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COVID-19 E SA LE GONA: ITŠHIRELETŠE

- Re ka fenza COVID-19 ge re ka šoma mmogo go šireletša rena le bao ba lego kgauswi le rena ka go hlabela moento.
- Ka moka ga rena re na le maikarabelo a go phološa maphelo le go thibela gore meago le bašomi ba rena ba maphelo ba se imelwe ke mehuta ya mauba yeo e ka tlago ka moso.
- Meento e bontšitše gore e bolokegile gape e šoma gabotse go thibela go lwala kudu , go amogelwa bookelong le lehu.
- A re tšweleng pele go apara dišira molomo le dinko ka dinako ka moka ge re tšwetše ka ntle, re se batamelane le batho ba bangwe kudu, re hlape diatla tša rena kgafetšakgafetša ka sesepe goba sanithesa ya go ba le alkoholo gomme re bule mafastere gore go tsene moyo wa go hlweka.
- Re kgopela gore le kgathe tema ya lena gomme le tsenele lesolo la naga ka moka la go hlohlleletša batho gore ba hlabele gore ka moka re bolokege ka go šireletša rena le bao ba lego kgauswi le rena.
- Bafsa ba hlohlleletšwa go ba karolo ya tlhohlo ya #KeReady2Flex moo o ka tšweletšago kanegelo ya gago ya COVID-19 mo difaleng ka moka tša bobegaditaba bja leago.
- O ka e thala. Wa e bina. Wa e diragatša. Wa e opela. O ka ba o na le talente efe goba efe, e tšweletše!



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COVID-19 E NTSE E LE TENG: ITSHIRELETSE

- Re ka hlola *COVID-19* ebang re sebetsa mmoho ho itshireletsa re bile re sireletsa le ba phelang le rona ka ho enta.
- Bohle re na le boikarabelo ba ho baballa maphelo le ho sireletsa dibaka tsa ditshebeletso tsa bophelo bo botle le basebetsi ba tsona ba se imelwe ke mefuta e meng ya vaerase ena nakong e tlang.
- Ho bonahetse hore ente e bolokehile mme e a sebetsa e bile e kcona le ho thibela bokulo bo matla, ho robatswa sepetlele le lefu.
- A re nneng re rwale dimonkwana tsa rona ka nako tsohle ha re le hara batho, re se atamelaneng le ba bang, re hlapo matsoho kgafetsa ka sesepa kapa sehlwekisi se nang le *alcohol* re bule le difenstere ho kene moyo o motjha.
- Re ipiletsha ho lona ho ba le seabo le ikamahanye le letsholo la naha ka bophara la ho kgothaletsa batho ho enta molemong wa hore bohole re bolokehe ka ho itshireletsa le ho sireletsa ba phelang le rona.
- Batjha ba kotjwa ho ba karolo ya phephetso ya #KeReady2Flex moo ba ka buang ka dipale tsa bona tsa *COVID-19* diwebsaeteng tsohle tsa ho etsa setswalle.
- O ka e rala. Wa tjeka. Wa etsa ho hong. Wa bina. Sebedisa talente efe kapa efe ho ikgantsha ka yona.



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COVID-19 E SANTSE E LE TENG: ITSHIRELETSE

- Fa re ka dirisana mmogo go itshireletsa le go sireletsa bao re tshelang le bona ka go tlhabela moento re ka e fenza *COVID-19*.
- Rotlhe re na le maikarabelo a go sireletsa matshelo a batho le go dira gore mo isagong maokelo a rona le badiredi ba ona ba se imelwe ke tiro e ntsi ya go okana le batho ba bantsi ba ba ka lwalang.
- Meento e ipontshitse gore e bolokesegile e bile e kgora go thibela gore batho ba se gatelelwé ke bolwetse mo ba ka iphitelang ba le bookelong le go ka thula botala ka tlhogo.
- Tla re tsweleleng go apara dimaseke ka gale fa re le fa gare ga batho, re katoganeng, re tlhapeng diatla ka metsi a sesepa kgotsa re di tsikitletse ka sebolayamegaré le go bula matlhbabaphefо gore mowa o o phepa o tsene.
- Re ikuela gore le wena o nne le seabe mme o eme nokeng letsholo le naga ya rona e samaganeng le lona naga ka bophara gore o thusé ka go rotloetsa batho ba bangwe gore le bona ba tlhabele moento gore rotlhe re babalesege le go babalela bao re tshelang le bona.
- Bašwa ba rotloediwa gore ba phasalatse mo mafaratlhatheng a ditlhaeletsano dikgang tse di ka ga maitemogelo a bona ka *COVID-19* go tsweletsa letsholo la #KeReady2Flex
- O ka taká ditshwantsho ka ga yona. Wa bina ka ga yona. Wa diragatsa mo Seraleng. Wa opela ka yona. Go tla tswa mo go wena gore ke eng se o se kgonang, fela dira bonnete jwa gore o dira sengwe!





