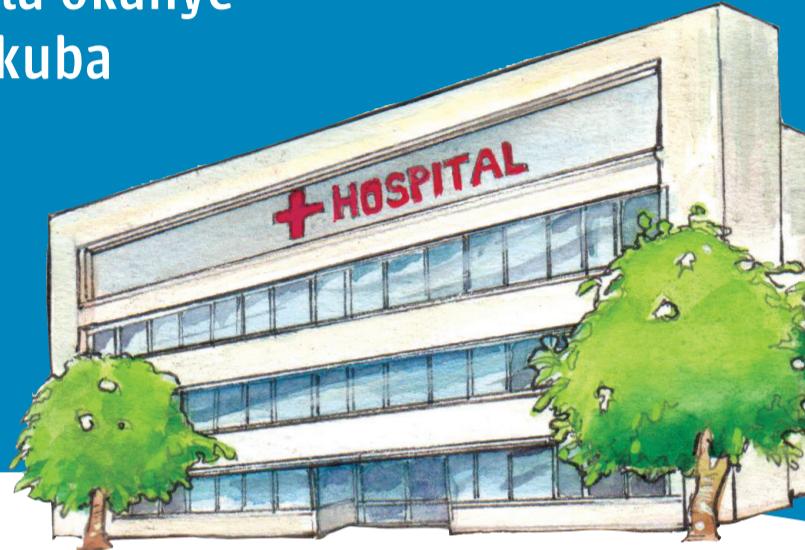


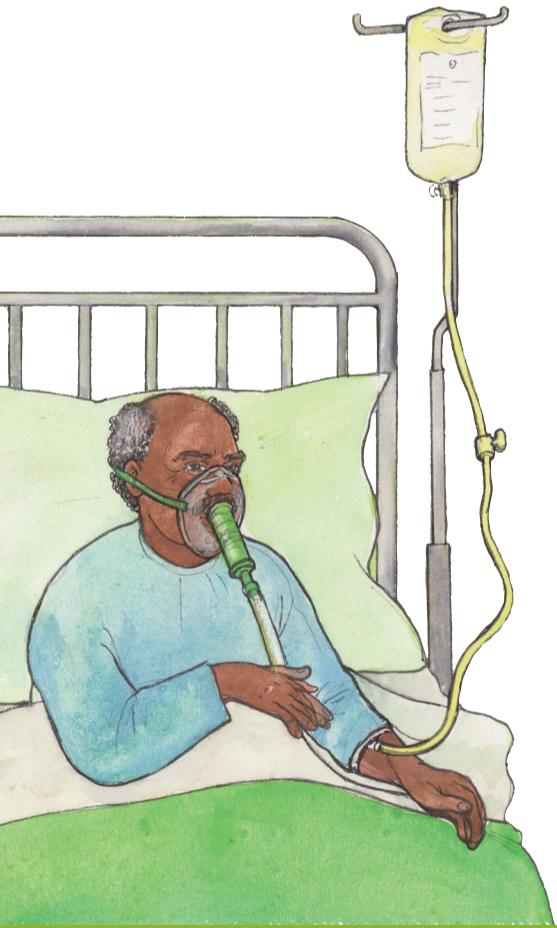
Kuya kwenzeka ntoni kwisihlobo sam esigula kakhulu esisesibhedlele nesine COVID-19?

Wonke umntu wohlukile komnye, ngoko ke akukho lula ukuyazi ukuba kuya kwenzeka ntoni. Isihlobo sakho imeko yaso ingaqatsela okanye ingangcono. Nazi ezinye iinkcukacha ezingakunceda ukuba uyazi into abayivayo, nokuba wena uziva njani nento yokuba yeyiphi indlela ongasoloko unxibelelana naso nekhuselekileyo. Ukuba akuziva ukulungele ukufunda ezi nkukacha, ungabuyela kuyo nangelinye ixesha.



Yintoni ekungenzeka isihlobo sam siyayiva?

Isihlobo sakho kungenzeka sinephika (ingxaki yokuphefumla), sityhafle, siyaqaqanjelwa, sinesicefe-cefe. Sisengadideka engqondweni okanye sibenexhala, sizive sisodwa okanye sidikiwe. Sisengaba neengxaki zezigulo ezingapheliyo ukuba sinesifo seswekile, ihigh-high, isifo semiphunga okanye iingxaki sentliziyo.



