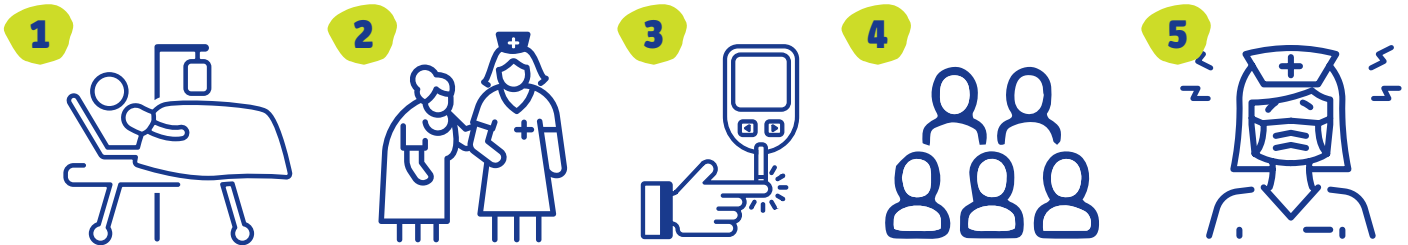


# Iindlela ezilandelwayo zokuvavanya iCOVID-19 kwiMetro



Ngenxa yokungabikho kakuhle kwezixhobo zokwenza iimvavanyo kwisizwe sonke, kodwa kufuneka silukhusele uluntu. **Iya kuba ngabasebenzi bezempilo kuphela kwanabo basemngciphekweni wokugula kakhulu ngenxa yeCOVID-19 abaya kwenziwa iimvavanyo.**

## Uya kuhlolwa xa:

1. Ulaliswe esibhedlele yaye uneempawu zentsholongwane icorona
2. Uneminyaka engaphezulu kwengama-55 yaye uneempawu zentsholongwane icorona
3. Nokuba ungakanani ngobudala, uneempawu zentsholongwane icorona xa unemeko enye okanye nangaphezulu kwezi meko:
  - Isifo seswekile, uxinzelelo lwegazi okanye isifo sentliziyo eziphantsi konyango
  - Umhlaza owunyangelwayo
  - Isifo sephepha yaye ufumana unyango
  - I-HIV kodwa ubungaziseli kakuhle iiARV
  - Isifo semiphunga esiphantsi konyango (umz. asma, emfizema, ibronkhayithisi eyendeleyo)
4. Uhlala kwindawo ekhathalela abantu okanye kwikhaya labadala yaye unentsholongwane icorona
5. Ungumsebenzi wezempilo kwaye uneempawu zentsholongwane icorona

Bonke abantu abayayo kumaziko empilo baya kuskrinwa (babuzwe imibuzo) kodwa iya kuba ngabo babonakalisa iimpawu kuphela nokuba bakwezi zigaba zikhankanyiweyo baya kuvavanywa.

