

# YOUTH RIGHTS RESOURCE COMPASS SOUTH AFRICA

July 3 2020

South African Compass e fana ka tshedimose tso e bothokwa go batho ba tšielegileng le baswa ka leroborobo la COVID-19. Etela lekala la **South African Tracker** mabapi le tshedimose tso e e tsepameng ka mafelo a tshireletso le metheo e dirilweng tebang le lenaneho la COVID-19 go thusa go tlisa tshimose tso le go imolola setshaba ka kakaretso le motho ka mongwe.

## AMAZINGA

Ngemuva kwangoLwesine 30 Ephreli, iNingizimu Afrika yaqala kabusha kancane kancane ukuvula ezomnotho. Lokhu kusho kusho ukuvulwa komnotho ngokuqaphela.

Kuzoba namazinga ehlukene wesifundazwe, owesifunda nowama-metro abekwe ngokuya ngenani labantu athelelekile. Lokhu kuzoqinisekisa ukuthi impendulo yalolubhubhane iqonde ngqo futhi ihlosiwe.

**Izinga 5:** Izinyathelo ezinamandla ziyadingeka ukuqukatha ukusasazwa kwalolubhubhane ukusindisa izimpilo.


**Izinga 4:** Emlnye yemsebenzi ivunyelwe ukwenziwa ngokuncike ekuqaphelweni okwedlulele okudingekayo ukukhawula ukuhanjiswa komphakathi kwalolubhubhane kanye nokuqubuka kwalo.

**Izinga 3:** ILokhu kubandakanya ukwehliswa kwemikhawulo ethile, kufaka phakathi umsebenzi nezenhlalo, ukubhekana nengozi enkulu yokudluliselwa kwalolubhubhane.

**Level 2:** Ukulwa okwengeziwe kwemikhawulo, kepha kusenziwa ukuqhelelana kanye nemikhawulo kokuzilibazisa okuthile kanye nezinto zokuncebeleka, ukuvikela ukubhebhethaka futhi kwaleligciwane.

**Level 1:** Imisebenzi ejwayelekile kakhulu ingaqhubeka futhi, ngokuqapha kanye nemihlahlandlela yezempilo elandelwa ngaso sonke isikhathi.

## Summary of alert levels

ALERT LEVEL 5	ALERT LEVEL 4	ALERT LEVEL 3	ALERT LEVEL 2	ALERT LEVEL 1
 <b>OBJECTIVE</b>				
Drastic measures to contain the spread of the virus and save lives.	Extreme precautions to limit community transmission and outbreaks, while allowing some activity to resume.	Restrictions on many activities, including at workplaces and socially, to address a high risk of transmission.	Physical distancing and restrictions on leisure and social activities to prevent a resurgence of the virus.	Most normal activity can resume, with precautions and health guidelines followed at all times.  Population prepared for an increase in alert levels if necessary.

**WHATSAPP SUPPORT**  
**0600 123 456**  
**EMERGENCY NUMBER**  
**0800 029 999**  
[sacoronavirus.co.za](https://www.sacoronavirus.co.za)



## TSHIRELETSEGO

### NKA FIHLELA KAE TSHIRELETSO?

Mmuso wa Afrika Borwa o mo leanong la go rulaganya mafelo a nakwana a bodulo ya batho ba senang magae go tsenyeletso basadi, bana le batho botle ba ba leng kotsing ya go amegang. Lefapha la Matlo le mo motlhaleng wa go rulaganya matlo a nakwana ka ntsha ya gore bontsi ba matlo a nakwana a setse a le teng a tletse go feta tekano.

Lenaane la matloana a setse a le teng le ka fitlewa ko **South African Tracker**.

### A LEFAPHA LA BANA LE LOAGO LE SANTSE LE DIRA, KGOTSA LE A FITLHELEGA NA; A NKA KGONA GO FITLHELELA THUSO?

LEFAPHA LA BANA LE LOAGO LE le a dira ka mmuso wa Afrika Borwa e le tsaya ya ka ditirelo tsa bothokwa.

### Teddy Bear Clinic

Teddy Bear Clinic e santse e tihomile ko pele tebang le go tsamaisa melaetsa le go ruta setshaba ka kakaretso ka nako e ya kiletso ya mosepelo ya setshaba fa Afrika Borwa e temogela leroborobo la COVID-19. Ditirelo tsa bona di tsenyeletsa tsa batswa setlhabelo, forensiki,

boitekanelo ba tlhologanyo, tshidilo ya maikutlo, le go tshegetsa le go ipankanyetsa kgotlatshekelo.

