

UMPHATHISWA WOMNYANGO WEZEMPILO E-KZN UNXUSE WONKE AMABHIZINISI UKUBA EHLISE IZIBALO ZABANTU ABAWAHAMBELAYO UKUZE KUGWENYWE UKUBUYELA ESIGABENI SESI-5 SEMVALELWAKHAYA

UMphathiswa woMnyango wezeMpilo e-KZN, uMhlonishwa Nkz. Nomagugu Simelane-Zulu usenxuse wonke amabhizinisi – ikakhulukazi lawo adayisa ukudla nalawo asembonini yezobumnandi – ukuba alandele imigomo yemvalelwakhaya yesigaba soku-1 ukuze kunqandwe ukubhebhethaka kwegciwane i-COVID – 19.



Ekhuluma nabemithombo yezindaba eyahlukahlukene ohlelweni loMnyango wezeMpilo olwenziwa ngohlelo lwezobuchwepheshe olwaziwa ngokuthi yi-LunchtimeChat.Gov, uMphathiswa uSimelane-Zulu uxwayise ngokuthi uma imigomo yokunqanda ukubhebhethaka kwegciwane le-COVID-19 ingalandelwa, lokho kungadala ukuthi izwe liphindiselwe esigabeni sesi-5 semvalelwandlini, lokho okungaholela ekutheni siphinde sishayeke kakhulu kunakuqala ngokwamathuba emisebenzi nakwezomnotho.

Ngokwemithetho yesigaba soku-1 semvalelwakhaya, inani labantu elivumeleke ukuba semicimbini yomphakathi esendaweni evalekile kumele kube ngabantu abangama-250 noma ngaphansi kwalokho kanti kungaba ngabantu abangama-500 noma ngaphansi kwalokho uma umcimbi usendaweni evulekile. Lokhu kuhambisana nomgomo wokuthi isibalo sabantu abahambela umcimbi akumele seqe amaphesenti angama-50 sesibalo esingamumathwa yindawo okwenzelwe kuyo lowo mcimbi, ukuze abantu bakwazi ukuqhelelana ngebanga okungenani eliyimitha nengxenye.

UMphathiswa uSimelane-Zulu uthe: "Sinxusa abanikazimabhizinisi balezo zindawo ezivakashelwa ngabantu ngoba befuna 'ukuyozithokozisa'... ukuba baqikelele ukuthi le mithetho iyalandelwa, ngoba uma siyishaya indiva, lokho kuzochaza ukuthi ezinyangeni

ezimbalwa ezizayo sizobe sesibuyiselwa esigabani sesi-5 semvalelwakhaya. Ngaleyo ndlela sobe sesingasakwazi ukuphumela ngaphandle kwamakhaya ethu ngoba isibalo sabantu abahaqekayo sobe sikhulu kakhulu. "Ngifisa ukugcizelela ukuthi lesi simo sesike senzeka nakwamanye amazwe amaningi... Isibonelo nje ezweni lase-China, kuke kwaba nesikhathi la kuke kwadlula izinsuku ezingama-30 zonke kungekho ngisho oyedwa umuntu owatholakala ukuthi usehaqwe yileli gciwane. Kodwa ngokuphazima kweso nje bathola ukuthi sekunabantu abayizi-2000 abahaqeke ngosuku olulodwa nje vo.

Efransi nje basanda kuthola isibalo sabantu abahaqekile esikhulu kunazo zonke kwezake bazithola esikhathini eside.... Okuyisibalo sabantu abayizi-7000 abahaqeke ngosuku olulodwa nje vo. "Ngakho-ke, ngempela kasisidingi lesi siqubu sesibili sokubhebhethaka kwaleli gciwane le-COVID-19 ukuthi siphinde sibuye, ngoba kasisazi ngempela ukuthi sizoba namandla angakanani. Ukugwema isiqubu sesibili sokubhebhethema ngempela kusezandleni zethu. Singenza umehluko omkhulu kakhulu ngokuthi siziphathe ngendlela efanele, uma singaziphatha ngendlela enqanda ukubhebhethaka kwaleli gciwane."

UMphathiswa uphinde wexwayisa ngezinswelaboya ezikhipha izikhangiso zemisebenzi engekho ngokusebenzisa izinkundla zokuxhumana ngezobuchwepheshe, ukuze zithathe imali kulabo bantu abafuna imisebenzi.

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Kungekudala nje, uMnyango waziswa ngesikhangiso somsebenzimbumbulu okwakuthiwa sikhishwe yisibhedlela saseMadadeni. Kanti ngaphambi kwalesi sigameko, uMnyango wawusuke wathola izikhalo ezimayelana nezinsolo zokuthi ezinye zezisebenzi zoMnyango "zidayisa" izikhala zemisebenzi yokuba ngomabhalane bezinto eziphathelene nobhubhane i-COVID-19. UMphathiswa uthe zombili lezi zigameko sezibikiwe emaphoyiseni (SAPS) futhi seziyaphenywa.

