



# NORTHERN CAPE PROVINCIAL GOVERNMENT WEEKLY

TUESDAY, 14 JULY 2020

## FOREWORD | PREMIER DR. ZAMANI SAUL |

With the introduction of the lockdown, where we were encouraged to stay home in an effort to flatten the rate of infection; many women across our province were locked down with abusive men in their homes, a reality so many women are living with even today.

Over the past few weeks we have seen a spike in the reporting of gender based violence cases across the Province, which has called on men from all walks of life to put into action, the words, **NOT IN MY NAME**.

Gender Based Violence has no longer become an issue only Government can resolve, but an issue that needs the vigilance of both Government and communities to work together to ensure that we uproot this rot in our communities.

This month we commemorate Moral Regeneration Month, a month aimed at encouraging our communities to recommit to efforts of building communities grounded on positive values and rededicating ourselves to building a caring society in pursuit of creating lasting peace and prosperity in the Province and the country.

We are as a Province once again, through the Moral Regeneration Movement, recommitting ourselves to the promotion of the regeneration of morality, through collaborations with civil society in the various communities in our province and at different levels.

We aim to promote the Charter of Positive Values in all sectors and ensure that it becomes the basis of a long term moral renewal programme in both government and civil society.

The Moral Regeneration Movement office based in the Office of the Premier, has been working together with many sector departments and faith based leaders to ensure that communities understand the importance of staying safe during this pandemic. peak Our numbers are on the increase and the virus is slowly creeping into our homes, the homes of our neighbours and friends.

This is the time where we need to work together as a community and ensure that we adhere to the COVID-19 protocols, as set by the World Health Organisation, which include but are not limited to, wearing a mask to protect yourself as well as your loved ones, washing hands for more than 20 seconds and ensuring that you stay safe.

I appeal to you, to avoid gatherings where there are too many people, these include funerals and parties, maintain social distance, this will increase our chances at winning the battle against the Coronavirus.

I further urge each and everyone one of you to take the Coronavirus seriously, it is going to be with us for a very long time and we need to remain safe at all times, more than ever we need each other for our survival. We have a duty to protect each other.  
STAY SAFE,





## MORAL REGENERATION MOVEMENT

The Moral Regeneration Movement's (MRM) mandate is to be a networking platform for various processes as well as initiatives aimed at combating moral degeneration in the Northern Cape. The MRM seeks to promote the regeneration of morality, through the commitment and collaboration of civil society in various communities in the Province, at different levels of existence and operation.

As part of MRM month, the MRM unit in the Office of the Premier and the Department of Health are coordinating the COVID-19 Master Training in the ZFM, JTG, Pixley Ka Seme and the Frances Baard Region, which is aimed at not only training but empowering faith based leaders to ensure that the communities understand the importance of keeping safe in the midst of the pandemic. This will result in a collective effort to combat the virus from spreading.

The MRM, together with partners from Social Development, Office of Social Workers and SAPS, recently hosted a Gender Based Violence dialogue at the Thuthuzela Centre in Richie as a means of finding solutions to curb the scourge of GBV in the area where they also delivered sanitary towels to schools in the area.

Stay connected for more initiatives coming from the MRM as the month unfolds.



## COVID - 19

**WEAR YOUR MASK AT ALL TIMES**

**CORONAVIRUS HOTLINE: 0800 029 999**

## CORONAVIRUS QUESTIONS & ANSWERS

### HOW CAN I PROTECT MYSELF FROM CATCHING COVID-19 OR GIVING IT TO SOMEONE ELSE?

We urge all members of the community and the healthcare workforce to strengthen their resolve in terms of:

- 1 Social distancing: Keep 1.5 to 2 metres away from everyone else.
- 2 Fabric face mask: Everyone must wear a face mask properly when near other people or in public spaces. This means it must fully cover the mouth and nose, and be washed regularly in soapy water.
- 3 Handwashing or hand sanitising: Regular handwashing with soap and water for 20 seconds, or regular use of alcohol-based hand sanitiser is essential.
- 4 Cough etiquette: If you cough or sneeze always use a tissue and dispose of it carefully. If you don't have a tissue, use your bent elbow.
- 5 Don't touch your eyes, nose or mouth and avoid touching surfaces that might be infected.
- 6 Stay at home if at all possible and minimise travel, especially to areas where COVID-19 is known to be active.

### WHAT SHOULD I DO IF MY COVID-19 TEST RESULT IS POSITIVE?

If you test positive for COVID-19, you should immediately start self-isolating- if you have not done so already at the onset of possible symptoms of COVID-19. Depending on the severity of your symptoms, you may be able to safely self-isolate at home but if you present with severe disease, you may require hospitalisation.

### WHY IS THE NUMBER OF PEOPLE TESTING POSITIVE FOR COVID-19 NOT DECREASING AS THEY RECOVER?

When a person is tested positive for COVID-19 they are added to the total number of people testing positive. This is used to measure the prevalence which is a measure of the number of cases who have the condition, regardless of when they first developed the condition. For example, prevalence is the total number of people who have tested positive for COVID-19. It is often expressed as people testing positive per 100 000.

### WHAT ARE "ACTIVE" AND "RECOVERED" CASES?

After becoming infected with COVID-19, you are known as an active case because you could transmit the infection to others unless you take precautions. The vast majority of people will recover as your body's immune system kills the virus. After a 14-day home isolation period, you are very unlikely to transmit the virus to others and are deemed recovered.