KOVID-19 IS STEEDS MET ONS: BESKERM JOUSSELF

- Ons kan seëvier in die stryd teen KOVID-19 as ons almal saamwerk om onsself en die mense om ons te beskerm deur ingeënt te word.
- Ons dra almal die verantwoordelikheid om lewens te red en te voorkom dat ons gesondheidsorgfasiliteite en -personeel deur toekomstige variante oorweldig word.
- Daar is bewys dat inentings veilig en doeltreffend gebruik kan word om erge ongesteldheid, hospitalisering en sterftes te verhoed.
- Kom ons hou aan om ons maskers te alle tye in die openbaar te dra, gereeld hande te was met seep en water of alkoholbaseerde saniteerder en vensters oop te hou vir vars lug.
- Ons moedig jou aan om jou deel te bring en aan te sluit by die landswye veldtog om mense aan te spoor om ingeënt te word sodat ons almal veilig kan wees en onsself en die mense om ons kan beskerm.
- Jongmense word aangespoor om deel te neem aan die #KeReady2Flex-uitdaging, waar jy jou KOVID-19-storie op allerlei sosiale media platforms kan deel.
- Jy kan dit teken, skets of verf. Dans. Dit met toneelspel uitbeeld. Sing. Waar jou talente ookal mag lê, deel jou storie!



I-COVID-19 ISESEKHONA, AYIKAPHELI: ZIVIKELE

- Singayehlula i-COVID-19 nange singabambisana soke ekuzivikeleni, sivikele nalabo esiphila nabo ngokuyihlabela ingogwana le.
- Sinesibopho sokuhlenga iimpilo zabantu nokukhandela ubujamo bokuthi amaziko wezepilo nabasebenzi bakilikoro babhudungelwe bebabhedlhwe mihlobo emitjha yengogwana le engaqubuka esikhathini esizako.
- Irhubhululo lithi imijovo iphephile begodu isebenza ngefanelo ekuvikeleni amagulo akhambeleleko, ukulaliswa esibhedlela kanye nokuhlóngakala.
- Asirageni nokufaka amamaski ngaso soke isikhathi nasihlangana nabantu, sihlóniphe umleyo wokuqalangana, sihlámbe izandla zethu ngamanzi nesibha namkha sizihlikihle ngesihlanzekisi esivangwe ne-alkhoholi kanengi ngendlela ekghonakalako besihlale sivule amafesdiri ukuze kubethe ummoya.
- Siyakukhuthaza bona ulime indima ngokuhlanganyela ejimeni lelizweloke lokukhuthaza abantu ukuthi bahlabele ingogwana le ukuze soke siphephe ngokuzivikela besivikele nalabo esiphila nabo.
- Abantu abatjha bayakhuthazwa ukuthi babe yingcenyé yejima i-#KeReady2Flex lapho ungabelana ngendabakho emalungana ne-COVID-19 kizo zoke iinkundla zokuthintana.
- Ungayidweba. Ugide ngayo. Wenze umdlalo. Uyibhine. Nanyana ngiliphi ithalente onalo, libonise!

