

Ingaba usemngciphekweni wokuhlaselwa yiCOVID-19?

Icoronavayirasi isemoyeni.

Wonke umntu usemngciphekweni wokufumana nokusasaza iCOVID-19.

Usemngciphekweni omkhulu wokuhlaselwa yiCOVID-19 ukuba:

- Uneminyaka engama-55 ubudala nabangaphezulu koko (iingxaki iyeniyuka ngokweminyaka) okanye
- Umntu onesifo seswekile akukhathaliseki nokuba ubudala bakhe bithini

Usemngciphekweni ongephi wokuhlaselwa yiCOVID-19 ukuba sele ukhulile nokuba ubudala bakho buthini kwaye:

- UneTB ngoku
- UneHIV
- Unesifo sezintso
- Unehigh-high
- Ubukhe waneTB
- Unesifo semiphunga, umz. isifuba esingapheliyo, i-emphysema, chronic bronchitis)
- Usebenzisa unyango lwesifo somhlaza

Kunzima ukwazi ukuba usemngciphekweni wokuhlaselwa yiCOVID-19

Sukoyika... uthatha amanyathelo!

Funa uncedo ngaphandle kokulibazisa ukuba uneempawu zeCOVID

Ukuba uneempawu zeCOVID-19, (uyakhohlela, umqala obuhlungu, ukungeva ivumba okanye incasa) fonela umsebenzi wezempilo okanye ihotline yeCOVID-19 zisuka nje ukuze wenze amalungiselelo ovavanyo.

Funa uncedo ngokukhawuleza ukuba unenye yezimpawu:

- Iphika/ ubunzima bokuphefumla
- Ukudideka engqondweni
- Ukungakwazi ukuvuka ngokupheleleyo
- Ukungasebenzi ngephanyazo kwengalo, umlenze okanye icala lobuso.
- Ukulahlekelwa ngephanyazo lilizwi okanye ukubona
- Iintlungu esifubeni nokuvala kwesifuba okungapheliyo.

Yiya kwiziko lempilo elikufutshane ngoko nangoko. Ungasebenzisi isithuthi sikawonke-wonke.

Ukuba ikhona imfuneko, biza i-ambulensi kule nombolo 0861 911 111

Zigade ukuba ungayifumani iCOVID-19

Zikhusele kwabanye abantu

- Sukuphuma endlini uhambe kungekho sizathu ngaphandle kokuba kunyanzelekile, ingakumbi ukuba ungaphaya kweminyaka engama-55 okanye unesifo seswekile.
- Zama ukuba ungabi nazindwendwe.
- Ukuba kukho umntu ekhaya oneCOVID-19, makahlale ngokwahlukeneyo kwaphela kwabanye abantu okanye ahlale kwenye indawo.

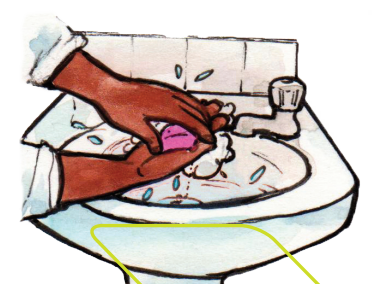


Nxiba imaski ukuba:

- Kufuneka uphumile uye ngaphandle.
- Unendwendwe.
- Ukuba kukho umntu ongaphilanga ekhaya.



Zigcine wena nekhaya lakho nicocekile ningenayo icoronavayirasi
Hlamba okanye usanithayise izandla zakho qho.



