

# Vuk'uzenzele

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## R8.8 billion to fight HIV and TB



**Dikeledi Molobela**  
**H**ealth 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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## Letsholo la *Operation Vulindlela* le sutisa dikgoreletsi tsa kgolo mo tseleng

**I**konomi ya naga ya Aforika Borwa, fela jaaka diikonomi tsa dinaga tse dingwe, ga e kitla e kgona go dira, kgotsa gona go gola, fa e le gore ga go na diintaseteri tse dintsi tse di dirang ka botswapelo le tse di dirang tiro e e tswileng diatla mo nageng ya rona. Diintaseteri tse go buiwang ka tsona tseno – tse di tsenyeletsang tsa motlakase, metsi, dipalangwa le tsa mafaratlhatlha a ditlhaeletsano – di botlhokwa thata mo go direng gore re nne le ikonomi.

Matsapa a meago le mafaratlhatlha mo ditlamong tseno ke a mangwe a matsapa a a nopotsweng jaaka a a kgoreletsang kgolo ya ikonomi ya naga ya Aforika Borwa. Go se dire sentle ga ditlamo tseno mmogo le madi a a boitshegang a a felelang mo ditirelong tsa go tlhokomela ditirelo tseno ke tsona tse di kgoreletsang dikgwebo go dira dikgwebo ka fa nageng.

Go samagana le dikgwetlho tseno le go fedisa, ka ngwaga wa 2020 re ne ra tlhoma letsholo la *Operation Vulindlela* le le simolotsweng ke Moporesitente le Lefapha la Matlotlo a Bosetšhaba maitlhomu e le go potlakisa diphetogo mo diintasetering tseno. Fa ka fa letlhakoreng le lengwe mafapha a a amegang mmogo le ditheo tse di amegang ba samagane le diphetogo tseno, *Operation Vulindlela* yona e tlhokomela le go nopola dikgwetlho tse di leng teng le tseo di kgoreletsang tiro.

Mo go tlhokagalang, e naya mafapha ano tshegetso a e tlhokang.

Dipegelo tsa kgweditharo

ya maabane di tlhalosa kgatelopele eo e dirilweng ke *Operation Vulindlela* le mafapha a a rweleng mai-karabelo a go tliša diphetogo tseno.

Mo pusong ka bophara re tsepamitse mogopolo mo go tlišeng diphetogo tse di botlhokwa le tse di tliša fetolang batsholateu; tse di tliša fetolang ka fao ikonomi ya rona e dirang ka gone.

Fano re bua ka go fantisa marang a kgaso a a tlhokagalang thata mo dikgwebong tsa mafaratlhatlha a ditlhaeletsano, mme seno se weditswe mo kgwedding ya Mopitlwe morago ga gore se diegisiwe sebaka se se fetang dingwaga di feta di le 10. Go fantisiwa ga marang ano a kgaso go tliša gore dikgolagano tsa megala le inthanete di tokafale go gaisa mo malobeng mmogo le go fokotsa dituediso tsa go dirisa megala le inthanete.

Dikgato tsa go tlhomiwa ga Bothati jwa Maemelakepe a Bosetšhaba jwa Transnet mo ngwageng yo o fetileng le tsona di ne tsa diegisiwa ka sebaka sa dingwaga di feta di le 15. Kgato eno e ne e le matshwanedi gore e tsewe gonne e tliša gore makala a poraefete a kgone go nna le seabe le go dira gore maemelakepe a naga ya rona a kgone go dira sentle.

Fa e sale seno se rerwa ka ngwaga wa 2014 jaanong ke lantlha re busetsa tirong setlamo sa Blue Drop, sa Green Drop le sa No Drop tse di tliša thusang go tlhokomela metsi le go phepafatsa boleng jwa metsi a a leswe. Re phasaladitse gape le Lenaane la Ditiro tse di Botlhokwa Thata tse re di Tlhokang ka fa Nageng tse mo go tsona Batswantle ba Letleletsweng

go ka Thapiwa mo go Tsona, le lona ke lantlha le phasaladiwa fa e sale ka ngwaga wa 2014.

Tseno ke dikao di se kae tsa matsapa a puso eno e nnileng le kgatelopele mo go ona ka go tsepamisa megopolo mo dikarolong di le mmalwa tse di botlhokwa tse di tlhokang go fetolwa.

Ka letsholo la *Operation Vulindlela*, re kgonne gape le go tsepamisa mogopolo mo dikgatong ka botlalo tsa go dira diphetogo, mme ra netefatsa le gore go nna le tsamaiso e e lolameng fa tiro e e diriwang e dirwa ke mafapha a le mantsinyana le ditheo di le dintsinzana.

Sekao se se totobetseng se re ka se kaelang ke sa lekala la motlakase, mme mo go lona go na le dikgato di le dintsinzana tse di botlhokwa, tse di tshwaraganeng tsa go tliša diphetogo tse go samaganweng le tsona go fetola ditsela tseo motlakase o tlhagisiwang ka tsona le ka fao o dirisiwang ka gone.

