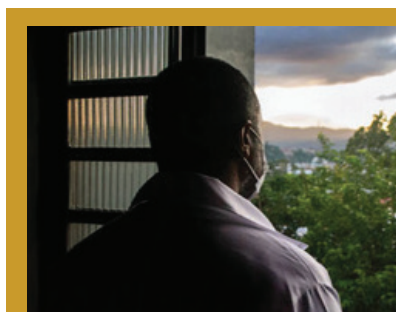


Vuk'uzenzele

Uyefulelwa Laphiko Lwahulumende Lwetekuchumana Netekwatisa (i-GCIS)

English/Siswati

Ingci 2020 Lushicilelo 1



Kutisusa kulabanye ngalamafishane

Likhasi le-7



Umcimlilo we-Crew Juliet usitekela indzaba yakhe

Likhasi le-8



I-Ningizimu Afrika itsatsa sinyatselo sekulungisa kuswelakala kwetisitakuphefumula



SISITAKUPHEFUMULA lesakhiwe kulelive sitawusita tigulane letinetimphawu letingasimatima kakhulu te-*COVID-19* kutsi tiphefumule lula.

Silusapho Nyanda

Kulwa nesifo seligciwane le-*corona* (i-*COVID-19*) lapha eNingizimu Afrika kufakwe umfutfo sisitakuphefumula sekucala lesentiwe lapha kulelive lakitsi.

Lesitakuphefumula lesatiwa ngekutsi pheceleti Continuous Positive Airway Pressure (i-CPAP) sisita tigulane letinetimphawu letingasimatima kakhulu te-*COVID-19* kutsi tiphefumule lula ngekutsi sitinike umoyamphilo losezingeni lelilingene lesicindzelo semoya kute kugcineke emaphayiphi lahambisa umoya avulekile.

Lesitakuphefumula sadizayinwa nguMkhandlu weTesayensi neTelucwani ngo lweteTimboni (i-CSIR) ngekuhlanyela nebaligani bakuleli labanengi

futsi sisatjalaliswa eveni lonkhe sisetjentiswe tigulane letikhombisa kuba nenkinga ekuphefumuleni esigabeni sekucala sekuhabula i-*COVID-19*.

“Umoya lotayelekile umuntfu lawuphefumulako unemoyamphilo lowetiye ngemaphesenti lange-23. Impampi yesitakuphefumula ye-CPAP ingampompa linani lelisetulu lemoyamphilo, kusita umuntfu kutsi aphefumule. I-CPAP impompa ngalokuchubeka-ko umoyamphilo lotiyile. Ungakhona kutsi wandzise nome unciphise linani lemoyamphilo umuntfu lawuphefumulako,” kusho Umlawuli Lomkhulu we-CSIR Future Production: Manufacturing Martin Sanne.

Iyachubeka elikhasini le-2



Kufundza i *Vuk'uzenzele* faka i-GOVAPP ku:



Buka-SA Government ku-Google playstore nome appstore

TSINTSANA NATSI

Vuk'uzenzele

@VukuzenzeleNews

Iwebhusaythi: www.gcis.gov.za I-imeyli: vukuzenzele@gcis.gov.za
www.vukuzenzele.gov.za Lucingo: (+27) 12 473 0353

Tshedimosetso House:

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

LAMAHHALA ALITSENGISWA

Bad behaviour results in alcohol ban

A TRAUMA SURGEON has welcomed President Cyril Ramaphosa's efforts to sober up South Africa, saying that heavy drinking was causing a headache for hospitals.



The sale of alcohol was once again banned in South Africa in the middle of July because of the number of people needing emergency care in hospitals as a result of drunken behaviour.

Instead of being available to help people who were very sick from the coronavirus disease (COVID-19), hospitals were treating patients wounded in car accidents or

fighting that were caused by drinking too much.

Professor Steve Moeng, who is head of trauma at Gauteng's Charlotte Maxeke Hospital, explains that under level five of the lockdown, the hospitals' emergency rooms were nice and quiet but each time the country went to a lower level, the number of people needing emergency treatment at our hospitals increased.

