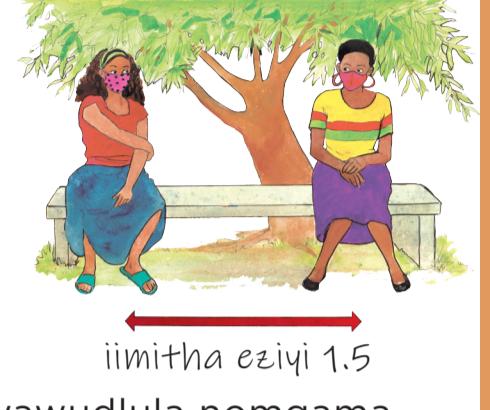


RONA VAYIRASI

MASIYINQANDE inganwenwi

Kutheni kufuneka kukho umgama phakathi kwethu nabanye abantu?

- Xa umntu ekhohlela okanye ethimla, ushiya iintsholongwane kwimiphezulu yezinto nasemoyeni.
- Ungasulelwa yintsholongwane yecorona xa:
 - Ubamba imiphezulu yezinto okanye iindawo ezinentsholongwane uze uziphathe ubuso, amehlo, impumlo okanye umlomo okanye
 - Ukhe wasondelelana kakhulu nomntu onentsholongwane yecorona wade wawudlula nomgama oyi-1,5 iimitha.



Gcina umgama phakathi kwakho nabanye ukwenzela abe mbalwa amathuba okusasazeka kwecorona vayirasi

- Oku kuya kunceda ukukhusela abo basemngciphekweni kakhulu wokusulelwa yiCOVID-19, abo bangaphezulu kweminyaka engama-60 ubudala okanye abo baneHIV, TB, isifo seswekile, ihigh-high, isifo sentliziyo okanye ingxaki yemiphunga.
- Oku kuya kuthetha ukuhla kwamaxhala kwinkqubo yethu yezonyango ukuze abo bafuna uncedo ngonyango balufumane.

Singawugcina njani umgama phakathi kwakho nomnye umntu?

Hlala ekhaya.



Ungaphuma endlwini kuphela xa usiya kufuna ukutya okanye amayeza.



Kuphephe ukuba kwiindawo zikawonke-wonke nakwizithuthi zomntu wonke kangangoko unako.

Gcina umgama ongange-1,5 iimitha phakathi kwakho nabanye abantu.



Musa ukubamba isandla xa ubulisa, musa ukugona okanye ukuncamisa nawuphi na umntu onengowakowenu.



Zirhoxise izicwangciso onazo zolonwabo: ungayi emathekweni, emidlalweni, ezintlanganisweni ungayi nakwimicimbi yamaqela ezenkolo.

Bonakalisa inkathalo kubantu ohleli nabo nakusekuhlaleni ngeli xesha ugcine umgama phakathi kwakho nabanye abantu.

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