

# COVID-19

## Unonophelo ekhaya

**Musa ukoyika.** Abantu abaninzi abane COVID-19 baba neempawu zentsholongwane ezingaxhalabisi kakhulu noko yaye zinganyangelwa ngokukhuselekileyo ekhaya. Abantu abaneempawu ezimandla zale ntsholongwane okanye abo bangenako ukuzihlalela bodwa bangadibani nabantu ekhaya bay a kuthunyelwa kwindawo eliziko.

### Sebenzisa ezi nkukacha nolu lwazi:

- Ukuba wenze uvavanyo zabuya iziphumo zisithi unayo iCOVID-19
- Ukuba uneempawu zeCOVID-19 kwaye awukho kwinqanaba lokuba wensiwe uvavanyo
- Ukuba unempawu zeCOVID-19 kwaye ulinde iziphumo zovavanyo
- Ubusondelelene kakhulu nomntu oneCOVID-19.

### Kufuneka usuke phakathi koluntu nabanye abantu ekhaya ukunqanda ukusasazeka kwecoronavayirasi

#### Hlala kwigumbi elilodwa okanye kwicala elithile elingenabantu ekhayeni lakho.

- Musa ukudibana kwaphela nabanye abantu apha ekhaya.
- Kubaluleke kakhulu ukuba ungadibani nabo abasemngciphekweni wokusulelwya yiCOVID-19: abo bangaphaya kweminyaka engama-55 okanye abo banezigulo zabo ezingapheliyo, ingakumbi isifo seswekile.

#### Hlala kwigumbi elilodwa okanye kwicala elithile elingenabantu ekhayeni lakho.

- Yenza amalungiselelo kune nezihlobo zakho noluntu ekuhlaleni bakuthengele ukutya, ukutya okuphekewyo oza kukutya, amayeza zonke ezo zinto bazibeke emnyangweni wakho.
- Ukuba akukwazeki, umntu ophilileyo nojunge isigulane uya kuphuma endlini xa eyokufuna izinto ezibalulekileyo kphela, esebezisa imigaqo emi-5 yononophelo lwempilo anxibe nemaski.



### Unonophelo lwabantu ekhaya lulungiselelw kphela xa:

- Uneempawu ezingaxhalabisiyo
- Uhleli wedwa kwigumbi elilodwa
- Kufuneka umntu onecovid enomntu wokumnonelela
- Uza kuqhagamshelana nogqirha wakho

### Imigaqo emihlanu esisiseko yoCoceko

1. Hlamba izandla
2. Sukuzibamba ubuso
3. Vula umgama we-1,5 yemitha phakathi
4. Gquma umlomo xa ukohlela
5. Uyagula? Hlala ekhaya

### Funa uncedo lonyango ngokukhawuleza xa umntu:

- Ephefumla nzima
- Iintlunu esifubeni nokuvaleka kwesifuba okungapheliy
- Enokubhudeka engqondweni naxa engakwazi ukuvuka

**Fona useza. Ungakhweli isithuthi sikawonke-wonke. Sebenzisa isithuthi sakho okanye ukuba akukwazeki ukwenza oko biza i-ambulensi.**



IHotline yeCOVID-19 kaRhulumente waseNtshona Koloni  
021 928 4102 okanye 080 928 4102 (tollfree)

iNational WhatsApp: 0600 123 456

**HLALA UKHUSELEKILE.  
SINDISA UBOMI BABANTU.**



URhulumente  
weNtshona Koloni

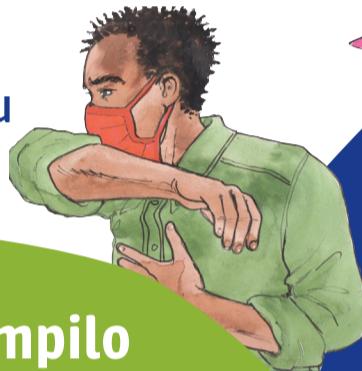
# Iingcebiso zononophelo ekhaya

## Wonke umntu

Hlamba izandla zakho iisekondi ezingamashumi amabini (20) ubuncinane ngesepha namanzi.



