

GOVERNMENT NEWS

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ENT IN OM SA TE RED

- Die regering bedank die miljoene Suid-Afrikaners wat reeds ingeënt is.
- Jou patriotisme word erken en die regering is bemoedig deur jou bydrae tot die stryd teen KOVID-19.
- Die regering doen 'n beroep op alle Suid-Afrikaanse mans om vir die entstof te registreer. Om ingeënt te word beskerm jou en is 'n manier om jou gesin en geliefdes te beskerm.
- Ernstige newe-effekte as gevolg van inenting, waaronder KOVID-19-inenting, is baie skaars.
- KOVID-19-entstof newe-effekte wat gerapporteer is, is meestal matig en van korte duur. Dit behels: koors, moegheid, hoofpyn, spierpyn, om koud te kry, diarree of pyn waar jy ingespuit is.
- Jy kan enige geval van negatiewe newe-effekte op die Med Safety-toepassing wat deur SAHPRA geloeds is, rapporteer of 'n 'gevalverslagvorm' invul wat afgelaai kan word by: <https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Die vorm behoort per e-pos aan AEFI@health.gov.za; gestuur te word.
- Die regering moedig diegene wat 35 jaar en ouer is aan om te registreer vir die inenting, hetsy aanlyn, via WhatsApp of deur *134*832# te skakel, deur die tolvrye nommer op 0800 029 999 te skakel, of jou die naaste inentingsterrein te besoek.



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GOMA KUTE UVIKELE ININGIZIMU AFRIKA

- Hulumende ubonga tigidzi tebantfu baseNingizimu Afrika lesevele bagomile.
- Lutsandvo lwenu lwalelive luyancomeka futsi hulumende uyagcugcuteleka ngeligalelo lenu kulemphi yekulwa ne-COVID-19.
- Hulumende wenta lubito kuwo onkhe emadvodza aseNingizimu Afrika kutsi abhalisele kugoma. Kugoma kuyakuvikela futsi kuyindlela yekuvikela umndeni wakho nalabo lobatsandzako.
- Kugula lokunemandla lokuvela emva kwekugoma, lokufaka ekhatsi kugomela i-COVID-19 akukavami.
- Tigameko letibikiwe tekugula lokuvela emva kwekugomela i-COVID-19 lokunengi kwakhona bekungenamandla futsi bekukwesikhashana. Lokugula kufaka imfiva, kukhatsala, kuphatfwa yinhloko, tinhlungu temisipha, kuva emakhata, insheko noma kuva tinhlungu lapho bakujove khona.
- Ungabika tigameko letinemandla tekugula lokuvela emva kwekugoma ku-Med Safety App lesungulwe yi-SAHPRA noma ngekugcwalisa lifomu lekubika sigameko 'i-Case Report Form' lelingatfolakala ku-
<https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Lelifomu kufuneka libuyiselwe emuva nge-imeyili lets: AEFI@health.gov.za
- Hulumende ucela labo labaneminyaka le-35 nangetulu kutsi babhalisele kugoma, bangasebentisa i-inthanethi, i-WhatsApp noma ngekushaya inombolo lets-*134*832#, ngekushaya inombolo yelucingo lwamahhala lets-0800 029 999 noma ngekuvakashela indzawo yekugoma lesedvute nabo.



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JOVA UKUZE UHLENGE ISEWULA AFRIKA

- Urhulumende uthokoza iingidi zamaSewula Afrika asele ajovile.
- Ubuthandazwe benu buyathokozeka begodu urhulumende ukhuthazwa kufaka kwenu isandla epini yokulwa ne-*COVID-19*.
- Urhulumende ukhombela woke amadoda weSewula Afrika bona atlolisele ukujova. Ukujova kuvikela wena begodu kuvikela umndenakho nabantu obathandako ophila nabo.
- Ukugula ngemva kokuhlabela ubulwele, kufaka hlangana nomjovo we-*COVID-19* kuyinto engakavami.
- Amagulo abikiweko abangelwa mijovo ye-*COVID-19* mancani ukufikela ezingeni eliphakathi begodu akathathi isikhathi eside. Afaka hlangana: umgomani, ukudinwa, ihloko ebuhlungu, ubuhlungu bemisipha, ukubalekelwa makhaza, ukusetjenzwa yindeni namkha ubuhlungu lapho umjovo ufakwe khona.
- Ungabika amagulo abangelwa kuhlabela i-*COVID-19* ku-*Med Safety App* ehlonywe yi-SAHPRA namkha uzalise iForomo lokuBika iZehlakalo zamaGulo elibizwa “nge-*Case Report Form*” elifumaneka ku: <https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Iforomo kumele lithunyelwe nge-imeyili ku-AEFI@health.gov.za
- Urhulumende ukhuthaza abantu abaneminyaka ema-35 nangaphezulu ukuthi bazitlolisele ukujova, kungaba nge-inthanethi, nge-WhatsApp namkha ngokugandelela u-*134*832#, ngokudosela inomboro yasimahla ku-0800 029 999 namkha ngokuya ezikweni lokujovela ingogwana eliseduze nawe.