Yintoni ekhoyo ukwenza ngcono ezo mpawu?

- Ukuba banengxaki ukuphefumla, baya fakwa i-oxijini ngemaskhi okanye ngemibhobho ehlala ezantsi kwempumlo. Ukuba bayasokola ukuziphefumlela, kuya kufuneka banikwe iventileyitha ukubanceda baphefumle. ICOVID-19 ayinalo unyango, koko lukhona unyango olutsha oluncheda abo banempawu eziqatha zeCOVID-19, ukwenza ngcono inyumoniya.
- Xa kukho imfuneko, baya kufumana unyango ukuthomalalisa iintlungu nesicefe-cefe.
- Unyango lungenza ukuba isihlobo sakho sozele okanye singazinzi.
- Isihlobo sakho singafakwa idriphu ukuqinisekisa ukuba umzimba unamanzi ngokwaneleyo.
- Isihlobo sakho singafuna unyango lwaso lwezigulo ezingapheliyo.



iNational Hotline: 0800 029 999



iProvincial Hotline: 021 928 4102



URhulumente
weNtshona Koloni

**HLALA UKHUSELEKILE.
SINDISA UBOMI BABANTU.**

Kutheni ndingenakutyelela isihlobo sam esibhedle?

- Imiqathango yesibhedlele yokunqanda ukusasazeka kwecoronavayirasi ayikuvumeli ukuba utyelela isihlobo sakho, nokuba imeko yaso sele imbi kakhulu. Oku kunzima kakhulu kuba ukuxhasa nokuni ka ithemba umntu uphambi kwakhe yindima ebalulekileyo ebonakalisa indlela esikhathalelene ngayo omnye nomnye.
- Ukuba ubusondelelene nesihlobo sakho kwiintsuku ezili-14 ezidluleyo, kungenzeka uyifumene icoronavayirasi nawe, noba uziva uphilile. Kufuneka uzikhwarantine (uzivalele wedwa) ukunqanda ukusulela abanye abantu ngecoronavayirasi



Ingaba isihlobo sam sizakuphila?

- Abantu abaninzi abane COVID-19 nabalaliswe esibhedlele bayaphila ngokupheleleyo. Noba imeko yabo iya isiba mbi, basenokuba ngcono kwakhona.
- Kuxhomekeke kubudala besihlobo sakho nezigulo esinazo ezingapheliyo, singaba sengxakini yokuba sibe nokuqatsela kwe COVID-19 okungabangela ukuba kube nzima ukuphila.
- Ukuba isihlobo sakho sifuna ukufakwa kwiventileyitha okanye sibuthathaka kakhulu ukumelana neventileyitha, maninzi amathuba okuba singaphili.
- Ukuba isihlobo sakho asibonisi zimpawu zakuphila, iqela lezempilo liyakuthatha isiggibo sokumnika isithomalalisi zintlungu ukuqinisekisa ukuba akanazintlungu kakhulu.
- Ukuba ikhona iminqweno anayo emalunga nokuphela kobom bakhe (efana nokungafuni ukufakwa kwoomatshini bokuxhasa ubom bomntu), qinisekisa ukuba uyabazisa abasebenzi bezempilo abajonge isihlobo sakho.

Yintoni endinokuyenza?

Kuya kubanzima ukunika inkxaso xa ungakwazi ukuba nesihlobo sakho. Kufuneka ngoku ujunge indlela yokumnika inkxaso xa ephantsi kwezimeko:

- Ukuba isihlobo sakho asikwazi kwenza amalungiselelo oku, yenza ixesha nabasebenzi basesibhedlele.
- Qinisekisa ukuba unedata eyaneleyo yokufona ngeWhatsApp.
- Usengafuna ukuba nibe nonke namanye amalungu osapho xa nithetha kwiwhatsapp.
- Nokuba isihlobo sakho asiphenduli, qhubeka uthethe, njengoko kungenzeka ukuba siyakuva. Amazwi akho nelizwi eliqhelekileyo lingayintuthuzelo kuye.



Ukujongana nokungaqiniseki nexhala kungaba yeyona ngxaki. Uyacelwa ukuba ube nomonde kubasebenzi bezempilo abanonophela isihlobo sakho: Baxakeke kakhulu kwaye kunzima kubo ukuyazi ukuba isihlobo sakho siza kuphila okanye asizi kuphila.