He says that since the coun-

try moved to level four of the lockdown on 1 June, hospitals have seen more trauma cases.

"Unfortunately, this has had a negative impact in terms of our ability to deal with the COVID-19 load in our hospitals," he says, explaining that in South Africa, most of the trauma cases dealt with by hospitals are related to alcohol.

Moeng, who is also the academic head of trauma at the University of the Witwa-

tersrand, says when the emergency rooms are full, hospitals are not able to give as much time and resources to COVID-19 as needed.

He says there is a need to re-evaluate society's relationship with alcohol because too many people are not able to drink responsibly and

instead become drunk and disorderly and behave recklessly or badly as a result.

Emergency rooms tell the story of the impact on South Africa of the abuse of alcohol, with doctors spending most weekends stitching up victims of domestic abuse, car crashes or violent fights. **📞 – SANews.gov.za**

Ichubeka isukela ekhasini le-1

Tigulane letisebentisa le-sisitakuphefumula tichunyaniswa ngekusebentisa sifonyo. Umoyamphilo udvonswa ethangeni lelinegesi yemoyamphilo iphindze futsi ibhicaniswe nemoya wemvelo kulesisitakuphefumula, kusuka lapha bese wendluliselwa kulesifonyo bese sigulane siyayihogela. Sanne utsi ekwengeteni ekumpompeni umoyamphilo, le-CPAP iphindze futsi isite tigulane kutsi tiphe-

fumule tikhiphe umoya.

Lesisetjentiswa se-CPAP singasetjentiswa kutimondzawo tetekwelapha tebuchwepheshe lobusezingeni lelisetulu nome kutimondzawo tesikhashana, njengase-tibhedlela tesikhashana kanye nasetindzaweni tekuhlala wedvwa ngenca yesifo.

Sanne utsi i-CSIR itawube seyikhicite tisi-takuphefumula leti-10 000 ekupheleni kwenyanga yeNgc. Ngekusebentisana nebaka-Siemens, Simera, Akacia, Gabler,

Umoya kanye neNyuvesi yaseKapa, i-CSIR ikhichite le-CPAP ngeku-landzela tilinganisozinga teNhlango Yemhlaba Yetemphilo.

Tisitakuphefumula tekucala titawunikwa tibhedlela tahulumende leticindzetelekile ngenca yekungabikhona kwetisetjentiswa tekubukana ne-COVID-19.

I-CSIR yacala kwakha le-CPAP ngemuva kwekutsi umhlaba ucale kubukana nekuswelakala lokukhulu kwetisitakuphefumula. "Kusukela ngeNdlovu-

lenkhulu kanye naMabasa, kwaba nekuswelakala ngekushesha kweku-phakelwa ngetisitakuphefumula kubatfulitinsita betfu bemave emhlaba. Lapho betitfolakala khona, besetibita kakhulu ngaleso sizatfu-ke, hulumende wakhipha ithenda kutsi kukhicitwe letisitakuphefumula," kusho yena njalo Sanne.

Lethenda beyiyincenye yeMklamo waVelonkhe weTisitakuphefumula wahulumende kuLitiko Letekuhwebelana, Timboni Nekuchudzelana.

I-CSIR isasematasata futsi ngekukhichita sisitakuphefumula i-Bi-level Positive Airway Pressure lokuhloswe ngaso kusita tigulane letinetimphawu letimbi kakhulu te-COVID-19. Lesisitakuphefumula sitawusita ngako kokubili kuhogela umoya kanye nekuphindze futsi siwukhokhe, ngesicindzetelo mhlawumbe lesingagucuki nome ngekuva kuphakelwa kwemoyamphilo lodzingwa sigulane bese silungisa sicindzetelo ngalokufanele. **📞**



government communications

Department: Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

Tel: 012 473 0353

Email: vukuzenzele@gcis.gov.za

Address: Private Bag X745, Pretoria, 0001

Head of Editorial and Production
Khusela Diko | khusela@gcis.gov.za

Editor-in-Chief
Tyrone Seale | tyrone@gcis.gov.za

Managing Editor
Ongezwa Mogotsi
ongezwa@gcis.gov.za

News Editor
Noluthando Motswai

Writers
More Matshediso
Jauhara Khan
Silusapho Nyanda

Senior Designer | Tendai Gonese

Language Practitioners
Nomgcibelo Motha
Boitumelo Phalatse

Vuk'uzenzele
is published by Government Communications (GCIS)

