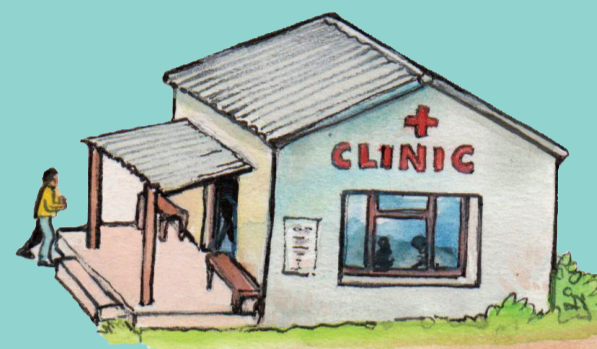


ICORONAVAYIRASI

ingaba unesifo seswekile, iTB, uxinzelelo lwegazi, i-HIV, iingxaki zemiphunga okanye ezentliziyo?

Ingaba uyekile ukusela amayeza akho?

Yiya kwizikompilo uqalise kwakhona ngonyango



Izinto ezibalulekileyo omawuzikhumbule:

- Sela amayeza akho ngokuchanekileyo yonke imihla
 - Ungawaseli amayeza omnye umntu
 - Ungawaniki omnye umntu amayeza akho ukuba awasele
 - Qhakamshela neziko lezempilo elikufutshane nawe ukuze ufumane amayeza wakho wenyanga ezimbini.



Tsalela iiklinikhi xa unezi mpawu zecoronavayirasi zilandelayo:

Ukhohlokhohlo olomileyo

Umzimba obuhlungu

Ukuphefumla nzima

Ukudinwa kakhulu

Ubushushu obuphezulu

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