

# Vuk'uzenzele

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**COVID-19 support for matrics**

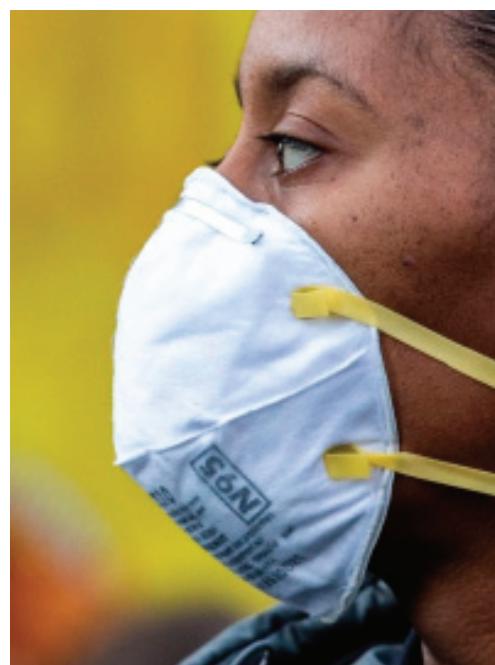
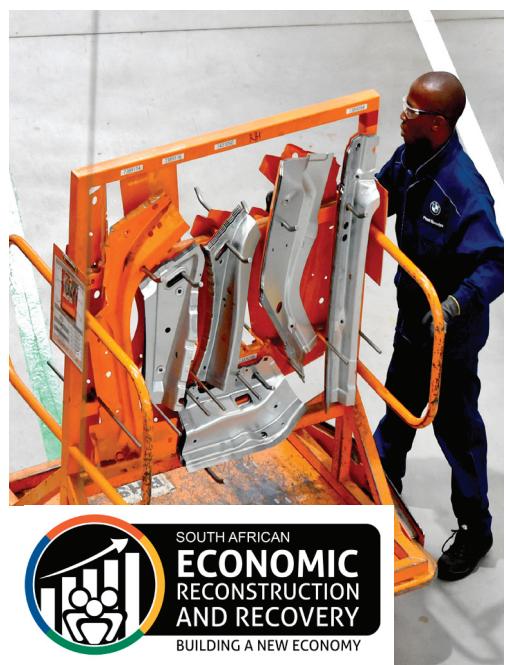
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**Land applications being processed**

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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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"MANJE SESIFIKILE ISIKHATHI SOKUTHI SONKE  
SISEBENZISANE, NGENHLOSO YOKUHLONIPHA  
U-NELSON MANDELA, SAKHE ININGIZIMU AFRIKA ENTHA  
FUTHI ENGCONO KUMUNTU WONKE WAKULELI."

UMONGAMELI CYRIL RAMAPHOSA

#SendMe

**SIKWAKHELA INGOMUSO ELINGCONO**  
SIHAMBA EZINYATHELWENI ZIKAMADIBA



## Sekuqala ukuntwela ezansi eNingizimu Afrika

**I**zihlahla ze-Jacaranda ziqhakazile kwinhlo-kodolobha yesizwe, zenanel a ukungena kwehlobo. Emva kobusika obude futhi obunzima, ukuqala kwasikhathi sonyaka esisha kumele kugwalise amathembra.

Ngesikhathi kumenyezelwa iSimo Senhlekelele Kazwelone ngoNdasa, okwaba seqhulwini kuthina kwakungukunqanda ukubhebhethka kwegciwane nokuhlinzeka ngosizo oluphuthumayo kwizakhmu, imiphakathi, abasebenzi kanye namabhizinisi.

Esikhathini sezinyanga eziyiishiyagalombili futhi nangokusekelwa ngesibambisene nabo emphakathini, sathatha izinyathelo ezinzulu ukuze sinciphise umthelela ongemuhle kwezenhlalo kanye nomnotho owalethwa ubhubhane.