"Okokuqala nje futhi okuhamba phambili kukho konke ukuthi sifuna ukugcizelela ukuthi akukho ngisho nesisodwa isikhala somsebenzi kaHulumeni esidayisayo. Izikhala zomsebenzi zikhishwa ezinkundleni ezisemthethweni nezithembekile zomphakathi (njengamaphephandaba, izizindalwazi zikaHulumeni ezisemthethweni nasezinkundleni zokuxhumana ezisemthethweni). Abantu kumele bafake izicelo, bese izicelo zabo ziyahlungwa emva kwalokho babizwe ukuze bezokwenza inhlololwazi yomsebenzi bese ekugcineni bayaqashwa-ke. Ngakho-ke siyazinxusa ngempela izakhamuzi zakithi...siyazi ukuthi amathuba omsebenzi ayimvelakancane, futhi abantu bayawadinga, kodwa masingazivumeli lezi zinswelaboya ukuthi zisigile."

Lolu hlelo i-LunchTimeChat.Gov – lukhula ngokushesha ekubeni wumthombo wolwazi emalungeni abemithombo ezindaba ehluhahlukene – futhi luphinde lwagqamisa umkhankaso wokuqwashisa ngokunakekelwa kwamehlo obekuhambisana nenyanga kaMfumu. Sibone uMphathiswa egqugquzela umphakathi ukuthi uphume ngobuningi uyohlololwa izifo eziphathelene namehlo okungenani kanye ngonyaka. Uphinde wakugcizelela uMphathiswa ukuthi ukutholakala kwesifo samehlo sisaqala kungaholela ekutheni kusheshe kuqalwe nangezinhlelo zokwelashwa kusenesikhathi, lokho okwenyusa amathuba okwelapheka ngokuphelele.

Ngesikhathi sezingxoxo, isihambeli salolu hlelo uDkt. Noluthando Pupuma, ongungoti wezifo zamehlo esibhedlela iNgwelezane ufundise ngamasu okunakekelwa kwamehlo, kubandakanya nalokhu okulandelayo:

- Ukubaluleka kokuhlala ngokuzivocavoca ukuze kwehle amathuba okuhlaselwa yisifo sikashukela, esiholela ekuphathweni yizifo zamehlo;
- Ukulandela uhlelo lokudla okunempilo nokunomsoco njengenhlanzi, uhlaza, amaqanda, ukudla

okusanhlamvu, amabhontshisi, uphizi omnyama nolentisi bese kuba yizithelo (ezinjengamawolintshi, umncwencwe/ulamula, amagilebhisi kanye nezithelo ezisanhlamvu); amantongomani;

- Ukulandela imiyalelo yokwelashelwa isifo sikashukela oyinikezwe wudokotela; kanye
- Nokuyofuna usizo lokwelashwa ngokushesha uma amehlo akho eba noguquko ngendlela asebona ngayo, ungalindi ukuthi inking ize ibe nkulu kakhulu.

Ezinye izinguquko zendlela ophila ngayo ezingalekelela ukunqanda izifo eziphathelene namehlo zibandakanya: Ukwehlisa isikhathi osichitha ubuka ithelevishini noma usebenza ngekhompyutha, ukulala ngokwanele, ukungawahlilikhi amehlo ngoba lokho kungalimaza ulwembu lwezinhlamvu zawo, ukugqoka izibuko zelanga, ukuyekela ukubhema, ukuhlala endaweni ekhaya ngokwanele ngoba ukuhlala endaweni engakhanyi kahle kuyawakhandla amehlo, amehlo omile, amehlo abomvu, ubuhlungu bamehlo nobekhanda nokungalali ufake izinsizakubuka njengoba lokho kungaholela ekutheni uhlaselwe yizifo zamehlo futhi kuwabalale unomphela.

Uhlelo i-LunchtimeChat.Gov luwuhlelo olusungulwe wuMnyango wezeMpilo e-KZN lokuxhumana namaziko ehluhahlukene abezindaba. Lolu hlelo lusakazwa bukhoma kusukela ngehora lokuqala ntambama (13:00) njalo ngoLwezihlano ekhasini lika-"facebook" elisemthethweni loMnyango, ku-"YouTube" naku-"Instagram".

Amalungu omphakathi anezimo ezithile zezempilo ozikhathazayo noma abhekene nezinselelo ngezifo ezithile ayaxuswa ukuba ashayele inombolo ethi: **078 617 9760**, noma ngokusebenzisa inombolo ka-"WhatsApp" ethi: **082 314 1167** (Angaphinde asebenzise yona le nombolo ka-"WhatsApp" ukushiya inkulumbo eqoshiwe edlalwa bukhoma ohlelweni).

