

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Setswana

Sedimonthole 2020



COVID-19 support for matrics

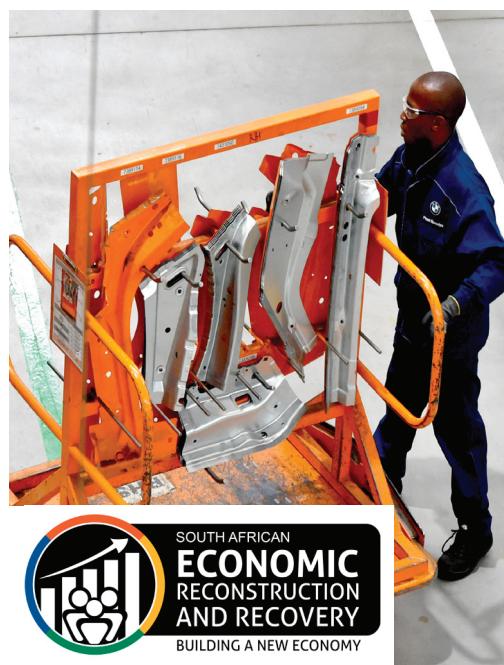
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Land applications being processed

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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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"JAANONG KE NAKO YA GORE RE DIRE MMOGO,
GO TLOTLA NELSON MANDELA, GO AGA AFORIKA
BORWA E NTSHWA, E E BOTOKA YA BOTLHE."

MOPORESITENTE CYRIL RAMAPHOSA

#SendMe

RE GO AGELA BOKAMOSO JO BO BOTOKA
RE ITHUTA GO TSWA MO DITIRONG TSA GA MADIBA



Itharabologelo ya ikonomi ya Aforika Borwa e a sololetsatso

Ditlhare tsa jakaranta di thuntse go ralala le teropokgolo ya naga eno, e leng sesupo sa gore selemo se gorogile.

Morago ga mariga a a gogileng sebaka a a neng a le bokete, go goroga ga setlha se sentshwa go tshwanetse go re rotloetsa.

Fa naga e ne e tsena mo Mae-mong a Masetlapelo a Naga ka kgwedi ya Mopitlw, tiro ya rona ya ntlha e ne e le go thibela go anama ga mogare le go thusa baagi, badiri le dikgwebo.

Mo sebakeng sa dikgwedi di le robedi ka tshegetso ya badirisanimmogo ba rona mo mererong ya loago, re tlhagisitse dikgato tse di nang le mmoko di le dintsinyana go fokotsa bogale jwa leroboro leno mo loagong le mo ikonoming.

Re diragaditse letsholo le legolo thata la tlhokomelo ya loago le naga eno e iseng e le bone. Re e nngwe ya dinaga di le mmalwa mo lefatsheng mo tshwanelo ya go amogela tlhokomelo ya loago e tsholeditsweng ke Molao-theo, e bile re tshwanetse go ipela gore mo nakong eno e e neng e le bokete re kgonne go diragatsa tshwanelo eno ka ditsela tse di farologaneng.

Mo godimo ga megolo ya loago e re nang le yona, e e neelwang kgwedi le kgwedi go batho ba feta ba le 17 milione, re ne ra oketsa

Megolo ya Bagodi, Megolo ya batho ba ba Tshelang ka Bogolofadi le Megolo ya Tshegetso ya Bana. Re ne ra tlhagisa Mogolo wa go Thusa Baagi wa Mogolo o o Itlhophileng wa COVID-19, o o setseng o thusitse batho ba

le dimilione di le thataro go fitilha mo motsing ono.

Seno se diragaditswe moragonyana fela ga dibeke di se kae go tloga mo motsing o re itsitseng fa re tsena mo Maemong a Masetlapelo a Naga.

Matsapa a a tserweng mo go diragatseng ntlha eno ga se a mannye. Gore re tsenye tirisong thulaganyo eno ya mo inthaneteng go nnile le tirisanommogo e kgolo magareng ga Setheo sa Tshireletso ya Loago sa Aforika Borwa (SASSA), Tirelo ya Lekgetho la Aforika Borwa (SARS), Lefapha la Merero ya Sele-gae mmogo le maphata a mangwe a mantsi.

