



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

SABC
EDUCATION 



POWERED BY INNOVATION EDGE, THE DG MURRAY TRUST & ILIFA LABANTWANA

15 SABC Radio Stations and 25+ Community Radio Stations

 87.7 - 104.0 FM 🕒 3:30pm — MONDAY TO THURS	 87.6 - 92.1 FM 🕒 3:40pm — MONDAY TO FRIDAY	 104.0 - 107.0 FM 🕒 3:50pm — MONDAY TO FRIDAY
 87.7 - 106.8 FM 🕒 4:10pm — MONDAY TO FRIDAY	 107.9 FM 🕒 4:15pm — MONDAY TO FRIDAY	 88.2 - 107.8 FM 🕒 5:10pm — MONDAY TO FRIDAY
 87.9 - 107.9 FM 🕒 5:12pm — MONDAY TO FRIDAY	 88.0 - 106.8 FM 🕒 5:22pm — MONDAY TO THURS	 89.9 - 104.1 FM 🕒 5:33pm — MONDAY TO FRIDAY
 91.5 FM 🕒 5:40pm — MONDAY TO FRIDAY	 107.9 FM 🕒 5:45pm — MONDAY TO FRIDAY	 90.6 - 107.7 FM 🕒 7:15pm — MONDAY TO FRIDAY
 89.4 - 103.2 FM 🕒 8:20pm — MONDAY TO FRIDAY	 97.2 - 100 FM 🕒 8:30pm — MONDAY TO FRIDAY	 87.7 - 106.6 FM 🕒 8:35pm — MONDAY TO FRIDAY