Lolu hlelo luphinde lusakazwe esiteshini sethelevishi **i-1KZN (esidlala ku-DStv esiteshini sama-261)** kugamengxe ihora lesibili ntambama (14h30) ngemiGqibelo/ngamaSabatha.



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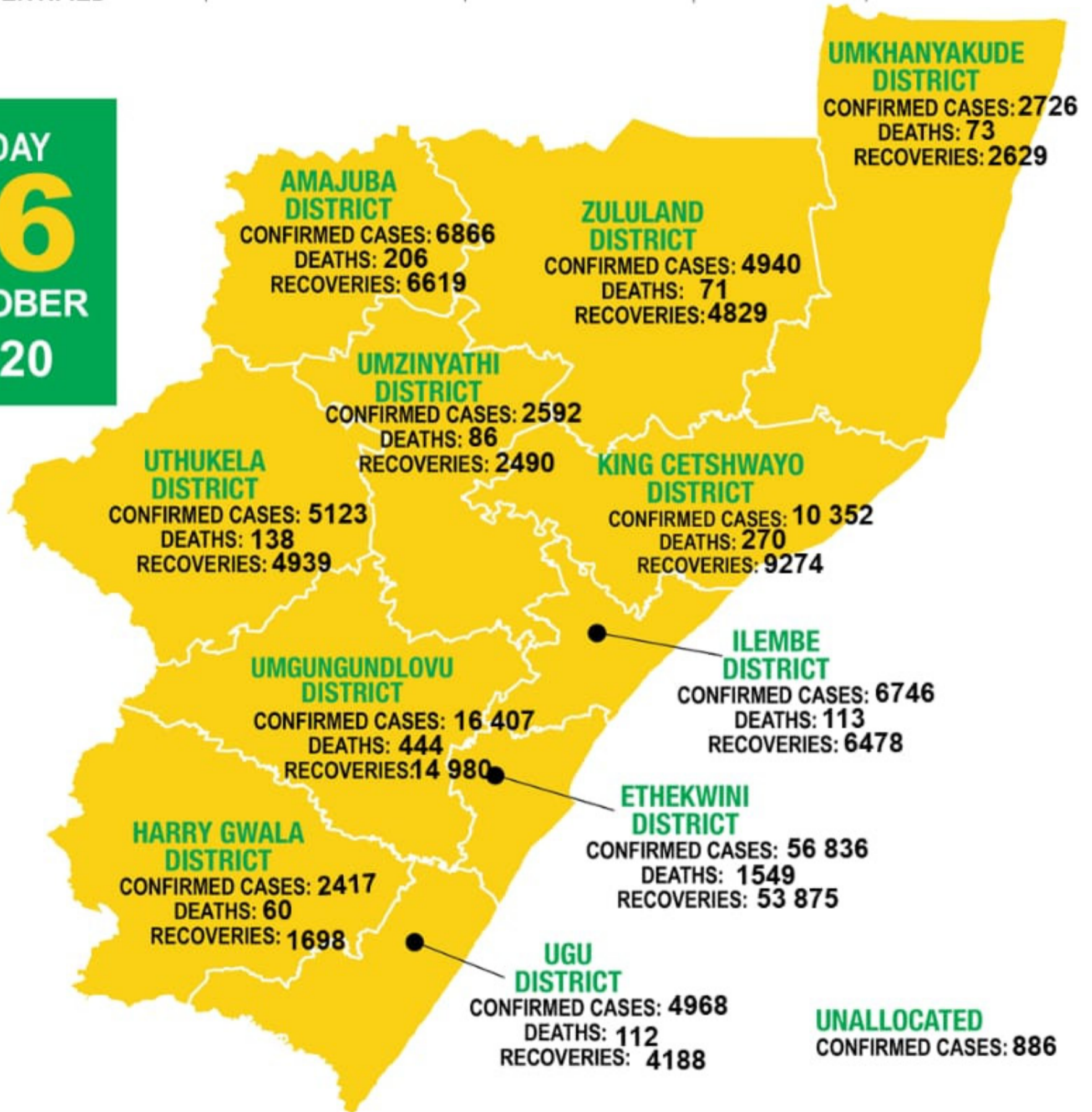
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COVID-19 STATISTICS IN **KZN**

				
120 859	5738	111999	3122	139
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
16
OCTOBER
2020



Learn more to Be READY for #COVID19:
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NICD Hotline: 0800 029 999
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INKULUMO KANDUNANKULU UZIKALALA MAYELANA **NEZAKAMUMVA** EZIPHATHELENE NE-COVID-19 ESIFUNDAZWENI



Ngelanga langeSonto, lomhla we-11 kuMfumfu, uNdunankulu wesifundazwe i-KwaZulu-Natali uMnu. Sihle Zikalala noMphathiswa wezeMpilo e-KZN uNkz. Nomagugu-Simelane Zulu babenesithangami ngokuhlanganyela sokwazisa abezindaba nomphakathi ngezindaba ezimnandi esifundazweni, ikakhulukazi lezo ezimayelana nobhubane i-COVID-19.