Saletha ukuvikelwa komphakathi ngezinga elingakaze libonwe phambilini kuleli lizwe. Singeline la-mazwe ambalwa emhlabenilapho ilungelo lokuthola ukuvikeleka kwezenhlalo lishicilelw kuMthethosisekelo, futhi singazishaya isifuba ukuthi ngesikhathi salolu sizi olungaka sibonisile ukunikezela ngaleli lungelo ngezindlela eziningi.

Ukwengeza ezbonelelweni zethu ezikhona, ezitholwa ngabantu abangaphezu kwezigidi eziyi-17 nyanga zonke, sengeze Izibonelelo Zabantu Abadala, Ezabantu Abaphila Nokuhubazeka kanye nesibonelelo Sabantwana. Saqalisa iSibonelelo Sokusiza Esiyisipesheli



se-COVID-19, esesitholwenagabantu abayizigidi eziyisithupha kuze kube manje. Lokhu kwenzeka emavikini okumenyezelwa kweSimo Senhlekelele Kazwelone.

Umsebenzi ongaka angeke wabukelwa phansi neze. Ukuze lolu hlelo lusebenze kwaba nokusebenza ngo-kubambisana phakathi kweNhlangano Yezimpe-sheni Nezibonelelo Zikahulumeni eNingizimu Afrika, uMnyango Wokuqoqwa kweNtela eNingizimu Afrika, uMnyango Wezasekhaya kanye neminye eminingi.

Senza uhlelo lokuzifakela izicelo nokukhokheleka, futhi lwahambisana neminingwane eyehlukene, okubandakanya Uhlu Lwenani Labantu eNingizimu Afrika kanye neminingwane ye-

Sikhwama Somshwälense Wabantu Abalahlekelwe Umsebenzi (i-UIF). Sabeka izindlela ezintsha zokufaka izicelo njengaku-WhatsApp kanye ne-USSD, sasungula nohlelo lokusebenzisana namabhangue ukuze sikhwazi ukuqinisekisa imininingwa-

ne yasebhange. Lena yimpumelelo eyisimanga esikhathini esifushane kangaka.

Ezinye izinyathelo esizithathile ukuvikela nokugcina izindlela zokuphila kwabantu, siphinde sasekela amabhizinisi awayo. Sihlinzeke ngosizo kumabhizinisi amancane olufana nokusizwa ngezikweledu, ukuxhaswa ngezimali, ukulehliswa kokukhokhela intela kanye nezinye izinsizakusebenza.

Saqalisa uHlelo Iwe-COVID-19 Lokuqinisekisa Kwemalimboleko ukuze amabhizinisi akwazi ukubhekana nezindlela zawo zokuqhube amabhizinisi ngesikhathi sokualwa kwezwe,

futhi sisabheka ukuthi loluhlelo lungafinyelela kanjani ezinkampanini eziningi ezi-ludingayo.

Sahlinzeka ngokuvikelwa kwemalingeniso kubasebenzi kanye noxhaso kubanikazi bamabhizinisi ngoHlelo Lwesikhwana Loxhaso Lwabaqashi oluphethwe i-UIF.

Konke lokhu kwakuyindlela yokubhekana ngqo nesimo esiphuthumayo futhi

kwakungokwesikhashana. Okunye sekuyaphela manje, ngesikhathi okunye kweluliwe njengoba imisebenzi ivuselelwa.

Izinyathelo esazithatha zasiza kakhulu ekuvikeni umphakathi wakithi kwimimoya enamandla ye-COVID-19. Izibonelelo ezengeziwe zasiza ukugwema ukuthi izigidi zabantu zikhahlamezwe ububha.

Ukube asingenelelanga ukuvikela indlela yoku-phila kwabantu futhi sisindise amabhizinisi, izimo zokuphila zabantu bakithi nezimo zezinkulungwane zamabhizinisi ngabe zabaniza kakhulu.

Manje sesikwinguquko sisuka kusizo siya ekululameni.