All rights reserved. Reproduction of the newspaper in whole or in part without written permission is strictly prohibited.

Printed by: **RISE SUN PRINTERS**
For Laboratory Service

Distributed by: **ON THE DOT**



Sita kutsi sivimbe kubhebhethseka kwe-COVID-19

Sive sakitsi sibukene nenkinga lenkhulukati emlandvweni wetfu wentsandvo yelinyenti. Ngetulu kwetinsuku leti-120, siphumelele kubambelela kubhebhethseka kweligciwane lelibanga umonakalo lomkhulukati emhlabeni wonkhana. Kodvwa nyalo, kwandza kakhulu kwekusuleleka leseleleleke ngako tati tetekwelapha kutsi kuyeta, sekufikile. Bangetulu kwekota yesigidzi bantfu baseNingizimu Afrika lasebasuleleke ngaleligciwane le-corona, siyati futsi kutsi kwesuleleka lokunyenti kusengakabonwa. Nyalo sesitfolatehlakalo tekwesuleleka letinsha letingetulu kwe-12,000 malanga onkhe. Kusukela kwacala lokubhedvuka ngenyanga yeNdlovulenkulu, lokungenani sekushone bantfu laba-4, 079 ngenca yale-COVID-19.

Njengaloku kunemakhata lashubisa umnkantja lahlasele lelive lakitsi lachamuka eNingizimu ye-Atlantic ngalesikhatsi semnyaka, timbalwa tincenye talelive letingeke titsintfwe nguleligciwane le-corona. Lesivunguvungu saleligciwane le-corona sinelulaka lolukhulu futsi sibhubhisa kakhulu kwengca nome ngabe yini lesikwatiko kwaphambilini. Imitfombolusito yetfu isebenta ngalokwecile futsi seyisondzele emikhawulweni yayo.

Lokwandza kwekusuleleka tingcweti tetfu tetekwelapha kanye nabososayensi labakubiketele etinyangeni letintsatfu letengcile nyalo sekufikile. Kucale eNshonalanga Kapa kantsi futsi sekusendleleni kuya eMphumalanga Kapa naseGauteng.

Nanome kunjalo, ngesikhatsi

kusuleleka kwandza kakhulu, kubalulekile kucaphela kutsi lizinga lemaphesenti la-1.5 alabo labashonako lisemkhatsini walaphasi kakhulu emhlabeni. Loku kucatsaniswa ne-avareji yemhlaba wonkhe yemaphesenti la-4.4 elizinga labashonako. Lelinani lelincane labashonako kulelive kungenca yesipiliyoni kanye nekutinikela kwetingcweti tetfu tetemphilo kanye netinyatselo letiphutfumako lesititsetse sakha emandla ekwenta umsebenzi eluhlelweni lwetfu lwetemphilo.

Njengaloku linyenti lebantfu bakitsi batsatse sinyatselo sekuvikela kubhebhethseka kwaleligciwane, kodvwa kukhona labanye labangakwenti loko. Kukhona labanye emkhatsini wetfu labangayishayi mkhuba lemitsetfomgomo leshayiwe yekulwa nalesifo.

Kusekhona lolubhubhane, kugibela eteksini ungakafaki sifonyo, kuhlangua nebangani, kuhambela imicimbi yemadzili nome ngisho nekuvakashela umndeni, kungabhebhethsekisa leligciwane kalula futsi kube khona labalahlekelwa timphilo tabo. Lesi kungaba sifo lesibangwa ligciwane kodvwa libhebhethsekiswa kutiphatsa kwemuntfu.