<http://ttbc.org.za/>

Tell: 011 484 4554 (Nako ya tiro)

### **Johannesburg Child Welfare**

Johannesburg Child Welfare e refolela ditirelo tsa tlhekefetso, latlha, ikgatolosa, khutsana le go tseiega ga bana (go akaretsa ba ba amilweng le go tshwaetswa ke kokwanatlhoko ya HIV/AIDS mo mmasepaleng wa Johannesburg).

<http://jhbchildwelfare.co.za/>

Tell: 011 298 8500 (Nako tsa tiro)

### **Dinomore tse dingwe tsa mogala tsa 24 hours**

**Childline** - 0800 055 555 (24 hours)

**SAPS** - 10111 (24 hours)

## **GO DIRAGALA ENG FA KE TSHABETSE GO MOTLHOKOMEDI KGOTSA LELOKO?**

o tshwanelwa ke go ya seteisheneng sa mapodisa se gaufi le wena kgotsa lefelo la bapalesego. Mongwe lemongwe o a tswang mo lapeng la gagwe ka mabaka a mangwe ntle le go reka dijo, ditlhare, go tlhoka thusa ya tsa maphelo, kgotsa go gola madi a loago o tla be a sa ikamanye le molao o o beilweng wa naga tebang le COVID-19 National State of Disaster Act. Tshedimosetso ka botlala di fitlhelwa [mo](#).

[O ka ikgolaganya le sepodisi se se gaufi le wena.](#)

## **TSA BOITEKANELO**

### **KE FITLHELELA KAE TSA THUSO YA MAPHELO?**

Afrika Borwa e na le ditheo tse farologaneng tsa maphelo e leng sa batho botlhe le poraefete. Go ya le gore leroborobo le amile maokelo, le motho o tshwanetswe go ya gongwe go amogela thuso. Ga go na dikaro ntle le ge ele sengwe sa tshoganyetso, ga go balwetse ba ba tlileng go

lekolwa, ntle le mafelo mangwe jaanong bookelo bo na le dikaralo dingwe tse kgethilweng go alafa balwetse ba coronavirus.

Ka kopo latlhela bofoku fa:

[Ditirelo potlana tsa maphelo tsa Afrika Borwa](#); le

[Maokelo otlhe a Afrika Borwa](#)

## **KE MAOKELO A FE A A RULAGANYEDITSWENG GO SAMAGANA LE COVID-19?**

<b><u>Gauteng</u></b>	Charlotte Maxeke Hospital Address: Parktown, Johannesburg, 2193 Tel: 011 488 4911  Steve Biko Hospital Address: Steve Biko Road & Malan St, Prinshof 349-Jr, Pretoria, 0002 Tel: 012 354 1000  Tembisa Hospital Address: 539-541 Reverend R.T.J. Namane Dr, Hospital View, Tembisa, 1632 Tel: 011 923 2000
<b><u>Kwa-Zulu Natal</u></b>	Grey's Hospital Address: The Msunduzi, Town Hill, Pietermaritzburg, 3201 Tel: 033 897 3000
<b><u>Eastern Cape</u></b>	Livingston Hospital Address: Lindsay Rd, Industrial, Port Elizabeth, 6020 Tel: 041 405 9111
<b><u>Western Cape</u></b>	Tygerberg Hospital Address: Francie Van Zijl Dr, Tygerberg Hospital, Cape Town, 7505 Tel: 021 938 4911
<b><u>Limpopo</u></b>	Polokwane Hospital Address: Cnr. Hospital & Dorp St, Polokwane, 0699 Tel: 015 287 5000
<b><u>Mpumalanga</u></b>	Rob Ferreira Hospital Address: General Dan Pienaar Street, Nelspruit, 1201 Tel: 013 741 6282

<b><u>North West</u></b>	Klerksdorp Hospital Address: John Orr St, Nesehof, Klerksdorp, 2571 Tel: 018 406 4600
<b><u>Free State</u></b>	Pelonomi Hospital Address: 121 Dr Belcher Rd, Heidedal, Bloemfontein, 9301 Tel:051 405 1911
<b><u>Northern Cape</u></b>	Kimberley Hospital Address: 114 Du Toitspan Rd Tel: 053 802 9111

## **NKA TLHATHOBIWA KAE COVID-19?**

Lefapha la naga la Boitekanelo le laboratiri ya maphelo (National Health Laboratory Service) le tshwaragane le tsa maphelo le rebotse ditirelo tsa dirori tsa go itlhathoba go phatlhalla le naga, se se tla isiwa kwa mafelong otlhe ka go farologana a kgakala le mo go reboletsweng gore ditlhatlhobo di tla direlwa gone.