Re ne ra tlhoma thulaganyo ya go araba dikopo e e arabiwang ka botlalo ke khomphiutara mmogo le ya go dueleta megolo eno, ra

gokelela difalanatshedimoso sa ba Letlole la go Kgaolwa kwa Tirong (UIF). Re ne ra tsenya tirisong mekgwa e mešwa ya go dira dikopo e e jaaka WhatsApp le USSD, mmogo le go tlhoma dithulaganyo tsa dibanka tsa tirelo ya baagi go kgontsha gore dintlha tsa baagi tsa kwa bankeng di tlhotlhomiwi bonolo.

Eno ke tiro e ntle e le ruri e e dirilweng ka katlego mo nakong e khutshwane thata. Fela jaaka go le mo dikgatong tsa rona tsa go babalela le go tshegetsa ka fao batho ba itshedsang ka teng, re dira fela jalo le mo dikgwebong tse di kgobang ka mpa.

Re thusa dikgwebopotlana ka go di kgaotsetsa sekoloto,

ka go di tlamela ka matlole, ka go diegisa paka ya gore di duelele lekgetho le ka go dirisa e mengwe ya mekgwa ya mothale ono.

Re tsentse tirisong Sekema sa Tshegetso sa Madikadimo sa COVID-19 go kgontsha dikgwebo gore di kgone go iponela madi a go tsamaisa dikgwebo mo pakeng ya fa re ne re le mo dikgatong tsa go sekega nakwana ditiro tsa ka fa nageng, mme jaanong re atlhaatlhaa ntlha ya gore sekema seno se ka dirisiwa jang go thusa tse dingwe tsa ditlamo tse dints tse di tlhokang thuso eno.

Re neile beng ba dikgwebo madi a a tla thusang gore badiri ba se felelwe ke mogolo ka go neelana ka Sekema sa Nakwana sa go Thusa Bathapi se se laolwang ke UIF.

Tseno tsotlhe di dirilwe e le maiteko a go samagana le maemo a tshoganyetso a re neng re tobane le one ao boamaruri e leng a nakwana. Tse dingwe tsa dikema tseno di felelwe ke nako fa gautshwane, mme tse dingwe di okeleditswe nako jaaka maphata a badiri a itharabologelwa.

Dikgato tse re di tsereng di nnile mosola thata mo go sireletseng baagi ba rona mo matlhotlhapelang a a tlisisweng ke COVID-19.

Madithuso a mangwe gape a tlaleletso a thusitse batho ba le dimilionemilione gore ba se gosomele mo lehumeng.

Fa re ne ka bo re sa tsaya dikgato mo go tshegetseng ka fao batho ba iphedisang ka teng mmogo le go thusa gore dikgwebo di se phuthame, maemo a batho ba

rona mmogo le a diketekete tsa dikgwebo a ne a ka bo a le maswe go feta a ga jaanong.

Jaanong re samagane le go fetola maemo go tloga mo a go thusa mme re lebile a go itharabologelwa ga ikonomi.

Dikgato tsa tshoganye-tso tse re di tsereng di agile motheo o o tsetsepetseng o mo go ona re tla agang sešwa ikonomi ya rona.

Jaanong jaaka maitlhomo a rona a fetoga go samagana le Leano la Itharabologelwa Kagosešwa ya Ikonomi, maitlhomo a rona e tla nna a go tlhotlhelaetsa kgolo ya ikonomi le go tlhola ditiro.

Go setse go na le kgatelopele e e dirilweng mo dikarolong di le dintsinyana.

Re bona maikano a mangwe a mantshwa a go tlamela dikgato tsa tlhabololo ya mafaratlhatalha ka matlole go latela dipuisano tse di tshwerweng mo bekeng e e fetileng tse di ka ga diporoje tsa mafaratlhatalha.

Manaane a le mantsinyana a Letsholo la Maditshegetso a go Tlholo Ditiro la Moporesidente a setse a simolotse.

