



COVID-19: UPDATED LEVEL 3 TALKING POINTS

The power to defeat coronavirus is in our hands.

- As the country gradually opens up, and as we resume more activities, the risk of infection inevitably increases.
- Through our personal and collective actions we can continue to delay the rate of infection across society.
- The most effective defences against the virus are the simplest; everyone must continue to wash hands, sanitise and adhere to safety measures.
- When traveling, wear a face mask at all times and maintain a safe distance and reduce contact with others where possible.

Government has eased restrictions on certain economic activities.

The following economic activities will resume under level 3.

- Restaurants for 'sit-down' meals.
- Accredited and licenced accommodation, with the exception of home sharing accommodation like AirBnB.
- Conferences and meetings for business purposes and in line with restrictions on public gatherings.
- Cinemas, theatres and casinos, in line with the limitations on the gathering of people.
- Personal care services, including hairdressers and beauty services.
- Non-contact sports such as golf, tennis, cricket and others.
- Contact sports will be allowed only for training and modified activities with restricted use of facilities.
- Announcements will be made in due course to detail these measures and indicate the date from which these activities will be permitted.

Certain restrictions remain in place.

- Our national borders remain closed.
- The on-site consumption of alcohol is prohibited.
- Bars and taverns, shebeens, night clubs, fêtes, bazaars, beaches, public parks, and museums remain closed.
- Tobacco products will not be sold.
- No person may be evicted from their place of residence regardless of whether it is a formal or informal residence or farm dwelling during this period.
- Male and female initiation practices are prohibited during this period.
- The sale of liquor is permitted from 1 June 2020 only between Mondays and Thursdays from 09h00 and 17h00.

We are addressing the shortage of coronavirus test kits.

- Like many other countries, South Africa has been affected by the global shortage of coronavirus test kits and other materials.
- We have prioritised testing patients in hospitals, health care workers, vulnerable people like the elderly and hotspot areas.
- We are using every avenue available to source the supplies we need and to increase our testing capacity and improve the turnaround time.
- Among the initiatives, that we have pursued together with other countries on our continent is the ground-breaking Africa Medical Supplies Portal.
- This is a single continental marketplace where African countries can access critical medical supplies, such as test kits, from suppliers and manufacturers in Africa and around the world.

We are monitoring international developments in the treatment of COVID-19.

- A study by the University of Oxford in Britain found that the drug dexamethasone reduced deaths among patients on ventilation by a third.
- The dexamethasone drug is manufactured in South Africa and it is being considered for use on patients on ventilators and on oxygen supply.
- We believe that this will improve our management of the disease among those who are most severely affected.

The lockdown bought us valuable time.

- We used the time during the lockdown to prepare and put in place public health measures to minimise infections.
- We established over 100 quarantine centres, increased the number of intensive care units and have made provision for additional beds in field hospitals.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

COVID-19: BYGEWERKTE VLAK-3-GESPREKSPUNTE

Die mag om koronavirus te oorwin, is in ons hande.

- Namate die land geleidelik oopmaak en ons al hoe meer aktiwiteite hervat, neem die risiko van infeksies noodwendig toe.
- Ons kan deur ons persoonlike en gesamentlike optrede voortgaan om die infeksietempo oor die hele samelewing te vertraag.
- Die mees effektiewe beskerming teen die virus is die eenvoudigste: was jou hande, ontsmet jou omgewing en kom veiligheidsmaatreëls na.
- Wanneer 'n mens reis, moet jy te alle tye 'n gesigsmasker dra, 'n veilige afstand van ander mense handhaaf en kontak met ander mense vermy waar moontlik.

Die regering het beperkings op bepaalde ekonomiese aktiwiteite verslap.

Die volgende ekonomiese aktiwiteite sal onder vlak 3 hervat word.

- Restaurante vir aansietes.
- Geakkrediteerde en gelisensieerde akkommodasie, met die uitsondering van akkommodasie waar huise gedeel word, soos AirBnB.
- Konferensies en vergaderings vir sakedoeleindes en volgens die beperkings op openbare byeenkomste.
- Rolprentteaters, teaters en casino's, volgens die beperkings op openbare byeenkomste.
- Persoonlikesorgdienste soos haarkappers en skoonheidsterapeute.
- Nie-kontaksport soos gholf, tennis, krieket en ander.
- Kontaksport sal toegelaat word slegs vir oefening en aangepaste aktiwiteite, met beperkte gebruik van fasiliteite.

- Aankondigings sal ter geleger tyd gemaak word, met meer besonderhede oor hierdie maatreëls en 'n aanduiding van die datum waarop hierdie aktiwiteite hervat kan word.

Bepaalde beperkings bly van toepassing.

- Ons nasionale grense bly toe.
- Die verbruik van alkohol in openbare plekke is verbode.
- Kroeë en tavernes, sjebiens, nagklubs, kermisse, basaars, strande, openbare parke en museums bly toe.
- Tabakprodukte sal nie verkoop word nie.
- Niemand mag gedurende hierdie tydperk uit hul woonplek gesit word nie, ongeag of dit 'n formele of informele woning of plaaswoning is.
- Manlike en vroulike inisiasiepraktyke word gedurende hierdie tydperk verbied.
- Die verkoop van alkohol word vanaf 1 Junie 2020 slegs tussen Maandag en Donderdag vanaf 09:00 en 17:00 toegelaat.

Ons doen stappe om die tekort aan koronavirus-toetsstelle op te los.

- Net soos baie ander lande, is Suid-Afrika ook deur die wêreldwye tekort aan koronavirus-toetsstelle en ander benodighede beïnvloed.
- Ons het prioriteit verleen aan toetsing van pasiënte in hospitale, gesondheidsorgwerkers, kwesbare mense soos bejaardes en brandpuntgebiede.
- Ons gebruik elke beskikbare metode om die nodige voorrade te verkry, ons toetsingkapasiteit te verhoog en die omkeertyd te verbeter.
- Een van die inisiatiewe wat ons saam met ander lande op ons vasteland begin het, is die baanbreker spesiale Afrika-mark vir mediese voorraad.
- Dit is 'n enkele kontinentale mark, waar Afrika-lande toegang kan verkry tot kritieke mediese voorrade soos toetsstelle vanaf verskaffers en vervaardigers in Afrika en regoor die wêreld.

Ons monitor internasionale ontwikkelings in die behandeling van COVID-19.

- 'n Studie deur die Universiteit van Oxford in Brittanje het bevind dat die middel deksametasoon sterftes onder pasiënte op ventilators met 'n derde verminder het.
- Deksametasoon word in Suid-Afrika vervaardig en word oorweeg vir behandeling van pasiënte op ventilators en op suurstoefvoer.

- Ons glo dat dit ons sal help om die siekte beter te bestuur onder diegene wat die ernstige beïnvloed word.

Die grendeltyd het vir ons waardevolle tyd gekoop.

- Ons het die grendeltydperk gebruik om voor te berei en openbaregesondheidsmaatreëls te implementeer om infeksies tot die minimum te beperk.
- Ons het meer as 100 kwarantynsentrums gevestig, die aantal intensiewesorg-eenhede vermeerder en voorsiening vir bykomende beddens in veldhospitale gemaak.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

I-COVID-19: AMAPHUZU AQAKATHEKILEKO NABUYEKEZIWEKO WESIGABA SESI-3

Amandla wokwehlula ingogwana i-corona asezandleni zethu.

- Njengombana ilizwe livulwa ngokweengaba begodu kuthonywa ngemisebenzi eminengi, ubungozi bokuthelelana ngengogwana banda ngendlela enganabubalekelo.
- Ngokuziphatha kwethu sibabantu ngamunye nokubambisana kwethu kilepi singaliriyadisa ibelo lokuthelelana komphakathi ngengogwana le.
- Iindlela zokuzivikela ezisebenza khulu ekulwisaneni nengogwana zilula khulu; umuntu ngamunye kufuze arage nokuhlamba izandla kanengi, asebenzise isihlanzekisi esibulala amagciwani bekalandele yoke imileyo yezokuphepha.
- Nawusendleleni nofana emphakathini, faka imaski ngazo zoke iinkhathi bewuqinisekise bona kunesikhala phakathi kwakho nabanye abantu bewehlise ikghonakalo yokuthintana nabanye abantu.

