

Xa isihlobo sakho sisesibhedlele sineCOVID-19

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



Zola ungaphaphazeli

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



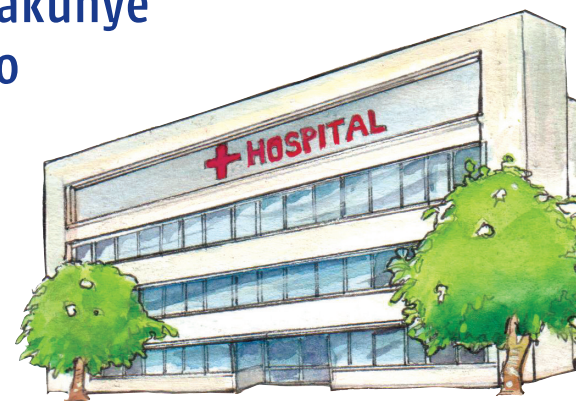
Kulungele uku

- 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 zezisihlobo sakho ziphi, (isazisi, iimpepha zonyango, iimpepha zomthetho, iimpepha zemali) zigcinwe kakuhle ukulungiselela imeko engxamisekileyo.



Fumana iinkcukacha 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.



HLALA UKHUSELEKILE

**YIYA
PHAMBILI**



URhulumente
weNtshona Koloni

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 bebedibene basondelelana kakhulu nezihlobo zabo (ubuso ngobuso, umgama phakathi kwabo waba ngaphantsi kwemitha e-1, ixesha elingangemizuzu eli-15 kufuneka bakhwarantine iintsuku ezili-10 ukusukela kusuku lokugqibela ubudibene nalomntu ngalo.



- Ungathatha iintsuku ezili-10 ngaphambi kokuba ugule ubeneCOVID-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.



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



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