



IPHEPHA ELINENGCACISO NGOGONYO LWECOVERID-19

Kukho ubungqina obuninzi benzululwazi obusixelela ukuba ukugonywa kuyasikhusela kwicoronavayirasi. Ukugonywa kungasindisa abaninzi bethu ukuze bangaguli kakhulu ngenxa yesi sifo.

linkcukacha jikelele



Yintoni ichiza? Ichiza lisetyenziswa ukwenza inkqubo yokusebenza komzimba ikwazi ukumelana nezifo ezosulelayo ikwazi nokuzilwa kwixesha elizayo.

Yintoni abantu abaninzi kakhulu/uluntu lwesizwe? Ukhuseleko loluntu lwesizwe luphunyezwa xa abantu abaninzi kakhulu begonyiwe, ukuze isifo esosulelayo sisokole ukufumana ixhoba eliza kuthi ligule. Xa isifo sisasazeka ngokukhawuleza, kufuneka abantu abaninzi begonyiwe ukwenza uluntu lonke lwesizwe lukhuseleke kangongoko.

Ingaba likhona ichiza leCOVID-19? Ewe. EMzantsi Afrika, amachiza amabini okuqala aza kuba khona yiJohnson & Johnson nePfizer/BioNTech. Amanye amachiza nawo angasetyenziswa njengoko iziphumo ziphuma ngokuphuma. Onke amachiza enziwe uvavanyo ngokupheleleyo ukuqinisekisa ukhuseleko.



Malunga nechiza

Liza kunikezelwa njani ichiza? Uya kuhlatywa inaliti apha phezulu engalweni yakho. Amanye amachiza kufuneka ehlatywe kabini kwiiveki eziphakathi kwezintathu nezine ukuze bafumane ukhuseleko opheleleyo (umz. inaliti enye ngoSeptemba enye ngo-Oktobha). Ichiza iJohnson & Johnson lihlatywa kube kanye kuphela.

Ingaba amachiza eCOVID-19 akhuselekile? Onke amachiza asetyenziswayo avavanyiwe amaxesha amaninzi ukuqinisekisa ukuba akhuselekile kwaye enzelwe ukujonga iziphumo ezingalindelekanga eziba ziziphumo zechiza namaxhala okhuseleko kuquka iinguqu zeCOVID-19 ezibonakalayo eMzantsi Afrika, ezibizwa ngokuba yi501Y. V2. Olu vavanyo luquka abantu abasemngciphekweni wokufumana iCOVID-19, kodwa ichaza alivavanyanga ngokwaneleyo ukuqinisekisa ukhuseleko komama abakhulelweyo nabantwana. Uphando oluninzi luyenziwa ukufumanisa ukuba amachiza akhuseleke ngokwaneleyo komama abakhulelweyo nabantwana.

Yintoni iziphumo ezingalindelekanga? Iziphumo ezingalindelekanga ziintlungu nokuba bomvu kule ndawo ubuhlatywe kuyo apha engalweni, intlolo ebuhlungu, nokuziva ugula, udiniwome, unefiva. Oku kuthetha ukuthi umzimba wakho ukulungele ukulwa ivayirasi kwixesha elizayo. Ezi ziphumo zingalindelekanga ziyathanda ukuqatsela emva kosuku lo-1 ziphele nje kwiintsuku ezi-4-5. Ungasebenzisa iparacetamol okanye i-anti-inflammatory ukuba ikhona imfuneko yoko.

Ichiza lenziwe njani ngokukhawuleza okungaka? Amava ngokuqhambula kweSARS neMERS (zombini zisenziwa yicoronavayirasi), ukwenziwa ngokukhawuleza, inkxaso-mali yokwenza uvavanyo nabalawuli basebenze ngokukhawuleza benza inkqubo yakhawuleza kakhulu. Akuthathwanga ndlela lula, kwaye novavanyo olujonga ukukhuseleka nokusebenza kakuhle kweli chiza kwenziwe ngocoselelo nobunono obukhulu njengoko bebenzile kumachiza angaphambili.



Kufuneka ndilindele ntoni

Xa ilixesha lam lokuba ndifumane ichiza leCOVID-19? Ugonyo luya kuqhubeka ngokwamanqanaba amathathu, kuqalwa ngabantu abasemngciphekweni omkhulu wokufumana iCOVID-19 ngenxa yomsebenzi wabo, iminyaka yobudala okanye impilo yabo.

