

**Ingaba uneempawu  
zeCOVID-19?**

**Ingaba uvavanyo lwakho  
lubuye lusithi unayo  
iCOVID-19?**

**Ingaba uzivalela njani wedwa  
ungadibani nabanye abantu uze  
uzikhwarantine njani.**



**URhulumente  
weNtshona Koloni**

**HLALA UKHUSELEKILE.  
SINDISA UBOMI BABANTU.**

# **Abantu abaninzi abaneCOVID-19, banempawu ezifana nezeflu ezibangelwa yicoronavayirasi.**

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Ukuba uyakhohlela, unefiva, umqala obuhlungu okanye ukungaliva ivumba nencasa, kungenzeka ukuba uneCOVID-19.

Abantu abaninzi abaneCOVID-19 banempawu ezingephi kwaye bayaphila ngokugqibeleleyo ekhaya kwiintsuku ezi-5-7.



# **Ukuba uneempawu zeCOVID-19, kufuneka ufune uncedo lwezempilo wenze novavanyo lwecoronavayirasi ukuba:**

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- Uneminyaka engama-55 ubudala.
- Ungumntu omdala okubo nabuphina ubudala unesinye kwezi zigulo zilandelayo:
  - Isifo seswekile
  - Ukunyango lweTB
  - UneHIV
  - Unesifo seZintso
  - Unehigh-high
  - Ubukehe waneTB ngaphambili
  - Unesifo semiphunga esingapheliyo (umz. isifuba, emphysema, chronic bronchitis)
  - Ukunyango lwesifo somhlaza.



- Ukuba uneempawu zeCOVID-19, zithathe ukuba unayo iCOVID-19, nokuba akukalwenzi uvavanyo lweCOVID-19.
- Ukuba uneminyaka engama-55 ubudala okanye ngaphezulu okanye unesifo seswekile, fonela umsebenzi wezempilo okanye ihotline nithethe ngononophelo lwempilo yakho.
- Ukuba ulwenzile uvavanyo iziphumo zabuya zisithi akunayo iCOVID-19, thetha nomsebenzi wezempilo okanye ufonele ihotline ubuze amanyathelo alandelayo omawuwathathe.

**Qhagamshelana nomsebenzi  
wezempilo okanye iCOVID-19  
hotline kule nombolo:**

**080 928 4102**

**(tollfree)**

# Ingaba uzivalela njani wedwa ungadibani nabanye abantu uze uzikhwarantine njani

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Lazi ixesha elifanelekileyo nelikhuselekileyo lokubuyela kubomi besiqhelo

**Ingaba uzivalela njani wedwa  
ungadibani nabanye abantu uze  
uzikhwarantine njani**



**Hlala wedwa  
ungadibani nabanye  
abantu**

# Hlala ekhaya kwaye uhlale ngokwahlukeneyo nabanye apha endlini.

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- Ukuba uneCOVID-19, kufuneka usuke kwabanye abantu uzivalele wedwa: sukuhlala nabanye abantu ukunqanda ukosulela nokusasazeka kwevayirasi.
- Hlala ekhaya kwigumbi elilodwa ungadibani nabanye.
- Abo basekhaseni kufuneka bazikhwarantine bangadibani noluntu, bahlale ngokwahlukeneyo nawe, njengoko ingabona bantu bebesondele kuwe nekungenzeka ukuba banayo nabo iCOVID-19.



# Cinga ngokuhlala kwenye indawo

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- Ukuba akukwazi ukuhlala ngokwahlukeneyo kwabanye ekhaya, kuya kufuneka ukuba uhambe uye kwiziko lokuzivalela wedwa okanye lokukhwarantina ukunqanda ukusulela nokusasazela abanye ngecoronavayirasi.
- Oku kubaluleke kakhulu ukuba uhlala nabantu abasemngciphekweni wokosulelwa yiCOVID-19 – abo bangaphaya kweminyaka engaphaya kwama-55 ubudala okanye abo banezigulo ezingapheliyo, ingakumbi isifo seswekile.





# Nqanda ukusasazeka kwecoronavayirasi ekhaya

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Hlamba izandla zakho qho.



Faka isibulali zintsholongwane  
esingumxube weblitshi kwiindawo  
eziyimiphezulu nezinto  
ezibanjwa kakhulu ngezandla.

Sebenzisa izitya, iitawuli  
nezinto zokulala  
ezingasetyenziswayo  
ngabanye abantu. Zihlambe  
ngamanzi ashushu anesepha.



Indawo eniyisebenzisa  
nonke yisebenzise wedwa  
uze uyicoce ngesibulali  
zintsholongwane wakugqiba.

# Ukuba uza kudibana nabanye apha endlini:

Nxiba imaskhi.



Gcina umgama phakathi kwenu.

Vula iifestile neminyango.



Khohlelela engqinibeni yakho.



Hlalela kude kubantu abasemngciphekweni wokosulelwa yiCOVID-19 – abo bangaphaya kweminyaka engama-55 ubudala nabo banezigulo ezingapheliyo (ingakumbi abanesifo seswekile).