Izinyathelo eziphuthumayo esizibekile zibe yisisekelo esiqinile esingakhela kusona umnotho wethu. Njengoba ukugxila kwethu sekubheko ekuqualisweni kokusebenza koHlelo Lokwakha kabusha Nokuvuselela Umnotho, okuseqhulwini kuzoba ukukhuthaza ukukhula nokusungula imisebenzi.

Sekube nenqubekelaphambili ezindaweni eziningi.

Sithola iminikelo embalwa yoxhaso lokuthuthukisa

kwengqalasizinda kulan-dela umhlangano wangevi-ki eledlule owawumayelana nomsebenzi wengqalasizinda. Izinhlelo eziningi zemisebenzi ngaphansi koHlelo LukaMongameli Lukusungula Imisebenzi seziqalile. Siqhubekela phambili nge-zinguquko zomnotho ezi-daweni ezifana nezamandla kanye nezokuxhumana.

Izinhlelo ziguqulwa zibe izenzo kanye nokuzinikela kuyabonakala emisebenzini nasemathubeni.

Konke kubalulekile kulesi sikhathi, ikakhulukazi ngoba kusondela isikhathi samaho-lide, ukuthi kungabi yithina esisonga izandla.

Ukuqaphelisa okukhulu kuyadingeka kithina sonke ukugcina igciwane liphansi.

Ukukhuphuka kwegci-wane kuye kunoma iliphi izinga angeke nje kuhlehlise esesikuzuzile kwezempiro. Kuzodicilela phansi imizamo esebebenzayo yokuvuselela umnotho ebisikhona, futhi kusibuyisele emuva sisuka kwintwasahlobo siye ebuisika.

Ukugwema ihlandla lesibili lokusuleleka nge-COVID-19, kumele silandele imihla-hlandlela yezempilo yomphakathi elokhu ikhona.

Uma sihluleka ukugqoka isifonyo uma sihlogene emphakathini, uma sithamale imicimbi enabantu abaningi, asibeki thina nabanye kuhela engozini. Sibeka futhi nokuvuseleka komnotho wethu engcupheni.

Masiqhubeke sidlale indima yethu.

Izenzo zethu ezilungi-le zokugqoka isifonyo, zokuqhelelana kanye no-kuhlanza izandla njalo kusisizile ukudlula ebungo-zini bobhubhane. Kuseyizo izikhali zethu ezihamba phambili.

Masikhumbule ukuzinikela sonke esikwenzile ukunqanda ukubhebhethka kwegci-wane ezinsukwini zokuqala.

Ngisho imisebenzi eminingi yomphakathi neyomnotho isiqalile, kumele siqhubekela nokulandela izinyathelo ze-zempiro. Lokhu kuyadingeka kakhulu uma sizokwakha kabusha umnotho wethu futhi sidlule kulolu sizi. 

# Phuza amanzi ukuze ugweme ukuphela kwamanzi emzimbeni

Allison Cooper

**U**kushisa kakhulu kanye nokungaphuzi izinto ezi-wuketshezi ngokwanele kungaholela ekupheleni kwamanzi emzimbeni kanye nesifo esidalwa ukushisa kwelanga, lokho okungaholela ekutheni ushone.

Ngokusho koMnyango Wezempiro waseNtshonalanga Kapa, ukushisa kwasehlobo kuza nobungozi bokuphelelwa ngamanzi emzimbeni, lokho okungaba nobungozi bokulahlekelwa ngamanzi emzimbeni.

Ukuphelelwa ngamanzi emzimbeni kujwayele ukudalwa ukungaphuzi okusaketshezi ngokwanele ukuze ubuyisele amanzi asuke ephume uma ujuluka. Kungenzeka kudalwe ukugula, okwenza ukuthi uhlante futhi/noma ukhishwe isisu; kanye nokuthi ujuluke ngenxa yemfiva.

