

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS) English/Sepedi Mopitlo 2022 Kgatišo 2

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

Cont. page 2



Operation Vulindlela is opening the path to growth
Page 3



Domestic workers given greater protection
Page 6

To read *Vuk'uzenzele* download the GOVAPP on:

Search for SA Government on Google playstore or appstore

CONTACT US

Website: www.gcis.gov.za Email: vukuzenzele@gcis.gov.za

www.vukuzenzele.gov.za Tel: (+27) 12 473 0103

Tshedimosetso House:
1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083



Operation Vulindlela e bula tsela ya kgolo

Ekonomi ya Afrika Borwa, go swana le ekonomi ye nngwe le ye nngwe, e ka se šome, goba gona go gola, ntle le diintasteri tša kgokagano tšeo di nago le mohola gape di šoma gabotse.

Diintasteri tše – tšeo di akaretšago mohlagase, meetse, dinamelwa le dikgokagano tša megala – ke metheo yeo e sepetšago ekonomi.

Mathata a meago mo dikarolong tše ke kgale a bolelwa gore ke wona a tlišago kgatelelo mo kgo-long ya ekonomi ya Afrika Borwa. Go hloka bokgoni le ditefo tša godimo tša ditirelo tša dikgokagano ke tšona mapheko a go sepetšago kgwebo ka nageng.

Go šogana le go fenya ditlhothlo tše, re thomile *Operation Vulindlela* ka Diphallane 2020 bjalo ka lenaneo la Ofisi ya Mopresidente le Kgoro ya Matlotlo a Setšhaba go potlakiša dikaonafatšo tša meago mo diintastering tše tša dikgokagano. Le ge dikgoro le makala a mmušo tšeo di nago le maikarabelo di etile pele dikaonafatšo tše, *Operation Vulindlela* e lekola le go utolla ditlhothlo le mapheko. Moo go hlokegago, e sepetša thekgo ya semmušo go dikgoro.

Pego ya kotara ya kgauswinyane e hlaloša tšwelopele yeo e dirilwego ke *Operation Vulindlela* le dikgoro tšeo di nago le maikarabelo a dikaonafatšo tše.

Go phatlalala le mmušo, nepo ya rena e go



dikaonafatšo tšeo di lego bohlokwa gape di na le diphetogo; tšeo di fetošago ka moo ekonomi ya rena e šomago ka gona.

Se se akaretša go rekišwa ga mehuta ye e nyakegago kudu ya dikgokagano tša megala le tša inthanete, yeo e diegišitšwego mengwaga ya go feta ye lesome gomme mafelelong e phethilwe ka Hlakola. Go lokollwa ga mohuta wo moswa wa dikgokagano go tla kaonafatša kgokagano gomme wa dira gore ditheko tša phethišetšo ya data di ye fase.

Go thongwa ga Taolo ya Maemakepe a Setšhaba bjalo ka lekala la thoko la Transnet ngwaga wa go feta go diegišitšwe mengwaga ya go feta ye 15. Se e be e le kgato ya mathomo yeo e hlokegago ya go kgontšha lekala la praebete go kgatha tema le go oketša bokgoni bja maemakepe.

Go tloga mola se se rerwago ka 2014, re bušitše gape le lenaneo la Lerothi le Letalalerata, Lerothi le Leta-

lamorogo, Go hloka Lerothi la mathomo go kgonthiša go lekola gabotse ga meetse le boleng bja go šogana le meetse a ditšhila.

Tše e no ba mehlala ye mengwe yeo e re bontšhago gore, ka go nepiša maitapišo le šedi go palo ye nnyane ya dikaonafatšo tše bohlokwa, mmušo wo o bušago gabjale o kgonne go ba le tšwelopele.

Ka *Operation Vulindlela*, re kgonne gape le go šomiša mokgwa wa go nepiša le wa go tliša kaonafatša ka kakaretšo, mola ka go le lengwe re kgonthiša kgokagano ye kaone moo dikgoro le makala a mantši di kgathago tema.

Mohlala wo mokaone go feta ka moka wa se o ka go lekala la mohlagase moo go nago le dikaonafatšo tše mmalwa, tša go tsenelana tše bohlokwa gomme di šomiša mohlagase kudu.

