



URhulumente
weNtshona Koloni

EzeMpilo

IMIBUZO ESOLOKO IBUZWA NGECOVID-19 (CORONAVIRUS)

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Yintoni intsholongwane icorona (coronavirus)?

Iintsholongwane ezibizwa ukuba yicorona liqela elininzi leentsholongwane ezixhaphake kwizilwanyana. Ezi ntsholongwane zibangela ukuba abantu bagule, babe neengxakana ezingephi zokuphefumla ezichaphazela iimpumlo, umlomo nomqala, iimpawu ezifana nezefiva. Intsholongwane entsha ebizwa ngokuba yi COVID-19 ibonwe eChina yaze yanyaniswa nokuqhambuka kwenyuniya.

Yintoni iCOVID-19?

I-COVID-19 sisifo esitsha esosulelayo esibangelwa yintsholongwane eqhambuke kutsha nje ekuthiwa yicorona. Le ntsholongwane entsha nesi sifo besingaziwa ngaphambi kokuba siqhambuke eWuhan, eChina, ngoDisemba 2019.

Zintoni iimpawu zeCOVID-19?

Iingxakana ezingephi zeempumlo, umlomo nomqala nokuphefumla nezithi ziye ziqatsela zihamba kunye ne:

- fiva
- ukukhohlela – Ukoma komqala
- ukutyhafa
- I-myalgia (ukuba buhlungu kwezihluni / umzimba)
- ukuminxana/ kube nzima ukuphefumla
- Qaphela umqala obuhlungu neempumlo ezivuzayo azixhaphakanga kwi-COVID-19 kunaxa umntu enefiva okanye-i-infekshini yeempulo, umlomo nomqala.

Xa kubonakala ngathi ndineCOVID-19?

Abantu bayakurhanelwa ukuba bane-COVID-19 virus XA:

Benempawu ezifana nezefiva kwintsuku ezili-14 emva kokuba bebehambele phesheya kwezilwandle kwiindawo apho i-COVID-19 igqugqisa isulele ekuhlaleni kumntu nomntu OKANYE

apho abantu bebesondelelene (umz. Ukusondelelana ngobuso, ukuba segumbini elivaliweyo, kwisithuthi) kunye nomntu owenziwe uvavanyo waze wafunyaniswa enayo i-COVID-19 OKANYE

Kukho ilungu losapho okanye umntu emsebenzini ofunyaniswe enayo i-COVID-19 OKANYE

Usebenza kwiziko apho izigulane ezine-COVID-19 bezixilongwa zafunyaniswa zinayo kwaye bezinganxibanga izinto zokukhusela OKANYE

Ubuye kwindawo apho i-COVID-19 isasazeka isulele umntu nomntu ekuhlaleni [kuquka le ndlela yokugqibela xa kuthe kwakho umntu ekuhlaleni ekuvunyiweyo ukuba unayo]

Iindawo ezichaphazelekayo ziyachazwa/zihlaziywa yonke imihla ngabakwa -NICD: <http://www.nicd.ac.za/diseases-a-z-index/covid-19/dailyupdates-of-countries/>

Inkcazelo eCacileyo: Ungazirhanela ukuba une-COVID-19 ukuba unokugula okufana nefiva kwaye ukhe waya kwindawo apho i-COVID-19 igqugqisa isulele umntu nomntu OKANYE apho abantu bebesondelelene kunye nomntu ovunyiweyo ukuba une-COVID-19.

Isasazeka njani leCOVID-19?

iCOVID-19 isasazeka ikakhulu ngamaqabaza ataka xa umntu onayo ekhohlela okanye ethimla. Ukusondelelana okufana nokubamba okanye ukuxhawulana izandla. Ukubamba into okanye umphezulu obudibene nalentsholongwane, emva koko ubambe umlomo, impumlo okanye amehlo ungakhange uzihlambe izandla zakho. Kuba le ntsholongwane isasazeka ngomoya kubalulekile ukuba umgama ophakathi kwakho nomnye umntu ubeyimitha 1-2 (amanyawo ama-3-6) umgama phakathi kwakho nomntu ogulayo.

Ndizikhusela njani?

