

# Ukusebenzisa isithuthi sikawonke-wonke

## Zikhusele wena nabanye abantu kwicoronavayirasi (COVID-19)

iCOVID-19 iyafana neflu, ibangela ukukhohlela, ifiva, umqala obuhlungu, ukutyhafa, nezihlunu ezibuhlungu.

Xa umntu oneCOVID-19 ekhohlela okanye ethimla, ushiya intsholongwane kwimiphezulu yezinto nasemoyeni. Ungayifumana iCOVID-19 ukuba:

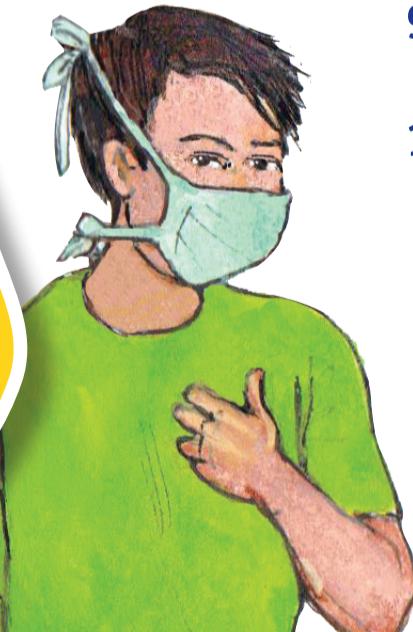
- Ubamba lemphezulu uze uphathe ubuso bakho, amehlo, impumlo okanye umlomo okanye
- Usondele kakhulu kumntu onecoronavayirasi wangaphantsi kwala mgama uyi (1,5 iimitha).



Xa usebenzisa isithuthi sikawonke-wonke, uba nokubambelela nokugilana okungacetywanga nabantu abaninzi. Oko kungandisa amathuba okufumana iCOVID-19.

Nxiba imaski rhoqo xa ukwindawo enabantu kwaye ulandele imimiselo emi-5 ebalulekileyo yocoeko.

1. Hlamba izandla zakho
2. Ungaziphathaphathi ubuso
3. Gcina umgama oyi 1,5 m phakathi kwakho nabanye
4. Ziqqume umlomo xa ukhohlela
5. Uyagula? Hlala ekhaya

