

Ukubuyela emsebenzini emva kweCOVID-19

Umntu oneCOVID-19 angaphila ngokupheleleyo abuyelete emsebenzini kungekho ngxaki yokuba angasulela abanye abantu.

Liggibe ixesha lokuzivalela wedwa

Ukuba **unokugula okungepho** (kwaye akungeniswanga sibhedlele) zivalele wedwa iintsuku ezili-10 ukusuka kumhla iimpawu eziqalise ngawo ukubonakala.



Ukuba **imeko yakho iyaqatsela okanye imandundu** (ungeniswe esibhedlele), zivalele wedwa iintsuku ezili -10 ukusukela kumhla owakhutshwa ngawo kwi-oksijini okanye usuku imeko yakho eyathi yazinza ngalo. Ugqirha wakho uya kukucebisa malunga noku.

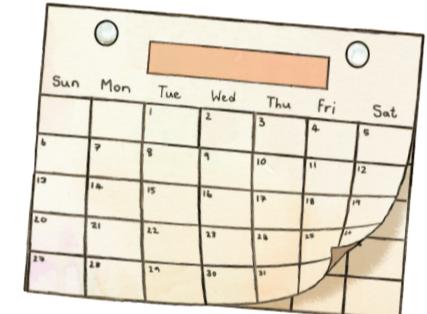


Ukuba **akuthanga ube nazimpawu** kodwa iziphumo zakho zabuya zisithi unayo iCOVID-19, zivalele wedwa iintsuku ezili-10 ukusukela kusuku olwenziwa ngalo uvavanyo.



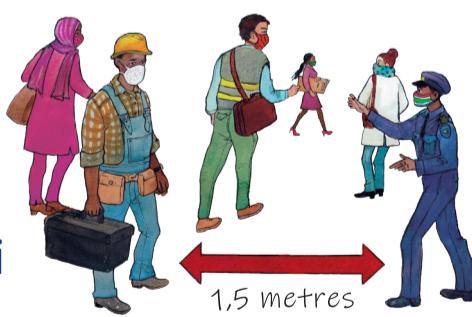
Leliphi ixesha elikhuselekileyo ukuba ungabuyela emsebenzini?

- **Ukuba unokugula okungepho:**
 - Ukuba uligqibile ixesha lakho lokuzivalela wedwa kodwa usenefiva okanye ezinye iimpawu azikabi ngcono, qhagamshelana neziko lezempilo okanye iHotline yePhondo ufumane iingcebiso.
 - Akukho mfuneko yokuba uphinde wenze uvavanyo lweCOVID-19 kwakhona ngaphambi kokuba ubuyelete emsebenzini.
- **Ukuba iimpawu ziyaqatsela okanye zimandundu**, uya kubuyela emsebenzini xa uligqibile ixesha lakho lokuzivalela wedwa kwaye nomsebenzi wezempilo akungqine ukuba ukulungele ukubuyela emsebenzini.
- **Ukuba akukhange ube nazimpawu**, ungakubuyela emsebenzini xa uligqibile ixesha lakho lokuzivalela wedwa.



Xa ubuyela emsebenzini

- Nasemva kokuba uphilile kwicovid-19, kubalulekile ukuba uqhubeke unxibe imaskhi yakho xa uphuma ekhaya kwaye ulandele imigaqo emi-5 esisiseko yococeko.
- Ukuba iimpawu ziya buya okanye ziba mandundu hlala ekhaya, yazisa umphathi wakho kwaye unxulumane nomsebenzi wezempilo okanye iHotline yePhondo ufumane iingcebiso.



- Imigaqo emihlanu esisiseko yococeko**
1. Hlamba izandla
 2. Sukuzibamba ubuso
 3. Vuła umgama oyi-1,5 mitha phakathi kwakho nabanye
 4. Gquma umlomo xa ukhohlela
 5. Uyagula? Hlala ekhaya



IHotline yeCOVID-19 yePhondo leNtshona Koloni 021 928 4102 or 080 928 4102 (tollfree)



URhulumente
weNtshona Koloni

**HLALA UKHUSELEKILE.
SINDISA UBOMI BABANTU.**