Urhulumende ugedlise imibandela keminye imikhakha yezomnotho.

Imikhakha elandelako yezomnotho izokuthoma ukusebenza ngaphasi kwesigaba sesi-3.

- Amarestjurenti lapho 'kuhlalwa phasi' kugonywe.
- Iindawo eziqatjhiselwa ukulalisa iimvakatjhi ezitlolisiweko nezinamalayisensi, ngaphandle kwalezo ezibuye zibe makhaya wabantu abathileko ekubalwa kizo ama-AirBnB.
- Amakhonferensi nemihlangano yamabhizinisi ngokukhambisana nemileyo yokubuthana komphakathi.
- Amasinema, amathiyetha wemidlalo yetjhatjhalazi neendawo zokugembula (*amakhasino*), ngokukhambisana nemibandela yokuhlangana nofana ukubuthana kwabantu.

- Imisebenzi yokuzitjhejela ubuhle, efaka hlangana iindawo zokweluka nokulungisa iinhluthu nemisebenzi yokuphotjhonga ubuso neyezezelo zokunothisa isikhumba.
 - Imidlalo edlalwa ngaphandle kokuthintana enjengegolfu, ithubeni, ikhrikhethi neminye.
 - Abadlali bemidlalo enokuthintana nayidlalwako bazokuvunyelwa ukuzibandula kwaphela nangendlela etjhugululiweko nangaphasi kwemibandela yokusetjenziswa kwamatatawu.
- Kuzokwenziwa iimemezelo esikhathini esingaqedi ihliziyo ukunikela ngemininingwana yamagadango la nokutjho ilanga ekuzokuvunyelwa ukuthoma ngalo imisebenzi le.

Imileyo Nemibandela Ethile Ayikatjhugululwa.

- Imikhawulo yelizwe izokuhlala ivaliwe.
- Ukuselela utjwala lapho buthengiswa khona akukavunyelwa.
- Amabhara namathaveni, amashibhini, iindawo zokuzithabisa zebusuku, iminyanya yetjhatjhalazi, amabazari, iindawo ezimagega nelwandle (amabhitjhi), amaphaga womphakathi, namamyuziyamu kuzokuhlala kuvaliwe.
- Igwayi nokhunya okubhenywako angeze kwathengiswa.
- Ngesikhathi esikiswesi akunamuntu omele aqotjhwe lapho ahlala khona kungakhethi bonyana usendaweni ehlelekileko nofana engakahleleki ngitjho nokha kuseplasini.
- Isiko lengoma labaduna nelabasikazi (*ukuwisela nokuthombisa*) alikavunyelwa ngesikhathesi.
- Ukuthengiswa kotjwala kuvunyelwa ukuthoma mhlana li-1 kuMgwengweni wee-2020 ukusuka ngoMvulo ukuya kuLesine kwaphela ukuthoma nge-awara ye-09:00 ukuya keye-17:00.

Sikutjhejile Ukutlhayela Kweensetjenziswa zokuhlola ingogwana ye-corona.

- Njengawo woke amanye amazwe, iSewula Afrika ithintwe khulu kutlhayela kweensetjenziswa zokuhlola ingogwana ye-corona nezinye iintlabagelo zezamaphilo.
- Sizokuhlola qangi iingulani eziseembhedlela, abasebenzi bezamaphilo, abantu abanganabuyo njengabalupheleko nebeendaweni ezidlangelwe bulwelobu.

- Sisebenzisa woke amano akhona ukuthenga iintlabagelo esizitlhogako, sandisa izinga lokuhlola besinciphisa isikhathi esibekiweko sokukhutjwa kwemiphumela.
- Hlangana namano esiwahlanganise ngepumelelo ngokusebenzisana namanye amazwe kukhonthinenti yethu kube ngundabamlonyeni wePhothali yeenSeetjenziswa zokwelapha e-Afrika engeyokuthoma eyaziwa nge-*Africa Medical Supplies Portal*.
- Le ngiyo kwaphela imakethe yekhonthinenti lapho amazwe we-Afrika angafumana khona iinsetjenziswa zokwelapha eziqathekileko ezifana neentlabagelo zokuhlola, zisuka kabazithengisako nabakhiqizi e-Afrika nephasini zombebele.

Siyitjhejile Imisebenzi Eragako Yamazwe Ngamazwe Ekwelatjhweni kwe-COVID-19.

- Isifundophenyo esenziwe yi-*University of Oxford* ese-*Britain* sifumene bonyana isihlahla i-*dexamethasone* sehlise izinga lokufa kweengulani eziphefumula ngokusizwa ziimphefumulisi ngomuntu munye kabathathu.
- Isihlahla i-*dexamethasone* sikhiqizwa eSewula Afrika begodu kusahlelwa bona sisetjenziswe eengulanini esele zisizwa ngeemphefumulisi nezifakelwa i-oksijini.
- Sikholwa bonyana lokhu kuzokwenza kube ngcono ukulawula kwethu ubulwele kilabo abakhahlumezeke khulu.

Ukuqinteliswa kwamakhambo nemisebenzi ethileko kusinikele isikhathi esitlhogekako.

- Sisebenzise isikhathi sokuqinteliswa kwamakhambo nemisebenzi ethileko ukulungiselela nokwethula amagadango wezamaphilo womphakathi ukuze kwehliswe izinga lokuthelelana ngengogwana le.
- Sivule amaziko wokuzikhethela ngeqadi angaphezu kwekhulu, sandisa isibalo samayunithi walabo abagula khulu begodu saletha neminye imibhede eembhedlela zesikhatjhana.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

I-COVID-19: AMANQAKU OKUTHETHA ENQANABA LESI-3 AHLAZIYIWEYO

Amandla okoyisa intsholongwane i-corona asezandleni zethu.

- Njengokuba ilizwe lethu liya livula ngokwezigaba ngezigaba, nanjengokuba siqalisa ngemisebenzi emininzi, umngcipheko wosuleleko wanda ngendlela enganqandekiyo.
- Ngamanyathelo esiwathathayo ngabanye nangokudibeneyo singaqhubeka ukulilibazisa izinga losuleleko kuluntu jikelele.
- Okona kuzikhusela kusebenzayo kule ntsholongwane kulula kakhulu; umntu ngamnye makaqhubeke ngokuhlamba izandla zakhe, azifake isibulali zintsholongwane aze athobele amanyathelo okhuseleko.
- Xa uthatha uhambo, nxiba isigqubuthelo sobuso ngalo lonke ixesha uze ugcine umgama wokuqelelana okhuselekileyo kwaye unciphise ukudibana nabanye xa kunokwenzeka.

Urhulumente uzinyenyisile izithintelo kwimisebenzi ethile yezoqoqosho.

Le misebenzi yezoqoqosho ilandelayo iza kuqalisa ukusebenza phantsi kwenqanaba lesi-3.

- lindawo zokutyela zingathengisa izidlo 'zokuhlalelwa phantsi'.
- lindawo zokuhlala eziqinisekisiweyo nezineempapha-mvume, ngaphandle kwamakhaya awabelanayo ngeendawo zokuhlala afana nala abizwa, i-AirBnB.
- lingqungquthela neentlanganiso ezingeenjongo zezemisebenzi ngokuhambelana nezithintelo ezingeendibano zikawonkewonke.
- lindawo zokubonisa imiboniso-bhanyabhanya, iindawo zokudlalela imidlalo yeqonga kunye neendawo zokungcakaza, ngokuhambelana nemimiselo emalunga nokudibana kwabantu.
- linkonzo zenkathalelo yabantu, kuquka nabantu abasebenza ngeenwele nabeenkonzo zezobuhle.

