

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 kwihihlobo 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 icoronavayirasi inganweni isenokungakuvumeli ukuba ubone umzimba womntu omthandayo. Ukuba uyakwazi ukuba umbone, musa ukumanga okanye umphuze umntu ongasekhoyo. Kulungile ukuba uthethe nomntu wakho ongasekhoyo ngeli xesha ume ecaleni komzimba wakhe.
- Ukuba ufumana iimpahla zesihihlobo 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 hlambisiza izandla zakho.
- Ukuba ubudibene wasondelelana kakhulu nomntu omthandayo kwiintsuku ezili-10, kungenzeka uyifumene icoronavayirasi. Kufuneka uzikhwarantine (ungadibani) nabanye abantu iintsuku ezili-10 ukusukela kumhla ubugqibebe ngawo nalo mntu ukunqanda ukugqithisa ivayirasi.



Yenza umngcwabo okhuselekileyo kwicoronavayirasi



- Umngcwango usinika ithuba lokuvalelisa kwizihlobo zethu.
- ICoronavayirasi isemoyeni kwaye siphefumla amachaphaza amathe amancinci anevayirasi. Zonke iindibano kuquka imingcwabo zezona ndawo zisasaza kakhulu ivayirasi.
- Landela ezi ngcebiso ukunqanda ukusasazeka kwevayirasi.

- Yenza umngcwabo kwiintsuku ezintathu siswelekile isihlobo sakho.
- Inani labantu malingagqithi kwinani elibekiwego: jonga isilumkiso esitsha ‘isilumkiso ngokweleveli’ semiqathango yenani elivumelekileyo labantu amabeze emngcwaben. Umngcwabo omncinci ngumngcwabo okhuselekileyo.
- Abo bangaphaya kweminyaka engama-55 ubudala okanye abanezigulo ezingapheliyo kufuneka bawubukele online umngcwabo ngeli xesha uqhubeka ngawo njengoko besemngciphekweni omkhulu wokufumana iCOVID-19.
- Inkonto yomngcwabo kufuneka ibe ngaphantsi kwemizuzu engama-30.
- Musani ukubamba imihlangano emva komngcwabo, abazili kufuneka bahambe emva komngcwabo.



Lungisa umzimba wesihlobo sakho ngononophelo

- Ukuhlanjwa nokunxityiswa kwesihlobo sakho kuya kwenziwa ngabangcwabi okanye ngabo baqeqliwego ukuze banxibe iimpahla ezipemthethweni zokuzikhushela
- Umzimba wesihlobo sakho mawuhlale kubangcwabi ide ibe ngumngcwabo.

Ukuba umzimba uyabonwa, oko makwenziwe ngokukhuselekileyo

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



Qinisekisa ukuba abazili bakhuselekile kwicoronavayirasi

- Umngcwabo mawenzelwe phandle. Ukuba akukwazeki oko, qinisekisa ukuba yonke iminyango ivuliwe.
- Bacele abantu ukuba bangezi ukuba bayagula.
- Abazili kufuneka banxibe imaski ngalo lonke ixesha.
- Abazili mabanxibe iimaskhi ngalo lonke ixesha.
- 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.

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



URhulumente
weNtshona Koloni

HLALA UKHUSELEKILE
**YIYA
PHAMBILI**