

Xa isihlobo sakho sisesibhedlele sineCOVID-19

- Impawu ezibuqatsela zeCOVID-19 zibangela inyumoniya, iingxaki zemiphunga. Zingabangela abanezigulo ezingapheliyo ezifana nesifo seswekile nesifuba bagule ngakumbi.
- Kungenzeka ukuba isihlobo sakho kungafuneka sifumane uncedo esibhedlele ukuba sinengxaki yokuphefumla, iintlungu ezingapheliyo, okanye ukuminxana kwesifuba okanye ukudideka engqondweni.



Zola ungaphaphazeli

- Isihlobo sakho kufuneka sisesibhedlele sifumane unyang olyu kunceda ukuba siphile kwiCOVID-19.
- Amaxesha amaninzi, xa befakwe kwi-oxijini bayaphila.

Kulungele uku

- Qinisekisa ukuba isihlobo sakho sinayo yonke into esiyidingayo ukulungiselela ukuhlala esibhedlele: amayeza ezigulo ezingapheliyo okanye uluhlu lwezi zinto zilandelayo okanye iphepha elibhalwe ezi zinto:
 - Iimpahla ezishushu neekawusi
 - Ingubo
 - Izinto zokuthambisa
 - Into yokufunda
 - Ukuba kuyakwazeka iselifone netshaja neplagi eyi-adaptha.
- Zazi ukuba iimpepha ezibalulekileyo zezihiibo sakho ziphi, (isazisi, iimpepha zonyango, iimpepha zomthetho, iimpepha zemali) zigcinwe kakuhle ukulungiselela imeko engxamisekileyo.



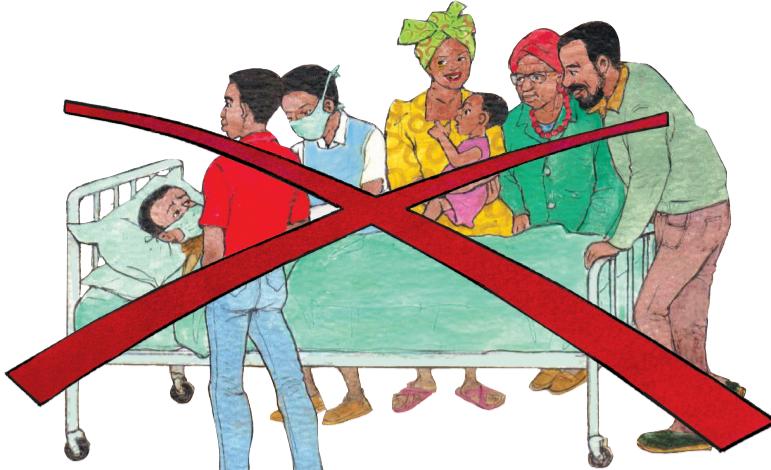
Fumana iinkukacha unikezele ngezakho

- Jonga ukuba sesiphi isibhedlele isihlobo sakho esiza kuya kuso.
- Buza inombolo yomnxeba yesibhedlele eso.
- Qinisekisa ukuba i-ambulensi okanye abasebenzi besibhedlele banenombolo zakho zoqhagamshelwano ezizizo kwakunye nenombolo yesibini ukuba ikhona.



Qhagamshelana nabantu

- Akuzukwazi ukusityelela isihlobo sakho esibhedlele ngenxa yemiqathango yesibhedlele yokunqanda ukusasazeka kwecoronavayirasi.
 - Ungasifonela isihlobo sakho ukuba sinayo iselifoni.
 - Okanye ungafonela ewadini ukuba bakujongele umntu wakho.
 - Yiba nomonde kubasebenzi. Zininzi izigulane ezineCOVID-19 kwaye lixesha elixakeke kakhulu eli kubo.



Bonke abantu ebebedibene nesihlobo sakho mabakhwarantine bangadibani nabanye abantu

- Bonke abo bebesondelelene kakhulu (ngobuso omnye komnye, umgama ongaphantsi kwemitha e-1 imizuzu engaphaya kwe-15) kunye nesihlobo sakho kufuneka bayokuzivalela bodwa iintsuku ezili-14 ukusuka kumhla wokugqibela ebebesondelene naye lowo uneCOVID-19.
 - Kungathatha iintsuku ezifikileyo kwi-14 ngaphambi kokuba ugule yiCOVID-19.
 - Nokuba akulwenzanga uvavanyo, kungenzeka unayo icoronavayirasi kwaye ungosulela abanye abantu ngaphambi kokuba ugule.
 - Ukuba wena okanye elinye ilingu losapho livela iimpawu zeCOVID-19, fonela iHotline yePhondo yononophelo lwempilo kule nombolo 021 928 4102.



Wonke umntu makayazi ukuba kwenzeka ntoni

Onke amalungu osapho ekhayeni lakho mawayazi imeko yempilo yesihlobo sakho, kuquka abantwana.



iNational Hotline: 0800 029 999



iProvincial Hotline: 021 928 4102



URhulumente
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