelong la mmušo leo le diretšwego go hlokomela bao ba fetetšwego ke baerase lebaka la matšatši a 10, go tloga ka letšatši leo maswao a bona a thomilego.

Bao ba nago le maswao a mašoro, bao ba swanelago go ya bookelong, ba swanetše go ipeela thoko matšatši a 10, go tloga ge ba le kaone ba se sa nyaka oksetšene.

Naa batho bao ba fetetšwego ke COVID-19 ba ka fetetša bolwetši go batho ba bangwe bjang?

Go ya ka Tona ya Maphelo Zweli Mkhize, batho ba bantši bao ba nago le maswao a mannyane ba ka phatlalatša baerase nako ya gare ga matšatši a šupa le a 12.

Le ge go le bjalo, batho bao ba lwalago kudu ba ka fetetša ba

bangwe gomme ba phatlalatša baerase go ba bangwe nako ye telele.

Naa ke swanetše go dira diteko tše dingwe tša COVID-19, tšeo di bontšhago gore ga ke sa na yona, pele ke boela mošomong?

Aowa. Go dira diteko gape go batho bao ba itemogetšego maswao a mannyane gomme ba kaonafetše ga go bohlokwa. Motho o tšewa go ba a bolokegile go boela mošomong ge a feditše nako ya go ipeela thoko e bile a se sa hlwa a kgona go fetetša ba bangwe. Seo se ra gore o bile le maswao a gagwe a mathomo matšatši a 10 a go feta gomme ga se a ba le maswao bonnyane matšatši a mararo.

Ka dinako tše dintši, bašomi ba ka boela mošomong ntle le go dira diteko gape:

- Ba phethile matšatši a 10 a go beelwa thoko ga kgapeletšo goba go ipeela thoko.
- Bao ba bilego le maswao a magareng goba a mašoro ba ya tekolong ya kalafo.
- Ba tšwela pele go hlapa le go se batamelane le batho ba bangwe.
- Bengmošomo ba lekola bašomi go kgonthiša gore ga ba boele morago.
- Ba apara sešira molomo le dinko, go tloga ka letšatši la pheko seba se ka bago matšatši a 21.

Diteko di bontšhitše gore ga ke na bolwetši bjo eupša ke sa na le maswao. Bjale go direga eng?

Go a kgonagala go hwetša dipolelo tšeo di fošagetšego tša gore ga o na bolwetši bjo. Se se ra gore diteko tša mathomo di ka bontšha gore ga o na bolwetši bjo, eupša diteko tša ka morago di ka bontšha gore o na le bona. Ge o ka tšwela pele go ba le maswao a CO-

VID-19 o ikgokaganye le setsebi sa tlhokomelo ya maphelo. **Naa go direga eng ge ke sa bontšha maswao ka morago ga matšatši a 10?**

Go tlwaelegile gore balwetši ba tšwele pele go ba le maswao go feta matšatši a 10. Go kaonafala mo go feletšego go ka tšea dibeke tše mmalwa. Ge o sa na le maswao, nyaka maele go setsebi sa gago sa maphelo.

Go hwetša tshedimošo ka botlalo ka ga COVID-19, eya wepsaeteng ya Sehlongwa sa Bosetšhaba sa Malwetši a go Fetela go www.nicd.ac.za, wepsaete ya go se lefelwe ya COVID-19 go coronavirus.datafree.co, leletša Nomoro ya Mogala ya COVID-19 go 0800 029 999 goba o romele molaetša wo o rego 'Hi' ka WhatsApp go 0600 12 3456.

Go laola COVID-19: Ka gae le ka mafelong ao a diretšwego go hlokomela bao ba fetetšwego ke baerase ye

GO BOHLOKWA kudu go arogana le ba bangwe, e ka ba ka gae goba ka lefelong le le diretšwego go hlokomela bao ba fetetšwego ke baerase ye la go beela batho thoko la go se lefelwe, ge diteko di bontšha gore o fetetšwe ke COVID-19.

Allison Cooper

MaAfrika Borwa a mantši ao a fetetšwego ke coronavirus (COVID-19) ba ka se kgone go ipeela thoko ka gore magae a bona ke a mannyane gomme ga ba na phapoši yeo e sa abelawego le ba bangwe yeo go yona ba ka kgonago go dula le go robala go yona ba le tee.

Mmušo o kgonthiše gore mafelo ao a diretšwego go hlokomela bao ba fetetšwego ke baerase ye a gona go thuša batho bao ba fetetšwego ke baerase, gomme mafelo ao a diretšwego go beela batho thoko a gona go thuša batho bao ba sa emetšego dipolelo. Ditirelo ka moka ga di lefelwe.

Go ya ka Ngaka Marlin McCay, ngaka ya malwetši a go fapana yo a šomelago Florida ka West Rand, selo sa mathomo seo o swanetšego go se dira ge o dirilwe diteko gomme go hweditšwe o na le COVID-19 ke go fokotša lebelo la go phatlalala ga diphetelo. "Selo se o se nyakago ke go šireletša lapa la gago," a realo. Go dira se, o swanela ke go ipeela thoko - e ka ba ka gae goba ka mafelong ao a diretšwego go hlokomela bao ba fetetšwego ke baerase ye.