Diterelo tse di bontswa ka \*\* ke tse di fiwang di tekanyetsokabo ke mmuso. Tlhokomela gore lenaane le ga la felela.

<b><u>Gauteng</u></b>	<p>** Charlotte Maxeke Hospital Parktown, Johannesburg, 2193 Phone: 011 488 4911</p> <p>** Steve Biko Hospital Steve Biko Road &amp; Malan St, Prinshof 349-Jr, Pretoria, 0002 Tel: 012 354 1000</p> <p>** Tembisa Hospital 539-541 Reverend R.T.J. Namane Dr, Hospital View, Tembisa, 1632 Tel: 011 923 2000</p>
<b><u>Kwa-Zulu Natal</u></b>	<p>** Inkosi Albert Luthuli Central Hospital 800 Vusi Mzimela Rd, Umkumbaan, Durban, 4091 Tel: 031 240 2794 Mon - Fri 07:00 – 19:00</p> <p>Pmb Midlands Ground Floor, Midlands Medical Centre, 162-166 Masukwana St, Pietermaritzburg, 3201 Tel: 033 2644340 Mon-Fri 08:00-17:00</p>

	<p>Sat 08:00-13:00</p> <p>Teleradio building *Drive through site*</p> <p>73 Carlisle Street Tel: 031 3086500 Mon-Fri 8:00-17:00, Sat 8:00-13:00</p> <p>Shelly Beach Shop 7b, Shelly Boulevard Centre, Shelly Beach Tel: 039 6820117/0148 Mon-Fri 08:00-17:00 Sat 08:00-13:00</p>
<b><u>Eastern Cape</u></b>	<p>NHLS Port Elizabeth Virology Cnr Buckingham &amp; Eastbourne Road, Port Elizabeth, 6001 Tel: 041 395 6120/6126 Mon-Fri 07:00 – 19:00 Sat: 08:00-12:00</p>
<b><u>Western Cape</u></b>	<p>** Groote Schuur Academic Hospital Main Rd, Observatory, Cape Town, 7925 Tel: 021 404 5201/ 021 404 5116 07:30 – 17:00 Hours extended depending on the need.</p> <p>** Tygerberg Academic Hospital Francie Van Zijl Dr, Tygerberg Hospital, Cape Town, 7505 Tel: 02 938 9354 06:30 – 9:00 (Seven days a week)</p>
<b><u>Limpopo</u></b>	<p>Lephalale Corner Joe Slovo and Drif Street, Shop L 2 Sunset Point Plaza</p> <p>Tel: 014 7631241 Mon-Fri 07h00–18h00, Sat 07h00-12h00</p> <p>Thabazimbi 13th Avenue Carpe Diem Centre Tel: 014 7721448 Mon-Fri 08:00–17:00 Sat 08:00-12:00</p> <p>Polokwane *Drive through site*</p> <p>4A Grobler street, Polokwane Central Tel: 015 2940400 24 hours</p>

	<p>Tzaneen  71 Wolksberg Road, Ivory Tusk Lodge  Tel: 015 3074849  24 Hours</p>
<b><u>Mpumalanga</u></b>	<p>Standerton depot  Cnr Kerk &amp; Princess, Central Park number 5, Standerton  Tel: 017 71223749  Mon-Fri 08:00–17:00  Sat 08:00-12:00</p> <p>Urgent Care  Unit 10C, Sonmed Suites, Cnr of Madiba Drive &amp; Piet Retief St, Sonheuwel  Tel: 013 7459000  Mon–Sat 8h00–19h00,  Sun 10:00 – 19:00</p>
<b><u>North West</u></b>	<p>Rustenburg Main Laboratory  102 Kock Street, Rustenburg, 2999  Tel: 014 5978500  Mon–Fri 07h00–18h00,  Sat 08h00-12h00</p> <p>Brits  Shop 19 Safari Ctr, Van Velden St, Brits  (012)2520308  Mon–Fri 07h00–17h00, Sat 08h00-12h00</p>
<b><u>Free State</u></b>	<p>** Universitas Hospital  1 Logeman Street  Tel: 051 405 2834/ 051 405 3162  07:30 – 17:30 (Seven days a week)</p> <p>Westdene *Drive through site*  President Steyn 66, Westdene, Bloemfontein.  Mon-Fri 07:00-18:00,  Sat-Sun 08:00-13:00</p>
<b><u>Northern Cape</u></b>	<p>Kimberley  39 Mac Dougall St, El Toro Park, Kimberley, 8301  Tel: 053 8364460 for an appointment  Mon-Fri 8:00 – 17:00</p>