- Imidlalo ekungabanjwanayo kuyo efana nemidlalo yegalufa, intenetya, iqakamba neminye.
- Imidlalo ekungabanjwanayo kuyo iza kuvunyelwa nje ukuzilolonga nemisebenzi elungiselelweyo ngokuhambelana nezithintelo zokusetyenziswa kwiziseko.
 - linkcukacha malunga nala manyathelo ziza kubhengezwa kungekudala kuze kucaciswe umhla ekwakuqalwa ngayo ukuvumeleka ukwenziwa kwale misebenzi.

Izithintelo ezithile ziya kuhlala zisebenza.

- Imida yethu yesizwe iya kuhlala ivaliwe.
- Ukuselelwa kotywala kwindawo obuthengiswa kuzo akuvumelekanga.
- libhari neethaveni, iindawo zentselo, iindawo zokugcoba ezivulwa ebusuku, imisitho yokuvuyisana, iindibano zokuthengisela, iindawo zokuqubha enxwemeni, iipaki zikawonkewonke, kunye neemyuziyami ziza kuhlala zivaliwe.
- limveliso zecuba azivumelekanga ukuba zithengiswe.
- Akukho mntu uyakukhutshelwa ngaphandle kwindawo ahlala kuyo ngeli xesha nokuba yindawo yokuhlala esesikweni okanye yengekho sesikweni okanye yindawo ahlala kuyo kwifama.
- Imisebenzi yolwaluko lwamadoda nabasetyhini ayivumelekanga ngeli xesha.
- Ukuthengiswa kotywala kuvumelekile ukususela ngomhla woku-1 kweyeSilimela yowama-2020 phakathi koMvulo noLwesine kuphela ukususela ngentsimbi ye-09h00 ukuya kweye-17h00.

Sisahoyana nokungabikho ngokwaneleyo kwezixhobo zokuvavanyelwa intsholongwane i-corona.

- Njengamanye amazwe amaninzi, uMzantsi Afrika uchatshazelwe yingxaki yehlabathi jikelele yokungabikho ngokwaneleyo kwezixhobo zokuvavanyelwa intsholongwane i-corona nezinye izixhobo.
- Sikwenze kwangumba ophambili ukuvavanywa kwezigulana ezibhedlele, abasebenzi benkathalelo yezempilo, abantu abasesichengeni abafana nabantu abadala kunye nabakwimimandla ebalaseleyo kuyo le ntsholongwane.
- Sisebenzisa yonke nje indawo esinokufumana kuyo oko sikudingayo nokwandisa amandla wethu wokwenza uvavanyo nokuphucula ixesha lokuqumbela loo msebenzi wovavanyo.

- Phakathi kwamaphulo, esithe sawenza kunye namanye amazwe kwilizwekazi lethu kukuqala elingazange labakho iSango loBonelelo ngaMayeza lase-Afrika.
- Le yindawo enye yorhwebo lwelizwekazi apho amazwe ase-Afrika anokufikelela ngayo kubonelelo lwezonyango olubaluleke kakhulu, olufana nezixhobo zovavanyo, kubaboneleli nabavelisi abase-Afrika nakwezinye indawo ehlabathini jikelele.

Siyibeke esweni indlela izizwe ngezizwe eziqhuba ngayo ekunyangeni i-COVID-19.

- Uphononongo olwenziwe yi-Dyunivesithi yase-Oxford eBrithane lufumanise ukuba ichiza i-*dexamethasone* likunciphisile ukusweleka phakathi kwezigulana ezikoomatshini abangenisa bakhuphe umoya ngesithathi.
- Ichiza i-*dexamethasone* liveliswa eMzantsi Afrika kwaye lisaqwalaselwa ngeenjongo zokulisebenzisa kwizigulana ezikoomatshini abakhupha bangenise umoya nezikoomatshini bokuncedisa ukuphefumla.
- Sikholelwa ukuba oko kuza kuphucula indlela esilawula ngayo esi sifo phakathi kwabo bachaphazeleke ngendlela ebuhlungu.

Ukuvaleleka phantsi kwemiqathango ethile kusincedile kwasinika ixesha elixabiseke kakhulu.

- Sisebenzise eli xesha lokuvaleleka phantsi kwemiqathango ethile ukulungisa nokumisela amanyathelo ezempilo kawonkewonke ukunciphisa usuleleko.
- Siseke ngaphezulu kwe-100 lamaziko okuvalelela bucala, sandisa inani lamacandelo wabagula kakhulu saze senza nesibonelelo seebhedl ezongezelelweyo kwizibhedlele zethutyana.



I-COVID-19: AMAPHUZU ABALULEKILE NABUYEKEZIWE ESIGABA SESI- 3

Amandla okunqoba igciwane le-corona asezandleni zethu.

- Njengoba izwe livula kancane kancane, futhi njengoba siqala imisebenzi eminingi, ubungozi bokusuleleka budlondlobala ngokungegwemeke.
- Ngezenzo zethu ngamunye nangokubambisana singaqhubeka sibambezele izinga lokwesuleleka emphakathini.
- Izindlela zokuzivikela ezisebenza kakhulu ekulweni negciwane zilula kakhulu; wonke umuntu kumele aqhubeke nokuhlaza izandla, ukusebenzisa isibulali-magciwane nokulandela izinyathelo zokuphepha.
- Uma unohambo, gqoka isimfonyo sobuso ngaso sonke isikhathi futhi ugcine igebe eliphaphile uphinde unciphise ukuthintana nabanye abantu uma kwenzeka.

Uhulumeni uxegise imikhawulo emisebenzini ethile yomnotho.

Imisebenzi yomnotho elandelayo izoqala ukusebenza ngaphansi kwesigaba sesi-3

- Izindawo zokudla ukuze 'uhlale phansi' udle.
- Izindawo zokuhlala ezikhokhelwayo ezinemvume nelayisensi, ngaphandle kwalezo eziphinde zibe ngamakhaya njengama-AirBnB
- Izinkomfa nemihlangano yebhizinisi futhi ehambelana nemikhawulo yemibuthano yomphakathi.
- Izindawo zokubuka isithombe, imidlalo yeshashalazi nezindawo zokugembula, ngokuhambelana nemikhawulo yokubuthana kwabantu.
- Imisebenzi yokuzicwala, ebandakanya ukucwala izinwele nokuziphaqula.
- Imidlalo edlalwa ngaphandle kokuthintana njengegalofu, ibhola lomphebezo, ikhilikithi kanye neminye.
- Imidlalo edlalwa ngokuthintana izovunyelwa kuphela ukuziqeqesha nemidlalo eshintshiwe ngokwemikhawulo yokusetshenziswa kwezinkundla.

- Izimemezelo zizokwenziwa ngesikhathi ukunikeza imininingwane yalezi zinyathelo futhi zizosho nosuku yonke le misebenzi izovumeleka ngalo.

Imikhawulo ethile isalokhu imile.

- Imingcele yethu yezwe izohlale ivaliwe.
- Ukuphuzwa kotshwala lapho buthengiswa khona akuvunyelwe.
- Izindawo zokuphuza utshwala namathaveni, amashibhi, izindawo zokuzijabulisa ebusuku, imicimbi yendali, amabhara, amabhishi, amapaki omphakathi, kanye nezigcinamagugu kuzohlala kuvaliwe.
- Imikhiqizo kagwayi ngeke idayiswe.
- Akekho umuntu okumele axoshwe lapho ehlala khona noma ngabe indawo ekhokhelwayo noma engakhokhelwa noma kusepulazini ngalesi sikhathi.
- Ukusokwa kwabesilisa nabesifazane akuvumelekile ngalesi sikhathi.
- Ukudayiswa kotshwala kuvumeleke kusuka mhla lu-1 Nhlanguvana 2020 phakathi koMsombuluko kuya kuLwesine kusuka ngehora le-09h00 kuya ehoreni le-17h00 kuphela.