## NEW LOCKDOWN REGULATIONS, WHAT YOU CAN AND CANNOT DO

The President, Mr Cyril Ramaphosa announced stricter rules to ensure that we fight the spread of COVID-19. Below is a list of what the new stricter rules entail, what you can and cannot do.

### MOVEMENT OF PEOPLE

**When you can leave your house to Perform any service allowed under level 3 :** Travel to and from work  
Buy goods or obtain services  
Move children  
Exercise between 06:00 and 18:00  
Attend a place of worship  
Attend a school or learning institution  
Travel for leisure purposes allowed under level 3

**Movement of persons between Provinces prohibited, except for :** Business travel  
Moving to a new place of residence  
Caring for a family member  
Attending a funeral  
Students travelling to schools or an institution of learning  
Obtaining medical treatment  
Returning to a place of resident  
Transportation of mortal remains

### CURFEW

**Curfew on the movement of people :** Curfew between 21:00 and 04:00

### VISITING FAMILY AND FRIENDS

**Visiting family or friends :** Prohibited

### WEARING OF A MASK IN A PUBLIC PLACE

**Wear a cloth face mask when using public transport :** Compulsory  
**Wear a cloth face mask in a building :** Compulsory  
**Wear a cloth face mask in a public open space :** Compulsory  
**Wear a cloth face mask at school :** Compulsory  
**Wear a cloth face mask during vigorous exercise in a public place :** Not needed

### WHOLESALE AND RETAIL TRADE

**Wholesale and retail trade :** Allowed  
**Ecommerce :** Allowed  
**Auctions :** Allowed  
**Liquor sales :** Prohibited  
**Cigarette sales :** Prohibited  
**E-cigarette sales :** Prohibited  
**Sale of other tobacco products :** Prohibited

### RESTAURANTS

**Delivery :** Allowed  
**Collection :** Allowed  
**Sit-down :** Allowed  
**Consumption of alcohol in restaurant :** Prohibited



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## PERSONAL CARE SERVICES

Hairdressing	: Allowed
Beauty treatments	: Allowed
Make-up and nails salons	: Allowed
Piercing and tattoo parlours	: Allowed

## BUS AND TAXI SERVICES

Long distance inter-provincial travel	: Allowed with up to 70% of the licensed capacity
Local trips	: Allowed with 100% of the licensed capacity

## AIR TRAVEL

Domestic air travel for business	: Allowed
Domestic air travel for leisure	: Prohibited
International air travel for business	: Prohibited
International air travel for leisure	: Prohibited

## GATHERINGS

Funerals	: Allowed, but limited to 50 people
Religious gatherings	: Allowed, but limited to 50 people
Conferences for business purposes	: Allowed, but limited to 50 people
Meetings for business purposes	: Allowed, but limited to 50 people
General public gatherings	: Prohibited
Sports events where people attend	: Prohibited

## PUBLIC PREMISES

Public parks	: Only allowed for exercising
Bars, taverns and shebeens	: Prohibited
Night clubs	: Prohibited
Gyms and fitness centres	: Prohibited
Sports grounds and fields	: Prohibited
Swimming pools	: Prohibited
Beaches	: Prohibited
Fetes and bazaars	: Prohibited

## ENTERTAINMENT VENUES

Cinemas	: Allowed, but limited to 50 people
Theatres	: Allowed, but limited to 50 people and 15 performers and crew
Casinos	: Allowed, but not more than 50% of the available floor space

## OTHER VENUES

Museums	: Allowed
Galleries	: Allowed
Libraries	: Allowed





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### SPORT

Jogging and walking	: Allowed in groups of up to 4 people
Cycling	: Allowed in groups of up to 4 people
Non-contact sports matches	: Allowed, but no spectators allowed
Contact sports	: Allowed for training only

### HOTELS, LODGES, BED AND BREAKFASTS

Hotels	: Allowed, for business purposes only (no leisure travel)
Lodges	: Allowed, for business purposes only (no leisure travel)
Licensed B&B	: Allowed, for business purposes only (no leisure travel)
Timeshare facilities	: Allowed, for business purposes only (no leisure travel)
Resorts	: Allowed, for business purposes only (no leisure travel)
Guest houses	: Allowed, for business purposes only (no leisure travel)
Home sharing, like Airbnb	: Prohibited

### SOCIAL MEDIA PAGES



Northern Cape Provincial Government



@NCProvGov



Northern Cape Provincial Government



066 203 8229



Northern Cape Provincial Government

### GBV CONTACT DETAILS

Know and share these contact details:

GBV Command Centre:  
0800 428 428 / \*120\*7867# from any cell phone  
Persons with disabilities, SMS 'help' to 31531

Women Abuse Helpline:

0800 150 150

Child Line:

0800 055 555

SAPS Crime Stop:

0860 10111

GBVF-Related Service Complaints (SAPS):  
0800 333 177/complaintsnodalpoint@saps.gov.za

National AIDS Helpline:

0800 012 322

National Human Trafficking Helpline:

0800 222 777

Suicide Helpline:

0800 567 567

National Department of Health:

<https://www.health.gov.za>

National Institute of Communicable Diseases:

<https://www.nicd.ac.za>

World Health Organisation:

<https://www.who.int>