Dipeelo tse dikgolo tse di fitlheletsweng di tsenyeletsang le tsa gore batlhagisi ba motlakase wa go fitlha dimekawate di le lekgolo ba se tlhole ba tlhoka dilaesense go dira jalo, mme seno se tliša gore batlhagisi bano motlakase wa bona o nne e mengwe ya metlakase ya ka fa nageng le go dira gore ba kgone go o rekisetsa badirise ba motlakase. Re tsosoloditse Letsholo la Dithendara tsa Ditlamo tse di Ikemetseng tsa Tlhagiso ya Motlakase o o Ntšhwafaditsweng ka go bulela dithendara tse dintšhwa.

Diphetogo tse di dirilweng mo melawanataolong e e buang ka tlhagiso ya metlakase e mešwa di thusitse

dimasepala go kgona go ithekela motlakase ka bo ona fa e sale. Go fetolwa ga melao go tliša gore re simolole go nna le ditlamo tse dintšhwa tsa motlakase tse di dirang tiro e e tswileng diatla, mme seno se tliša enngwa nokeng le ke Molaotlhomu o o Kwalolotsweng Sešwa wa Melawanataolo ya Metlakase o o phasaladitsweng mmogo le tiro e go samaganweng nayo ya go kwalola sešwa Pholisi ya Ditlhwatlhwa tsa Metlakase.

Thulaganyo ya go kgaoganya setlamo sa Eskom e ntse e tliša sentle, mme setlamo seno se kgonne go fitlhelela dipeelo tsa sona tse di neng di beetswe nako ya go diragadiwa ka Sedi-monthole 2021 gore ka nako eo se bo se tlhomile Setlamo sa Tsamaiso ya Motlakase.

Monongwaga ka Sedimonthole re solofela gore re tliša bo re weditse dithulaganyo tsa go kgaoganya lephata la Eskom la phetlho ya motlakase le la kabo ya motlakase gore ka bobedi le ona e nne ditlamo tse di ikemetseng.

Dipegelo tsa kgweditharo e nngwe le e nngwe di nopola dikgato di le dintsinzana tse di botlhokwa tse di fitlheletsweng, mmogo le dikarolo tse di santseng di tlhoka tiro e ntsi gore di baakanngwe.

Mo lekaleng la metsi, letsholo la *Operation Vulindlela* le ntse le eme nokeng Lefapha la Metsi le Kgeleloleswe gore le tsenye tirisong leano la go fetola maemo gore le abelane ka dilaesense tsa go dirisa metse, mme go dirilwe dipeelo tsa gore mo dikopong tsotlhetsothe go tshwanetswe go fetisiwe dikopo di le 80% pele go ka konosela matsatsi a le 90.

Go samaganwe le tiro ya

go tlhoma Setheo sa Naga se se Disang Mafaratlhatlha a Metsi go netefatsa gore metswedi ya metsi ya naga e tlhokomelwa botoka.

Mo lekaleng la dinamelwa, tiro e e sa tsamaisiweng ka tshwanelo kwa maemela-kepeng le kwa ditereneng e dirile gore re retelelwe ke go rekisa ditlhagisiwa tsa ka fa nageng kwa dinageng tsa kwa ntle. Go samaganwe le tiro ya go dirisana le makala a poraefete gore a beele tse mo mafaratlhatlheng a kwa maemakepeng mmogo le go tokafatsa botsamaisi jwa taolo ya mafelo a go folosa le go rwala dikhontheinara tsa merwalo kwa maemelakepeng a kwa Durban le a kwa Ngqura.

Sekwalwa sa Masupatse la se se buang ka Pholisi ya Diterene ya Naga, se se neseditsweng pula ke Kabinete mo kgwedding ya Mopitlwe, se tlhagisa maano a go tsosolosa mafaratlhatlha a diterene mmogo le go kgontsha gore ditlamo tse di ikemetseng tsa diterene di neelwe tetla ya go dirisa diporo le maematerene a naga. Setlamo sa Diterene le Diporo sa Transnet se setse se simolotse go tsenya mo lenaneong la sona la tsamaiso ya diterene dinako tse diterene tsa ditlamo tse di ikemetseng di tliša tsamayang ka tsona.

Go setse go thankgolotswa dithulaganyo tsa *e-Visa* mo dinageng di le 14, mme mo go tsona go tsenyelediwa le tse dingwe tsa dinaga tse di nang le bajanala ba bantsi ba ba ratang go jela naga ya rona nala. Go samaganwe gape le go sekaseka *visa* ya bao ba dirang ka fa nageng gore re kgone go ngokela batho ba ba nang le bokgoni jo bo tlhokagalang ka bontsi ka fa nageng ya rona.

Diphetogo tseno di kgona getse gore di diragadiwe ka ntlha ya tirisanommogo e e tswileng diatla magareng ga maphata a puso mmogo le ka ntlha ya go nna le mogopolo o o tshwanang mo go direng diphetogo.

Re ikuela mo dikgwebong le mo babeeletsing go sola mosola diphetogo tseno tse go santsweng go samaganwe natso mme ba dire gore maikano a bona le ditsholofetso tsa bona ba di diragatse mme ba tle ba tlhole ditiro le go dira dipeeletso.