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GONYA UKUZE USINDISE UMZANTSXI AFRIKA

- Urhulumente ubulela izigidi zabemmi boMzantsi Afrika abasele begonyiwe.
- Ukuthanda ilizwe lenu kuyabulelwa kwaye urhulumente uyakhuthazwa ligalelo lenu kumlo ochasene ne-COVID-19.
- Urhulumente umemelela onke amadoda aseMzantsi Afrika ukuba abhalisele iyeza lokugonya. Ukugonywa kukhusela wena kwaye kuyindlela yokukhusela usapho Iwakho kunye nabantu obathandayo.
- Ukugula emva kokugonywa, kuquka ukugonywa kwe-COVID-19 kunqabile.
- Impawu zokugula emva kokugonyelwa i-COVID-19 uninzi Iwazo bezimnene ukuya kwezithothileyo kwaye zihlala ixesha elifutshane. Ziquka: umkhuhlane, ukudinwa, intloko ebuhlungu, iintlungu zezihlunu, ukugodola, urhudo okanye iintlungu kwindawo ekutofwe kuyo.
- Ungaxela iimeko yokugula emva kokugonywa kwi-Med Safety App emiselwe yi-SAHHPRA okanye ugcwalise ifomu yekuxela imeko 'i-Case report form' enokufumaneka ku: <https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Le fomu kufuneka ibuyiswe nge-imeyile ku AEFI@health.gov.za
- Urhulumente ubongoza abo bakubudala beminyaka engama-35 nangaphezulu ukuba babhalisele ukugonywa, nokuba kunge-intanethi, i-WhatsApp okanye ngokudayela u-*134*832#, ngokutsalela umnxeba kwinombolo engahlawulelwayo u-0800 029 999 okanye ngokutyelela indawo yokugonya ekufutshane nawe.



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GOMA UKUZE USINDISE ININGIZIMU AFRIKA

- Uhulumeni ubonga izigidi zabantu baseNingizimu Afrika asebegomile.
- Ukuthanda kwenu izwe kuyabongeka futhi uhulumeni ugqugquzelwa yigalelo lenu ekulweni ne-COVID-19.
- Uhulumeni ucela wonke amadoda aseNingizimu Afrika ukuthi abhalisele ukugoma. Ukugoma kuvikela wena futhi kuyindlela yokuvikela umndeni wakho nabathandiwego bakho.
- Ukugula emva kokugoma, kubandakanya ukugomela i-COVID-19 akuvamile.
- Izimpawu zokugula ezibikiwe emva kokugomela i-COVID-19 kube izimpawu ezincane futhi ezisheshe ziphele. Lezi zimpawu zibandakanya: imfiva, ukukhathala, ubuhlungubekhanda, ubuhlungu bemisipha, ukugodola, uhudo noma ubuhlungu lapho ojovwe khona.
- Ungabika ngokugula emva kokugoma ku-Med Safety App esungulwe yi-SAHHPRA noma ugcwalise ifomu i-'Case report form' elitholakala ku: <https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Ifomu kumele lithunyelwe nge-imeyili ku-AEFI@health.gov.za
- Uhulumeni unxusa labo abaneminyaka engama-35 nangaphezulu ukuthi babhalisele ukugoma, kungaba nge-inthanethi, nge-WhatsApp noma ngokufoza u-*134*832#, ngokushayela inombolo yamahhala ethi-0800 029 999 noma ngokuvakashela isikhungo sokugoma esiseduze nawe.



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ENTELA GORE O BOLOKE AFRIKA BORWA