Dipeelo tšeo re di fihleletšego di akaretša tša go kaonafatša go tšweletša dilaesense tše diswa tša

diprotšeke tša tšweletšo ya mohlagase go dumelelwa go hlagaša mohlagase wo o sa fetego dimekawate tše 100, go dumelela diprotšeke tše go kgokagano go kriti le go rekišetša bareki mohlagase. Re thomile Lenaneo la Go reka Mohlagase wa Go mpshafatšwa go Motšweletši wa Go ikema ka go bula dibaka tše diswa tša go iteka mahlatse mo kwalakwatšong ya dithe-ntara.

Diphethogo go melawana ya ye e bolelago ka ditsela tše diswa tša tšweletšo ya mohlagase di thušitše mebasepala go ithekela mohlagase ditheong tša go ikema la mathomo.

Gomme diphethogo tša molao di tla dira gore go thongwe mmara ka ma mohlagase wa go se bitše tšhelete ye ntši, e thekgwa ke phatlalatšo ya Molao wo o Mpshafaditšwego wa Taolo ya Mohlagase le mošomo wo o thomilego go mpshafatša Pholisi ya Theko ya Mohlagase.

Tshepetšo ya go aroganya Eskom e thomile, gomme lekala le fihleletše nako ya mafelelo ya Manthole 2021 ye e bego e beetšwe go thoma Khamphani ya Tshepedišo ya Mohlagase.

Ka Manthole ngwaga wo re tshepa gore re tla phethagatša magato a go arogantšha legoro la tšweletšo ya mohlagase le la phatlalatšo ya mohlagase setšhabeng a Eskom go ba dikhamphani.

Pego ya kotara e bontšha dikatlego tše dingwe tše

mmalwa tše bohlokwa, gammogo le dikarolo tšeo mošomo wa go tsenelana o thomilego.

Ka lekaleng la meetse, *Operation Vulindlela* e dutše e efa thekgo ya sennušo go Kgoro ya Meetse le Kelelatšhila go phethagatša leano la kaonafatšo mo go dumeleleng dilaesense tša tšhomišo ya meetse, ka maikemišetšo a go šogana le 80% ya dikgopelo ka moka mo matšatšing a 90.

Mošomo wa go thoma Mokgatlo wa Infrastraktšha ya Methopo ya Meetse ya Setšhaba le wona o thomile gomme o tla kgonthiša taolo ye botse ya methopo ya meetse ya setšhaba.

Mo lekaleng la dinamelwa, go hloka bokgoni mo maemakepe le diporong go amile gampe bokgoni bja rena bja go romela dithoto ka ntle. Mošomo wa go thoma ditirišano le bašomi ba makala a praebete o thomile go beeletša go infrastraktšha ya maemakepe le go kaonafatša taolo ya maemakepe a dintlwana tša tšhipi mo maemakepeng a Durban le Ngqura.

Pegosemmušo ka ga Pholisi ya Ditimela tša Setšhaba, yeo e dumeletšwego ke Kabinete ka Hlakola, e bontšha maano a go mpshafatša infrastraktšha ya ditimela le go go šomiša diporo tša ditimela tša merwalo. Ditimela tša Merwalo tša Transnet di šetše di thomile go dumelela baotledi ba ditimela tša praebete go šomiša diporo tša ditimela tša merwalo.

Lenaneo la *e-Visa* leo le šomago ka botlalo le thakgotšwe mo dinageng tše 14, go akaretšwa mebaraka ya rena ya boeti ye megolo. Tshekatsheko ye e feletšego ya lenaneo la *visa* ya mošomo le lona le thomile go re kgontšha go goketša mabokgoni ao naga ya rena e a nyakagao.

Dikaonafatšo tše di kgonagetše ka lebaka la tirišano ye kaone go phatlalala le mmušo go lenaneo la mpshafatšo la go abelanwa.

Re ipiletša go dikgwebo le babeletši go šomiša sebaka se sa diphetogo tšeo di thomilego gomme ba dire gore maikano le maikgafo a bona mo go dipeeletšo, le mo go hloleleng mešomo, e be nnete.

Itšhireletše kgahlanong le *COVID-19* pele marega a tsena

Allison Cooper

Ge palo ya diphetelo tša *COVID-19* e oketšega ka Afrika Borwa pele ga lephotho la bohlanano le akanywa go le thoma le dikgwedi tša go tonya tša marega di batametše, mmušo o tšwela pele go hlohleletša batho gore ba hlabele moento kgahlanong le baerase gomme ba hlabele gape le moento wa tlaleletšo.

