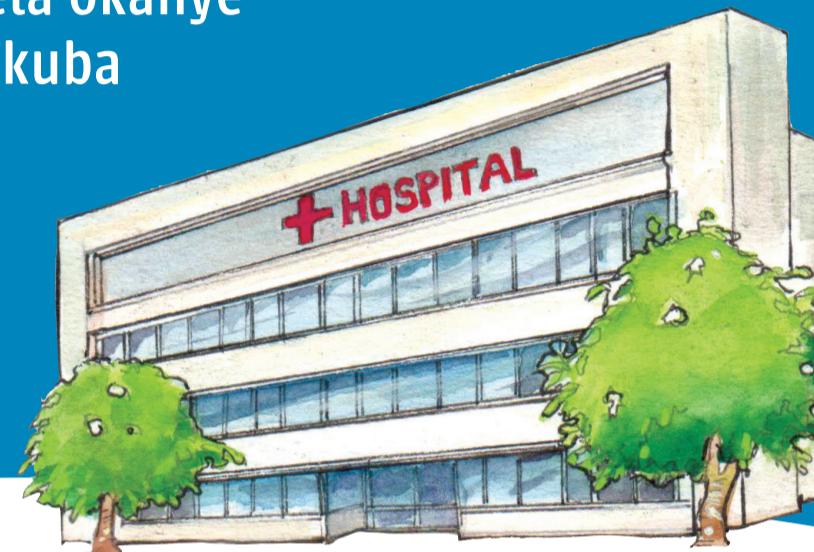


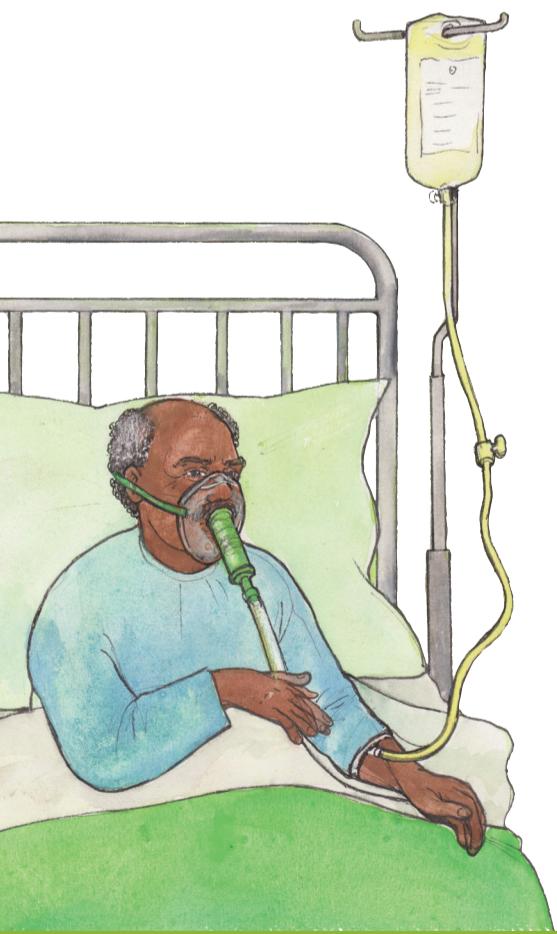
# Kuya kwenzeka ntoni kwisihlobo sam esigula kakhulu esisesibhedlele nesine COVID-19?

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 yokuphefumla bay a kufakwa i-oksijini nge-maskhi okanye ngemi-bhobho ehlala apha ezantsi kwempumlo. Ukuba kunzima ukuphefumla xa be-ziphefumlela, kuya kufuneka iventileyitha ukubanceda baphefum-le. Akukho yeza lokunyanga iCOVID-19, kodwa akhona amaye-za anceda abo bakwimeko embi ye-COVID-19 nenyumoni-ya ukuzama ukwenza ngcono lo meko.
- Xa kukho imfuneko, bay a 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.

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



URhulumente  
weNtshona Koloni

HLALA UKHUSELEKILE  
**YIYA  
PHAMBILI**

# Kutheni ndingenakutyelela isihlobo sam esibhedle?

- Imiqathango yesibhedlele yokunqanda ukusasazeka kwecoronavayirasi ayikuvumeli ukuba utyelele isihlobo sakho, nokuba imeko yaso sele imbi kakhulu. Oku kunzima kakhulu kuba ukuxhasa nokunika ithemba umntu uphambi kwakhe yindima ebalulekileyo ebonakalisa indlela esikhathalelene ngayo omnye nomnye.
- Ukuba ubusondelelene nomntu omthandayo kwiintsuku ezili-10 ezid-luleyo, kungenzeka uyifumene icoronava-yirasi nawe, nokuba uziva uphilile. Kufuneka ukhwarantine (un-gahlali) nabanye abantu ukunqanda ukusasazela abanye abantu ngevayirasi.



## Ingaba isihlobo sam sizakuphila?

- Abantu abaninzi abaneCOVID-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 isigqibo 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.



**Ukjongana 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.**

**HLALA UKHUSELEKILE**  
**YIYA PHAMBILI**



URhulumente  
weNtshona Koloni