Ezakamumva eziphathelelene ne-COVID-19 zimi kanje:

OSEKWENZEKILE KULAWA MASONTO AMATHATHU EDLULE

(kusukela ngomhla we-16 kuMandulo kuze kuzoba manje) Yize isifundazwe sethu sisaqhubeka nokuba ngesesibili ezweni lonke ukuba nesibalo esiphezulu sabantu osekuqinisekisiwe ukuthi sebehaqekile, kodwa sibone sehla kakhulu isibalo sabantu abasha abathelekile kulawa masonto ama-3 edlule.

Empeleni abantu abasha abathelekile ngesonto lama-39 babangama-980, kwathi ngesonto lama-40 babangama-875 kwase kuthi ngesonto lama-41 khona babangama-682.

Isibalo sabantu abasha abathelekile sehla ngamaphesenti ayi-11 phakathi kwesonto lama-39 nelama-40. Baphinde behla futhi ngamaphesenti angama-22 phakathi kwesonto lama-40 nelama-41. Lesi sibalo sokwehla kanje saphinde saqondana nokuqoqwa kwezehlakalo zokuba sengcupheni yokutheleleka. Ngesonto lama-39,

izehlakalo ezibeka abantu engcupheni zazibalelwa kweziyisishiyagalolunye kubantu abayi-100 000; kwasekuthi ngesonto lama-40 kulo zase zibalelwa kweziyisishiyagalombili kubantu abayi-100 000; kwase kuthi ngesonto lama-41 kwase kuyizehlakalo eziyisithupha nje kuphela kubantu abayi-100 000. Ngempela kusithokozisa kakhulu ukubika ukuthi sibonakala sehla isibalo sabantu abasha abathelekayo esifundazweni.

Abantu Abashonile
Isibalo esisha sabantu

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abashonile esikhishwa njalo ngesonto sehle ngamaphesenti angama-42 ngesonto lama-39 kuya kwelama-40. Lesi sibalo siphinde sehla saba ngamaphesenti angama-30 phakathi kwesonto lama-40 nelama-41. Lokhu kuhlaziywa kwenziwa ngokubhekwa kosuku umuntu ashona ngalo. Izinga lokushona kwabantu lisemi emaphesentini ama-2 nasekutheni kuba ngabantu abangama-27 abashonayo kwabayi-100 000.

Izinga Lokuhlolwa

Isifundazwe saKwaZulu-Natali sibalwa nezinye izifundazwe ezinesibalo esiphezulu sabantu abahlolwe kwatholakala ukuthi sebethethelekile ngaleli gciwane kulawa masonto amathathu edlule. Ngesonto elidlule (obekuyisonto lama-40), isifundazwe sibe ngesesibili ezweni lonke ukuba nesibalo esiphezulu sabantu abahlolwe igciwane njengoba sibe nabantu abangamaphesenti ayi-16 abahloliwe silandela isifundazwe i-Gauteng sona esibe nesibalo esingamaphesenti angama-31 sabantu abahlolwe leli gciwane.

Isibalo sabantu abahlolwe kwatholakala ukuthi sebenalo leli gciwane sibe ngaphansi kwamaphesenti ali-10 lapha KwaZulu-Natali. Lokhu kuchaza ukuthi isibalo sabantu okutholakale ukuthi sebenalo leli gciwane kulesi sifundazwe silokhu singaphansi umakuhathaniswa nezinye izifundazwe.

- Yize isibalo sabantu abathethelekayo sehla masonto onke, kodwa siyazinxusa izakhamuzi zakulesi sifundazwe ukuba ziqhubeke njalo

nokuthobela imithetho yemvalelwakhaya, enjengalena:

- o Ukugqoka izifonyo
- o Ukugeza izandla nokusebenzisa izibulalimagciwane
- o Ukuqhela ngebanga elifanele kwabanye
- o Ukugwema ukuhambela imicimbi emikhulu

- Isifundazwe kumele siqhubeke nohlelo lokuhlolwa amalungu omphakathi leli gciwane ukuze kungabibikho abantu abasala ngaphandle.