Go ya ka Tona ya Maphelo Ngaka Joe Phaahla, ka la 25 Moranang Afrika Borwa e begile koketšego ya 137% ya diphetelo tše diswa tša *COVID-19*, ge go bapetšwa le matšatši a šupa a go feta, palo ye ntši ya diphetelo e ka Gauteng, KwaZulu-Natal le Kapa Bodikela.

"*COVID-19* e dula e le matšhošetši maphelong a rena gomme re ka se dumelele go fediša magato ka moka a tšhireletšo," gwa realo Tona Phaahla.

"Re hlohleletša gape ka



moka bao ba se ba hlwago ba hlabele gore ba hlabele.

Re sa le ka fase ga 50% ya batho ba bagolo bao ba hlabetšego moento wo tee gomme seo ga se leswao le lebotse. Re hlohleletša bafsa gore ba hlabele. Tšhireletšo ya tlhago e felelwa ke maatla ka morago ga nako ye e itšego gomme go fapana le moento, e ka se tsošološwe. Re hlohleletša batho ka moka bao ba

nago le maswanedi a go hlabele moento ya tlaleletšo go šomiša sebaka se pele marega a go tonya kudu a fihla," a tlaleletša.

Kgoro ya Maphelo ya Kapa Bodikela e re tshedimošo ya gae le boditšhabatšhaba e bontšha gore go hlabele moento kgahlanong le *COVID-19* ke tšhireletšo ye kaone go feta ka moka kgahlanong le baerase. Se se bohlokwa

kudu go batho bao mašole a mmele a bona a fokolago.

COVID-19 e sa tlo ba le rena nako ye telele. Go e fenywa, re swanetše go e tloša ka go kgonthiša gore batho ba bantši ka moo go kgonegago ba a hlabele gomme ba tšwela pele go hlabele moento ya bona ya tlaleletšo, gwa realo kgoro.

Lephotho la bohlanano

Le ge diphetelo tša *COVID-19* di oketšega gomme naga e letetše go ba ka gare ga lephotho la bohlanano, ga se gwa hlwa go tsebega gore le tla ba šoro bokaakang.

"Seo se se a hlwago se tsebega ke gore boramahlale ba re botša gore lephotho le leswa le ka tla ka tsela ya mohuta wo moswa woo o bitšwago Pi, woo o ka fetelago ka lebelo gomme wa lwantšha moento ye e šetšego e hlabetšwe.

Eupša, ka nako ye, seo se kgonthišetšwego go ba se se ntši ke mehutana ya *Omi-*

cron yeo e bitšwago B.4 le B.5," gwa realo Phaahla.

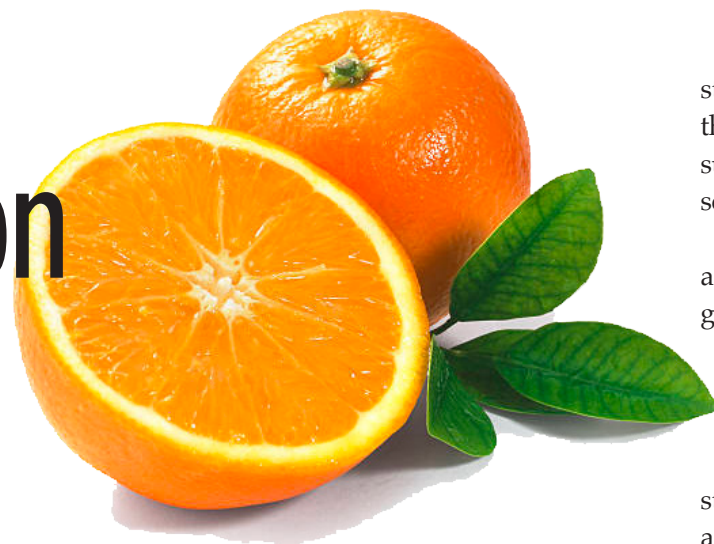
Thibela phetelo

O ka thuša go thibela phetelo ya *COVID-19* ka go kgonthiša:

- Gore meento ya *COVID-19* (go akaretša meento ya tlaleletšo) e hlabetšwe ka moka.
- Gore ka gare ga meago go tsena moya.
- Go apara sešira molomo le dinko ge o le ka gare ga meago le mafelong ao go nago le batho ba bantši.
- Gore o hlabele moento wa mpshikela.
- Gore o tsebe gore o dira eng ge o na le maswao a mpshikela.
- Gore o hlape diatla tša gago o be o tšhele ka sanithaesa.

Go hwetša lenaneo la mafelo a go hlabele, eya go <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.