Re gatela pele ka mananeo a go busetsa sekeng maemo a ikonomi mo dikarolong tse di jaaka tsa motlakase le tsa mafaratlhatalha a ditlhaeletsano.

Maano jaanong a setse a diragadiwa mme maikano a a dirilweng re a bona mo ditshonong tsa ditiro.

Go botlhokwa mo nakong e re leng mo go yona eno, bogolo jang ka re atumela paka ya melelo ya bokhulho jwa ngwaga, gore re se itobele dintshi.

Go tlhokega gore re itlhokomele thata gore mogare

ono o tshamekele kgakala le rona.

Go runyasešwa ga bolwetsa jono ga go kitla go ama fela bogolosegolo tseo re di dirileng mo maemong a boitekanelo. Go tla gateela gape le dikgato tsa rona tsa itharabologelo ya ikonomi tse re setseng re di simolotse, mme tsa re busetsa kwa morago kwa lowe mo letlhafuleng le mo marigeng a re fitileng mo go ona.

Fa re batla go efoga ditiragalo tsa go runya lekgetlo la bobedi ga ditshwaetso tsa COVID-19, re tshwanetse go obamela dikaelo tsa setshaba tsa boitekanelo tse di santseng di le mo tirisong.

Fa re sa apare dimaseke mo go nang le batho, fa re tsena mo go tletseng matšhwititšhwiti a batho gone, ga re baye rona le batho ba bangwe fela mo kotsing.

Re baya gape mo kotsing le dikgato tsa rona tsa go tsosolosa ikonomi ya rona.

A rotlhe re tsweleleng go tshameka karolo ya rona.

Dikgato tse di nang le mosola tsa go apara dimaseke, tsa go katogana le tsa go tlhapa diatla ka gale di re thusitse go finyelela mo bogaleng jwa ditlamorago tsa leroborobo leno. Le mo mtsing ono di santse di le botlhokwa go ka itshireletsa ka tsona.

A rotlhe re gakologelweng gore re ikentshitse setlhabelo go le kanakang gore re kgone go thibela go anama ga moga ono kwa tshimologong.

Le fa bontsi jwa ditiragalo tsa loago le tsa ikonomi di buletswe go simolola go dira, re tshwanetse go tswelela go obamela dikgato tsotlhe tsa boitekanelo tse di santseng di le mo tirisong. Seno se botlhokwa thata fa re batla go tsosolosa ikonomi ya rona le go feta mo matsapeng ano.

Enwa metsi gore o se felelwe ke metsi mo mmeleng

Allison Cooper

Mogote yo o bogale le go se nwe dilo tse di metsi go ka dira gore o felelwe ke metsi mo mmeleng le go tshwarwa ke bolwetse jwa go swa letlhakore ka ntlha ya mogote, e leng se se kotsi thata.

Go ya ka Lefapha la Boitekanelo la porofense ya Kapa Bophirima, mogote wa selemo o tlisa dikotsi tse di tsamaisanang le bolwetse jwa go felelwa ke metsi mo mmeleng, e leng bolwetse jo bo kotsi thata jwa go felelwa ke metsi mo mmeleng.

Go felelwa ke metsi mo mmeleng go le gantsi go tlhodiwa ke go se nwe dilo tse di lekaneng tsa go nna le metsi go tlaleletsa metsi a a tswileng mo mmeleng wa gago ka ntlha ya go fufulelwa. Bo ka tlhodiwa gape le ke bolwetse jo bo dirang gore motho a tlhatse kgotsa a ntshetshololo; le go fufulelwa ka

ntlha ya go fisa mo mmeleng. Go fufulelwa ga go tlhole felake fa o ikitisa ka thata mo mmeleng, go tlhodiwa gape le ke fa o tsamaya ka maoto, o dira mo tshingwaneng ya gago kgotsa o kganna gategate ya gago, bogolo jang fa kwa ntle go le bolelo kgotsa go le bongola.