***QAPHELA: Ngokohlelo lokuzilungiselela ukubhekana nesiqubu sesibili sokubhehetheka kwegciwane, isifundazwe kumele siqaphele lokhu okulandelayo:**

Ngaphansi kwesimo esisalawuleka esingu A isibalo esisha sabantu abathethelekayo ngegciwane i-COVID-19 sehla noma senyuka sibe ngaphansi kwamaphesenti ali-10 uma kuqhathaniswa nezinsuku zokuqala eziyisi-7 siba ngaphansi kwamaphesenti ayi-10

Isimo esidinga ukuqashelwa esingu-A lapho isibalo esisha sabantu abathetheleke ngegciwane i-COVID-19 sesingaphezulu kwamaphesenti ayi-10 kodwa futhi sisengaphansi kwamaphesenti angama-20 uma kuqhathaniswa nesimo obekuyiso ezinsukwini eziyisi-7 ezedlule

Isigaba sesiqubu sesibili sokubhehetheka lapho isibalo esisha sabantu abathetheleka ngegciwane i-COVID-19 sesingaphezulu kwamaphesenti angama-20 uma kuqhathaniswa nesimo ebesikhona ezinsukwini eziyisi-7 ezedlule

Abasebenzi BezeMpilo Asebehaqekile (Asebethethelekile)

Inani labasebenzi beze mpilo (HCWs) asebehaqekile/ asebethethelekile ngaleli gciwane i-COVID-19 kusukela ekuqaleni kwalombhedukazwe sebeyizi-7 730. Bangaphezulu kwamaphesenti angama-70 abasebenzi bezempilo asebeluleme ngokugcwele. Kulesi sibalo sabahaqekile/ sabathethelekile bangama-68 [okuyiphesenti elilodwa (1%)] asebedlule emhlabeni ngenxa yawo lo mashayabhuqe.

Isibalo esikhulu salaba basebenzi bezempilo (HCWs) okutholakale ukuthi sesihaqekile kube ngabahlengikazi (58%) nabelapha ngokweluleka ngezengqondo (35%). Kulesi sibalo sabasebenzi bezeMpilo (HCWs) okutholakale ukuthi sebehaqekile, abangamaphesenti angama-76 kube ngabasebenza ezikhungweni zikahulumeni. Iningi lalabo abadlule emhlabeni abangabasebenzi bezeMpilo (HCWs) kube ngabasebenza ezikhungweni zezempilo zikahulumeni (82%), ngokwezinganani eliyiphesenti elilodwa (1%).

Ukulaliswa Esibhedlela /Ukuhlaliswa ngawedwana

Ngomhla we-10 kuMfumfu 2020 isifundazwe saba nesibalo seziguli ezingama-477 ezalaliswa ezibhedlela ezizimele (okwaba yinani leziguli ezingama-358, okungamaphesenti angama-75) nasezibhedlela zikahulumeni (okwaba yinani leziguli eziyi-119, lesi sibalo esingamaphesenti angama-25). Kulezo ziguli ezalaliswa ezibhedlela, ezingama-73 zazo okungamaphesenti ayi-15 kwakudingeka ukuthi zifakwe egunjini labagula kakhulu (ICU).

Izibhedlela ezizimele zaba nesibalo esikhulu seziguli ezangeniswa egunjini labagula kakhulu (ICU) njengoba lezo ziguli zaba ngamaphesenti angama-93, okuyisibalo seziguli ezingama-68 uma kuqhathaniswa nalezo ziguli ezalaliswa ezibhedlela zikahulumeni, ezaba ngamaphesenti ayisi-7 okuyisibalo seziguli ezi-5. Kulezo ziguli ezafakwa egunjini labagula kakhulu, ezingamaphesenti angama-30, okuyinani leziguli ezingama-22 zafakelwa imishini eyizinsizakuphefumula.

Ezinye iziguli, ezingamaphesenti ayi-12, okuyisibalo seziguli ezingama-56 zalaliswa emagunjini onakekelo oluphezulu kuzo zombili izinhlobo zezibhedlela, okungezizimela (86%, n=48) nalezo ezingaphansi kukaHulumeni (14%, n=8)

Asebeluleme

Isibalo sesisonke sabantu okutholakale ukuthi sebeluleme ngokugcwele singamaphesenti angama-93. Isifunda i-Harry Gwala sisalokhu sibhekene nezinsalelo ngenxa yokuhanjelwa ngabantu abaningi abavela esifundazweni i-Eastern Cape, nokuyikhona obekulokhu kunomthelela esibalweni sabantu asebeluleme nabasengcupheni.

UKUGEZA IZANDLA: NGENYE YEZINDLELA ZOKUZIVIKELA KULOLU BHUBHANE

Kuleli sonto ngomhla we-15 kuMfumfu umhlaba wonke jikelele ubugubha uSuku lokuGeza izandla, okuyinto esesizijwayeze yona sonke selokhu kwaqubuka lolu bhuhane i-COVID-19. Ngalolu suku kuhloswe ngalo ukuqinisa izinhlelo zokuqwashisa nokuqonda ukubaluleka kokugeza izandla ngendlela efanele okuyiyona ndlela esebenzayo futhi engabizi yokugwema ukuhlaselwa yizifo.