"Ge o ipeetše thoko go ra gore o swanetše go hwetša karolo ya ntlo moo o sa hlananego le batho ba bangwe ka lapeng. Ga go na yoo a swanetšego go batamela dimetara tše tharo kgauswi le wena. O swanetše go ja o le tee; o be le malepola le dibjana tšeo di šomišwago ke wena o le tee; o be le phapoši



"Go bohlokwa gape go khutša nako ye e lekanego le go nwa meetse a mantši goba diela tšeo di sekilego go kgonthiša gore mohlapologo o dula o sekile."

ya gago ya go hlapela o le tee, ge go kgonega; gomme o kgonthiše gore ga o kopane le mang goba mang ka lapeng.

"Ngaka ya gago goba mohlakomedi yo bohlokwa yoo a go abelago ka ditirelo tša maphelo o swanetše go go fa dihlare tše bohlokwa tše diretšwego go go fokoletša bontši bja maswao, kudu a go swana le mahlaba mmeleng le dihlabi, go opša ke hlogo le phišo. Go na le gape divitamine tše dibotse tšeo motho a ka di šomišago gore a dule a phetše gabotse," a realo.

Gobohlokwa gape go khutša nako ye e lekanego le go nwa meetse a mantši goba diela tšeo di sekilego go kgonthiša

gore mohlapologo o dula o sekile. Batho ba bantši bao ba sa lwalego kudu ba tla thoma go kaonafala morago ga beke go tloga nakong yeo ba thomilego go bona maswao a mathomo ka yona, eupša go bohlokwa go lekola maswao a gago gabotse.

Ge o ka ba le maswao a tšhoganetšo, go swana le mathata a go hema, dihlabi mafahleng goba kgatelelo mo mafahleng yeo e ganelelago, go gohlola madi, go hlakahlakana, go se robale gabotse go go šoro goba go ba le dipounama le sefahle-go se se talalerata o swanetše go leletša ambulanse goba o ye bookelong ka bjako.

Mafelo ao a diretšwego go beela batho thoko

Bao ba sa kgonego go ipeela thoko go bao ba dulago le bona ka gae, mmušo o beakantše mafelo ao a diretšwego go beela batho thoko nageng ka bophara gore wena le balapa la gago le bolokege.

Mmušo wa profense ya Kapa Bodikela kgauswanya-na o phatlaladitše ditshwayotshwayo tše di itšego go tšwa go balwetši ka ga mafelo ao a diretšwego go hlokomela bao ba fetetšwego ke baerase.

Marie Janties go tšwa Witzenberg o tšere sephetho sa go latela keletšo ya bašomi ba tlhokomelo ya maphelo gomme a ya lefelong leo le diretšwego go hlokomela bao ba fetetšwego ke baerase ka gore mmagwe wa mengwaga ye 97 o dula le yena le bana ba gagwe gomme o nyaka go ba šireletša. "Ke swerwe gabotse kudu. Dijo di be di le bose - go feta le tša ka gae.

Ke lemogile gore ke swanetše go dula ke nagana tše dibotse.

Ke be ke tšhogile, eupša ka rapela ka leka gore ke loko-loge," a realo.

"Lefelo leo le ka boloka maphelo! Le tloga e le le lekaone kudu," gwa realo John Arnoldus, yoo a kaonafetšego go tšwa bolwetšing bja COVID-19 mo lefelong leo le diretšwego go hlokomela bao ba fetetšwego ke baerase la Drakenstein. "Yo mongwe wa bagwera ba ka o be a ipeetše thoko ka gae gomme a swara bothata bja go kaonafala. Ke bile ka mmotša gore a ikgokaganye le batho bao ba ilego ba nhlokomela - yeo ke tsela ya go kaonafala. Thekgo ya bašomi ba kalafo le ya

molaodi moo - ke yona e go dirago gore o tielele," a realo.

Arnoldus mathomong o be a tšhaba go ya lefelong leo le diretšwego go hlokomela bao ba fetetšwego ke baerase ka lebaka la kgopolo ya go fošagala ya gore ge o eya lefelong la go swana le le o tla lwala gomme wa hloko-fala. "Ke be ke letetše tše šoro, eupša ke amogetšwe gabotse. Ke rolela bašomi mongatse! Ba nhlošeditše gore ka ge ke šetše ke na le COVID-19, ga go na motho mo lefelong le yo a ka ntwatšago," a realo.

Naa o ka letela eng go tšwa mafelong ao a diretšwego go beela batho thoko?

Go ya ka Mmušo wa profense ya Kapa Bodikela, dinyakwa tša gago ka moka di a šetšwa.

O tla amogela dijo tša melheng, tekolo ya maphelo ka mošomi wa tlhokomelo ya maphelo, ditirelo tša go hlatšwetša, boiketlo le setu go kaonafala go akaretšwa le tša senamelwa sa go se lefelwe go ya le go tšwa lefelong leo.

Ge o sa kgone go ipeela thoko, leletša Mogala wa Coronavirus wa Bosetšhaba go 0800 029 999 go hwetša tshedimošo ye nngwe ka ga lefelo leo le diretšwego go hlokomela bao ba fetetšwego ke baerase goba ka mafelong ao a diretšwego go beela batho thoko.