Ngenca yetento tetfu – talowo nalowo, temindeni, temimango, – singakhona futsi kufanele kutsi siyigucule indlela yalolubhubhane kulelive lakitsi. Kudzingeka kutsi sifake sifonyo sendvwangu lesivala imphumulo nemlomo nangabe siphuma ekhaya. Kufanele kutsi sichubeke sigeze njalo tandla tetfu ngensipho nemanti nome ngesibulalimagciwane. Kufanele kutsi sichubeke sigeze futsi sihlante ngesibulalima-

gciwane lonkhe lingetulu letindzawo lapho kutfolakala khona bantfu. Lokubaluleke kakhulu, kufanele kutsi sishiye libanga lekukhweshelana leliphephile – lokungenani lemamitha lamabili – kulomunye umuntfu.

Nyalo sekunebufakazi lobusha lobuvelako bekutsi leligciwane lingahlala emoyeni etindzaweni lapho kunesicuku sebantfu, letivalekile nome letingangenisi kahle umoya. Ngaleso sizatfuke kufanele kutsi sitente ncono timondzawo letingekhatsi tetindzawo temmango lapho bungoti bekusuleleka ngalesifo bubukhulu kakhulu.

Sincumo setfu sekumemetela kumiswa-nsi kwemisebenti, iminyakato nekuhlala ekhaya kwavelonkhe kwavimbela kusuleleka lokukhulu ekucaleni ngesikhatsi tinsita tetfu tetemphilo betisengakalungeli kahle, lokuyintfo lengabe yaholela ekulahlekelweni kakhulu timphilo tebantfu.

Kulesikhatsi lesibe naso, sitsatse tinyatselo letimcoka tekucinisa kuphendvula kwetfu ngekwetemphilo. Sesente luhlolo lweligciwane le-corona lolungetulu kwetigidzi letimbili kantsi tisebenti temmango tetemphilo setente luhlolokuhlunga lolungetulu kwetigidzi letinge-20.

Sesente kutsi kube nemibhedze yasesibhedlela yelinani lelifinyelela ku-28,000 yetigulane te-COVID-19 futsi sesakhe netibhedlela tesikhashana letisebentako eveni lonkhe. Nyalo sesinemibhedze yekuhlala wedvwa ngenca yesifo lengetulu kwe-37,000 kutisetjentiswa letitimele kanye nakutisetjentiswa tahulumende eveni lonkhe, letilungele kwehlukana

ngayedvwa labo labangakhoni kukwenta nabasemakhaya.

Sesitsenge saphindza futsi saletsa tisetjentiswa tektivikela etibhedlela, emitfolamphilo kanye nasetikolweni kulolonkhe lelive kute kutsi sivikele tisebenti tetfu tetemphilo letisembili lapho imphi ishisa khona. Siphindze futsi satweba futsi siyachubeka nekutweba bahlengi/bahlangikati labangetiwe, bodokotela kanye netisebenti tetemphilo tesimo lesiphutfumako.

Siyachubeka nekwenza inchubekelembili emitameni yetfu yekubukana nale-COVID-19, kodvwa insayeya yetfu lenkhulu iseta. Kuto tonkhe tifundza, sisebenta ngemandla kutsi sandzise linani lemawadijikelele kanye nemibhedze yesimo lesibucayi yetigulane te COVID-19 kutsi ibekhona.

Umtsamo wemawadi uyandziswa etibhedlela letinengi ngekutsi kubanjelelwe kunakekelwa kwetimo letingaphutfumi, kuguculwa kwaletinye tindzawo etibhedlela kutsi tibe ngemawadi langetiwe kanye nekwakhiwa nekukhuliswa kwetibhedlela tesikhashana.