Ama-“Germs” nama-“bacteria” atholakala yonke indawo, amanye awo abalulekile futhi awusizo kodwa noma kunjalo amanye awo ayingozi futhi angadala izifo futhi ayathathelana. Ezinyangeni ezimbalwa ezedlule, besilokhu sizwa kukhulunywa ngokubaluleka kokuhlanzeka kwezandla kakhulu kanakuqala, njengoba kungenye yemigomo ebesilokhu siyilandela ukuze sehlise amathuba okuhlaselwa yileli gciwane elithathelanayo i-COVID-19.

ASABALALA KANJANI AMA-“GERMS”?:

Abantu abaningi basabalalisa ama-“germs” ngezandla zabo kodwa bona bebebengazi, bese lawo ma-“germs” edluliseleka esuka komunye umuntu aye komunye, lezi ngezinye zezindlela ama-“germs” asabalala ngazo:

- Ngokuzithinta amehlo, amakhala nomlomo ngezandla ezingageziwe, bese ama-“germs” ethola ithuba lokungena ngaphakathi emzimbeni bese ekudalela izifo
- Ukuphatha ukudla ngezandla ezingageziwe kuwasabalalisa kalula ama-“germs” ekudleni kwakho kanti amanye ama-“germs” azalana kalula ekudleni.
- Ama-“germs” ezandleni ezingageziwe angadluliseleka kalula ezintweni esizithinta ngaso sonke isikhathi ezinjengamaselula, amakhompyutha, izibambo zomnyango, izikhiye kanye nokuxhawulana nabanye abantu.

UZIGEZA NINI IZANDLA ZAKHO?:

Ungakunqanda ukuhlaselwa yizifo bese uzigcina wena

kanye nabathandiweyo bakho niphilile ngokuzijwayeza ukuhlala nigeza izandla njalo, ikakhulukazi ngalezi zikhathi ezilandelayo:

- Ukugeza izandla emva kokusebenzisa indlu yangasese /encane
- Ukugeza izandla ngaso sonke isikhathi ngaphambi kokuphatha ukudla, ngesikhathi usukuphethe nangemva kokukuphatha noma uma uqeda ukudla
- Ukugeza izandla emva kokuphatha udoti
- Ukugeza izandla ngaphambi kokuphakela izingane (ukuzifunza) nabanye.
- Emva kokushintsha ingane amanabukeni
- Emva kokuthinta izilwane
- Ngaphambi nongemva kokuthinta isilonda
- Emva kokuthinta amakhala, noma emva kokukhohlala noma emva kokuthimula.

UZIGEZA KANJANI IZANDLA ZAKHO?:

1. Manzisa izandla zakho ngendlela efanele ngamanzi ahlanzekile bese uzifaka nensipho
2. Hlikihla izandla zakho zihlangene ngezimpama ukuze kukhucululeke konke ukungcola
3. Hlikihla phakathi kweminwe
4. Hlikihla ingemumva lezandla zakho
5. Hlanzisa ngaphansi kwezinzopho
6. Geza izihlakala zakho
7. Ziyakaze/Zihlambulule ngendlela efanele ngamanzi ahlanzekile bese uyazomisa izandla zakho ngethawula elihlanzekile lephepha.



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YENZA OKUFANELE; NAKEKELA UMGOGODLA WAKHO



USuku lokukhuthaza ukunakekela umGogodla lugujwa emhlabeni wonke jikelele ngomhla we-16 kuMfumfu minyaka yonke ukuqwashisa ngezifo eziphatelene nomgogodla nokukhubazeka okudalwa wukulimala emgogodleni.

Lolu suku lugqamisa ukubaluleka kokunakekelwa nokugcinwa komgogodla uphilile, ukugqaguzela ukunyakazisa umzimba, ukuma ngendlela efanele, ukuqakula ngendlela efanele kanye nezimo zokusebenza ezihambisana nezempilo. Bonke abantu bayanxuswa ukuba banakekele imigogodla yabo futhi bahlale benyakazisa umzimba.

Unyaka wezi-2020 ube wunyaka onzima kakhulu. Izingqinamba ezidalwe wubhubhane igciwane lekhorona zikhahlameze izigidi zabantu emhlabeni wonke jikelele, imigomo yemvalelwandlini iholele ekutheni abantu bangabe besakwazi ukunyakazisa umzimba lokho okubabeke engcupheni yohlaselwa yizihlungu zomgogodla nokukhubazeka.