Sibhekana nokuntuleka kwezinsiza zokuhlola igciwane le-corona.

- Njengamanye amazwe amaningi, iNingizimu Afrika ithintekile kakhulu ngokuntuleka okubhekene nomhlaba wonke kwezinsiza zokuhlola igciwane le-corona kanye nezinye izinsizakusebenza.
- Sikubeke eqhulwini ukuhlolwa kweziguli ezibhedlela, abasebenzi bezempilo, abantu ababuthakathaka njengabantu abadala kanye nezindawo ezihaqwe kakhulu igciwane.
- Sisebenzisa zonke izindlela ezikhona ukuthola izinsizakusebenza esizidingayo nokukhuphula umthamo wokuhlola nokwenza ngcono isikhathi sokuhlola.
- Phakathi kwemizamo, esesiyizamile namanye amazwe ezwenikazi lethu yiNgosi Yezinsiza zokwelapha yase-Afrika yokuqala ngqa i-Africa Medical Supplies Portal.
- Lena iyona kuphela ndawo yemakethe lapho amazwe ase-Afrika angathola khona izinsizakusebenza ezibalulekile zokwelapha, ezifana nezinsiza zokuhlola, zisuka kubathumeli kanye nakubakhiqizi e-Afrika kanye nasemhlabeni-jikelele.

Silokhu siyiqaphile imisebenzi eqhubekayo yomhlaba ekwelashweni kwe-COVID-19.

- Ucwangingo lweNyuvesi yase-Oxford kwelase-Britain luthole ukuthi umuthi okuthiwa i-*dexamethasone* wehlise amathuba okufa ezigulini eziphefumula ngokusizwa imishini ngokuthathu.
- Umuthi i-*dexamethasone* ukhiqizwa eNingizimu Afrika futhi usacatshangelwa ukuthi usetshenziswe ezigulini eziphefumula ngosizo lwemishini nokusizwa ngomoya.
- Siyathemba ukuthi lokhu kuzokwenza ngcono ukulawula kwethu isifo kulabo esibakhinyabeze kakhulu.

Ukuvalwa kwezwe kusinikeze isikhathi esibalulekile.

- Sisebenzise isikhathi sokuvalwa kwezwe ukulungiselela nokubeka ngononina izinyathelo zezempilo yomphakathi ukuze kuncishiswe ukwesuleleka.
- Sisungule izindawo zokugonqa ezingaphezu kwe-100, senyusa inani lamagumbi eziguli ezigula kakhulu saphinde sahlinzeka ngemibhede eyengeziwe ezibhedlela zesikhashana.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

DINTLHA TŠA COVID-19 TŠEO DI MPSHAFADITŠWEGO TŠA LEGATO LA BORARO

Maatla a go fenyha coronavirus a ka diatleng tša rena

- Ge naga e bulwa gannyane gannyane, ge re thomološa mešomo ye mentši, kotsi ya phetetšo e tšwela pele ka fao go ka se efogwego.
- Ka ditiro tša rena tša motho ka o tee le tša rena ka moka re ka tšwela pele go ditela dipalopalo tša phetetšo go ralala le setšhaba.
- Boitšhireletšo bjo bo šomago kudu kgahlanong le baerase ke bjo bonolo kudu; motho yo mongwe le yo mongwe o swanetše go tšwela pele go hlapa diatla, go di sanithaesa le go obamela magato a polokego.
- Ge o tšea leeto, apara maseke wa sefahlego dinako ka moka gomme o tlogele sekgoba seo se bolokegilego magareng ga gago le batho ba bangwe gomme o fokotše go kgomana le batho ba bangwe ge go kgonagala.

Mmušo o nyefišitše dikiletšo go ditiro tše dingwe tša ekonomi

Ditiro tše di latelago tša ekonomi di tla thomološa ka fase ga legato la boraro

- Diresturente tšeo batho ba dulago fase ba ja dijo.
- Mafelo a go amogela baeng ao a dumeletšwego le ao a nago le dilaesentshe, ka ntle le mafelo a go amogela baeng ao go hlakanelwago dintlo a go swana le *AirBnB*.
- Dikhonferentshe le dikopano mabakeng a kgwebo gomme go latelwe dikiletšo tšeo di beilwego tša mabapi le dikgobokano tša setšhaba.
- Disinema, ditheetha le dikhasino, go latelwe mellwane ye e beilwego mabapi le go kgobokana ga batho.
- Ditirelo tša boitlhokomelo, go akaretšwa bao ba kgabišago batho meriri le ditirelo tša bobotse.
- Dipapadi tšeo go tšona baraloki ba sa kgomanego tša go swana le kolofo, thenese, kherikhete le tše dingwe.

○ Dipapadi tšeo baraloki ba kgomanago di tla dumelelwa fela go itšhidulla le ditiro tše dingwe tše di fetošitšwego gomme go šomišwa mafelo a boitšhidullo go latelwa mellwane ye e beilwego.

- Ditsebišo di tla dirwa ge nako e sepela go hlaloša magato a ka botlalo le go bea letšatšikgwedi leo ditiragalo tše di ka thomago go dumelelwa.

Dikiletšo tše dingwe di sa phethagatšwa

- Mellwane ya naga ya rena e tla dula e tswaletšwe.
- Go nwa bjala mafelong a thekišo go ileditšwe.
- Dipara le dithabene, dišepini, di-*night clubs*, *fêtes*, *bazaars*, mabopo a mawatle, diphaka tša setšhaba, le dimuseamo di tla dula di tswaletšwe.
- Ditšweletšwa tša motšoko di ka se rekišwe.
- Ga go motho yo a swanetšego go rakwa fao a dulago gona go sa kgathale ge eba lefelo leo ke la semmušo goba ke la boipei goba madulo a polaseng mo nakong ye.
- Ditlwaedi tša dikoma tša banna le tša basadi di ileditšwe mo nakong ye.
- Thekišo ya bjala e dumeletšwe go thoma ka la 1 Phupu 2020 go tloga ka Mošupologo go fihla ka Labone magareng ga iri ya 09:00 mesong le ya 17:00 mathapama.

Re katana le go rarolla bothata bja tlhaelelo ya ditlabele tša go dira diteko tša conavirus

- Go swana le dinaga tše dingwe tše ntši, Afrika Borwa e amilwe ke tlhaelelo ya ditlabele tša go dira diteko tša *coronavirus* le ditlabele tše dingwe lefaseng ka bophara.
- Re beile pele go dira balwetši bao ba lego ka dipetlele diteko, bašomi ba tlhokomelo ya maphelo, batho bao ba lego kotsing ba go swana le batšofadi le bao ba lego mafelong ao a tletšego ka diphetetšo.
- Re šomiša sebaka se sengwe le se sengwe seo re se hwetšago go reka dikabo tšeo re di hlokago le go oketša bokgoni bja rena bja go dira diteko le go kaonafatša nako ya go phetha se.
- Gareng ga masolo ao re lego gare ka ona gotee le dinaga tše dingwe ka khonthinenteng ya rena ke Phothale ya boitlhamelo ya Afrika ya Dikabo tša Kalafo.
- Le ke lefelo le tee la thekišo ka mo khonthinenteng fao dinaga tša Afrika di ka kgonago go fihlelela dikabo tša kalafo tše bohlokwa, tša go swana le ditlabele tša go dira diteko, go thoma ka baabi le batšweletši ba ka Afrika le lefaseng ka bophara.

Re hlokometše tshedimošo ya moragorago ya mabapi le kalafo ya COVID-19

- Dinyakišišo tše di dirilwego ka Yunibesithing ya Oxford ka Prithani di utollotše gore seokobatši sa *dexamethasone* se fokoditše mahu gareng ga balwetši bao ba beilwego go metšhene ya go thuša go hema ka tee-tharong.
- Seokobatši sa *dexamethasone* se tšweletšwa ka Afrika Borwa gomme go lebeletšwe gore se tlo šomišwa go balwetši bao ba beilwego go metšhene ya go thuša go hema le bao ba abelwago oksitšene.
- Re dumela gore se se tla kaonafatša taolo ya rena ya bolwetši bjo gareng ga bao ba amegilego kudu.