Unganciphisa amathuba okusulelwa okanye ukusasaza iCOVID-19 ngokulandela imiyalelo nje elula:

- Qho zihlambisise izandla zakho ngamanzi nesepha okanye ucoce izandla zakho ngento yokuhlikhla izandla eyi-alcoholbased iisekondi ezingama-20. Zihlambe qho izandla zakho, ingakumbi phambi kokuba uphathe ukutya/ emva kokusebenzisa indlu yangasese okanye emva kokukhohlela okanye ukuthimla.
- Gquma umlomo wakho xa ukhohlela okanye uthimla usebenzise le ndawo igobayo yengqiniba okanye ithishu, xa uyisebenzisile ithishu yilahle emgqomeni uhlambe izandla zakho.
- Ungabambi amehlo akho, impumlo nomlomo ngezandla ezingahlanjwanga.
- Ungasondeli kubantu abagulayo.
- Akukho mfuneko yokuba ufake imaskhi ungaguli okanye ungasulelekanga. Abantu abakhohlelayo nabathimlayo abanxiba imaskhi (isurgical mask ilungile, N95 akukho mfuneko yayo) abanakufane basulele abanye..
- Hlala ekhaya ukuba akuphilanga. Ndinempawu zefiva kwaye bendikhe ndanohambo, ndenze ntoni?

Ndenza njani ukuze ndenze uvavanyo?

Ukuba uthe wanempawu zefiva emva kokutyelela ilizwe okanye indawo iCOVID-19 igqugqisa yosulele umntu nomntu ekuhlaleni OKANYE apho abantu bebesondelelene kunye nomntu ovunyiweyo ukuba uneCOVID-19 zola ungaphaphazeli. Khumbula nokuba unayo iCOVID-19 abantu abaninzi banezigulo ezingephi.

Kubalulekile ukufuna unyango ngendlela yokukhusela ukuze ungayisasazi kwabanye:

- Ukuba uyakwazi ukufikelele kunonelelo lwempilo lwabucala fonela ugqirha/ iziko lempilo lendawo okuyo okanye iNICD Hotline kule nombolo 0800 029 999 okanye inombolo yeHotline yePhondokule nombolo- 021 928 4102. Chaza iimpawu onazo nendawo obuye kuyo okanye ubudibene nabani.
- Ukuba usebenzisa amaziko ezempilo kawonke-wonke fonela iziko lempilo elikwindawo okuyo okanye iNICD Hotline kule nombolo 0800 029 999 okanye inombolo yeHotline yePhondo kule nombolo- 021 928 4102. Uya kufuma iingcebiso ngento ekufuneka uyenzile. Ukuba akukwazi ukufona, yiya kwikliniki ekufutshane kuwe. Ngaphambi kokuba ungene kwiziko lonyango yazisa abasebenzi ukuba unexhala uneCOVID-19. Lindela ukuba ungacelwa ukuba ufake imaskhi iimpumlo nomlomo. Uya kucelwa ukuba ulinde ecaleni kwezinye izigulane ade umsebenzi wezempilo akuncede.

Ukuba uthe waqalisa ukuphefumla nzima funa uncedo ngokukhawuleza. Ukuba unakho, fonela iziko lakho lezempilo ubazise ukuba imeko yakho iyatshintsha ngoku.

Angakanani amathuba okuba ndingasuleleka yiCOVID-19?

Ingxaki ixhomekeke kwindawo okuyo – ingakumbi apho kukho uqhambuko lweCOVID-19 apho. Kutsha nje, eMzantsi Afrika, (ukusukela ngowe-16 kuMatshi 2020) ngama-16 abantu abachaziweyo ukuba banesi sifo eNtshona Koloni. Kubalulekile ukuba uhlale usazi ukuba yeyiphi indawo enale ntsholongwane phesheya kwezilwandle nalapha ekhayeni. Ungakwenza oko ngokujonga iNICD website ehlaziywa yonke imihla: <http://www.nicd.ac.za/diseases-a-z-index/covid-19/daily-updates-of-countries/>

Ingaba kufuneka ndibe nexhala malunga neCOVID-19?

Ukugula ngenxa yokusulelwa yiCOVID-19 abantu aba-4 kwaba-5 bangangaguli kakhulu. Iziganeko zabantwana nabantu abadala zinqabile. Nangona kunjalo, ingabangela ukugula kakhulu, ingakumbi kubantu badala nezigulane ezinezigulo zazo. Asiyonto eyothusayo ukuba abantu baxhalabe ngokuba ingaba ukuqhambuka kweCOVID-19 kuza kubachaphazela njani abantu babo.