Ubuhlungu besingezansi somgogodla yisimo esenzeka kubantu bonke emhlabeni, cishe wonke umuntu uyabhekana nalesi simo empilweni. Isingezansi somgogodla, esiqala la kuphela khona izimbambo sibizwa ngokuthi yidanda. Ubuhlungu kule ndawo bungaba namandla ayisimanga futhi yibo obuba yimbangela enkulu yokuphutha emsebenzini. Ngenhlanhla-ke ubuhlungu besingezansi somgogodla bujwayeleke ukuthi buvele buziphelile nje. Kodwa uma kwenzeka bungaziphelile zikhona izindlela zokubelapha.

IZIMPAWU ZOBUHLUNGU BOMGOGODLA

Ubuhlungu bomgogodla bungaba nezimpawu eziningi, kubandakanya:

- Ubuhlungu obungapheli besingezansi somgogodla
- Ubuhlungu obunkenkethayo obehla ngomlenze buze buyoshaya phansi onyaweni
- Ukungakwazi ukuthi uvele uzisukumele nje ngaphandle kokuzwa ubuhlungu
- Ukungakwazi ukunyakaza ngendlela efanele nokugoba kanzima

Izimpawu zobuhlungu bomgogodla kujwayeleke ukuthi zizwakale nje isikhashana kodwa kuyenzeka zithathe izinsuku noma amasonto amaningi. Ubuhlungu bomgogodla buvele bube ngamahlalakhona uma izimpawu zabo buthatha isikhathi esingaphezulu kwezinyanga ezintathu. Kubalulekile ukuthi uye kudokotela oseduze.

UNGABUVIKELA KANJANI UBUHLUNGU BOMGOGODLA

Yize ungeke ukuvimbe ukukhula ngokweminyaka noma ukuguqula ufuzo olukuwe kodwa ukuguqula indlela ophila ngayo kungakulekelela ukuthi ukwazi ukulawula noma ubugweme ubuhlungu bomgogodla.

Ukulandela izindlela zokuphila ezifanele kungawanciphisa kakhulu amathuba okuthi uzithole usuzilimaza.

Lawa masu ayisishiyagalombili (8) angakusiza ukuthi ukwazi ukudambisa ubuhlungu bomgogodla uma kwenzeka bukuhlasele. Angakusiza nje nasekutheni uvele ubugweme unomphela ubuhlungu bomgogodla.

• Ukuzivocavoca:

Ukuhlala ngokuzivocavoca kwenza ukuthi umzimba wakho ubeqatha futhi ukwazi nokulawula isisindo sakho.

• Ukudla:

Qinisekisa ukuthi ukudla kwakho kuba nekhalsiyamu novithamini D eyanele, njengoba lezi zakhamzimba zidingeka ukuqinisa amathambo. Ukudla okunomsoco kuyasiza futhi ukuthi ukwazi ukulawula isisindo sakho somzimba.

• Ukuqakula izinto ezisindayo ngendlela efanele:

Qinisekisa ukuthi uma kukhona okuqukulayo ugoba ngendlela yokwenza ama-"squat" ngendlela eyiyo ukuze izinqulu namadolo akho kube yikho okuthwala umsebenzi omkhulu. Bese lokho okuqukulayo (umthwalo) kube seduze nesifuba sakho ngesikhathi ukuphakamisa.

• Umbhede:

Kumele umbhede wakho ube nomatrasi ozokwazi ukuthi ugcine umgogodla wakho ngokuthi uhlale uqondile ngaso sonke isikhathi, kodwa futhi ukwazi ukumelana nesisindo samahlombe akho kanye nezinqa

• Ubodamane uzulula ngaso sonke isikhathi:

Ukwenza into eyodwa nsuku zonke kungakudalela ukukhandleka kwezicubu zomzimba nokuba nezenyelo eziningi. Ngakho-ke kumele uwayele ukuzelula njalo ukuze igazi lizokwazi ukufinyelela kuzona zonke izicubu zomzimba futhi kwehlise nengcuphe yokuhlaselela wubuhlungu bomgogodla nokulimala.

• Guqula indlela oma ngayo:

Ukuma ngendlela okungeyiyo kungadalela umgogodla wakho ingcindezi engenasidingo futhi kuwulimaze. Ekuhambeni kwesikhathi lesi simo singaholela ekutheni umgogodla wakho ube buhlungu futhi ulimale. Isihlalo esifanele ukusebenza kahle kumele sibe nokusamqamelo okweseka umgogodla, izingalo nendawo yokuhlala.

INDLELA YOKWELAPHA

Ukuthatha amaphilisi ayizidambisizihlungu, ukuhlala ngokunyakazisa umzimba nokuvocavocisa umzimba ngendlela eqondene ngqo nomgogodla kujwayeleke ukuba kube yizona ndlela zokwelapha abantu abanekinga yomgogodla. Yize kunjalo abanye abantu kuyodingeka ukuba baqhubekela phambili bayohlolwa ngodokotela njengokuthi bayokwelashwa ngodokotela abelapha ngokuvocavocisa, ngababhucabhucimzimba, abanyakazisa wonke aomzimba noma abavocavocisa umgogodla.