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I-COVID-19 ISENATHI: ZIKHUSELE

- Singayoyisa i-COVID-19 ngogonyo ukuba sonke singasebenzisana kune ukuzikhusela thina kune nabo basinqongileyo.
- Sonke sinoxanduva lokusindisa ubomi kwaye sithintele amaziko ethu ezempilo kune nabasebenzi ekubeni bonganyelwe lubhubhane kwixesha elizayo.
- Izitofu zokugonya zibonakalise ubungqina bokuba zikhuselekile kwaye ziya sebenza ekuthinteleni ukugula kakhulu, ukulalisa esibhedlele kune nokufa.
- Masiqhubeke nokunxiba izigqubutheli-buso ngalo lonke ixesha xa sisesidlangularaleni, sijonge umgama ophakathi komnye nomnye, sihlambe izandla rhoqo ngesepha okanye isicoci sesandla esine-alcohol kananjalo sivule iifestile ukuze sifumane umoya omtsha.
- Siyanibongoza ukuba nidlale indima yenu kananjalo nizibandakanye kwiphulo lelizwe lonke lokukhuthaza abantu ukuba bagonywe ukuze sonke sikhuseleke kwakunye nabo basinqongileyo.
- Ulutsha luyabongozwa ukuba lube yinxalenye yokhuphiswano we-#KeReady2Flex ngokuthi ubonise ibali lakho le-COVID-19 kuwo onke amaqonga onxibelewano.
- Ungalizoba ibali lakho. Udanise. Ulidlale eqongeni. Ucule. Yibonise nangayiphi na indlela italente yakho, Qhayisa ngayo!



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I-COVID-19 ISEKHONA: ZIVIKELE WENA

- Singayinqoba i-COVID-19 uma sonke singasebenza ngokubambisana ukuzivikela thina kanye nalabo abasondelene nathi ngokuthi sigome.
- Sinesibophezelo sokuthi sisindise izimpilo futhi sivimbele izinsiza zethu zezempi kanye nabasebenzi ukuthi bathwale kanzima ngenxa yanoma yimiphi imixhantela yegciwane yesikhathi esizayo.
- Imigomo isikubonisile ukuthi iphephile futhi iseberna kahle kakhulu ekunqandeni izifo ezinzima, ukulaliswa esibhedlela kanye nokufa.
- Masiqhubezeni nokugqoka izifonyo ngaso sonke isikhathi uma sisezindaweni zomphakathi, sighelelane, sigeze izandla ngensipho namanzi noma sisebenzise isibulali-magciwane esine-alkhoholi futhi sivule amawindi ukuze kungene umoya ohlanzekile.
- Siyakunxusa ukuthi udlale indima yakho futhi uhlanguyele nomkhankaso wezwe wokugqugquzelu abantu ukuthi bagome ukuze sonke sizophepha ngokuthi sizivikele thina kanye nalabo abasondelene nathi.
- Abantu abasha bayanxuswa ukuthi babeyingxene yomqhudelwano i-#KeReady2Flex lapho ungabonisa khona indaba yakho nge-COVID-19 ezinkundleni zokuxhumana.
- Ungayidweba. Ungayidansela. Ungayilingisa. Ungayicula. Noma yiliphi ikhono onalo, gabisa ngalo!





I-COVID-19 SOLOMANE ISASEKHONA: TIVIKELE

- Singayehlula i-COVID-19 nangabe sonkhe sisebenta ngekubambisana kutsi sitivikele kanye nalabo labasedvute kwetfu ngekutsi sigome.
- Sonkhe sinesibopho sekusindzisa timphilo kanye nekuvikela tisetjentiswa tetfu tetemphilo kanye nebasebenti betfu kutsi bangatfwali matima ngenca yeligiwane lelehlukile esikhatsini lesitako.
- Imitsi yekugoma ikhombisile kutsi iphephile futsi iyakhona kuvikela kugula kakhulu, kulaliswa esibhedlela kanye nekufa.
- Asichubekeni ngekufaka tifonyo tetfu ngaso sonkhe sikhatsi nasisemkhatsini nebantfu, sigcine libanga lekuchelelana, sigeze tandla tetfu njalo ngensipho nome ngesibulalimagciwane lesine-alkhoholi futsi sivule emawindo kute kungene umoya lomusha.
- Sikukhutsata kutsi udlale indzima yakho futsi ujoyine umkhankhaso wavelonkhe wekukhutsata bantfu kutsi bagome kute sonkhe siphephe ngekutsi sitivikele kanye nalabo labasedvute kwetfu.
- Bantfu labasha bayakhutsatwa kutsi babe yincenyе yemchudzelwano we-#KeReady2Flex lapho ungakhombisa khona indzaba yakho ye-COVID-19 kuto tonkhe tinkhundla tekuchumana.
- Ungayidvweba. Ungadansa ngayo. Ungayilingisa. Ungayihlabela. Nome ngabe siphiso sakho sinjani, sikhombise!