Amaxhala ethu singawajika siwenze izenzo zokukhusela, abantu esibathandayo nasekuhlaleni. Okokuqala nokubalulekileyo phakathi kwala manyanthelo kukuhlambisisa izandla okuqhelekileyo nokukhohlala nokuthimla ngendlela ekhuselekileyo. Okwesibini, hlala unolwazi ulandele iingcebiso zabasemagunyeni kwezempilo kuquka nayiphina imida ebekiweyo apha malunga nokutyelela, iindawo ohamba kuzo neendibano.

Ngubani osengxakini yokugula kakhulu?

Ngeli xesha sisafunda malunga nokuba iCOVID-19 ibachaphazela njani abanye abantu, abantu abadala, nabantu abanemeko zabo zokugula (ezifana nesifo semiphunga, isifo sentliziyo, umhlaza okanye isifo seswekile) abo ke bantu bangathi bagule kakhulu kunabanye abangenazo ezi zifo bona.

Ingaba likhona ichiza, iyeza okanye unyango lweCOVID-19?

Okwanguku alikabikho. Ukuza kutsho ngoku akukho chiza kwaye akukho mayeza achasene nale ntsholongwane akhoyo nalungiselelwe ukunqanda okanye ukunyanga iCOVID-2019. Nangona kunjalo, abo bachaphazelekayo baya kufumana unonophelo olufanelekileyo ukunyanga ezo mpawu.

Ingaba ii-antibiotics ziyasebenza ukuthintela okanye ukunyanga iCOVID-19?

Hayi. Ii-Antibiotics azisebenzi kule ntsholongwane, zisebenza kuphela kwizigulo ezenziwe yibhakteriya. ICOVID-19 ibangelwa yintsholongwane, ngoko ke ii-antibiotics azisebenzi. Ii-Antibiotics kufuneka zingasetyenziswa njengendlela yokuthintela okanye ukunyanga iCOVID-19. Kufuneka zisetyenziswa ngendlela oxelelwe ngayo ngugqirha ukunyanga izigulo ezibangelwa yibhakteriya.

Ingaba kufuneka ndinxibe imaskhi ukuzikhusela?

Yinxibe kuphela imaskhi xa ugula unempawu zeCOVID-19 (ingakumbi ukukhohlala) okanye xa ubusonga umntu okungenzeka ukuba ebeneCOVID-19. Iimaskhi ezilahwayo zingasetyenziswa kube kanye. Ezona ndlela zinempumelelo zokuzikhusela, ukhusele nabanye kwiCOVID-19 kukusoloko uhlamba izandla zakho, ugqume ngomkhono wale ndawo igobayo yengqiniba xa ukhohlala okanye ugqume ngethishu wakugqiba ugcine umgama omalunga nemitha e-1-2 (3-6 amanyawo) kubantu abakhohlelayo okanye abathimlayo.

Lithini ixesha lokufukama kweCOVID-19 kwaye ithatha ixesha elingakanani?

“Ixesha lokufukama” lithetha ukuba lixesha phakathi kokufumana intsholongwane nokuqalisa ukuba neempawu zesifo. Uqikelolo lweli xesha lokufukama kweCOVID-19 ukusuka ku-1-14 iintsuku, ikakhulu phaya kwiintsuku ezintlanu.

Kuthetha ukuthini “ukuzivalela wedwa”?

Ugqirha wezempilo uya kukucela ukuba uzivalele ukuba barhanela ukuba uneCOVID-19. Oku kungenzeka ngaphambi kokuba wenziwe uvavanyo lokujonga intsholongwane okanye ngeli xesha ulinde iziphumo zovavanyo. Ukuzivalela wedwa kuthetha ukuba ukuhlala endlini ungadibani kwaphela nabanye abantu iintsuku ezili-14. Le yindlela yokunqanda intsholongwane ingasasazeki ngeli xesha kulindwe iziphumo. Ukuba azikabonakali iimpawu uya kucelwa ukuba uzivalele wedwa ekhayeni kodwa ke ukuba iziphumo zibuye zisithi unayo uyakungeniswa esibhedlele kwigumbi lakho wedwa. Kubalulekile ukuba ulandele imiyalelo malunga nokuzivalela wedwa evela kwabezempilo. Baya kukucacisela oku.

Ingaba intsholongwane ithatha ixesha elingakanani kwimiphezulu?