Go tswalela naga go re thušitše go ditela nako gabohlokwa

- Re šomišitše nako ya go tswalela naga go itokiša le go tsenya tirišong magato a maphelo a setšhaba ka nepo ya go fokotša diphetetšo.
- Re hlomile mafelo a go beela balwetši thoko ao a fetago a 10, gomme ra oketša palo ya mafelo a go hlokomela balwetši bao ba bakwago le badimo le go aba mepete ya tlaleletšo ka dipetleleng tša lebakanyana tšeo di hlometšwego bolwetši bjo.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

DINTLHA TSA COVID-19 TSE NTLAFADITSWENG TSA MOHATO WA BORARO

Matla a ho hlola kokwanahloko ya corona a matsohong a rona

- Ha naha e ntse e buleha ka hanyane, mme re qala ka mesebetsi e meng, monyetla wa tshwaetso o tla eketseha.
- Ka diketso tsa borona le ba bang re ka tswella ho diehisa sekgahla sa tshwaetso ka hara setjhaba.
- Ditshireletso tse hlwahlwa ka ho fetisisa kgahlanong le kokwanahloko ena ke tse bonolo ka ho fetisisa; bohle re lokela ho tswella ho hlapa matsoho, ho sebedisa sebolayadikokwanahloko le ho tsitlallela ditsela tsa tshireletso.
- Ha o eta, dula o kentse maske mme o siye sebaka se bolokehileng le ho fokotsa ho thetsana le ba bang moo ho kgonehang.

Mmuso o nyehlisitse dithibelo mesebetsing e itseng ya moruo

Mesebetsi e latelang ya moruo e tla qala mohatong wa boraro

- Direstjhurente tseo ho jellwang ho tsona.
 - Dibaka tsa bodulo tse ngodisitsweng le ho ba le dilaesense, ntle le moo ho arolelanwang bodulo jwaloka di-AirBnB.
 - Diboka le dikopano tsa merero ya kgwebo mme ho ipapisitswe le dithibelo tse sebetsang mabapi le dipokano tsa setjhaba.
 - Disinema, diteatere le dikhasino, ho ipapisitswe le dithibelo tse mabapi le dipokano tsa setjhaba.
 - Ditshebeletso tsa boitlhokomelo, ho kenyeletswa moo ho lokiswang meriri le ditshebeletso tsa botle.
 - Dipapadi tsa moo ho sa thetsanweng tse kang kolofo, tenese, kirikete le tse ding.
 - Dipapadi tsa moo ho thetsanwang di tla dumellwa feela bakeng sa boikwetliso le mesebetsi e meng moo ho ngotluweng tshebediso ya dibaka.
- Ho tla etswa phatlalatso hammamora bakeng sa ditsamaiso ka botlalo le ho beha letsatsi leo mesebetsi ena e tla dumellwa ka lona.

Dithibelo tse ding di ntse di sebetsa

- Madiboho a naha a tla dula a kwetswe.
- Tahi e thibetswe ho nwellwa dibakeng tsa thekiso ya jwala.
- Dibara le ditamene, dishibine, dinaetetlelabo, di-fête, dibozara, mabopo a lewatle, diphaka tsa setjhaba le dimusiamo di tla dula di kwetswe.
- Dihlahiswa tsa kwae di keke tsa rekiswa.
- Ha ho motho ya tla ntshuwa sebakeng sa bodulo ho sa natswe haeba ke bodulo ba semmuso kapa bodulo bo sa tsitsang kapa ntlo ya polasing nakong ena.
- Mabollo a banna le basadi a thibetswe nakong ena.
- Thekiso ya jwala e dumelletswe feela ho tloha ka la 1 Phuptjane 2020 ho tloha ka Mantaha ho isa ka Labone dipakeng tsa hora ya 9:00 hoseng le hora ya 17:00 mantsiboya..

Re ntse re sebetsana le kgaello ya thepa ya diteko tsa kokwanahloko ya corona

- Jwaloka dinaha tse ding tse ngata, Afrika Borwa e anngwe ke kgaello e teng lefatsheng ka bophara ya thepa ya diteko tsa kokwanahloko ya corona le thepa e nngwe.
- Re behile ka sehlohlolong taba ya ho etsa bakudi diteko ba ka hara dipetlele, basebeletsi ba tlhokomelo ya kalafo, batho ba tsietsing ba akgang maqheku le dibaka tse belaellwang ka tshwaetso e ngata.
- Re sebedisa makgalo ohle a teng bakeng sa ho fumana thepa eo re e hlohang le ho eketsa bokgoni ba rona ba diteko le ho ntlafatsa nako ya ho fana ka sephetho.
- Hara maikitlaetso ao re a tsitlalletseng le dinaha tse ding tsa kontinente ya rona ke Lapatlelo la Afrika la Thepa ya Bongaka la boemo bo hodimo.
- Sena ke sebaka se le seng sa kontinente sa thekiso moo dinaha tsa Afrika di ka fihlellang thepa e hlokolosi ya bongaka, e kang thepa ya diteko, ho tswa bafepeding le bahlahising ba Afrika le lefatsheng ho pota.

Re behile dintshetsopele tsa matjhaba leihlo mabapi le phekolo ya COVID-19

- Diphuputso tsa Yunivesithi ya Oxford ho la Engelane di bontshitse hore moriana wa *dexamethasone* o fokoditse mafu hara bakudi ba sebedisang difehlamoya ka palo ya nngwe borarong.

- Moriana wa *dexamethasone* o etswa Afrika Borwa mme ho ntse ho shejwa hore na o ka sebediswa ho bakudi ba sebedisang difehlamoya le ba fepelwang oksejene.
- Re kgolwa hore sena se tla ntlafatsa taolo ya rona ya lefu lena hara batho ba anngweng ka ho fetisisa.

Ho kginwa ha ditshebeletso ho re file nako ya bohlokwa

- Re sebedisitse nako ya ho kginwa ha ditshebeletso ho itokisa le ho tla ka ditsela tsa kalafo ya setjhaba bakeng sa ho fokotsa ditshwaetso.
- Re thehile ditsi tsa ho kotela batho tse fetang 100, ra eketsa palo ya diyuniti tsa batho ba kulang haholo le ho fana ka dibethe tsa tlatsetso dipetleleng tse thokwana le metse.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

DINTLHA TSA COVID-19 TSE DI TLHABOLOTSWENG TSA KGATO YA BORARO

Maatla a go fenya mogare wa corona a mo diatleng tsa rona

- Jaaka naga e bulela ditiro tsa ka fa nageng ka iketlo, le jaaka ditiro tse dintsi di simolola, kotsi ya tshwaetsego le yona e a oketsega.
- Ka go dira mmogo le gore mongwe le mongwe wa rona a tshameke karolo ya gagwe re ka tswelera go fokotsa lebelo la ditshwaetsego go ralala le setšhaba sa rona.
- Ditshireletso tse di nonofileng kgatlhanong le mogare ono ke tse di bonolo go gaisa, tlhapa diatla, dirisa sebolayamegare le go nna o latela mekgwa ya pabalesego.
- Fa o tsaya loeto, apara maseke ka dinako tsotlhe le go bula sekgalanyana se se bolokesezileng magareng ga gago le batho ba bangwe le go fokotsa kgolagano le ba bangwe fao go kgonagalang.