COVID-19 I TSHE HONE: KHA VHA ɏITSIRELEDZE

- Ri nga kunda *COVID-19* arali ra shumisana u ɏitsireledza na avho vha re tsini navho nga muhelo.
- Rothe ri na vhudifhinduleli ha u vhulunga matshilo na u thivhela zwileludzi zwashu zwa mutakalo na vhashumi kha u nga lemelwa na u kundelwa u livhana na dziñwe tshka dza vhulwadze dici ɏaho
- Khaelo yo sumbedza u vha yo tsireledzeaho na u shuma u tsireledza u lwalesa, u valelwa vhuongeloni na lufu.
- Kha ri bvelephanda na u ambara masiki misi yothe musi vha fhethu ha nnyi na nnyi, u sia zwikhala, u ɏamba zwanda misi yothe nga tshisibe na sanithaiza ire na alikhoholi na u vula mafasitere u itela muya mufhe.
- Ri a vha kwengweledza u vha tshipida na u dzenela kha bembela la shango lothe u itela uri vhathu vha wane muhelo zwine zwa tsireledza rothe na avho vha re tsini hashu.
- Vhaswa vha khou kwengweledzwa u vha tshipida tsha khaedu ya *Ready2Flex* hune vha nga andadza nganetshelo ya *COVID-19* kha pulatifomo dza midia ya vhudavhidzani.
- Vha nga i ola. Vha i edzisela. Vha i imba. Mpho yavho iñwe na iñwe kha vha I ɏongise!



COVID-19 YA HA RI NA HINA: TISIRHELELI

- Hi nga hlula COVID-19 loko hinkwerhu hi tirha kun'we leswaku hi tisirhelela ni lava hi hanyaka na vona hi nsawutiso.
- Hinkwerhu hi ni vutihlamuleri byo hlayisa vutomi ni ku sirhelela switirhisiwa swa hina swa rihanyu ni vatirhi eka ku tshikeleriwa hi mixaka ya mintungu yihi ni yihi leyi nga ha landzelaka.
- Mitlhavelo yi tiyisisiwile ku va yi tirha ni ku hlayiseka ekusirheleleni ka mavabyi yo tika, ku amukeriwa eswibedhlele ni rifu.
- A hi yiseni emahlweni ni ku ambala timasiki mikarhi hinkwayo loko hi ri exikarhi ka vanhu, hi xixima ku siya mpfhuka exikarhi ka vanhu, hi tshama hi karhi hi hlamba mavoko ya hina hi xisibi kumbe sanithayizara leyi nga ni xihoko ni ku pfula mafisitere leswaku hi kuma moyo wo tengen.
- Ha mi kombela leswaku mi va ni xiave ni ku tikatsa eka pfhumba ra tiko hiku angarhela ku hlohotela vanhu leswaku va sawutisiwa leswaku hinkwerhu hi hlayiseka hi ku tisirhelela ni lava nga ekusuhi na hina.
- Vatshwa va komberiwa ku va ni xiave eka ntlhotlho wa #KeReady2Flex laha mi nga kombisaka xitori xa n'wina xa COVID-19 eka tindhawu hinkwato ta vuhangalasamahungu ya vanhu.
- Mi nga yi dirowa. Mi yi cina. Mi yi encenyeta. Mi yi yimbelela. Hi vutshila byin'wana ni byin'wana lebyi mi nga na byona, yi kombiseni!

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COVID-19 IS STILL WITH US: PROTECT YOURSELF

- We can defeat COVID-19 if we all work together to protect ourselves and those around us with vaccination.
- We all have the responsibility to save lives and prevent our health facilities and staff from being overwhelmed by any future variants.
- Vaccines have proven to be safe and effective in preventing severe illness, hospitalisation and death.
- Let us continue wearing our masks at all times when in public, observe a social distance, wash our hands regularly with soap or alcohol-based sanitizer and open windows for fresh air.
- We urge you to play your part and join the countrywide drive to encourage people to get vaccinated so that we can all be safe by protecting ourselves and those around us.
- Young people are urged to be part of the #KeReady2Flex challenge where you can flex your COVID-19 story on all social media platforms.
- You can draw it. Dance it. Act it. Sing it. Whatever your talent, flex it!

