

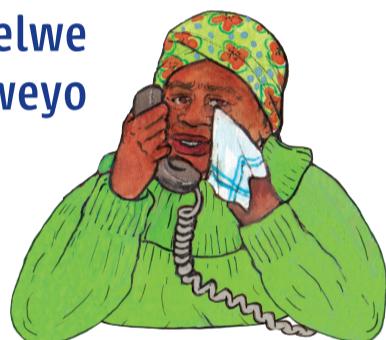
Ukuswelekelwa sisihlobo ngenxa yeCOVID-19

Njengoko isihlobo sakho siswelekile ngenxa yeCOVID-19, ukuswelekelwa kwakho kuya kwensiwa nzima yimfuneko yokuba kufuneke unqande ukuqhube ka kokusasazeka kwecoronavayirasi.

Fumana iindlela zokumelana nokuswelekelwa kwakho

Ukulahlekelwa sisihlobo kuchaphazela wonke umntu ngendlela eyahlukileyo; akukho ndlela ilungileyo nengalunganga umntu anokuziva ngayo.

Ukuyazi into eyenzekileyo kwisihlobo sakho inganceda. Thetha nomsebenzi wezempilo obejongene nabo okanye abanye abanolwazi malunga neCOVID-19. Qhagamshelana nehelpline elungiselelw abantu abaswelekelwego kwezi nombolo 082 925 5938 okanye 079 872 6408.



Thetha nomhlobo wakho, isihlobo, isizalwane okanye umntu onika iingcebiso malunga nendlela ovakalelw ngayo.

Zikhathalele. Lala ngokwaneleyo kwaye ungabuseli utywala nezinye izinto ukuzama ukucima iintsizi.



Fumana uncedo ngamalungiselelo

- Bhalisa ukusweleka kwesihlobo sakho. Kuya kufuneka ube nesazisi sakhe nengxelo yasesibhedlele yokusweleka. Cela abangcwabi bakuncede.
- Yenza amalungiselelo omngcwabo. Xa umntu esweleke yiCOVID-19, ukutshiswa komzimba yeyona nto ikhuthazwayo.

Zikhusele ukhusele nabanye kwicoronavayirasi

- Imiqathango yokunqanda ukuba icoronavayirasi ingasasazeki ingabangela ukuba ungakwazi ukubona umzimba wesihlobo sakho. Ukuba ukwazile ukwenza oko, ungamphathi okanye umphuze umntu oswelekelileyo. Kulungile ukuthetha nesihlobo sakho ngeli xesha ume ecaleni komzimba waso.
- Ukuba ufumana iimpahla zesihlobo sakho, iimpahla kunye nezinto zokulala zihlambe ngamanzi ashushu nesepha. Faka isibulali zintsholongwane ezinye izinto (ifoni, izipeksi, izinto zokuthambisa) umxube weblitshi. Emva kokubamba impahla nezinto ezingahlanjwanga hlambisisa izandla zakho.
- Ukuba ubudibene wasondelelana kakhulu nesihlobo sakho kwiintsuku ezili-14 ezidlulileyo, kungenzeka ukuba usulelw yicoronavayirasi. Kufuneka ukhwarantine (usuke ungahlali) nabanye abantu iintsuku ezili-10 ukusuka kumhla wokugqibela ubudibene naso ngawo isihlobo sakho.



Yenza umngcwabo okhuselekileyo kwicoronavayirasi

- Abantu bangayifumana icoronavayirasi kumzimba wesihlobo sakho baze abanye bayifumane kwabanye emngcwabeni.
- Umngcwabo unika ithuba lokuthi hamba kakuhle kwisihlobo sakho. Ukuba akukwazi ukwenza amalungiselelo omngcwabo njengoko uqhele ukwenza, yenza inkonzo yomngcwabo ngexesha elikhuselekileyo, eliya kukunceda ukuba uthi hamba kakuhle.



- Yenza umngcwabo kwiintsuku ezintathu siswelekile isihlobo sakho.
- Ubuninzi li-100 abantu (usapho, iindwendwe nabasebenzi) abavunyelwa ukuba beze emngcwabeni, ukuba umlinganiselo ongama-50% endawo leyo kungenelwe kuyo amanani awaggithisanga.
- Abo bangaphaya kweminyaka engama-55 ubudala okanye abanezigulo ezingapheliyo kufuneka bawubukele online umngcwabo ngeli xesha uqhubeka ngawo njengoko besemngciphekweni omkhulu wokufumana iCOVID-19.
- Inkonzo yomngcwabo kufuneka ibe ngaphantsi kwemizuzu engama-30.
- Musani ukubamba imihlangano emva komngcwabo, abazili kufuneka bahambe emva komngcwabo.

Lungisa umzimba wesihlobo sakho ngezinhlobo

- Ukuhlanjwa nokunxityiswa kwesihlobo sakho kuya kwenziwa ngabangcwabi okanye ngabo baqelesheweyo ukuze banxibe iimpahla ezisemthethweni zokuzikhusela
- Umzimba wesihlobo sakho mawuhlale kubangcwabi ide ibe ngumngcwabo.

Ukuba umzimba uyabonwa, oko makwenziwe ngokukhuselekileyo

- Musa ukuvumela nabanina aphaphe umzimba.
- Abantu mabaqeletlane.
- Abantu mabanxibe iimaski.
- Bafake isanithayiza emva koko.

Qinisekisa ukuba abazili bakhuselekile kwicoronavayirasi

- Bacele abantu ukuba bangezi ukuba bayagula.
- Abazili kufuneka banxibe imaski ngalo lonke ixesha.
- Abantu mabanikwe isanithayiza okanye iindawo zokuhlamba izandla.
- Gcinani uluhlu lwamagama abazili.
- Oku kuya kunceda iziphatha mandla zezempiro zilandele umkhondo xa kunokuthi kubekho umntu oneCOVID-19.



Gcina umgama
oyi-1,5 mitha
phakathi kwabantu.
Musa ukuxhawula
isandla,
ukwanga okanye
ukuphuza.



iNational Hotline: 0800 029 999



iProvincial Hotline: 021 928 4102



URhulumente
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HLALA UKHUSELEKILE
**YIYA
PHAMBILI**