IMPILO YEZINGANE ZESIKOLE KUMELE IBEKWE PHAMBILI

Kusukela ngomhla we-12 kuya kumhla we-16 kuMfumfu bekuyisonto lokuqwashisa ngokubaluleka kwempilo yezingane zesikole njengoba nohulumeni eseqinisekise ngokubeka impilo yezingane zesikole phambili ngokwethula uhlelo lokuhlola impilo yezingane zingaphakathi emagcekeni esikole.

Lolu hlelo luvumela abafundi ukuthi bakwazi ukuhlolola lezo zifo ezimqoka ezihlonzwe yizikhungo zezempilo zesifunda bengaphakathi esikoleni. Lezi zikole zibandakanya ngisho nalezo ezisezindaweni eziqhelelene nezikhungo zezempilo.

UMnyango wezeMpilo ubambisene noMnyango wezeMfundo eyiSisekelo wethule uhlelo lokuhlolwa esigabeni esiyisisekelo, kwesiphakathi nendawo, kwesamabanga aphezulu kanjalo nasezikhungweni zamakhono (FET) noma kubafundi abenza ibanga le-10 kuya kwele-12. Lolu hlelo luhlinzeka ngezinsiza ezinhlobonhlobo futhi ezididiyele kubandakanya nokufundiswa ngendlela yokuziphatha kulabo bafundi asebekhulakhulile ngokweminyaka. Uhlelo lwezeMpilo lwasezikoleni lubandakanya ukuhlololwa izifo kwabafundi, ukwelashwa kwabafundi bengaphakathi

ezikoleni nokufundiswa ngezeMpilo.

Abafundi abangaphansi kweminyaka eyi-18 bahlinzekwa ngalezi zinsiza zezempilo kuphela uma benemvume ebuya kumzali noma kumbheki wakhe umfundi. Akekho umfundi ophoqelekile ukuthi ahlolwe noma ahlinzekwe ngezinsiza zezempilo uma lokho engahambisani nakho. Umbono woMnyango othi "EzeMpilo ezisezingeni eliphezulu zabo bonke abantu baKwaZulu-Natali" ubandakanya nokuthuthukiswa kwempilo yezingane zesikole nemiphakathi eziphila futhi ezihlala kuyo.

UMnyango unenjongo yokubamba iqhaza ekuthuthukiseni impilo yonke jikelele yezingane zesikole kanjalo nesimo izikole ezingaphansi kwaso futhi uthole nezisombululo zokungafinyeleli kwezempilo ezikoleni ukuze kuthuthukiswe izinga lokutholakala kwemfundo eseqopheleni eliphezulu.

Uhlelo lwezeMpilo lwezikole oluDidiyele luyingxenye yohlelo lwezempilo olubanzi oluqhutshwa ngaphakathi eMnyangweni wezeMfundo eyiSisekelo olweseka izinhlelo zokuFunda nokuFundisa. Imigomo ngeyokuthi kugxilwe ekutholeni imiphumela emihle yezempilo neyokufunda; Ukuthi lolu hlelo lwethulwe ngokuhambisana namalungelo engane. Lokhu kusho ukuthi izingane akumele zamukele nje lokhu ezinikwa khona kodwa nazo zinalo ilungelo lokubamba iqhaza ngaleyo ntuthuko ezihlinzekwa ngayo;

Ukuqinisekisa ukuthi lolu hlelo lufinyelele kubo bonke abafundi kuqalwe ngalezo ezisezindaweni zasemakhaya (emajukujukwini); Ukuqinisekisa ukuthi kwenziwa uhlelo olufanele, ukwelashwa ngendlela efanele, unakekelo nokwesekwa okufanele kubo

bonke abafundi okwahlonzwa ukuthi bayaludinga; Ngokulandela izidingo eziseqhulwini kuleyo ndawo; Ngokubheka izingabunjalo nokuhlinzekwa ngezinsiza ngendlela elinganayo kubo bonke;

Ngokuthi lwethulwe ngokubambisana phakathi koMnyango wezeMpilo, uMnyango wezeMfundo eyiSisekelo, uMnyango wezokuThuthukiswa koMphakathi Kanye nabo bonke ababambe iqhaza; Ngokuholwa yizimiso ezichazwe yimigomo yezinhlangano ezibhekelele abasebenzi bezeMpilo (njengoMkhandlu olawula abasebenzi bezeMpilo owaziwa ngokuthi yi-"South African Nursing Council kanye nalowo owaziwa ngokuthi yi-"Health Professions Council of South Africa").

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