

Isifo seswekile? Sifuna ukukugcina ukhuselekile kwingxaki yokuhlaselwa yicCOVID-19

Icoronavayirasi isemoyeni kwaye siphefumla amachaphaza amancinci amathe anevayirasi. Abantu abanesifo seswekile basemngciphekweni omkhulu weCOVID-19.

Funa uncedo ungalibazisi ukuba uneempawu

Ukuba uneempawu, kufuneka wenze uvavanyo lweCOVID-19.

- Fonela umsebenzi wezempiro okanye fonela ihotline yeCOVID-19 namhlanje wenze amalungiselelo ovavanyo lweCOVID-19. Baxelete ukuba unesifo seswekile.



Funa uncedo ngokukhawuleza ukuba uqalwa yenze yezi zinto:

- Iphika/ Ukuphefumla nzima
- Ukudideka engqondweni
- Ukungakwazi ukuvuka ngokupheleleyo
- Isifuba esibuhlunu/ iintlungu ezingapheliyo esifubeni
- Ukungasebenzi ngephanyazo kwengalo, umlenze, okanye icala lobuso.
- Ukungakwazi ukuthetha okanye ukungaboni okwenzeka ngephanyazo

Yiya kwiziko lempilo elikufutshane kuwe ngoko nangoko. Ungasebzisi isithuthi sikawonke-wonke. Ukuba ikhona imfuneko, biza i-ambulensi kule nombolo **0861 911 111**



Zigade ungafumanzi iCOVID-19

Zikhusele phakathi kwabanye abantu

- Musa ukuphuma uye ngaphandle kungekho sizathu.
- Zama ukuba ungabi nazindwendwe.
- Ukuba ekhaya kukho umntu oneCOVID-19, makasuke kwaphela kwabanye abantu okanye ahlale kwenye indawo.



Nxiba imaski ukuba:

- Kufuneka uphumile uye kwiindawo zoluntu.
- Unendwendwe.
- Kukho umntu ogulayo ekhaya.



Makuhlale kucoekile ingekho icoronavayirasi

Hlamba okanye usanithayize izandla zakho qho.



neWestern Cape COVID-19 Hotline: 080 928 4102 (tollfree)



URhulumente
weNtshona Koloni

HLALA UKHUSELKILE
YIYA PHAMBILI

Sithathele ingqalelo ngakumbi isifo seswekile ekhaya

Zigade iinyawo zakho ukuthintela izilonda

- Yonke imihla zijonge iinyawo nezihlangu zakho.
- Iinyawo zakho mazihlale zicocekile phakathi kweminwe.
- Musa ukuhamba ngeenyawo (unganxibanga zihlangu).
- Nxiba izihlangu ezikulinganayo.
- Musa ukusika iikonsi namaqhuma asezinyaweni ngokwakho.



Bugade ubunzima bomzimba bakho

- Zama ukuthoba ubukhulu bomzimba wakho ukuba uyakwazi ukwenza oko.

Yenza uvavanyo lokujonga iglucose egazini lakho ukuba uyakwazi ukwenza oko

- Ukuba iglucose ingaphaya kwe-10, theta nomsebenzi wezempilo.

Qhubeka usele amayeza akho

- Sela amayeza akho njengoko uyalelw. Ukuba ubuwayekile ukuwasela, qalisa kwakhona.
- Yitya xa usela amayeza akho.
- Ukuba uhlaba i-insulin, yisebenzise uyibeke ngendlela efanelekileyo.
- Ukuba unamayeza amaninzi ashiyekileyo okanye ongaqinisekanga ukuba aselwa njani, buza kumsebenzi wezempilo/ku gqirha wakho.



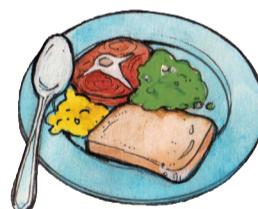
IPocket Clinic App:
WhatsApp
087 240 6122



Zithathele ingqalelo ngakumbi

Yitya izinto ezsempilweni

- Nciphisa itsatshi izonto ezifana nesonke esimhlophe, umngquusho, iinoodles, iitapile, ibhathanathi, irayisi emhlophe.
- Ungayisebenzisi iswekile, iidrinki ezineswekile, utywala.
- Yitya ngamaxesha okutya aqhelekileyo.
- Nciphisa ubungakanani bokutya okutyayo.



Zigcine udlamkile

- Zama ukuba kwiintsuku ezi-5 zeveki, imizuzu engama-30 ubuncinane uyichithe ekwenzeni imithambo (ukuzilolonga).



Yeka ukutshaya

Fumana uncedo xa uludinga

Fonela iziko lezempilo ukuba:

1. Iswekile egazini lakho ihlile kwaye ayide inyuke okanye lonto yenzeke amaxesha abalekayo.
2. Ukuba unendawo ebuhlungu enyaweni lakho.
3. Ufuna uncedo ukusela amayeza akho okanye ukulanda amayeza akho.
4. Une-apoyintmenti yokuya kujongwa kwakhona.



Ngenkukacha ezithe vetshe ngesifo seswekile nokunika inkxaso abantu abaneswekile: WhatsApp 081 578 6636

Ukuba uziva udizi, ubila, ungcangcazela okanye ukudideka engqondweni kungenze ka ukuba **kuhle iswekile egazini lakho**.

Ngoko nangoko yitya okanye sela into eneswekile.

Ulandelise ngokutya okunetsatshi okufana nesonka esihlohlwego.

HLALA UKHUSELEKILE
YIYA
PHAMBILI