- Mmušo o rata go leboga MaAfrika Borwa a dimilione bao ba entetšwego.
- Go rata naga ya lena go a lebogwa e bile mmušo o hlohleleditšwe ke boikgafo bja lena bja go lwantšhana le *COVID-19*.
- Mmušo o ipiletša go banna ba MaAfrika Borwa ka moka go ingwadiša go entwa. Go entwa go tshireletša wena le go tshireletša lapa la gago le bao o phelago le bona.
- Ditlamorago tše šoro tša go tlišwa ke meento, go balwa le meento ya *COVID-19*, ga di be gona ga kaalo.
- Ditlamorago tše šoro tše di begilwego tša meento ya *COVID-19* bontši ga se di be kaalo e bile di tsea nako ye nnyane go fola. Di ka ba tša mpshikela, molapo, go opa ke hlogo, go opa ke mešifa, go tsena ke phefo, letšhologo goba go opša ke moo nelete e hlabilwego.
- O ka bega mathata a ditlamorago tše šoro tša meento go epo ya *Med Safety* yeo e tsebagaditšwego ke ba SAHPRA, goba wa tlatša ‘Foromo ya go bega mathata a ditlamorago’ yeo e hwetšagalago go:
<https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Foromo e swanetše e re go tlatšwa e romelwe ka imeili go AIFI@health.gov.za.
- Mmušo o hlohleletša bao ka moka ba nago le mengwaga ye 35 go ya godimo go ingwadišetša go entelwa. Ba ka ingwadiša weposaeteng ya boingwadišo, ka WhatsApp goba ka go romela molaetša ka sellathekeng, goba ka go letšetša nomoro ya go se lefelwe ya 0800 029 999 goba ba etela lefelo la go entelwa la kgauswi.



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ENTA O BOLOKE AFRIKA BORWA

- Mmuso o leboha dimilione tsa Maafrika Borwa a seng a entilwe.
- Lerato la naha ya lona le a ananelwa, hape mmuso o kgothatswa ke seabo sa lona ntweng ena e kgahlano le COVID-19.
- Mmuso o ipiletsa ho banna bohole ba Afrika Borwa hore ba ingodisetse ho entwa. Ho entwa ho o fumantsha tshireletso, hape ke mokgwa wa hore o tshireletse lelapa la hao le batho bao o phelang le bona.
- Ditlamorao tse kotsi tsa kentelo, ho kenyelletswa le tsa kentelo ya COVID-19 ke tsa sewelo.
- Boholo ba ditlamorao tse tlalehilweng tsa diente tsa COVID-19 bo tloha ho tse fokolang ho isa ho tse tiisetsehang, ebole di fola kapele . Tsona e ka ba tsa: feberu, mokgathala, hlooho e bohloko, mesifa e bohloko, serame, letshollo kapa ho opelwa ke moo o entlweng.
- O ka tlaleha diketsahalo tsa ditlamorao tse hlobaetsang ho App ya Polokeho ya Meriana (*Med Safety App*) e kgakotsweng ke Lekgotla la Taolo ya Dihlahiswa tsa Bophelo (SAHPRA), kapa o tlatse 'Foromo ya Tlaleho ya Diketsahalo' e ka fumanwang ho: <https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Ha o se o qetile ho e tlatsa, romela foromo ena ka imeile ho: AIFI@health.gov.za
- Mmuso o kopa batho ba dilemo di 35 kapa ka hodimo hore ba ingodisetse kentelo, e ka ba ka mokgwa wa inthanete, ka WhatsApp kapa ka ho sotha ***134*832#**, kapa ka ho letsetsa nomoro ena e sa lefellweng ya 0800 029 999 kapa ka ho etela setsha sa kentelo se haufi le wena.



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TLHABA MOETO GORE O BOLOKE AFORIKA BORWA

- Puso e leboga dimilionemilione tsa maAforika Borwa a a setseng a tlhabetse moento.
- Puso e leboga lerato la lona mo nageng ya bolona e bile e rotloediwa ke seabe se le nang le sona mo go Iwantshaneng le *COVID-19*.
- Puso e ikuela mo banneng ba naga ya Aforika Borwa go ikwadisetsa go tlhabela moento. Go tlhabela moento go tla go babalela e bile ke tsela e nngwe gape ya go babalela ba lelapa la gago le batho ba o phelang le bona.
- Go gatelelwa ke bolwetse ka ntlha ya go tlhabela moento, le ona wa *COVID-19*, ga se selo se se tlwaelegileng.
- Matshwao a bolwetse a a begilweng go latela go tlhabela moento wa *COVID-19* bontsi jwa ona ga a bogale go le kalo e bile a okobala ka bonako. Ona e ka nna a go fisa mo mmeleng, go lapa, go opa ke tlhogo, go opelwa ke mesifa, go gatsela, go nna le letshololo kgotsa go opelwa mo ba go tlhabileng ka lomao la moento teng.
- O ka begela ba Bothati jwa Aforika Borwa jwa Taolo ya Melemo ya Boitekanelo (SAHPRA) fa o gatelega morago ga gore o tlhabele moento ka go bega matshwao a a galefileng ano mo epeng ya bona ya Med Safety App kgotsa o ka tlasa foromo ya pegelo ya go gatelelwa ke bolwetse morago ga go tlhabela moento mme foromo eno e teng mo webesaeteng ya: <https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Fa o sena go tlatsa foromo eno o ka e romela ka imeile mo go AIFI@health.gov.za
- Puso e rotloetsa baagi botlhe ba ba nang le dingwaga di le 35 le go feta go ikwadisetsa go tlhaba moento e ka tswa e le ka go dirisa inthanete, ka WhatsApp kgotsa ka SMS, kgotsa gona go ikwadisa ka go ba letsetsa mogala mo nomorong e e sa duelelweng ya 0800 029 999 kgotsa ba etele mafelo a go tlhabela moento a mo metseng ya bona.