Umzimba awulahlekelwa

uketshezi uma usebenza ngokukhandla umzimba kuphela, kodwa kungenzeka uma uhamba nje, wenza umsebenzi wasengadini noma ugibela ibhayisikili, ikakhlukazi ezimweni lapho kushisa noma kunomswakama.

Uma usuphelelwe ngamanzi emzimbeni, umzimba wakho awube usasebenza ngendlela ejwayelekile. Izingane ezineminyaka engaphansi kwemihlanu ubudala, abantu abadala kanye nabantu abasebenzela ngaphandle basengcupheni yokuphelelwa ngamanzi emzimbeni kanye nesifo esidalwa ukushisa kwelanga (lokhu ukugula okudalwa ukushisa komzimba ngokweqile).

Isifo esidalwa ukushisa kwelanga siyisifo esidinga ukwelashwa okuphuthumayo. Uma ngabe unalezi zimpawu thola usizo lokwelashwa ngokuphuthuma:

- Ukuzizwa uphithene noma inkulumo yakho iqala ukunensa futhi

ingacaci.

- Ucanucanu kanye nokuhlanza.
- Ukuphefumula ngokushesha, okuphansi.
- Inhliziyo iqale ukushaya ngamandla.
- Ukuqaqamba kwekhanda okungehli.

## Izinkomba ezixwayisa ngokuphelelwa ngamanzi emzimbeni

Ezinye zezinkomba ezi-sheshe zivele ezixwayisa ngokuphelelwa ngamanzi emzimbeni zibandakanya:

- Ukuzizwa wonyiwe kanye nesiyezi.
- Umlomo owomile.
- Ukuhlala ukhatheli.
- Umchamo ongcolile, futhi onuka kabi.
- Ukuchama izikhathi ezi-mbalwa kunalezo eziwayelekile.

## Ukuhlala unamanzi awenele emzimbeni futhi ugweme isifo esidalwa ukushisa kwelanga yenzo lokhu:

○○○

Phuza kakhulu amanzi ukwedlula indlela oyijwayele ngezinsuku lapho kushisa khona.

- Hlala ngaphakathi endlini noma endaweni enethunzi.

- Gqoka isigqoko esiwmelane noma usebenzise isambulela.

- Hlala uphethe ibhodlela lakho lamanzi futhi uwaphuze njalo.

- Thatha amakhefu njalo nje usuke elangeni uma usebenza ngaphandle.

- Zipholise ngokuthi usebenzise amabhodlela okuzifutha.

## Izinsana kanye nezingane

Abazali kanye nabankekeli bezingane kumele baqaphe ngeso lokhozi izingane kanye nezinsana, ukuze baqinisekise ukuthi zihlala zinamanzi awenele emzimbeni.

Omama abasancelisa kufanele ukuthi bancelise izinsana zabo kaningana uma kushisa

kakhulu.

Gcina izingane zakho ngaphakathi endlini noma emthunzini, zigqokise izingubo ezilula futhi uzesule ngendwangu emanzi ukuze zihlale zipholile. Khumbula ukuthi uzigcobe ngesigcobo esivikela ukushiswa ilanga uma ziphumela ngaphandle.

Uma izingane ezingaphansi kweminyaka emihlanu zikhapha indle emanzi, zihlanza futhi zihlala zikhatheli, thola usizo lokwelashwa ngokuphuthuma. Phinda futhi uthole ukunakekelwa kokwelashwa okuphuthumayo uma usana lwakho lungakwazi ukuncela noma amehlo eshone phakathi kanye neendawo ethambile eshone phakathi okhakhayini (ifokothi).

Ezinganeni, ezinye izinkomba ezixwayisa ngokuphelelwa ngamanzi emzimbeni zibandakanya lezi:

- Umlomo owomile noma onamfukayo.

- Izinyembezi ezincane noma zingabibikho uma zikhala.

- Ukuchama kancane noma amanabukeni amanzi amancane kunokujwayelekile.

- Isikhumba esomile, esibandayo.

- Ukucasuka.

- Ukuhlala wozela noma isiyazi. 

# 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. 