# Itlhokomele kgatthanong le COVID-19 pele re tsena mo marigeng

Allison Cooper

**J**aaka dipalo tsa maAforika Borwa a tshwerweng ke COVID-19 di tswetse go tlatloga pele ga nako e go neng go lebeleletse gore di tla tlatloga ka yona mo lekhubung la botlhano mmogo le go aparelwa ke maruru a mariga, puso e santse e ikuela mo baaging go tlhabela moento gore ba sireletsege mo bolwetse jono mmogo le go ya go tsaya meento ya go tsosolosa e e tlhakilweng mo nakong e e fetileng.

Go ya ka Tona ya Boitekanelo Ngaka Joe Phaahla, ka la bo 25 Moranang naga ya Aforika Borwa e rekotile dipalo tse dintšhwa tsa balwetse ba COVID-19 tse di oketsegileng ka 137%, fa di bapisiwa le mo matsatsing a le supa a a fetileng, mme se se gakaditseng tlatlogo eno ke ditshwaetso tse dintsi mo porofenseng ya Gauteng, KwaZulu-Natal

le ya Kapa Bophirima.

"COVID-19 e santse e ganelela mme ka jalo ga re kitla re gatoga dikgato tsotlhe tsotlhe tsa go thibela gore e se fetele batho," gario Tona Phaahla.

"Re ikuela mo bathong botlhe ba ba iseng ba tlhabele moento go tlhabela moento. Palo yotlhe ya bagodi ba ba tlhabetse tseng bonnye jwa moento o le mongwe e santse e ganelela ka fa tlase ga halofo ya palo yotlhe ya bagodi ka fa nageng mme seno ga se se se itumedi-sang leeseng. Re ikuela mo bašweng go tla go tlhabela meento ya bona. Tshireletso ya tlhago ya masole a mmele e felelwa ke bogale fa nako e ntse e tsamaya, mme e bile gape ka ntlha ya gore ga e tshwane le ya fa o tlhabetse moento, yona ga go koo o ka yang go e kopa teng. Re ikuela mo go botlhe ba ga jaanong nako e ba letlang gore ba ka tlhabela moento wa go tsosolosa e ba e tlhabetse mo nakong e e fetileng

go dirisa tšhono eno pele mariga a gakala," o tlaleletse jalo.

Lefapha la Boitekanelo la porofense ya Kapa Bophirima le re go ya ka tshedimosetso e ntsi e e leng teng ka fa nageng le kwa dinageng tsa boditšhaba e bontsha gore moento o mosola thata mo go itlhokomeleng mo bolwetseng jwa COVID-19. Tshedimosetso eno e bontsha thata gape le gore batho ba masole a bona a mmele a nang le matsapa moento o mosola thata mo go bona.

COVID-19 e santse e tla nna le rona sebakanyana.

Gore re e fenye, re tshwanetse go e ntsha ka mmidi ka go netefatsa gore bontsi ba batho bo tlhabela moento le go tswelala go ya go tlhabela meento ya tsosoloso, lefapha leno le tlhalositse jalo.

## Lekhubu la botlhano

Le fa gone dipalo tsa batho ba ba tshwarwang

ke COVID-19 di tlatloga mme go solofelwa gore e tla re mo nakong e e sa fediseng pelo ra tsena mo lekhubung la botlhano, ga go ise go kgwanthisisewe gore lekhubu leno e tla nna le le bogale go le kanakang.

"Se re santseng re sena bonnete jwa sona ke gore borasaense ba naga ya rona ba re bolelela gore lekhubu le le leng mo tseleng le tla le gapa mogare o o sa tshwaneng le e e tlwaelegile o o bediwan Pi, mme ona ga go itsiwe gore o ka fetela batho ka bontsi go le kae kgotsa jang le gore o ka fetela le bao masole a bona a mmele a sireletsegile kgotsa jang. Fela ga jaanong se re se itseng ke gore megare e e tletseng ke e e thuthusitsweng ke Omicron mme yona ke wa B.4 le wa B.5," gario Phaahla.

## Go thibela ditshwaetso

O ka nna le seabe mo go thibeleng ditshwaetso tsa COVID-19 ka go netefatsa gore:

- O tlhabela meento yotlhe ya COVID-19 (mmo-go le ya go tsosolosa e o e tlhabetse mo nakong e e fetileng).
- Ka fa gare ga meago go elela mowa o o phepa.
- O apara maseke fa o le fa gare ga batho ka fa teng ga meago mmogo le mo go tletseng matšhwitšhwiti a batho.
- O tlhabela moento wa bolwetse jwa mokgotlhwane.
- O thaloganya sentle se o tshwanetseng go se dira fa o na le matshwao a a tshwanang le a bolwetse jwa mokgotlhwane.
- O tlhapa diatla tsa gago le go di tsikitsetsa ka sebolayamegare.

Go iponela lenaneo la mafelo a a leng teng a go tlhabela moento etela websaete ya, visit <https://sacoronavirus.co.za/active-vaccination-sites>

# Boost immunity before flu season

**G**etting 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.