**Ingaba uzivalela njani wedwa  
ungadibani nabanye abantu uze  
uzikhwarantine njani**

**Inyathelo  
lesi  
2**

**Funa uncedo  
ngokukhawuleza  
ukuba kukho  
imfuneko yoko**

# Tyelela iziko lezempilo ngokukhawuleza ukuba:

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Unephika / unengxaki yokuphefumla

Unokudideka engqondweni

Iintlungu esifubeni okanye ukuvaleka  
kwesifuba okungapheliyo

Ukungakwazi ukuvuka ngokupheleleyo

Ukutyhafa ngephanyazo kwengalo,  
umlenze okanye icala lobuso.

Ukulahlekelwa ngephanyazo lilizwi  
okanye ukubona.



**Fowuna ngaphambi kokuba uye.  
Ungakhweli isithuthi sikawonke-wonke.  
Ukuba kukho imfuneko, biza i-ambulensi.**

# Qhagamshelana nomsebenzi wezempilo okanye ihotline ukuba:

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- Uneminyaka engaphaya kwama-55 ubudala okanye unesifo seswekile.
- Kufuneka wenze amalungiselelo okuziswa kwamayeza akho ekhayeni lakho.
- Iimpawu zakho zeCOVID-19 ziba mandundu okanye zigqithile iintsuku ezisi-7 iimpawu zeCOVID-19 azipheli.
- Awukabi ngcono usagula nasemva kweentsuku ezili-10. Kubalulekile ukwahlula ezinye iimeko ezifana neTB nesifo semiphunga esingapheliyo.

**Ingaba uzivalela njani wedwa  
ungadibani nabanye abantu uze  
uzikhwarantine njani**



**Yijonge  
impilo yakho  
ngokwasemzimbeni**

# Zilawule iimpawu zakho

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**Phumla, sela kakhulu  
izinto ezingamanzi, yitya  
ngokusempilweni uze usele  
iparacetamol ukudambisa  
iintlungu nefiva.**

# Zama ukulandela iindlela zokuphila ezisempilweni

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Yitya ukutya okusempilweni.

Yenza imithambo yonke imihla.



Musa ukutshaya, ukusela utywala nokusebenzisa iziyobisi.

Yijonge impilo yakho yasengqondweni.





# Yilawule imeko yakho yezigulo

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- Sela mayeza akho ngendlela efanelekileyo. Ukuba ubuwayekile, qalisa kwakhona.
- Qhagamshelana neziko lakho lezempilo:
  - ukuba unemibuzo malunga nonyango lwakho.
  - ukwenza amalungiselelo okuziselwa amayeza ekhayeni.
  - ukuba ufuna uncedo ngokulawula imeko yakho yezigulo ezingapheliyo.



**Ingaba uzivalela njani wedwa  
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uzikhwarantine njani**



**Yijonge  
impilo yakho  
yasengqondweni**

# Ungaba nexhala xa uneCOVID-19

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Nxulumana  
nosapho nezihlobo  
zakho.



Cwangcisa izinto  
oza kuzenza  
ngosuku.



Lala  
ngokwaneleyo.



Thetha nomntu  
omthembayo  
umxelele ngezinto  
ezikuxhalabisayo.

**Ingaba uzivalela njani wedwa  
ungadibani nabanye abantu uze  
uzikhwarantine njani**



**Fumana uncedo  
xa ulufuna**

# Ufuna uncedo ukuze uhlale ekhaya

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- Cela abanye abantu bayokuthengela izinto zokutya bakwenzele nezinye izinto ukuze uhlale ekhaya.
- Yenza amalungiselelo okuziselwa amayeza akho ekhaya.
- Funa uncedo kwezempilo ngokukhawuleza ukuba uyagula.



**Ingaba uzivalela njani wedwa  
ungadibani nabanye abantu uze  
uzikhwarantine njani**



**Lazi ixesha  
elifanelekileyo  
nelikhuselekileyo  
lokubuyela  
kubomi besiqhelo.**

# Kufuneka uyeke nini ukuzivalela wedwa ubuyele kubomi besiqhelo:

Emva kweentsuku ezilishumi iimpawu zakho ziqalile, waba neempawu ezingephi waze wazivalelwa wedwa awahlala nabanye abantu ekhayeni.



Ukuba wenze uvavanyo zabuya iziphumo zisithi uneCOVID-19 kodwa akukhange

ubenazo iimpawu, emva kweentsuku ezilishumi wenze uvavanyo ungayeka ukuzivalela wedwa.



Kwiintsuku ezilishumi elinesine emva kokuba ubudibene wasondelelana kakhulu nomntu ekuqhaneleka okanye ekuqinisekiweyo ukuba uneCOVID-19.





**Western Cape  
Government**

**Western Cape Government COVID-19 Hotline**

**021 928 4102** or  
**080 928 4102** (tollfree)

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**National Hotline**

**0800 029 999**

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**National WhatsApp**

**0600 123 456**

**UFUMANA EZINYE IINKCUKACHA KU:  
[www.westerncape.gov.za](http://www.westerncape.gov.za)**