Siyasebenta kute kutsi sandzise kuphakelwa kwemoyamphilo, tisitakuphefumula kanye naletinye tisetjentiswa kulabo labatawudzinga kunakekelwa lokubucayi, lokufaka ekhatsi kujikiswa kuphakelwa kwemoyamphilo kuletinye tinhloso. Sisabalalisa tebuchwepheshe bedijithali kute sicinise kubona, kulandzelela kanye nekwehlukanisa kutsi bahlale bodvwa labo labatsintsene nalabesulelekile, kanye nekwesekela labo labahlolwe bakhatfolakala kutsi banaleligciwane.

Njengaloku nyalo sesifinyelela ngasezingeni lelisetulu lekusuleleka, sidzinga kutsi sicaphele kakhulu futsi sicinise letinyatselo letikhona kute sehliise lizinga lekundluliseleka kwalesifo.

Imitsetfomgomo yekufaka tifonyo itawuciniswa. Tisebenti, banikati betitolo kanye neba-

phatsi, labasebentisa tekutfutsa ummango, kanye nebalawuli kanye nebanikati banome ngabe ngusiphi sakhiwo semmango nyalo sebacindzelwa ngumtsetfo kutsi bacinisekise kutsi nome ngabe ngubani longena emabaleni ato nome logibela sigitjelwa kufanele kutsi afake sifonyo.

Ematekisi lahamba luhambo lwendzawo avumelekile kutsi alayishe umtsamo wemaphesenti la-100 kantsi lawo lahamba emabanga lamadze ngeke avunyelwe kutsi enge umtsamo wemaphesenti lange-70, ngaphasi kwesimo sekutsi sendlelanchubo yekunciphisa bungoti lobusha lobuphatselene netifonyo, kufutsa sigitjelwa ngesibulalimagciwane kanye nekuvulwa kwemafasitelo tiyalandzelwa.

Nyalo sekukhona bufakazi lobucacile bekutsi kucala futsi kwekutsengiswa kwetjwala kube nemphumela nekucindzeteleka lokukhulu kwetibhedlela, lokufaka ekhatsi emayunithi ekunakekela timo letibucayi tetingoti nema-ICU, ngenca yetingoti tetimoto, budlova kanye netingoti letiphatselene naloko. Ngenca yaloko-ke sesincume kutsi kute songe umtsamo wetibhedlela, kutsengiswa, kusatjalaliswa kwetjwala kutawumiswa ngekushesha.

Njengesinyatselo lesengetiwe sekunciphisa kucindzeteleka kwetibhedlela, kutawubekwa sikhatsi lesingumncamulajucu wekungatfolakali ngaphandle emkhatsini wensimbi ye-9:00 ebusuku nensimbi ye-4:00 ekuseni.

Sitsatse letinyatselo ngekwati kahle kamhlophe kutsi titawuletsa kuvimbeleka lokungemukeleki etimphilweni tebantfu bakitsi. Nanome kunjalo, tidzingekile kute siphumelele kuncoba kulelizinga lelisetulu lekutseleleka ngalesifo.

Kute lenye indlela yekugwema lesivunguvungu seligciwane le-corona. Kodvwa singakhona kutsi sinciphise umonakalo lelingawubanga etimphilweni tetfu. Sisive sihlanguke sonkhe kutsi sisekelane, sidvudvute labo labagulako kanye nekugcugcutela kutsi kube nekwemukeleka kulabo labaphila naleligciwane.

Nyalo, kakhulu kunakucala, sinesibopho ngetimphilo talabo lesiphila nabo.

Sitasincoba lesikhatsi lesimatima. Sitalibuyisela futsi lelive letfu esimeni setemphilo lesifanele kanye nesemphumelweni. Sitawuncoba. **1**

*Kute ubone emafuba
lamanengi laniketwa Lu-
phiko lweTemvelo lwe-
NCC, balandzele ekhasini
labo le-*Facebook*. Unga-
bashayela lucingo futsi ku:
021 702 2884 (eKapa), ku:
010 007 5272
(eGauteng), ku:
031 003 2964
(KwaZulu-Natal) nome
ku: 041 101 1033 (eMphu-
malanga Kapa).