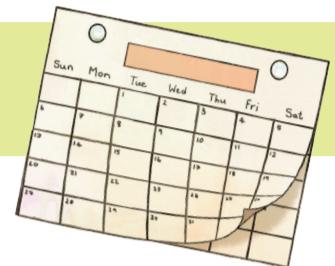


Ukuchacha kwiCOVID-19 emva kokuba ukhululwe esibhedlele

Qhubeka uzhivalele wedwa



- Ukuba imeko yakho yokugula iyaqatsela okanye imandundu, zikhetho uzhivalele wedwa iintsuku ezili-10 ukusukela kumhla owakhutshwa ngawo kwi-oksijini okanye mini imeko eyathi imeko yakho yakwimo ezingileyo. Ugqirha wakho uya kucebisa malunga noku.
- Ukuba unokugula okungephi kodwa ulaliswe esibhedlele ngezinye izizathu (ezifana nesifo seswekile), zhivalele wedwa iintsuku ezili-10 ukusukela kumhla iimpawu zakho ezaqalisa ngawo.
- Ukuba sele uzigqibile iintsuku ezili-10 zokuzivalela wedwa, akunakusulela mntu ungayeka ukuzivalela wedwa.

Iimpawu zakho ezingephni



- Ungathi ube neempawu iiveki ezingephni. Oku kuya kuxhomekeka kubuzaza besigulo sakho kanye nezinye izigulo zakho ezingapheliyo onazo.
- Iimpawu eziqhube kayo zingaquka ukukhohlela, ukungakwazi ukuphefumla, ukudinwa, ukutyhafa kwezihlunu nengxaki yokuba nzima ukukhumbula izinto noku mamela.
- Ukuba iimpawu zakho zithe zathatha into engaphaya kweeveki ezi-6-8, ukuqatsela kwazo nangaliphina ixesha, zibuye ngoku ubusele ungcono, okanye uqalise ukuba neempawu ezintsha, qhagamshelana nomsebenzi wezempi lo okanye iHotline yePhondo ufumane iingcebiso.

Funa uncedo lwezempi lo ngokukhawuleza ukuba uva enye yezi mpawu zilandelayo:

- Ukuphefumla nzima.
- Ukudideka engqondweni okanye ukungakwazi ukuvuka.
- Iintlungu esifubeni okanye ukuvaleka kwesifuba okungapheliyo.

Musa ukukhwela isithuthi sikawonke-wonke. Sebenzisa isithuthi sakho okanye ubize i-ambulensi kule nombolo 0861 911 111.



Lulawule ukhohlo-khohlo lwakho

- Ukuba ukulala ngomqolo kwenza ukuba ukhohlele kakhu, zama ukuba uhlale ngeempundu okanye ulale ngecalo.
- Hlala unamanzi emzimbeni oko ukwenza ngokusela qho intwana yento eselwayo.
- Into eshushu eselwayo, efana nelamuni nobusi emanzini ashushu, inganceda ukupholisa umqala wakho.
- Ukuba ukhohlo-khohlo lwakho alupheli kwiiveki ezi-6-8 okanye uqalisa ukuhla emzimbeni, uqalisa ukubila ebusuku, unefiva, uneentlungu esifubeni okanye ugabha igazi, qhagamshelana nomsebenzi wezempi lo okanye iHotline yePhondo ufumane iingcebiso.



neWestern Cape COVID-19 Hotline 080 928 4102 (tollfree)

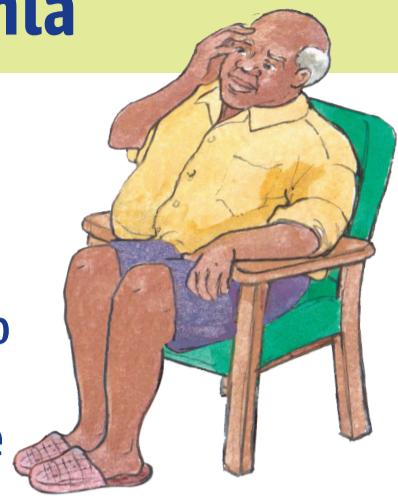


URhulumente
weNtshona Koloni

HLALA UKHUSELEKILE
**YIYA
PHAMBILI**

Ukulawula ingxaki yokungakwazi ukuphefumla

- Emva kwemeko emandundu yeCOVID-19, ungaba nengxaki onayo yokuphefumla.
- Iindlela ezinganceda ziuka ukuhlala, ukukekelela ngaphambili xa uhleli, ukoyama edongeni xa umile, okanye ukulala ngecala uxhaswe ngemiqamelo.
- Yenza imithambo yokuphefumla ukulawula ukuphefumla kwakho: yekelela intamo namagxa akho, uphefumlele ngaphakathi ngokucotha ngempumlo, uvumele imiphunga yakho igcwale ngumoya ukusukela ezantsi ukuya kutsho ngasentla uze uphefumlele ngaphandle ngocoselelo usebenzisa umlomo wakho.