Puso e repisitse melaokiletso mo ditirong tse di rileng tsa ikonomi

Ditiro tsa ikonomi tse di latelang di tla simolola mo kgatong ya boraro

- Go reka le go jela kwa diresetšhuranteng.
- Matloborobalo a a letleletsweng le a a nang le dilaesense, ntle le matloborobalo a a aroganelwang a a jaaka AirBnB.
- Dikhonferense le dikopano tsa kgwebo mme di tshwanetse go obamela melaokiletso ya dikopano tsa phatlhalatsa.
- Dibaesekopo, diteatere le dikhasino, mme di tshwanetse go itepatepanya le palo e e beilweng mabapi le kgobokano ya batho.
- Ditirelo tsa tlhokomelo ya mong, go tsenyeletsa badirakamoriri le ditirelo tsa intlafatso.
- Metshameko e go sa kgomanweng mo go yona e e jaaka kolofa, tenese, khirikete le e mengwe.
- Metshameko e go kgomanwang mo go yona e tla letlelelwa fela go ikatisa mmogo le ditiro tse di fetotsweng mme seno se tla letlelelwa fa fela go ikamangwa le melao e e gagamaditsweng ya tiriso ya mafelo a go ikatisa.

- Dikitsiso di tla dirwa mo nakong e e sa fediseng pelo go tlhalosa mekgwa le go supa letlha leo ditiro tseno di tla letlelelwang ka lona.

Melaokiletso e e rileng e tla tswelela go nna e le mo tirisong

- Melelwane ya rona ya naga e tla tswelela go nna e tswaletswe.
- Go nwa nnotagi mo lefelong la borekisetso ga go a letlelelwa.
- Dibara le dithabene, dishebini, ditlhapo, dibeše, dibasara, mabopo a mawatle, diphaka tsa botlhe, le dimusiamo di tla tswelela go nna di tswaletswe.
- Dikuno tsa motsoko ga di kitla di rekisiwa.
- Ga go motho ope yo o tla kobiwang go tswa mo lefelong la bonno la gagwe go sa kgathalesege gore ke lefelobonno la semolao kgotsa leo e seng la semolao kgotsa polase ka nako eno.
- Ditiro tsa bogwera le bojale mo nakong eno ga di a dumelelwa.
- Thekiso ya nnotagi e letleletswe go tloga ka la bo 1 Seetebosigo 2020 go simolola ka Mosupologo go fitlha ka Labone, magareng ga ura ya bo 09:00 mo mosong le ura ya bo 17:00 maitseboa.

Re samagane le tlhalelo ya dikhiti tsa go dira diteko tsa mogare wa corona

- Jaaka dinaga tse dingwe tse dintsi, Aforika Borwa, fela jaaka dinaga tse dingwe lefatshe ka bophara, e amilwe ke tlhalelo ya dikhiti tsa go dira diteko tsa mogare wa *corona* le didiriswa tse dingwe.
- Re dira diteko mo balwetseng ba ba leng kwa maokelong, mo batlhankeding ba tsa boitikanelo, mo bathong ba ba bokoa ba ba jaaka bagodi mmogo le mo dikgaolong tse di nang le palo e e kwa godimo ya mogare ono.
- Re dirisa tsela nngwe le nngwe e e leng teng go batla dithoto tse re di tlhokang mmogo le go oketsa palo ya rona ya go dira diteko le go tokafatsa nako ya go ntsha dipholo.
- Gareng ga diitshimoleli tse re di fitlheletseng re dirisana mmogo le dinaga tse dingwe mo kontinenteng ya rona ke Photale ya Aforika ya Dithoto tsa Kalafo.
- Seno ke lefeloborekisetso le le lengwe fao dinaga tsa Aforika di ka bonang didiriswa tsa kalafo tse di botlhokwa, jaaka dikhiti tsa go dira diteko, go tswa go baneelatirelo le batlhagisi mo Aforika le go ralala lefatshe ka bophara.

Re etse tlhoko ditiragalo tsa boditšhabatšhaba mo kalafing ya COVID-19

- Diptlisiso kwa Yunibesiting ya Oxford kwa Britain di rebotsee gore molemo wa *dexamethasone* o fokotsa dintsho magareng ga balwetse ba ba thusiwang go hema ka tharong.
- Molemo wa *dexamethasone* ke o mongwe wa molemo e re itirelang yona ka fa nageng ya Aforika Borwa mme ga jaanong o a sekasekiwa gore o ka dirisiwa mo balwetseng ba ba thusiwang go hema ka metšhini ya go hema le ba ba nelwang okesejene.
- Re dumela gore seno se tla tokafatsa ka fao re samaganang le bolwetse jono gareng ga bao ba gatelegileng thata.

Letsholo la go sekega nakwana ditiro tsa ka fa nageng le re thusitse ka nako e re neng re e tlhoka

- Re dirisitse nako eno ya fa re ne re sekegile nakwana ditiro tsa ka fa nageng go ipaakanya le go tsenya tirisong mekgwa ya go tlhokomela boitekanelo jwa baagi gore re kgone go fokotsa ditshwaetsego.
- Re tlhomile mafelo a feta 100 a disenthara tsa kwarantane, ra oketsa palo ya diyuniti tsa balwetsi ba ba lwalang thata le go oketsa malao a tlaleletso mo maokelong a nakwana.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

I-COVID-19: EMAPHUZU LABALULEKILE NGELIZINGA LE-3 LABUYEKETIWE

Emandla ekuncoba ligciwane le-corona asetandleni tetfu.

- Njengaloku lelive livula kancane, futsi njengaloku sesicala kwenta imisebenti leminengi, bungoti bekutseleleka ngalokungagwemeki buyandza.
- Ngetento tetfu nangetento tekuhlanganyela singachubeka silibambebele lihambe kancane lizinga lekutseleleka emmangweni wonkhe.
- Kutivikela lokunemphumelelo kuleligciwane tindlela letilula kakhulu, wonkhe umuntfu kufanele kutsi achubeke ageze tandla, afutse ngesibulalimagciwane futsi alandzele tinyatselo tekuphepha.
- Nawuhamba, hlala njalo ufake sifonyo sebuso ngaso sonkhe sikhatsi futsi ucinisekise kutsi kunelibanga lekuphepha futsi unciphise kutsintsana nalabanye nakukhonakala.

Hulumende sewuyicekisile imitsetfo yekuvimbela kuleminywe imisebenti yekuchuba temnotfo.

Lemisebenti yekuchuba temnotfo lelandzelako itawucala yentiwe ngaphasi kwelizinga le-3

- Tindzawo lapho kutsengiswa khona kudla 'uhlale phasi' udle.
- Tindzawo tekulala letinemvume naletivunyelwe ngekucinisekiswa, ngaphandle kwetindzawo tekulala letishiyelana nelikhaya njengema-AirBnB.
- Tinkhomfa nemihlangano ngetinhloso tetemabhizinisi futsi lehambisana nemitsetfo yekuvimbela imihlangano yemmango.
- Emasinema, ematiyetha nemakhasino, kuhambisane nemikhawulo yekuhlangana kwebantfu.
- Tinsita tekutinakekela, lokufaka ekhatsi labalungisa tinwele kanye netinsita tekutigcina umuhle.

- Imidlalo lokungatsintsanwa kuyo nayidlalwa njengegolufu, ithenisi, ikhrikhethi kanye naleminyane.
 - Imidlalo lokutsintsanwa kuyo nayidlalwa itawuvunyelwa kuphela naniticecsha kanye nalokunye lokwentiwako lokuguculiwe kancane kanye nekusetjentiswa kwetisetjentiswa lokuvinjelwe.
- Timemetelo titawukhishwa khona madvute letichaza ngemininingwane yaletinyatselo kanye netinsuku lemisebenti letawuvunyelwa ngato

Imitsetfo letsite yekuvimbela isasemile.

