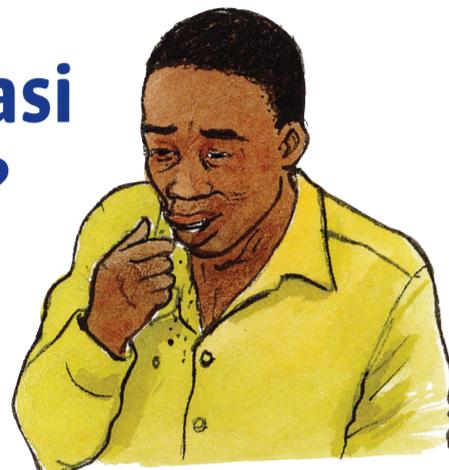


# iCoronavayirasi eKapa eBusika 2020

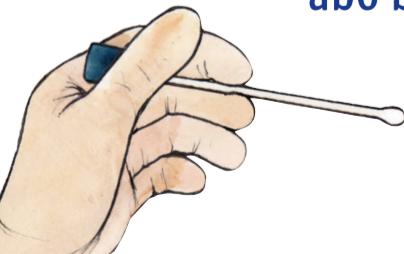
## Yintoni isifo icoronavayirasi (iCOVID-19)?



- Iimpawu zeCOVID-19 ziyafana nezeflu. Ingabangela ukukhohlela, ifiva, umqala obuhlungu, ukungaliva ivumba okanye incasa.
- Abantu abaninzi bangaba nokugula okungephi kwaye kunganyangeka ngokukhuselekileyo ekhaya.
- Abanye bangavela iimpawu eziqatha ze COVID-19 nenyumoniya ebangela kube nzima ukuphefumla.
- Okwangoku akukabikho chiza lokunyanga iCOVID-19.

## Ngubani oya kwenziwa uvavanyo lweCOVID-19?

- Njengoko abantu abaninzi besiba neCOVID-19 akuyi kukwazeka ukuba kwenziwe uvavanyo kuye wonke umntu.
- Uvavanyo kuya kufuneka lugcinelwe abo basemngciphekweni wokuba bangayifumana iCOVID-19 nabasebenzi bezempilo.



Imigaqo emihlanu esisiseko yoCoceko

1. Hlamba izandla
2. Sukuzibamba ubuso
3. Gcina umgama
4. Gquma umlomo xa ukhohlela
5. Uyagula? Hlala ekhaya

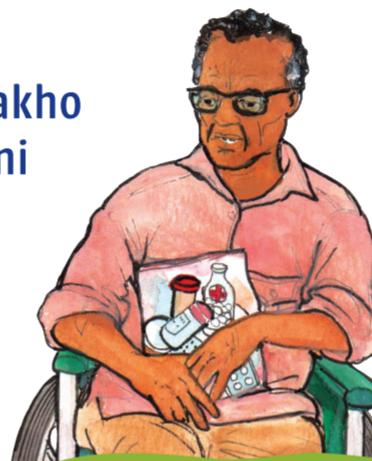
## Zihoye kakhulu ukuba ungumntu osele emdala okanye usemngciphekweni wokuba ufumane iCOVID-19

- Landela imithetho emi-5 esisiseko yococeko.
- Hlala ekhaya kangangoko unako.
- Mabangabibaninzi abantu osondelelana nabo.
- Cela umntu akuthengele izinto ozidingayo aze akulandele namayeza okanye igranti yakho.
- Qhubeka ngamayeza akho ezigulo ezingapheliyo. Phinda uqalise kwakhona ukuba ubukhe wawayeka.