Akuqinisekanga ukuba intsholongwaneebangela iCovid-19 ithatha ixesha elingakanani ukuphila kwimiphezulu yezinto, kodwa ke kukhangeleka ngathi yenza njengezinye iintsholongwane zecorona (coronaviruses) (kuquka iinkcukacha zokuqala ezimalunga neCOVID-19 virus) zingancamathela kwimiphezulu yezinto iiyure ezimbalwa okanye ukuya kutsho kwiintsuku eziliqela. Oku kungohluka ngokweemeko ezahlukeneyo. (umz. Uhlobo lomphezulu,amaqondo obushushu okanye ukufuma kwendawo leyo).Ukuba ucinga umphezulu wendawo uchaphazelekile kule ntsholongwane, wucoce ngesibulali zintsholongwane esiqhelekileyo uzikhusele wena kunye nabanye abantu. Coca izandla zakho nge- alcohol-based yokuhlilikhla izandla okanye zihlambe ngamanzi anesepha. Ungawaphathi amehlo akho, umlomo okanye impumlo ngezandla ezingahlanjwanga.

Ndiceba ukuya phesheya kweelwandle. Ndenze ntoni ukuze ndikhuseleke?

Uyacetyiswa ukuba ungahambi ngoku okanye uhambo olungabalulekanga oluya kwiindawo ezichaphazelekayo ukuba uyagula, ingakumbi abantu abadala abakhenkethayo nabantu abanesigulo ezingapheliyo okanye abahleli benezigulo zabo kakade. Izinto ezikhuthazwayo ukulungiselela impilo yabantu, indlela yokukhohlela nokugcina umgama omalunga nemitha enye ukusuka kumntu obonakalisa iimpawu oko kuya kuhlala kubalulekile kubo bonke abakhenkethi.

Amalungu osapho okanye abasebenzi abavela kwindawo apho iCOVID-19 seyifumanisekile ukuba ikhona. Kufuneka benze ntoni?

Ekufikeni kwabo eMzantsi Afrika abakhenkethi bevela kwiindawo ezichaphazelekayo kufuneka baphendule imibuzo baze baxilongwe bajongwe amaqondo obushushu. Njengendlela yokuqinisekisa ukukhuseleko, nokuba ababonakalisi zimpawu, baya kucelwa ukuba bazijonge bona ngokwabo. Ukuba banazo ezi mpawu zijongwayo (impawu zefiva nokudibana neendawo ekuthiwa zinale ntsholongwane) bayakwenziwa uvavanyo bathunyelwe kwisibhedlele esilungiselelwe oko. Ukupasa kolu vavanyo akuthethi ukuba akuchaphazeleki yiCOVID-19. Kusengenzeka ukuba uchaphazelekile qha iimpawu azikabonakali. Abakhenkethi abangabonakalisi mpawu baya kucelwa ukuba bajonge iimpawu kubo iintsuku ezi-1-14, ehambelana nemithetho elandelwayo yesizwe nezizwe eziphesheya kweelwandle. Ukuba iimpawu ziye zakhona ngeli xesha, ezifana nefiva, okanye ukukhohlela okanye ukuphefumla nzima, abakhenkethi bayacetyiswa ukuba Bangayi kumaziko empilo okanye koogqirha babo. Xa ungaqinisekanga ngemeko yakho nezinto ezilandelwayo, nokuzaka ukuthintela ukusasazeka kwesifo tsalela umnxeba kwiNICD Hotline kule nombolo 0800 029 999 okanye inombolo yeHotline yePhondo kule nombolo- 021 021 928 4102. Uya kufumana iingcebiso malunga nento omawuyenze.

Ingaba yenza ntoni iNtshona Koloni ukwenza amalungiselelo okukhawulelana nale ntsholongwane?

- Sisebenzisana namaqumrhu esizwe ukuqinisekisa ukuba siyilungele le meko.
- iinkqubo sezikhona zabafumaniseke benayo lentsholongwane, ukuhlaliswa bodwa neenkqubo zokujongwa ukwenziwa konyango olukhawulezileyo.
- Onke amaziko empilo aya kukwazi ukujongana nabarhanelwayo okanye aba kuthiwa banayo baze bathunyelwe kwizibhedlele ezilungiselelwe oko.
- Imithetho elandelwayo sele ikhona ukulandelela abo umntu onentsholongwane ebedibene nabo ukuqinisekisa ukuba intsholongwane ayisasazeki.

Ingaba imisitho iyakurhoxiswa eNtshona Koloni?

UMongameli ubhengeze iCOVID-19 njengombulala-zwe waphinda wazisa nezinto ezininzi ezinokulandelwa ukuzama ukunqamda ukusasazeka kwale ntsholongwane. Izinto ekufuneka zenziwe zichaziwe nguMongameli ziquka ukuvalwa kweendibano zikawonke-wonke ezinabantu abangaphaya kwe-100, nokurhoxiswa nokuya kumazwe angaphandle ingakumbi kumazwe - Italy, Iraq, South Korea, Spain, Germany, United States, United Kingdom neChina – ukusukela ngomhla we-18 kuMatshi 2020.