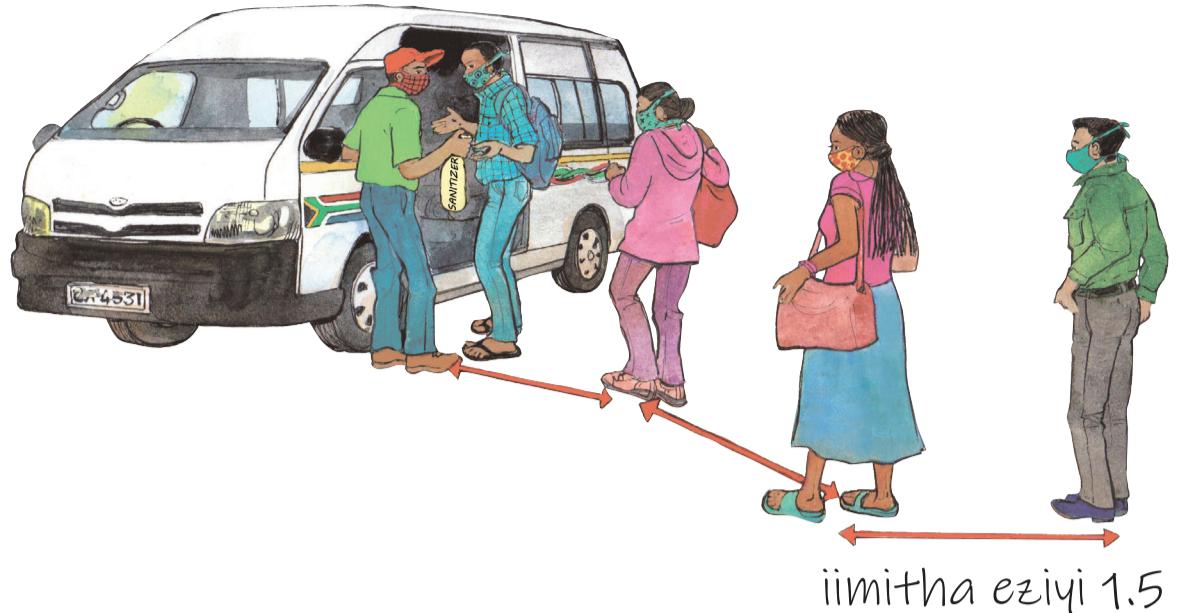


### Sebenzisa imaskhi yelaphu ngokukhuselekileyo

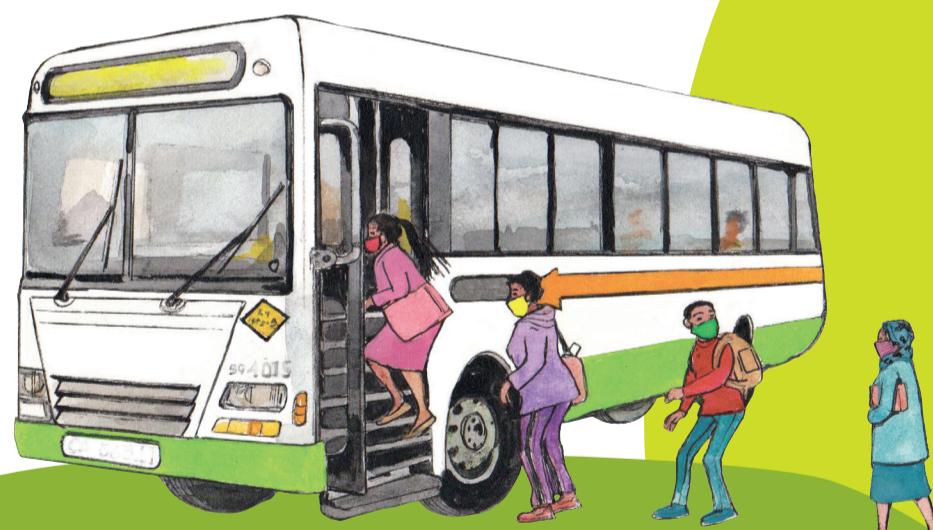
1. Hlamba izandla ngaphambi kokuba uyinxibe.
2. Qinisekisa ukuba imaskhi igquma impumlo nomlomo.
3. Musa ukuyiphatha imaskhi wakuba uyinxibile.
4. Musa ukubolekisa ngemaskhi kwabanye abantu.
5. Yikhulule imaskhi ukuba imanzi.
6. Phatha imitya kuphela xa uyikhulula.
7. Hlamba izandla ngoko nangoko emva kokuyikhulula.
8. Yihlambe imaskhi ngamanzi nesepha.
9. Yomise uyi-ayine ukubulala iintsholongwane.
10. Yiba nemaskhi ezi-2 ubuncinane ukuze ngalo lonke ixesha ube nayo imaskhi ecocekileyo nelungele ukusebenza.



# Hambani kakuhle nikhuseleke



- Xa ulindile kwityhu, umgama ophakathi kwakho nabanye abakhweli mawube yi1,5 iimitha.
- Sukubamba iindawo zokuvula amacango, iintsimbi zokubambelela neefestile.
- Sukubamba abanye abakhweli.
- Hlalela kude kwabanye abakhweli kangangoko unakho.
- Makungabikho mntu umileyo ebhasini.
- Zama ukuba ungabambi zindawo namiphezulu.
- Sebenzisa isanithayiza emva kokudlulisa imali.
- Hlamba izandla zakho iisekondi ezingama-20 xa ufika kule ndawo uya kuyo.



IHotline yeCOVID-19 kaRhulumente  
waseNtshona Koloni 021 928 4102 okanye  
080 928 4102 (tollfree)

iNational WhatsApp: 0600 123 456

- Iteksi okanye ibhasi xa iza kuhamba umgama ongaphantsi kwe-200km ingavunyelwa ukuba igcwale ngabantu (ibeyi-100%)
- Iteksi okanye ibhasi akuvumelekanga ukuba ikhwelise abantu abangaphezulu kwama 70% umlinganiselo ovuniywego xa iza kuhamba umgama ongaphaya kwama-200km nangaphezulu.



URhulumente  
weNtshona Koloni

HLALA UKHUSELEKILE  
**YIYA  
PHAMBILI**