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| Inqanaba loku-1: | Liya kujonga kubasebenzi bezempilo abajongene nkqo nesi sifo. |
| Inqanaba lesi-2: | Liya kujonga abasebenzi abadingekayo kakhulu, abantu abangamaqela abahlala kwindawo ethile, abantu abangaphaya kweminyaka engama-60 kunye nabantu abaneminyaka engaphaya kwama-18 abanezigulo zabo. |
| Inqanaba lesi-3: | Liya kujongana nabantu abangaphaya kweminyaka eli-18. |

Ingaba ikhona imfuneko yechiza ukuba bendinayo iCOVID-19? Ewe, uya kugonywa nokuba ubukhe wanayo iCOVID-19 okanye ukuba uthe waba novavanyo olubonakalisa ukuba uneseli ezikwaziyo ukulwa nevirasi (antibody). Ukuza kutsho ngoko, siyayazi ukuba ukhuseleko lwendalo kwiCOVID-19 aluyi kuhlala ixesha elide. Ugonyo luya kongeza nayiphina into eluncedo inkqubo yokusebenza komzimba ethi ivele emva kokuhlaselwa kwangaphambili yicoronavirasi.

Ingaba ndiyakulifumana ichiza xa ndineempawu zeCOVID-19 okanye ukuba ndikwikhwarantine? Ukuba ukukhwarantine emva kokuba ubudibene nomntu oneCOVID-19, kufuneka ulinde ude ugqibe ixesha lakho lokukhwarantina ngaphambi kokuba ugonye. Ukuba uneCOVID-19, kufuneka ulinde ude ugqibe ixesha lakho lokuzivalela wedwa ngaphambi kokuba ugonye. Ukuba uneempawu zeCOVID-19 ngosuku lwakho lokugonya, uya kuthunyelwa uyokwenza uvavanyo lweCOVID-19 uze ubekelwe elinye ixesha lokuya kugonywa.

Ingaba kukhuselekile ukufumana ichiza ukuba ndinezigulo zam endinazo? Ukuba ungumntu omdala unezigulo zakho kakade, usemngciphekweni omkhulu wokuba ube neCOVID-19 ugule kakhulu. Ngenxa yoku, kufuneka ucinge ngokugonywa. Abantu abaninzi abasele benezigulo abanazo bangalifumana ichiza, kodwa ugqirha wakho okanye umntu ogonyayo uya kukuxelela ukuba ingaba zokhona izinto ezixhalisayo ngaphambi kokufumana ugonyo.

Yintoni endingayenza ngoku enganceda ukuzikhusela ukuba ndingasulelwa yiCOVID-19 ndide ndibe ndikulungele ukugonywa? Qhubeka unxibe imaskhi, usoloko ugcine umgama ofanelekileyo phakathi kwakho nabanye abantu, kwaye usanithayize/uhlambe izandla zakho rhoqo neendawo ekubanjelwa kuzo kakhulu, ngaphambi nasemva kokugonywa. Asiyazi nokuba ingaba ichiza emva kogonyo liya kunqanda ukusasazeka kwevirasi, ngoko ke kubalulekile ukuhlala ukhuselekile kwaye ulandele imithetho yococeko efanelekileyo nasemva kokuba ugonyiwe.

Ungaloyisa njani uloyiko lwakho

Ingaba ichiza liza kuyitshintsha iDNA yam? Hayi, ichiza alizukusebenza kwiDNA yakho. Amachiza enziwe ngeendlela ezahlukeneyo, kodwa akukho machiza anempembelelo kwiDNA yakho.

Ingaba kukho imicrochip kwichiza? Hayi, akukho zimicrochip okanye iitrekha kula machiza. Xa ugonyiwe akuthethi ukuba uza kutrekwa okanye iinkcukacha zakho ziya kubiwa.

Andiqinisekanga ukuba kufuneka ndigonyiwe. Ingaba ikhona imfuneko ngokwenene yokuba ndigonywe? Ukungaqiniseki nokuthandabuza malunga nechiza oko kuya kuba nefuthe kuthi sonke. Ukuba abambalwa kakhulu kuthi bakhetha ukuba bagonywe, abantu abaninzi baza kugula. Ungenza uphando usebenzisa le mithombo ithembekileyo okanye iFacebook page egunyazisiweyo kaRhulumente weNtshona Koloni okanye iwebsite yezizathu neenkukacha malunga namachiza.

Khumbula: Nokuba ingaba ungumsebenzi wezempilo okanye ulilungu loluntu ekuhlaleni, sisigqibo sakho esokuba ugonye okanye ungagonywa. Isigqibo osithathileyo siya kuhlonitshwa.