Ngawaphi amanyathelo ekufuneka ndiwalandele?

Iindibano ezinamalungu nabantu abangaphaya kwe-100 mazingabikho.

Imibhiyozo yesininzi ezayo yesizwe efana noSuku lwamaLungelo oLuntu kunye neminye imisitho emikhulu yaseburhulumenteni iya kurhoxiswa.

Kwimihlangani emincinci engenakunqandeka, abaququzeleli kufuneka baqinisekise ukuba babeka imiqathango engaqinqwa emayilandelwe ukuthintela nokunqanda le ntsholongwane.

Ulawulo kumaziko oshishino, amaziko olonwabo, nezinye iindawo ezihanjelwa ngabantu abaninzi ziyacelwa ukuba ziqinisekise ukulandelwa kwemida yococeko nempilo ebekiweyo.

Ndiceba ukuya phesheya kweelwandle. Ndenze ntoni ukuze ndikhuseleke?

Abemi baseMzantsi Afrika bacetyiswa ukuba bazirhoxise zonke iintlobo zohambo eziya e-European Union, United States, United Kingdom namanye amazwe abonwe njengawona analentsholongwane afana neChina, Iran neSouth Korea.

Abemi baseMzantsi Afrika ababuya kumazwe ababazwayo ukuba anale ntsholongwane baya kujongwa benziwe uvavanyo nokuzigcina bezivalele bodwa okanye baquarantinwe xa bebuyela eMzantsi Afrika.

Uyacetyiswa ukuba unгахambani ngoku okanye uhambo olungabalulekanga oluya kwiindawo ezichaphazelekayo ukuba uyagula, ingakumbi abantu abadala abakhenkethayo nabantu abanesigulo ezingapheliyo okanye abahleli benezigulo zabo kakade. Izinto ezikhuthazwayo ukulungiselela impilo yabantu, indlela yokukhohlela nokugcina umgama omalunga nemitha enye ukusuka kumntu obonakalisa iimpawu oko kuya kuhlala kubalulekile kubo bonke abakhenkethi.

Amalungiselelo emsebenzini

Onke amacandelo asekuhlaleni – kuquka amashishini nabaqeshi– mabadlale indima ekunqandeni ukusasazeka kwesi sifo.

Ukuba kuyenzeka, abaqeshi kufuneka bayijonge imeko yokuvumela abasebenzi basebenzele ekhaya.

Abaqeshwa mabaqinisekise ukuba kwindawo zokusebenza zicocekile imiphezulu yeedesika neetafile isulwe ngesibulali ntsholongwane nezinto ezifana neefoni , keyboards) kufuneka zisulwe qho ngesibulali ntsholongwane.

Makubekho isepha ekhoyo nesaniithayiza yezandla, kuhlanjwe izandla ngabasebenzi, amakhesela, nabaxhasi. Kucetyiswa ukuba uhambo lurhoxiswe okanye uhambo olungabalulekanga lungabikho oluya kwiindawo ezichaphazelekayo ukuba uyagula, abantu abadala abakhenkethayo nabantu abanezigulo ezingapheliyo okanye abahleli benezigulo zabo kakade.

Ukuba awukwazi ukulurhoxisa uhambo, qinisekisa ukuba abasebenzi bayayilandela imiyalelo yabasemagunyeni ekuhlaleni kwiindawo abahambe kuzo. Ukuba umzekelo, baxelelwa ngabasemagunyeni ukuba bangayi kwindawo ethile kufuneka bamamele benze njengoko bexelelwe. Abaqeshi kufuneka balandele neyiphina imida ebekiweyo malunga nokutyelela, iintshukumo okanye iindibano ezinkulu kwindawo abahambe kuzo.

Ndingaqhamshelana nabani ukuba andiqinisekanga okanye ndifuna iinkcukacha ezithe vetshe?

Qhagamshelana nePublic Hotline kule nombolo- 0800 029 999.

IHotline yePhondo 021 021 928 4102

Isebenza iiyure ezingama-24 ngosuku.

Thumela i-imeyile kule dilesi doh.dismed@westerncape.gov.za

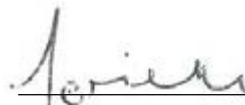
Thumela u“Hi” kule nombolo ka Whatsapp 060 012 3456



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Chief Director

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