

Unonophelo lwexeshana kwiCOVID-19 olungenzelwa ekhaya

Musa ukoyika. Abantu abaninzi abaneCOVID-19 ababonakalisi zimpawu zixhalabisayo baze ke banganyangelwa sibhedlele, koko banonotshelwe ngokukhuselekileyo bengaphandle. Isizathu sokuba usoloko ucelwa ukuba uhlale kwiziko elithile kungenxa yokuba ungenalo igumbi elilodwa ongahlaliswa kulo ekhaya okanye xa kungakhuselekanga ukwenza oko. URhulumente weNtshona Koloni noomasipala babonelela ngamaziko afanelekileyo kwanakhuselekileyo apho banokususwa kwiintsapho zabo de kube kukhuselekile ukubuyela ekhaya.

I-Isolation kuxa umntu kuqinisekisiwe ukuba uneCOVID-19 esuswa kwabanye abekwe yedwa. **Ukukhwarantinwa** kuxa umntu ongenayo iCOVID-19 kodwa obekhe wasondelelana nomntu ohlaliswe yedwa; okanye osalindele iziphumo.



Amaziko exeshana alungiselelwe iCOVID-19:

- **Ii-Isolation facilities** zilungiselelwe abantu abaneempawu ezingaxhalabisiyo noko apho banokuchachela khona kwiCOVID-19 (iintsuku ezilishumi elinesine - 14)
- **Izibhedlele** – ezilungiselelwe abaneempawu ezendeleyo zosuleleko
- **I-Transitional facilities** ngamaziko alungiselelwe abo balindele iziphumo (usuku olunye ukuya kwezimbini /1-2)
- **Amaziko okukhwarantina exesha elide** alungiselwe abantu abebekhe badibana nabantu abanale ntsholongwane (iintsuku ezisixhenxe ukuya kwezilishumi elinesine/7-14)

Kubalulekile ukuba bonke abantu abasuleleke yiCOVID-19 bahlaliswe bodwa ukunciphisa amathuba okunwenwa kwentsholongwane. Abantu ekuqinisekisiweyo ukuba baneCOVID-19 baya kusiwa kumaziko ohlukeneyo. Abantu abalindele ukuvavanyelwa intsholongwane nabo bebekhe basondelelana

nomntu onale ntsholongwane bangangeniswa kwiziko elinye kodwa abayi kubekwa kwindawo enye.



- Imigaqo emihlanu esiSiseko yoCoceko**
1. Hlamba izandla
 2. Sukuzibamba ubuso
 3. Gcina umgama
 4. Gquma umlomo xa ukhohlela
 5. Uyagula? Hlala ekhaya

Ukwahlulwa kusapho lwakho yinto enzima, kodwa kukwayimfuneko ukuthintela ukunwenwa kwentsholongwane isulele izizalwane zakho noluntu. Ugqirha neenkonzo zentlalo ziya kukebisa ngezinto eziluncedo ekufumaneni unonophelo kude ekhaya.



iNational Hotline: 0800 029 999



iProvincial Hotline: 021 928 4102



iNational WhatsApp: 0600 123 456



URhulumente
weNtshona Koloni



UKUNWENWA KWALE NTS HOLONGWANE

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Mandize nantoni?

Eli lixsha elingathi kuxa uthatha uhambo lwexeshana



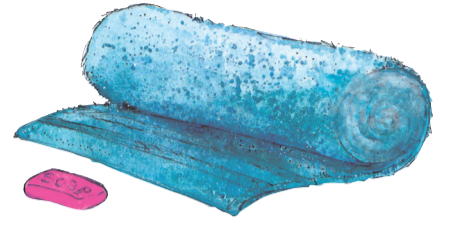
Iimpahla neepijama

Izinekhi nezinto ozithandayo ezimnandi

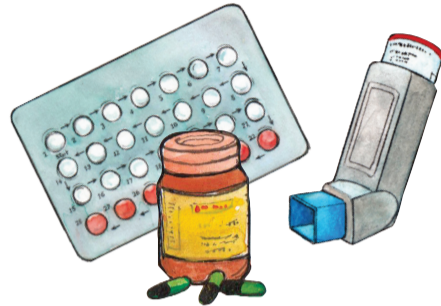


Ibrashi yamazinyo, intlama yamazinyo nezinye izinto zokuhlamba

Iitawuli ezinkulu neyobuso nesepha



Ifowuni netshaja



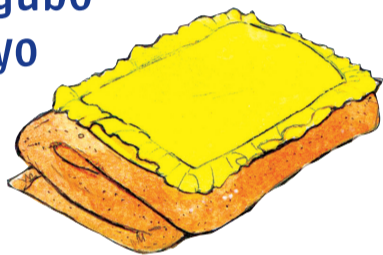
Amayeza akho esigulo esingapheliyo



Into eya kukhumbuza izizalwane zakho, umz, ifoto yosapho

Iincwadi, iimagazini okanye izinto zokwenza ubugcisa bezandla/ikhrafti (umz. ukunitha, ukuthunga, ukukrola ukhuni)

Umqamelo okanye ingubo oyithandayo



Uyacelwa uzishiye ekhaya izinto zakho ezixabisekileyo



Mandilindele ntoni?

- Ukuthuthwa ukuya nokubuya kwiziko
- Igumbi nendlela yokufukelela kwigumbi langasese
- Ukufumana izidlo ngokwesiqhelo
- Ukuqwalasela nokuzixela iimpawu ezibonakalayo
- Ukuncokola nezizalwane zakho usebenzisa ifowuni yakho
- Ukucoca igumbi lakho
- Izixhobo zokuhlambela impahla
- Imiqathango yokukhusela iindwendwe nabasebenzi, umz. ezingahlali gumbini linye nawe
- Azivumelekanga iindwendwe
- Abuvumelekanga utywala neziyobisi
- Iingcebiso uzifumana kugqirha okanye kunontlatlontle wakuba ubuyele ekhaya

Bangalindela ntoni abantu basekhaya?

- IQela lezeMpilo liya kuphonononga ubungakanani bomngcipheko kumzi ngamnye lize licebise ukuba bahlolwe babekwe bodwa abasulelekileyo njengoko kumiselwe.
- Abantwana abancinci abayi kwahlulwa koomama babo okanye kubanonopheli mpilo.
- Abasebenzi bezempilo baya kusebenza kunye neenkokeli zoluntu ukuqinisekisa ukuba ikhaya lakho aliphathwa ngendlela engafanelekanga. Zonke izinto ezirhanelekayo ezenza ixhala ziya kuthathelwa ingqalelo enkulu kwaye xa ikho imfuneko abantu ohlala nabo baya kuhlaliswa kwenye indawo kude kube kukhuselekile ukubuyela ekhaya. Uya kwaziswa ngazo zonke iiguqu ezenzekayo.



URhulumente weNtshona Koloni

STOP

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