## KE DITIRELO DI FE TSE DI LENG TENG KA NAKO E E MASISI?

# COVID - 19 PANDEMIC CALL CENTRES AND HOTLINES



Coronavirus Hotline: <b>0800 029 999</b>	National Crisis Line: <b>0861 322 322</b>	South African Police Service: <b>08600 10111</b>	Reporting undue price increases: <b>0800 141 880</b>	Child Line: <b>0800 055 555</b>	Department of Home Affairs: <b>0800 601 190</b>
Persons with Disabilities: SMS 'help' to <b>31531</b>	Support to SMMEs in distress: <b>0860 663 7867</b>	AIDS Helpline: <b>0800 012 322</b>	Department of Trade and Industry: <b>080 000 6543</b>	Suicide Helpline: <b>0800 567 567</b> OR <b>0800 456 789</b>	Department of Water and Sanitation: <b>0800 200 200</b>
GB VF - Related service complaints: <b>0800 333 177</b>	PostBank Call Centre: <b>0800 53 54 55</b>	Gender-based Violence Command centre: <b>0800 428 428</b> OR <b>*120*7867# (free)</b>	UIF Call Centre: <b>0800 030 007</b>	Family Violence, Child Protection and Sexual Offences Unit: <b>0800 150 150</b>	Department of Tourism: <b>0860 868 747</b>
National Institute for Communicable Diseases: <b>0800 029 999</b>	Women Abuse Helpline: <b>0800 150 150</b>	National Human Trafficking Helpline: <b>0800 222 777</b>	SASSA Call Centre: <b>0800 60 10 11</b>	Presidential Hotline: <b>17737</b>	<b>WE ARE HERE TO HELP</b>

WHATSAPP SUPPORT  
**0600 123 456**  
EMERGENCY NUMBER  
**0800 029 999**  
[sacoronavirus.co.za](https://sacoronavirus.co.za)



Nomore ya mogala ya semmuso e e sa duelelweng:



- 0800 029 999

### **Mogala wa kliniki:**

- 082 883 9920

### **Mogala wa semmuso wa Covid-19 WhatsApp:**

- Mogala wa WhatsApp ke 060 012 3456, romela lefoko 'Hi'gore o tsenngwe mo sethopeng sa WhatsApp.O tla amogelwa ka molaetsa

### **Lefapha la boitekaneloThe Department of Health**

- A [South African resource portal](#) for Covid-19 le tlhodile go tlamela ka tshedimosetso, dikgang le dintlha le dipotso le dinomoro tsa go ikgolaganya. Ela tlhoko website e e latelang <http://www.sacoronavirus.co.za/>.
- Go tlhamilwe [lekala la ditshwantsho go bontsha gore "facemask" e rwalwe jang le gore ditlhatlhobo tsa](#) Covid-19 di dirwa jang.

## **DITSHWANELO**

### **DITSHWANELO TSA KA KE DIFE?**

Ga go motho yo o letleletsweng go kaila mo mmileng ,ntle le go ya go batla dijo le melemo/ditlhare,kgotsa go amogela madi a loago.No persons are allowed to be on the street, unless getting food or medication, seeking medical care or collecting a grant. Molao ka tlasa Disaster Management Act ga wa tihalosa ka botlalo go tshwarwa ga ngawna wa dingwaga tse mo tlase ga 18 di dumeletswe ka nako e ya kiletso ya metsamao ya batho. Go na le kgonagalo ya gore ngwana yoo a ka tseiwa a isiwa mapodising mo motlhokomedi kapo losika a ka tla go mo tsaya.

Go botlhokwa gore o ipapise le melao ya bosetshaba ya metsamao, go latela melao ya seshweng e e ntshitsweng ke mmuso:

<https://sacoronavirus.co.za/>

### **A KE KGONA GO FITLHELELA DITIRELO TSA DIKGOTLATSHEKELO FA GO TLHOKAGALA?CAN I STILL ACCESS COURTS IF I NEED TO?**

O ka kgona fela go tla kgotla fa go kgonagala kgotsa go na le mabaka a tshoganyetso, mabaka a bothokwa, ka jalo mabaka a a tseneletseng a tsa maphelo le tshireletsego a tshwanetswe go latelwa.

Fa mabaka a potlakile a le bothokwa o ka kgona go ya kgotlatshekelo le ga o le paki, o le mosekiswa o na le kgwebo le kgotlatshekelo, o felegeditse ngwana, motswasetlhabelo wa tlhekefetso ka dikgoka, motswasetlhabelo wa peto, bogole, moleloko kgotsa mmegadikgang.