Eden FM

Good News Community Radio

Radio 786

Radio Al-Ansaar

Mmabatho FM

Kopanong FM

Moretele FM

Village FM

Bodumedi FM

Radio Tygerberg

Bulungula Radio

Gold FM

Ngqushwa FM

Radio Overvaal

Sajonisi Youth Radio

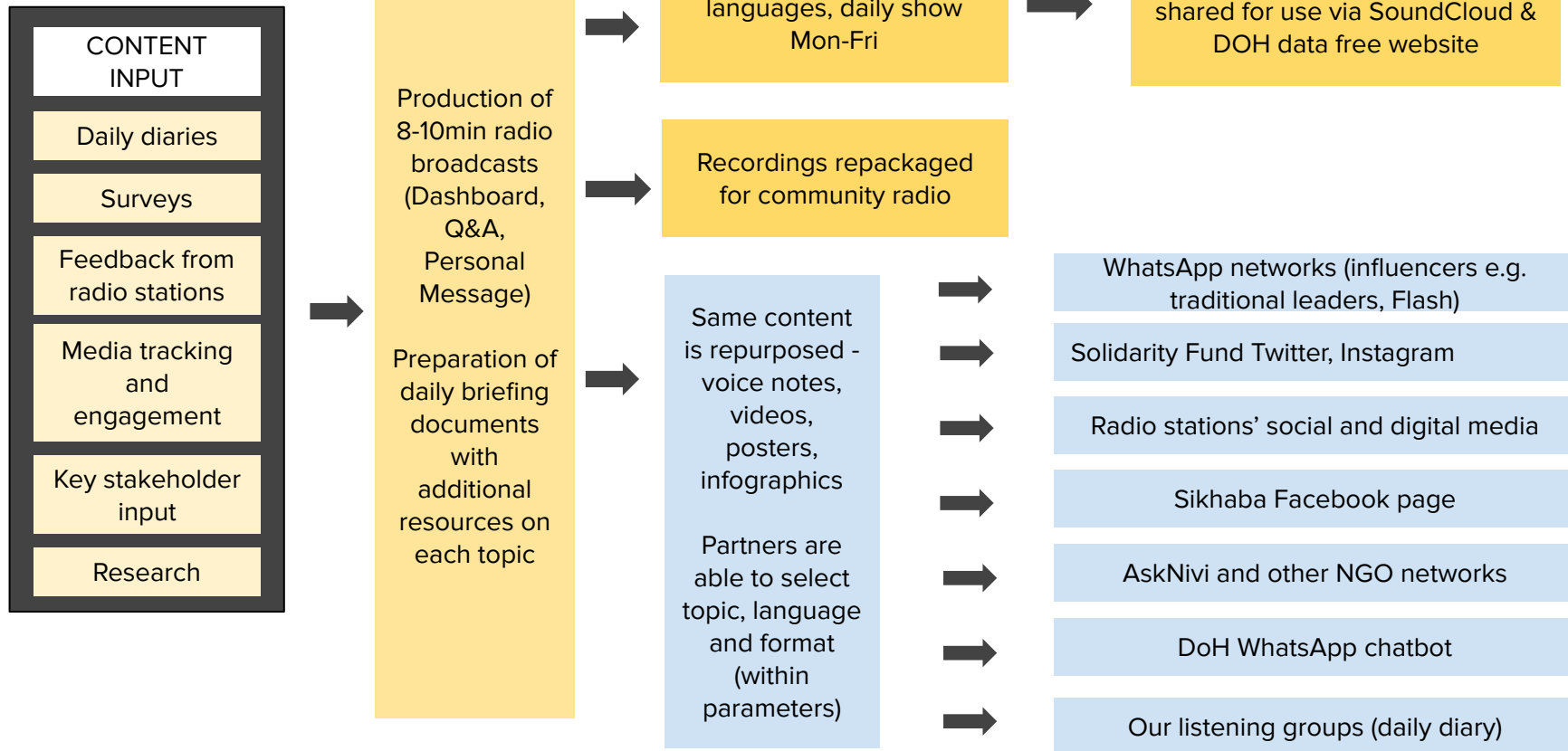
Wild Coast FM

Inkonjane FM

Ekhuruleni FM

Vibe FM

Waterberg Stereo





Sikhaba COVID-19 Daily

22 July - Sikhaba COVID 19 - Being Prepared for Death

8 hours ago

News & Politics



1 22 July – isiXhosa – Tru FM – Sikhaba COVID 19 – Being Prepared for Death



2 22 July – English – Radio 2000 – Sikhaba COVID 19 – Being Prepared for Death

▶ 2



3 22 July – English – Lotus FM – Sikhaba COVID 19 – Being Prepared for Death

▶ 1



4 22 July – Ndebele – Ikwekwezi FM – Sikhaba COVID 19 – Being Prepared for Death

▶ 2



5 22 July – Sepedi – Thobela FM – Sikhaba COVID 19 – Being Prepared for Death

View 13 tracks



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LINK: [Soundcloud](#)

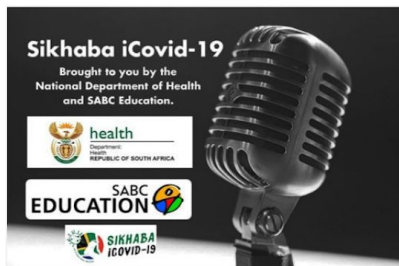
COVID-19

Online Resource & News Portal
SAcoronavirus.co.za



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

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Sikhaba iCovid-19 Radio
Series (21st July) Back to
Basics of COVID-19

Jul 21st, 2020 | [Audio Clips](#)



Sikhaba iCovid-19 Radio
Series (20th July) Protecting
Nutrition

Jul 20th, 2020 | [Audio Clips](#)



Sikhaba iCovid-19 Radio
Series (17th July) Madiba
Day Call to Action

Jul 17th, 2020 | [Audio Clips](#)



Sikhaba iCovid-19 Radio
Series (16th July) ECD
Reopening

Jul 16th, 2020 | [Audio Clips](#)

LINK: [DOH Coronavirus webpage](#)



Posters

LINK: <https://www.facebook.com/sikhabaiCovid19/>

Sikhaba iCovid19

July 16 at 12:30 PM · 🌐

Ditiro tše bonolo di ka fokotša tshenyo ye baerase e e dirago go batho ba rena...naga ya rena le ekonomi.

See Translation



**Ditiro tše bonolo di ka
fokotša tshenyo ye baerase e
e dirago go batho ba rena...**



**...naga ya rena
le ekonomi.**

Apapa sešira mofelong le dinko sa gago. Hiapa diatla tša gago. Dira gore go dule go na le moya mafelong ao o dulago. Se batamelane kudu le batho ba bangwe.