Khohlelela okanye thimlela kwithishu okanye engqinibeni. Yilahle ithishu emgqomeni ovalwayo.



Yijonge impilo yakho ngokwasengqondweni. Ungancokola nosapho lwakho nabahlobo ngebowuni.

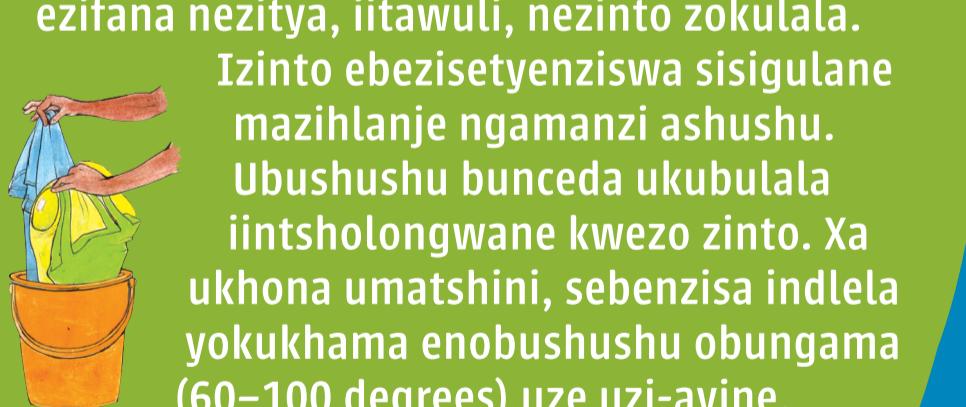


## Umnopheli mpilo

Yicoce rhoqo imiphezulu neendawo ezifikelewa njalo zizandla.



Kubeke emnyango ukutya komntu ohlaliswe yedwa ngenxa yeCOVID-19. Ungamana ukumbuza rhoqo ukuba uziva njani na malunga neempawu zentsholongwane. Khupha inkunkuma nempahla emdaka



Izinto ebezisetyenziswa sisigulane mazihlanje ngamanzi ashushu. Ubushushu bunceda ukubulala iintsholongwane kwezo zinto. Xa ukhona umatshini, sebenzisa indlela yokukhama enobushushu obungama (60–100 degrees) uze uzi-ayine.

‘Zoleke zibe mbini iingxowa’ zenkunkuma uzigcine iintsuku ezintlanu (5) ngaphambi kokuzifaka emgqomeni ukuze zimke nabathuthi benkunkuma.



Abanonopheli kwanabanye kufuneka bazijonge yaye bazigade nakubo iimpawu zentsholongwane.

- Iimpawu ziquka ukukhohlela, ukuphefumla nzima, umqala obuhluntu, ukungeva ncasa okanye ivumba, okanye ifiva.
- Ukuba uqaphela ukuba uba nezi mpawu, tsalela ugqirha okanye utsalele iProvincial Hotline.

## abantu bahlalisa bodwa ngenxa yeCOVID-19

Hlala egumbini lakho wedwa kwaye usebenzise indawo yokuhlamba engadibenanga neyabanye abantu ukuba kuyakwazi ukwenzeka oko. Vula iminyango neefestile.

Phumla, usele amanzi ngokwaneleyo, utye ukutya okusempilweni. Xa unefiva okanye iintlungu sela iparacetamol.



Nxiba imaski ukuba uza kudibana nabanye abantu.



Bhala phantsi kabini ngemini, iimpawu zakho namaqondo obushushu omzimba wakho.

Ukuba iimpawu ziqaqatsela okanye ziqaqhubeka emva kweentsuku ezisi-7 qhagamshelana nomsebenzi wezempiro okanye iHotline yePhondo.

- Yeka ukuzivalela wedwa emva kweentsuku ezili -10 emva kokuba iimpawu ziqualisile ukuzibonakalisa okanye ungakhange ube nazo kwazimpawu, emva kweentsuku ezili-14 emva kokuba ubukhe wadibana nomntu oneCOVID-19.
- Thetha nomsebenzi wezempiro ukuba uyeke nini ukuzivalela xa iziphumo zakho zibuye zisithi akunayo iCOVID-19 okanye akuphilanga kwezi ntsuku zili-10.

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