Fa o feletswe ke metsi mo mmeleng, mmele wa gago ga o sa dira gentle ka fao o o tlwaetseng. Bana ba dingwaga tse di ka fa tlase ga di le tlhano, batsofe le batho ba tiro ya bona e ba gapeletsang go dira ba le kwa ntle ke bona ba ba leng mo kotsing e kgolo go gaisa ya go ka tshwarwa ke bolwetse jwa go felelwa ke metsi mo mmeleng le go swa letlhakore ka ntlha ya mogote (e leng bolwetse jo bo tlhodiwang ke fa mmele wa gago o fisa go feta tekano).

Go swa letlhakore ka ntlha ya mogote ke bolwetse jo bo tlhokang go lekolwa ka tshoganyetso. Fa o itemogela e nngwe le e nngwe ya

matshwao ano ikopanye le ba ditirelo tsa boitekanelo:

- Fa o sa itlhologanye kgotsa fa o simolola go nna loleya fa o re o a bua kgotsa o sa utlwagale le gore o a reng.
- Go feroga dibete le go tlhatsa.
- Go hema ka thata o hemela ka pele.
- Pelo ya gago e kubela ka bonako.
- Tlhogo e opa thata.

Matshwao a gore o na le bolwetse jwa go felelwa ke metsi mo mmeleng

A mangwe a matshwao a go sa le gale a bolwetse jwa go felelwa ke metsi mo mmeleng a tsenyeletsa:

- Go ikutlwaa o nyorilwe e bile o dikwelela go se nene.
- Go oma molomo.
- Molapo.
- Go rota moroto o o nang le mmala o o tseneletseng, ka monkgo o o nkang thata.
- Go se rote thata ka fao o itlwaeletseng ka teng.

Gore o se felelwe ke metsi mo mmeleng le gore o se swe letlhakore ka ntlha ya mogote:

- Fa go le bolelo e nwa metsi a mantsi go feta ao o tlwaeletseng go a anwa.
- Nna ka fa teng ga meago kgotsa mo mafelong ao a nang le meriting.
- Apara lephepha le le pharaletseng kgotsa o dirise amborela.
- Tsamaya o tshotse botollo ya metsi mo go wena gongwe le gongwe ko o yang gone mme o a nwe gangwe le gape.
- Fa e le gore tiro ya gago ke ya kwa ntle mo go nang le letsatsi, gangwe le gape o nne o ntse o ikhutsa mo meriting.
- Itshele ka metsi ka lebotlo la go ifafatsa gore o fokotse mogote mo mmeleng.

Masea le bana

Batsadi le basalalebana ba tshwanetse go tlhokomela thata masea le bana ba ba leng mo tlhokomelang ya bona, ka go netefatsa gore ga ba felelwa ke metsi mo mmeleng.

Batsadi ba ba anyisang masea a bona letswele ba tshwanetse go ba anyisa gangwe le gape fa go le

mogote.

A bana ba nne ka fa teng ga meago kgotsa kwa meriting, ba apesiwe diaparo tse di bofeko le go nna le ba phimola ka lesela le le kolobeditsweng gore le ba fokoletse mogote mo mmeleng. Gopola go ba tshasa ka setshaso sa go sireletska letlalo mo letsatsing fa ba tswela kwa ntle.

Fa bana ba ba ka fa tlase ga dingwaga di le tlhano ba tsweetse go tsholola, go tlhatsa e bile ba nyemelela, ikopanye le ba boitekanelo.

Ikopanye le ba boitekanelo gape fa e le gore leseanyana la gago ga le batle go anya kgotsa matlho a lona a go nyetse le phogwana le yona e wetse.

Mo baneng, matshwao a mangwe gape a a bontshang gore ba felelwa ke metsi mo mmeleng a tsenyeletsa:

- Go oma le go kgomarela melongwana.
- Go tswa dikeledi tse dinnye kgotsa go se tswe dikeledi fa ba lela.
- Go rota moroto o monnye kgotsa go nna le mengatonyana e le mmalwanyana fela e a e rotetseng go gaisa ya ka gale.
- Letlalo le le omileng le le sa fiseng.
- Go tshipoga diso.
- Go dikwelela kgotsa go tsewa ke sedidi. 

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. 