- Iminyele yetfu solomane isasevaliwe.
- Kunatsa tjwala endzaweni lobutsenge kuyo akukavunyelwa.
- Emabhala nemathaveni, emashibhini, imidangalazo, emadzili, emamakethe, emabhishi, emapaki emmango, kanye nemisamo isavaliwe.
- Imikhicito yeligwayi ngeke itsengiswe.
- Kute umuntfu lotawususwa ngenkhani endzaweni yakhe yekuhlala akukhatsalekile kutsi uhlala endzaweni yekuhlala lehlelekile nome lengahlelekile nome endzaweni yekuhlala epulazini ngalesikhatsi.
- Kusoka kwalabadvuna nalabasikati akuvunyelwe ngalesikhatsi.
- Kutsengiswa kwetjwala kuvumelekile kusukela mhla lu-01 Inhlaba 2020 kuphela emkhatsini waboMsombuluko naboLesine kusukela ngensimbi ye-09:00 nensimbi ye-17:00.

Silungisa indzaba yekushoda kwetisetjentiswa tekuhlola ligciwane le-corona.

- Njengemave lamanye emave lamanengi, iNingizimu Afrika nayo inenkinga yekushoda kwetisetjentiswa tekuhlola ligciwane le-corona kanye nalokunye.
- Sesibeke embili kucala ngekuhlola tigulane etibhedlela, tisebenti letinakekela ngetemphilo, bantfu labahlaseleka lula njengalabadzala kanye netindzawobucayi.
- Sisebenta yonkhe imitfombolusito lekhona kutfola loko lesikudzingako futsi sandzise emandla ekuhlola kanye nekwenza ncono sikhatsi sekubuyisa imiphumela.
- Emkhatsini wemitamo, lesiyilandzelele sayenta kanye nalamanye emave kulelivekati letfu yi-Africa Medical Supplies Portal lengumcondvo lomusha

- Lena yimakethe yinye kulelivekati lapho emave ase-Afrika afinyelela khona kutfola imphahla lemcola yekwelapha, njengetisetjentiswa tekuhlola, levela kubatfulitinsita nebakhi betimphahla base-Afrika kanye nasemhlabeni jikelele.

Sigadze lokuvelako emaveni emhlaba lokumayelana nekwelashwa kwe-COVID-19.

- Lucwaningo lolwentiwe yiNyuvesi yase-Oxford eBhrithani lutfole kutsi sidzakamiva lesatiwa ngekutsi yi-*dexamethasone* sinciphise kufa emkhatsini wetigulane letisebentisa tisitamaphaphu ngakunye kulokutsatfu.
- Lesidzakamiva i-*dexamethasone* sentiwa lapha eNingizimu Afrika futsi siyabukwa kutsi sisetjentiswe kutigulane letisebentisa tisitamaphaphu kanye nekuphakelwa kwemoyamphilo.
- Sikholelwa ekutseni loku kutawukwenta ncono kulawula kwetfu lesifo kulabo labatseleleke kakhulu.

Lokuvalelwa kwelive kwavelonkhe kusinike sikhatsi lesimcola.

- Sisebentise leso sikhatsi ngesikhatsi sekuvalelwa kwelive kwavelonkhe kulungisa kanye nekubeka tinyatselo tetemphilo yemango kute kuncishiswe kutselelela ngaleligciwane.
- Sisungule tindzawo letingetulu kwaleti-100 tekuvalelwa ngenca yesifo, sandzisa linani lemayunithi ekunakekelwa kwesimo lesibucayi senta kutsi kube nemibhedze lengetiwe etibhedlela tesikhashana.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

COVID-19: MBUNO DZA NDEME DZO KHWINISWAHO DZA LEVELE 3

Maandā a u kunda tshitzhili tsha corona a zwanđani zwashu.

- Musi shango li tshi khou vulwa nga zwiṭuku nga zwiṭuku, na musiri tshi khou vula mishumo minzhi, khohakhombo ya u kavhiwa i khou engedzea lu sa tinyei.
- Nga kha vhuṭwa hashu ha muthu nga muthu na ha ṭhanganelo ri nga isa phanđa na u lengisa phimo ya u kavhiwa u mona na tshitshavha.
- Vhupileli vhu bveledzaho ha u lwa na tshitzhili ho leluwesa; muṅwe na muṅwe u tea u isa phanđa na u ṭamba zwanđa, u shumisa phila tshitzhili na u tevhedza maga a tsireledzo.
- Musi vha tshi enda, kha vha ambare masiki wa khoḥheni tshifhinga tshoṭhe vha vhone uri vha ima kha tshikhala tsho tsireledzeaho na u fhungudza vhukwamani na vhaṅwe hune zwa konadzea ngaho.

Muvhuso wo leludza nyiledzo kha vhuṅwe ha vhuṭwa ha ikonomi.

Vhuṭwa ha ikonomi vhu tevhelaho vhu ḍo thoma u shuma kha levele 3.

- Dziresituarenthi dza u la zwiṭiwa wo dzula heneḥho.
- Madzulo are mulayoni na o tendelwaho, nga nṅdani ha madzulo a ne vhathu vha shumisa phera nthihi sa *AirBnB*.
- Dzikhonfarentsi na miṭangano ya mishumo kana mabindu nahone zwi itwaho hu tshi khou tevhedzwa nyiledzo dza maguvhangano a nnyi na nnyi.
- Dzisinema, thiyetha na dzikhasino, dzi tevhedzaho tshaedzo dza u kuvhangana ha vhathu.
- Tshumelo dza ndondolo ya vhathu, hu tshi katelwa vhaiti ha muvhudzi na tshumelo dza lunako.

- Mitambo i sina vhukwamani sa *golf, tennis, cricket* na minwevho.
- Mitambo ya vhukwamani na vhañwe i ḑo tendelwa fhedzi kha vhupfumbudzi na vhuitwa ho shandukiswaho hune ha vha na tshumiso ya zwiimiswa yo shaedzwaho.
 - Nḑivhadzo dzi ḑo itwa nga tshifhinga tsho teaho hu tshi itelwa u dodombedza maga aya na u sumbedza datumu ine vhuitwa uvhu ha ḑo tendelwa.

Dziñwe nyiledzo dzi ḑo dzula dzo ralo.

- Mikano yashu ya lushaka i ḑo dzula yo valwa.
- U nwela zwikambi fhethu hukene a zwi ngo tendelwa.
- Dzibara na dzithaveni, zwipoto, kilaba dza vhusiku, *fêtes, bazaars*, dzibitshi, phakha dza nnyi na nnyi, na miziamu zwi kha ḑi vha zwo valwa.
- Zwibveledzwa zwa *tobacco* a zwi nga rengiswi.
- Ahuna muthu na muthihi ane a ḑo shakuliswa nga tshifhinga tshino hune a dzula hone hu nga vha kha madzulo a tshiofisi kana a si a tshiofisi kana bulasini.
- Maitele a u fumbisa na u isa ngomani vhanna na vhafumakadzi ha ngo tendelwa kha tshifhinga tshino.
- U rengiswa ha halwa ho tendelwa ubva nga ḑa 1 Fulwi 2020 fhedzi vhukati ha Musumbuluwo na ḑavhuna u bva nga 09h00 na 17h00.

Ri khou tandulula fhungo ḑa ḑhahalelo ya tshomedzo dza u ita ndingo ya tshitzhili tsha corona.

- Sa mañwe mashango manzhi, Afrika Tshipembe ḑo kwamea nga ḑhahalelo ya ḑifhasi ya tshomedzo dza ndingo ya tshitzhili tsha *corona* na mañwe matheriala.
- Ro ita vhuvhekanyandeme ha u ita ndingo kha vhalwadze vha re zwibadela, vhashumi vha ndondola mutakalo, vhathu vha shayaho tsireledzo u fana na vhaaluwa na fhethu hu na phimo khulwanesa.

- Ri khou shumisa tshomedzo inwe na inwe ine ra vha nayo u wana netshedzo ine ra khou toda na u engagedza ndadzo yashu ya ndingo na u khwinisa tshifhinga tshi dzhiwaho kha u khunyeledza mushumo.
- Vhukati ha vhuwe ha vhurangeli he ra vhu ita na mañwe mashango kha dzhangho lashu ndi Phothala ya Netshedzo ya Mishonga Afrika ya tshanduko.
- Hafha hu tou vha fhethu hu hothe kha dzhangho hune mashango a Afrika a nga swikelela netshedzo ya mishonga ya ndeme, sa tshomedzo dza u ita ndingo, u bva kha vhanetshedzi na vhabvedzi vha Afrika na u mona na lifhasi.