Ukulawula ukudinwa kwakho

- Izinga lokudinwa kwakho lungahluka usuku nosuku.
- Kungaba nzima ukwenza izinto obuqhele ukuzenza, ezifana nokuhlamba impahla, ukuzinxibisa nokwenza umsebenzi endlini.
- Tshintsha indlela yokwenza imisebenzi yakho ukuze ungadinwa msinyane:
 - Yiba nomda kwimisebenzi oyenzayo wenze leyo inyanzelekileyo okanye oyithandayo Cela ilungu losapho okanye umhlobo akuncedise ngemisebenzi ekufuneka uyenile.
 - Yiba nexesha elaneleyo lokuggiba izinto ozenzayo kwaye umane uphumla phambi kokwenza enye into.
 - Musa ukuzixhesha nokucwangcisa imisebenzi emininzi oza kuyenza.

Impilo yakho ngokubanzi yijonge

Qinisekisa ukuba utya ngokwaneleyo ukuncedisa ukuba umzimba wakho uphile. Yitya ukutyu okuneprotheyini kakhulu (okufana neembotyi, iilentalzi, ii-ertyisi, intlanzi, amaqanda nenyama) kwaye utye kakhulu iziqhamo nemifuno.



Sela izinto eziselwayo ngokwaneleyo.



Phumla ngokwaneleyo.



Musa ukutshaya okanye ukusela utywala.



Kancinci kancinci mane uwandisa umsebenzi wakho ukuze izihlunu zakho zizokuba namandla. Iqhelekile into yokuba ukhefuzele xa usebenza. Ukuba ukhefuzela kakhulu kubenzima ukuthetha, yeka uphumle.



neWestern Cape COVID-19 Hotline 080 928 4102 (tollfree)



URhulumente
weNtshona Koloni

HLALA UKHUSELEKILE
**YIYA
PHAMBILI**

Yijonge impilo yakho yasengqondweni

- Iqhelekile into yokuziva uxhalabile okanye usoyika, ukungabikho mdleni okanye ukuba nengxaki yokulala ngeli xesha uchacha kwiCOVID-19. Usengaziva ungazinzanga unexhala, ube namaphupha amabi okanye iinkumbulo ezingamnandanga zokuhlala kwakho esibhede.
 - Ukwenza ezi zinto kuya kunceda :
- | | | | | | |
|---|--|--|---|---|---|
| Nxulumana nosapho lwakho nabahlobo ngefoni okanye ngesocial media. |  | Yenza izinto zobugcisa okanye izinto ezikonwabisayo. |  | Sukubusela utywala okanye usebenzise iziyobisi. |  |
| • Ukuba awumelani nemeko, tyelela iziko lezempilo okanye ufonele iMental Health Helpline kule nombolo 0800 12 13 14 (iiyure ezingama-24) okanye uthumele iSMS 31393 umcebiso uya kubuyela kuwe akufonele. |  | | | | |

Yijonge imeko yakho yezigulo ezingapheliyo

Sela amayeza akho ngendlela oyalelwwe ngayo ukuzama ukulawula imeko yakho, ukunqanda iingxaki nokukugcina uphilile.



Zigcine uye kuzo zonke ii-apoyintment zakho.



Ukuba unesifo seswekile, yijonge iswekile egazini lakho ukuba uyakwazi kwaye uye ekliniki ngamaxhesha ekufuneka uye ngawo enyangeni, okanye ngendlela ocetyiswe ngayo nguggirha wakho



Cela umntu ayokulandela amayeza akho ukuba akukwazi ukuba uphume endlini, okanye wenze amalungiselelo nePocket Clinic App: WhatsApp **087 240 6122** ukuze amayeza akho aziswe endlini.



Emva kokuba uphilile

- Akukaqinisekwa ngento yokuba ukuba ubukhe waneCOVID-19 oko kuya kukhusela ungaphindi ube nayo kwakhona. Inqabile, kodwa kungenzeka ukuba uphinde ubeCOVID-19 okwesibini.
- Khumbula ukuba ivayirasi isemoyeni kwaye siyawaphefumla loo machaphaza amathe angabonakaliyo.
- Ngoko ke nasemva kokuba uphilile, kubalulekile ukuba unxibe imaskhi uthathe izigqibo ezikhuselekileyo.

YENZA IZIGQIBO EZIKHUSELEKILEYO

1. *Uyagula? Hlala ekhaya, wenze amalungiselelo okwenza uvavanyo*
2. *Gcina umgama phakathi kwakho nabanye*
3. *Nxiba imaskhi*
4. *Gquma umlomo wakho xa ukhohlela*
5. *Vula iminyango neefestile*
6. *Musa ukuya kwiindibano zabantu abaninzi, ukusondela ebantwini nokuba kwigumbi elincinci*
7. *Hlamba/usanithayize izandla zakho qho*

neWestern Cape COVID-19 Hotline **080 928 4102** (tollfree)



URhulumente
weNtshona Koloni

HLALA UKHUSELEKILE
YIYA PHAMBILI