HLALA UKHUSELEKILE

YIYA PHAMBILI



URhulumente
weNtshona Koloni

Zithathele ingqalelo ngakumbi

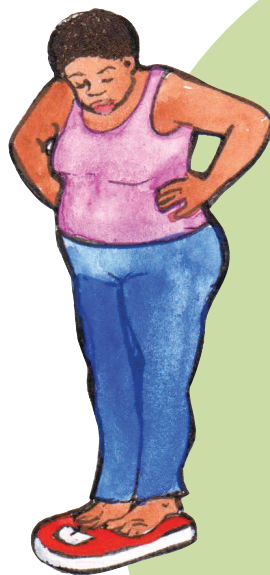
Zama ukulandela iindlela zokuphila ezisempilweni imiqathango yempilo

- Yitya izinto eziya egazini/ izinto ezisempilweni.
- Yenza imithambo yonke imihla.
- Musa ukutshaya, ukusela, ukutya iziyobisi.
- Yijonge impilo yakho yasengqondweni



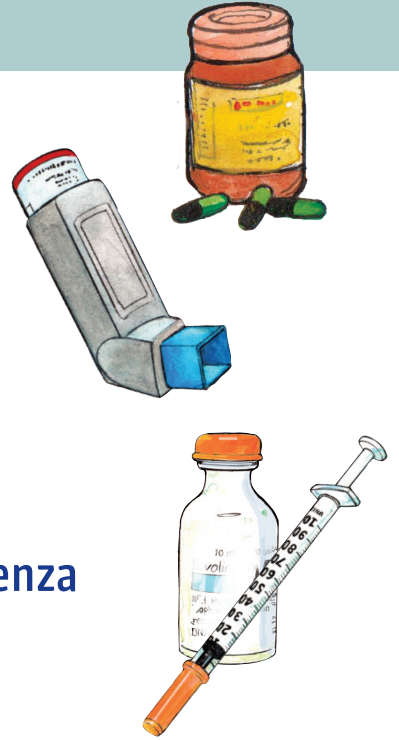
Ukuba unesifo seswekile

- Ukuba iglukhose ingaphaya kwe-10, thetha nomsebenzi wempilo.
- Yeka ukutya okunetsatshi okufana nesonke esimhlophe, umgubo wombona, irayisi emhlophe.
- Ungaziseli iziselo ezineswekile, izinto eziswiti notywala.
- Zama ukuthoba ubunzima bomzimba wakho ukuba ikhona imfuneko yoko.
- Zijonge iinyawo zakho. Funa uncedo lwezonyango ukuba unesilonda elunyaweni lwakho.



Zama ukuba imeko yesigulo sakho esingapheliyo usilawule

- Sela amayeza akho ngendlela eyiyo. Ukuba ubuwayekile, phinda uqalise kwakhona.
- Qhagamshelana nomsebenzi wezempilo ukuba unemibuzo malunga namayeza akho nokwenza amalungiselelo okuziselwa amayeza akho.



Ingaba udizi, utyhafile, ubilile, utyheli ngenkangeleko? Kungenzeka ukuba kwehle iswekile egazini lakho.

- Ngoko nangoko yitya okanye sela isiselo okanye into eneswekile. Ulandele ngokutya okunetsatshi okufana nesonka esihlohlweyo (sendwitshi).
- Ukuba oko kwenzeka ngaphezulu kwesinye, fonela umsebenzi wezempilo.

Fumana uncedo ngexesha olufuna ngalo

- Cela abanye abantu bayokuthengela ukutya benze nezinye izinto ekufuneka uzenzile ukuze uhlale ekhaya.
- Yenza amalungiselelo okuziselwa amayeza akho ekhaya.
- Thetha nomntu omthembayo umbalisele ngezinto ezikuxhalisayo.
- Qhagamshelana nehelpline ukuze ufumane iinkcukacha ezizezinye malunga neCOVID-19 okanye imeko yesigulo sakho esingapheliyo.



Sebenzisa le ndlela **iPocket Clinic** WhatsApp ukuze ufikelele kumnxeba woncedo malunga nokuziselwa amayeza ekhaya.

Uthi 'Hi' kule nombolo kaWhatsApp: **087 240 6122**



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

Inombolo yeWhatsApp Helpline yeSifo seSwekile
081 578 6636



URhulumente
weNtshona Koloni

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