## Ungaba semngciphekweni wokufumana iCOVID-19:

- ukuba uneminyaka engama-55 ubudala okanye ngaphezulu
- nokuba ubudala bakho buthini na kwaye une:
  - Sifo seswekile okanye ihigh-high okanye usebenzia unyang lwasifo sentliziyo
  - Unyang lomhlaza
  - unyang lweTB
  - uneHIV akuzityi kakuhle nee-ARV's zakho
  - Sigulo esingapheliyo esisemiphungeni esinyangwayo (umz. i-asma, i-emfizema, ibronkhayithisi eyendeleyo)



## Ndineempawu zeCOVID-19. Ngoku ndithini?

- Ukuba usemngciphekweni wokuba neempawu eziqatha zeCOVID-19, qhagamshelana nomsebenzi wezempi, iziko, okanye ihotline nithethe malunga nokwenza uvavanyo lweCOVID-19.
- Ukuba awukho mngciphekweni weCOVID-19, zithathe oku ungathi unayo iCOVID-19. Sukuba nexhala. Khumbula abantu abaninzi banokugula okungephi. Akuyi kwensiwa uvavanyo ngaphandle kokuba usemngciphekweni wokuba neCOVID-19.
- Hlala ekhaya ngaphandle kokuba uneempawu ezibonakalayo. Ukuba uyaphangela, xelela umphathi wakho
- Kuphephe ukudibana nabanye abantu. Zivalele wedwa egumbini lakho ukuba unalo.
- Cela umntu ayokuthengela izinto ozidingayo , kwaye ukuba kukho imfuneko akulandele amayeza okanye igranti yakho.
- Gada iimpawu ezibonakalayo, ingakumbi kwiintsuku ezi-5-7 .
- Ukuba iimpawu azibi ngcono emva kweentsuku ezisi-7, qhagamshelana nomsebenzi wezempi, iziko okanye ihotline
- Ungayeka ukuzivalela wedwa kwiintsuku ezili-10 emva kokuba iimpawu zakho zibonakele.
- Qhubeka ulandela imiqathango yokukhusela iCOVID-19.

## Iimpawu ezibonakalayo

Ukuba nephika, ukuba buhlungu kwesifuba, ukubhideka engqondweni okanye ukozela okumandla, funa uncedo ngokukhawuleza. Ukuba ikhona imfuneko biza i-ambulensi.



## Ukubuyela emsebenzini emva kweCOVID-19

Njengomntu obeneCOVID-19 unako ukuphila ngokupheleleyo, ungenakuphinda usulele mntu, ungabuyela emsebenzini emva kweentsuku ezili-10 emva kokuba iimpawu zibonakele.



## Yiba novelwano

- ICOVID-19 isichaphazela sonke. Iya kusulela abantu abaninzi bethu.
- Yiba Nomonde. Wonke umntu usentlungwini kwaye imilinganiselo eyenziwayo ukunqanda ukusasazeka kwecorona ayilulanga ukuyenza.
- Masohlukane nokuphatha abantu abebeneCOVID -19 ngendlela eyahlukileyo. Emva kweentsuku ezili-10, abasayi kusulela mntu kwakhona.
- Umgama ophakathi kwakho nabanye abantu awuthethi ukuba sukuthetha okanye ungaqhagamselani nabantu. Fumaneka ngefon, bafonele abanye abantu.
- Ungazibandakanyi neendaba nemiyalezo yobuxoki engabangela ixhala nokoyika.
- Bonakalisa umbulelo kwabo bancedayo.

HLALA UKHUSELEKILE.  
SINDISA UBOMI BABANTU.

# ICoronavayirasi isasazeka lula

Ngalo lonke ixesha siphuma ekhaya, maninzi amathuba okuba singayifumana icoronavayirasi:

- Ngokusondela kufutshane kakhulu kumntu one COVID-19 ude ube ngaphantsi nakumgama oyi- 1 imitha.
- Ngokuphatha indawo enecoronavayirasi wakugqiba ubambe amehlo, impumlo okanye umlomo wakho.

## Ukuba uyaphuma endlini, nantsi indlela yokuba uzikhusele

### 1 Cinga kabini

- Phuma kuphela xa kukho imfuneko yoko.
- Nciphisa amathuba okuya ezivenkileni. Ziphephe iindawo ezigcweleyo.

### 2 Landela imithetho emi-5 esisiseko yempilo

### 3 Nxiba imaskhi yelaphu

- sebenzisa imaskhi ecocekileyo ngalo lonke ixesha uphuma usiya ngaphandle.
- Qinisekisa ukuba imaskhi igquma umlomo nempumlo.
- Musa ukuyiphatha-phatha imaskihi yakho.
- Ungaze ubolekise ngemaskhi.