**Tlanya fa go bona kgotlatshekeloe e gaufi:** <https://www.justice.gov.za/maps/maps.html>

## THUTO

### NKA KGONA GO TSWELELA KA THUTO YA ME?

Bana botlhe ba Afrika borwa ba na le tokelo ya thuto ya mahala mmuso o pateletsa thuto mo baneng go tloga ka dingwaga magareng ga 5 le 18. Go ya ka seemo sa tsa maphelo jaanong, dikolo di tswetswe go fitlhelela phatlalatso go tswa go mokhuduthamaga ya lefapha la thuto e e potlana, Mme Angie Motshekga (**Motshekga**).

Mokhuduthamaga wa thuto e e potlana o tshithintse dipeelo tse mmalwa tse di tshwanetsweng go latelwa ka maitlomo a go fokotsa go amiwa ke leroborobo la covid-19 le le setse le amile bana ba Afrika Borwa. Lefapha le ikamantse le dikgolagano le mafaratlhatlha go tshegetsisa ditirelo mabapi le thuto go ya ka mephato e e farolganeng segolo bogolo mophato wa marematlou. Se se akaretsa go tlhagisa dithuto mo thelebishinging, le mafaratlhatlha a mahala a a diretsweng baithuti ga mmogo seyalemoyeng Afrika Borwa ka bophara.

UMotshekga uthe usola ukuthi enye yezimo ezibi kakhulu kuzoba ukuvula kancane kancane amabanga asesimeni esibucayi kuze kube nguJuni, bese kuthi unyaka wezemfundo uphonswe ku-2021.

Usuku olulindelekile lokubuya kwabafundi bezikole eziphakeme selushintshile kuya ngokuthi:

1. ukulunga kwesikole ukuze sivule; nanokuthi
2. indawo lapho okukhona iskole (ukuthi ziwela phansi kwama-hotspot).

Izikole ezizimele zinokuzimela okwengeziwe ngokuthi zizovula noma cha ngoba aziyona ingxenye yomkhakha kahulumeni.

Izikole ezihlala zivulekile zingaphansi kwemigomo yezempilo kanye neyokuphepha kanye nokuqinisekisa ukuthi igciwane alisabalali ngaphakathi kwazo. Ezinye izifundazwe ezifana neWestern Cape, zenzabile ukuvula izikole.

ONLINE LEARNING RESOURCE PLATFORMS	
Resource platform	Description
<a href="#">Khan Academy</a>	

	This is a free platform, providing massive online learning resources to a global audience.
<b><u>e-school portal</u></b> * Free for MTN and Vodacom service users	This provides extensive learning content for grades R to 12.
<b><u>Siyavula</u></b> * Free for MTN and Vodacom service users	This is an education technology organisation providing high school maths and science practice questions and free online books for students.
<b><u>UNESCO</u></b>	UNESCO has a useful list of platforms that can provide online learning materials, free books, websites and learning applications for different subject areas.
<b><u>Kahoot</u></b>	Kahoot has opened up premium resources for free for teachers in response to the COVID-19 outbreak.
<b><u>Kidzearch</u></b>	"Wiki for kids" is a great source for children to research subjects such as History, Geography, Maths and Science.
<b><u>African Story Book</u></b>	You can access thousands of picture storybooks in African languages to improve literacy and imagination of children.
<b><u>COL Resources (Secondary)</u></b>	Here are 17 secondary school courses, at grade 10-12, specially designed for independent study.
<b><u>MIT BLOSSOMS (Videos)</u></b>	This is a Blended Learning Open Source Science or Math Studies (BLOSSOMS) that has a series of interactive lessons presented in a widely accessible video format.
<b><u>Storyweaver</u></b>	For over 19,000 stories to promote reading amongst kids available in 230 languages.
<b><u>Department of Education</u></b>	The Department of Education has created an online portal that has links to study material, multimedia and reading material for South African students.
<b><u>Advantage Learn</u></b>	Grade 8 to 12 maths teaching videos and practice resources are free over the schools shutdowns. Go to <a href="https://advantagelearn.com/redeem">https://advantagelearn.com/redeem</a> and enter the following code to get free, open access to all our Grade 8 to 12 maths teaching videos and practice resources: EducateDontContaminate
<b><u>Section 27</u></b>	

	Any learner, parent or caregiver in search of educational resources during the COVID-19 lockdown has a “one-stop” Resource Map for educational materials.
<u><a href="#">Proverto</a></u>	This resource has allowed their study guides to be free for learners in Grade 11 and 12.

## **NKA FITLHELELA KAE DITIRELO TSA TSHOGANYETSO, DIJO LE DITLAMELO TSE DINGWE?**

Dilo tsothe tsa tshoganyetso dijo, le ditlamelo tse dingwe di ka fitlhelwa ko **South African Tracker**.