Sikhaba iCovid19

July 20 at 3:00 PM · 🌐

ISONDLO

Yintoni ekufuneka bayitye abantwana bam ngeli xesha ukuqinisekisa ukuba bakhuselekile?

* De babe neenyanga eziyi-6 ubudala, okona kutya kubhetele kwiintsana lubisi lwebele. ... [See More](#)

See Translation



ISONDLO

**Yintoni ekufuneka bayitye abantwana bam ngeli
xesha ukuqinisekisa ukuba bakhuselekile?**

De babe neenyanga eziyi-6 ubudala, okona kutya kubhetele kwiintsana lubisi lwebele.

Ukusuka kwinyanga eziyi-6 ukuya phambili, iintsana kunye nabantwana bafuna ukutya okondlayo okuvela kuwo onke amaqela okutya. Bafuna izixa ezincinci zeziqhamo, iliveji, izitatshi neeprotini imini yonke ukuze imizimba nobuchobo babo zikhule kakuhle nangokufanelekileyo.

Ingaba unemali engonelanga?

Thenga ukutya okufana namaqanda, iipitshadi, ipinathi bhatla, iimbotti, imini yesoya, umnxube wesuphu, izibindi zenkukhu naMasi. Zama ukuthenga iziqhamo neeveji ezikhoyo ngelo xesha.

Ngolwazi olungaphaya ekubeni zeziphi iintlobo zokutya ezibhetele ebantwaneni, jonga [kwRoad to Health Booklet](#) yomntwana wakho, kwaye uye kwikhasi le-Facebook [leSideBySide](#).



Sikhaba iCovid19

July 21 at 3:30 PM · 🌐

**BACK TO THE BASICS OF COVID-19
VENTILATION**

Why is there so much messaging about keeping windows open?... [See More](#)



BACK TO THE BASICS OF COVID-19

VENTILATION

**Why is there so much messaging
about keeping windows open?**

Very small droplets can hang in the air for a while after someone speaks or coughs, if we **open windows** and let the air flow better, they get blown away.

When we are very close to people, like in a taxi or in a small space, it's very important to have the windows open.





Meet the expert Q&A



MEET THE EXPERT

REV. AWEDZANI NEMAUKHWE

Chairperson of the SA Council of Churches, Limpopo

"It is important to understand the effects of stigma. Stigma is a killer, it kills people's self-esteem, self-confidence, and trust. My encouragement to the nation is to put their trust in God and refuse to be judgemental.

The community must stay away from being judgemental."



KHA VHA VHUDZISE...

Dr Maylene Shung King

Asoshieti Phurofesa wa Mbekanyamaitele ya zwa Mutakalo na Khethekanyo ya Dzisisiṭeme





Voicenotes





ZUKISWA KOTA
Lead Coordinator of the Imali Yethu Coalition
at the Public Service Accountability Monitor

"What were some of the main changes in the new Covid-19 emergency budget that Finance Minister Tito Mboweni presented?"





DR BAMFORD
National Department of Health

"Should I still take my child for immunisations in a clinic?"

Content is repurposed for other platforms



What would you like to know about COVID-19?

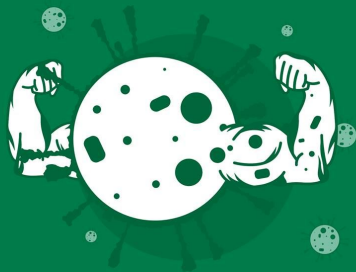
Reply with one of the words in the list below to get the correct information on the topic:

News 
Myths 
About 
Prevention 
Symptoms 
Treatment 
Risks 
Travel 
Testing 
Share this service 

12:04 PM



**WE ARE ALL TIRED
OF THE LOCKDOWN
AND THE RULES**



**BUT THE VIRUS
IS *NOT* TIRED.**

Wear your mask. Wash your hands. Keep your distance. Stay home.

#TeamSikhaba

National mobilisation campaign

30 July - 1 August

Beating Covid-19 is a team sport



Defence: taking care of yourself

Offence: taking care of others

Working with prominent sportspeople in major
sporting codes to start the conversation

NB to address issues of stigma and fatigue