### 4 Sebenzisa isanithayiza ngaphambi nasemva kokubamba izinto ezithile.

### 5 Ukubuyela kwakho ekhaya,

- Xa uyikhulula imaskhi ubamba imitya kuphela.
- Faka izinto obuzibambile isibulali zintsholongwane izinto ezifana nezitshixo wakugqiba uhlambe izandla zakho ngaphambi kokuba ubambe nayiphi na into okanye ubambe umntu ekhayeni lakho.



## Landela Imithetho emi-5 esisiseko yempilo

1

Hlamba izandla zakho rhoqo ngesepha namanzi iisekondi ezingama- 20.



20  
imizuzwana

2

Musa ukuphatha ubuso bakho ngezandla ezingahlanjwanga.



3

Kohlelela kwithishu okanye kule ndawo igobayo yengqiniba. Uyilahle ithishu emgqomeni.



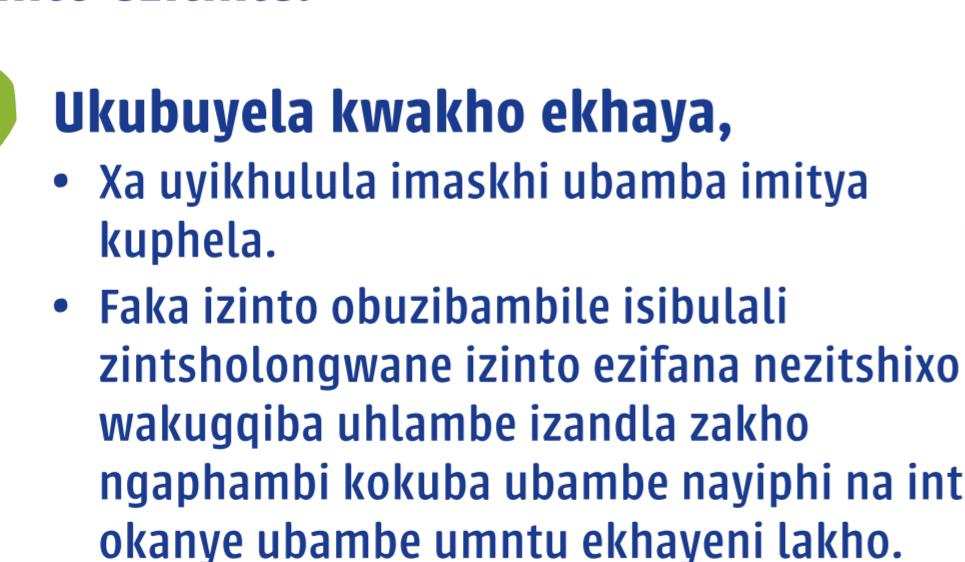
4

Umgama phakathi kwakho nabanye abantu mawube yi-1,5 iimitha.



5

Hlala ekhaya ukuba uyagula. Qhagamshelana nehotline okanye umsebenzi wezempilo.



## Ligcine ikhaya lakho lingenayo icoronavayirasi

- Faka isibulali zintsholongwane esingumxube weblitshi qho kwiindawo ezibanjwa kakhulu ngezandla nezinto ezifana neendawo zokuvula amacango, izitshixo, neselifone.
- Hlamba iimpahla, iziponji neetawuli qho.



HLALA UKHUSELEKILE.  
SINDISA UBOMI BABANTU.



URhulumente  
weNtshona Koloni

## Fumana uncedo olufunayo

### Ingaba uneempawu zeCovid-19?

- iProvincial Health Hotline 021 928 4102
- iNational Coronavirus (COVID-19) Health Hotline 0800 029 999 (tollfree)

### SASSA

- 0800 60 10 11 (tollfree)
- 021 469 0235
- grantenquiries@sassa.gov.za

### Uyaxhatshazwa ekhaya?

- Gender Based Violence Command Centre 0800 428 428 or \*120\*7867# from a cell phone
- Childline SA (ages 0-16 years) 0800 055 555 (24 hour - tollfree)

### Iinkcukacha ezizizo ngeCOVID-19:

- [www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)
- [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)
- [www.who.int](http://www.who.int)

NGOLWAZI OLUTHE VETSHE:  
[www.westerncape.gov.za](http://www.westerncape.gov.za)