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KHA VHA HAELWE U ITEL A TSIRELEDZA AFRIKA TSHIPEMBE

- Muvhuso u khou livhuwa MaAfrika Tshipembe vha dzimilioni vho no haelwaho u swika zwino.
- Thikhedzo yavho kha u lwela shango yo vhonala nahone muvhuso u khou takadzwa nga u dzenela havho kha nndwa ya u lwa na *COVID-19*.
- Muvhuso u khou ita khuwelelo kha vhanna vha Afrika Tshipembe uri vha ñwalisele khaelo. U haelwa zwi a vha tsireledza nahone ndi yone ndila ya u tsireledza vha muṭa wavho khathihi na vhane vha funa.
- Mvelelo mmbi khulwane dza muhaelo, hu tshi katelwa na dza muhaelo wa *COVID-19* dzi a kondà u wanala.
- Mvelelo mmbi dza khaelo dza *COVID-19* dzo vhigwaho, vhunzhi hadzo dzo vha dzi kondeleleaho nahone dza tshifhinganyana. Idzi katela: mudinyane, tshineto, u remiwa nga ḥohoho, u pfa vhuṭungu kha misipha, mutetemelo, lugubo kana u pfa vhuṭungu he vha ḥavhiwa hone.
- Vha nga vhiga zwiwo zwa vhuṭungu ha mvelelo mmbi dza khaelo nga kha *App ya Med Safety App* ye ya rwelwa ḥari nga vha SAHPRA kana nga u ḥadza fomo ya u vhiga tshiwo tsha vhuṭungu ha mvelelo mmbi dza khaelo i vhidzwaho '*Case report form*' ine ya wanala kha: <https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Fomo i fanela u humiselwa murahu nga imeli kha AIFI@health.gov.za.
- Muvhuso u khou ḥuṭuwedza avho vha miñwaha ya 35 na u fhira uri vha ñwalisele muhaelo, hu nga vha nga kha inthanethe, nga kha WhatsApp kana nga u rwela luṭingo kha *134*832#, nga u founela nomboro ya mahala ya 0800 029 999 kana nga u dalela fhethu ha muhaelo ha tsinisa navho.



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SAWUTISIWA KU PONISA AFRIKA-DZONGA

- Mfumo wu khensa mamiliyon i ya MaAfrika-Dzonga lava se va sawutisiweke.
- Ku tinyiketela ka n'wina swa amukeriwa naswona mfumo wu nyikiwa matimba hi mpfuneto wa n'wina eka ku lwa na *COVID-19*.
- Mfumo wu rhamba vavanuna va MaAfrika-Dzonga ku titsarisela nsawutiso. Nsawutiso wu sirhelela wena naswona swi vula ku sirhelela ndyangu wa wena ni varhandziwa va wena.
- Switandzhaku swo tika hikwalaho ka nsawutiso , ku katsa nsauwtiso wa *COVID-19* a swi talanga.
- Switandzhaku leswi nga vikiwa swa ntlhavelo wa *COVID-19* a swi nyawuli naswona a swi heti nkarhi wo leha. Leswi swi katsa: mukhuhlwani, ntshikelelo, ku pandza ka nhloko, ku pandza ka mimpfimbeti, ku rhurhumela, nchuluko kumbe ku twa ku vava laha munhu a nga tlhaviwa kona.
- U nga vika switandzhaku swo tika eka Med Safety App leyi simekiweke hi SAHPRA kumbe ku tatisa '*Case Report Form*' leyi nga kumekaka eka : <https://www.nicd.ac.za/diseases-a-z-index/adverse-event-following-immunization-aefi/>.
- Fomo yi fanele ku tlherisiwa hi imeyili eka AIFI@health.gov.za
- Mfumo wu kombela lava nga ni malembe ya 35 ni ku ya ehenhla ku titsarisela nsawutiso, ku nga va hi inthanete, hi WhatsApp kumbe ku fonela eka *134*832#, hi ku fonela eka nomboro ya mahala ya 0800 029 999 kumbe ku vhakela ndhawu ya nsawutiso ya le kusuhi.