Ri khou tola mveledziso dza dzitshakatshaka kha nyalafho ya COVID-19.

- Ngudo yo itwaho Yunivesithi ya Oxford ngei Britain yo wanulusa uri tshidzidzivhadzi tsha *dexamethasone* tsho fhungudza mpfu kha vhalwadze nga kha tshishumiswa tsha u fema nga tshararu.
- Tshidzidzivhadzi tsha *dexamethasone* tshi bveledzwa Afrika Tshipembe na uri tshi nga kha di shumiswa kha vhalwadze kha zwishumiswa zwa u fema na kha netshedzo ya muya.
- Ri tenda kha uri izwi zwi do khwinisa ndangulo yashu ya vhulwadze kha avho vha kwameyesaho.

Nyiledzo ya u tshimbila yo ri disela tshifhinga tsha ndeme.

- Ro shumisa tshifhinga tsha nyiledzo ya u tshimbila kha u lugisela na u shumisa maga a mutakalo wa tshitshavha kha u fhungudza u kavhiwa.
- Ro thoma senthara dza vhukhethela thungo dza 100, ra engagedza tshivhalo tsha yunithi dza ndondolo ya shishi na u netshedza miñwe mimbete kha zwibadela zwa tshifhinganyana.



government
communications

Department:
Government Communication and Information System
REPUBLIC OF SOUTH AFRICA

COVID-19: TINHLOKOMHAKA LETI RHAMBAKA NKANERISANO TA LEVHELE YA 3 LETI NGA NA SWO ENGETELA

MATIMBA YO HLULA KHORONAVHAYIRASI YA LE MAVOKWENI YA HINA.

- Tanihiloko tiko ri pfula hikantsongotsongo, naswona tanihiloko hi yisa emahlweni migingiriko yo tala, nxungeto wa ntluleto wa tlakuka swinene.
- Hi swiendlo swa hina vini na swa nhlanganelo, hi nga ya emahlweni hi hlwerisa mpimo wa rivilo ra ntluleto eka rixaka.
- Misirhelelo leyi tirhaka kahle yo lwisana na xitsongwatsongwana hi leyo olova swinene; un'wana ni un'wana u boheka ku ya emahlweni a hlamba swandla, a tibasisa hi xidlayaswitsongwatsongwana na ku landzelela magoza ya vuhlayiseki.
- Loko u ri eku endzeni, ambala xipfalaxikandza minkarhi hinkwawo naswona siya mpfhuka wo ringanela na ku hunguta ku khumbhana na van'wana laha swi kotekaka.

Mfumo wu olovisile leswi arisiwaka eka migingiriko yo karhi ya swa ikhonomi.

Migingiriko leyi landzelaka ya swa ikhonomi yi ta sungula eka levhele ya 3.

- Mavhengele ya swakudya swo swekiwa eka swakudya swo 'tshama u dya'.
- Vutshamo lebyi nyikiweke matimba na ku va na layisense, handle ka vutshamo byo tshama swin'we ku fana na AirBnB.
- Tikhomferense na tihlengeletano ta swikongomelo swa bindzu na ku fambisana na swipimelo eka tihlengeletano ta mani na mani.
- Tibayisikopo, tithiyetha na tikhasino, hi ku fambisana na swipimelo eka ku hlangana ka vanhu.
- Vukorhokeri bya ku tihlayisa, ku katsa vukorhokeri byo endla misisi na byo tisasekisa.

- Mitlangu ya nkalankhumbhano yo fana na golufu, thenisi, khirikhete na yin'wana.
- Mitlangu ya nkumbhano yi ta pfumeleriwa ntsena ku lulamisela na migingiriko yo tiolola na leyi cinciweke leyi nga na matirhiselo ya switirhisiwankulu lama nga na leswi arisiwaka.

- Switiviso swi ta endliwa loko nkarhi wu fika ku andlala hi vuenti magoza lawa na ku komba siku ra ku pfumeleriwa ka migingiriko leyi.

Swin'wana leswi arisiwaka swi ta tshama swi ri kona.

- Mindzilekano ya hina ya tiko yi ta tshama yi pfariwile.
- Ku nwela byala laha byi xavisiwaka kona a swi pfumeleriwi.
- Tibara na tithavhene, swipotsi, titlilaba ta vusiku, tifête, tibazara, mabuwu, tiphaka ta mani na mani, na timuziyamu ti ta tshama ti pfariwile.
- Swimakiwa swa fole a swi nga xavisiwi.
- A ku na munhu loyi a nga ta rhurhisiwa endhawini ya yena ya vutshamo swi nga khathaleki leswaku i ndhawu ya le nawini kumbe yo ka yi ngari enawini kumbe ku tshama epurarisu hi nkarhi lowu.
- Tingoma ta vaxinuna na ta vaxisati a ti pfumeleriwi hi nkarhi lowu.
- Ku xavisiwa ka byala swi pfumeleriwile kusukela hi ti 1 Khotavuxika 2020 ntsena exikarhi ka Misumbhunuko na Ravumune kusuka hi 09h00 ku fika hi 17h00.

Hi le ku ololoxeni ka nkayivelo wa tikhiti to kambela khoronavhayirasi.

- Tanihi matiko man'wana yotala, Afrika-Dzonga ri khumbhiwile hi nkayivelo wa misava wa tikhiti to kambela khoronavhayirasi na switirhisiwa swin'wana.
- Hi rhangisa emahlweni ku kambela vavabyi eswibedhlele, vatirhi va nhlayiso wa swa rihanyo, vanhu lava nga sirhelelekangiki vo fana na vadyuhari na tindhawu ta khombo.
- Hi le ku tirhiseni ka ndlela yin'wana na yin'wana leyi nga kona ku kuma switirhisiwa leswi hi swi lavaka na ku tlakusa vuswikoti bya hina byo kambela na ku antswisa nkarhi wo heta.
- Exikarhi ka mapfumba lawa hi nga ma teka swin'we na matiko man'wana eka tikonkulu ra hina i Phothali ya Mphakelo wa Vutshunguri bya Afrika ya swa vutumbuluxi.
- Leyi i ndhawu yin'we ya tikonkulu yo xavisela laha matiko ya Afrika ya nga fikelelaka mphakelo wa swa vutshunguri bya nko ka byo fana na

tikhiti to kambela kusuka eka vaphakeri na vamaki eAfrika na le misaveni hinkwayo.

Hi le ku vekeni tihlo eka mihluvukiso ya matiko ya misava eka vutshunguri bya COVID-19.

- Ndzavisiso hi Yunivhesiti ya Oxford eBritain wu kumile leswaku xidzidziharisi xa *dexamethasone* xi hungutile mafu eka vavabyi lava nga eka swipfunakuhefemula hi kanharhu.
- Xidzidziharisi xa *dexamethasone* xa endliwa eAfrika-Dzonga, naswona xi tekeriwa enhlokweni ku tirhisiwa eka vavabyi lava nga eka swipfunakuhefemula na lava va nyikiwaka moyatenga.
- Hi tshembha leswaku leswi swi ta antswisa vulawuri bya hina bya vuvabyi exikarhi ka lava va khumbhekaka swinene.

Ku pfaleriwa swi hi nyikile nkarhi wa nkoka.

- Hi tirhisile nkarhi wa ku pfaleriwa ku lulamisela na ku ta na magoza ya swa rihanyu ra vanhu ku hunguta mitluleto ya mavabyi.
- Hi simekile tisenhara to tlula 100 ta nhlambulo, hi tatisile nhlayo ya swiphemu swa nhlayiso wa xiyimo xa le henhla, naswona hi endlile leswaku ku va na mibedo yo engetelela eswibedhlele swa nkarhinyana.