

COVID-19

Unonophelo ekhaya

Musa ukoyika. Abantu abaninzi abane COVID-19 baba neempawu zentsholongwane ezingaxhalabiso kakhulu noko yaye zinganyangeliwa ngokukhuselekileyo ekhaya. Abantu abaneempawu ezimandla zale ntsholongwane okanye abo bangenako ukuzihlelela bodwa bangadibani nabantu ekhaya bay a kuthunyelwa kwindawo eliziko.

- Olu lwazi lubhekiswa:
 - Kumntu ekuqinisekisiweyo ukuba uneCOVID-19
 - Kumntu osalindele iziphumo zokuhlolwa intsholongwane
 - Kumntu ochazwe njengobekhe wasondelelana nomntu oneCOVID-19
- Mabahlaliswe kwamanye amagumbi okanye kwenye indawo kwalapha ekhaya. Akufuneki badibane nabanye abantu ekhaya.
- Amakhaya anabantu abosulelekileyo ekufuneka bangahlali nabanye kufuneka babekwe kwiindawo ezahlukeneyo. Ukuba oku akwenzeki, tsalela ugqirha wakho okanye iProvincial Hotline.
- Kubantu abasalinde iziphumo zovavanyo, oku kuya kuthatha iintsuku ezimbini.
- Ukuba iziphumo zovavanyo zibuya zingqina ukuba abosulelekanga bavumelekile ukuba bangahamba hamba ngokukhululekileyo.
- Ukuba iziphumo zovavanyo zibuya zingqina ukuba umntu lowo usulelekile kuya kufuneka ahlale yedwa angasondelelani nabanye abantu abakwelo khaya isithuba seentsuku ezilishumi elinesine. Abantu abakhe basondelelana nomntu osulelekileyo nabo bay a kulandela le nkubo.
- Ungaphumi ekhaya uhambe. Yenza amalungiselelo kunye nabahlobo bakho nabahlali ukuze uzelwe igrosari, ukutya, namayeza, zonke ezi zinto zibekwe emnyango. Ukuba akulungi oku, kuya kuthunyelwa umnonopheli mpilo oselungelweni lokuhambisa iinkonzo ezibalulekileyo kuperha, elandela **Imigaqo emihlanu esiSiseko yoCoceko** anxibe nemaski.



Unonophelo lwabantu ekhaya lulungiselelwe kuphela xa:

- Uneempawu ezingaxhalabiso noko
- Uhleli wedwa kwigumbi elilodwa
- Kufuneka ukwazi ukuya kwigumbi langasese, ekhitshini nakumatshini wokuhlamba iimpahla
- Kufuneka ube nomntu osempilweni wokukunonophela
- Uza kuqhagamshelana nogqirha wakho

Imigaqo emihlanu esiSiseko yoCoceko

1. Hlamba izandla
2. Sukuzibamba ubuso
3. Gcina umgama
4. Gquma umlomo xa ukohlela
5. Uyagula? Hlala ekhaya

Funa uncedo lonyango ngokukhawuleza xa umntu:

- Ephefumla nzima
- Eneentungu ezingapheliyo okanye ukuminxeka esifubeni
- Enobhideko naxa engakwazi ukuvuka Tsala umnxeba kuqala. Phepha ukuhamba ngesithuthi sikawonkewonke. Ukuba unako sebenzisa iambulensi.



iNational Hotline: 0800 029 999

iProvincial Hotline: 021 928 4102

iNational WhatsApp: 0600 123 456



URhulumente
weNtshona Koloni



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NGOLWAZI OLUTHE VETSHE:
www.westerncape.gov.za

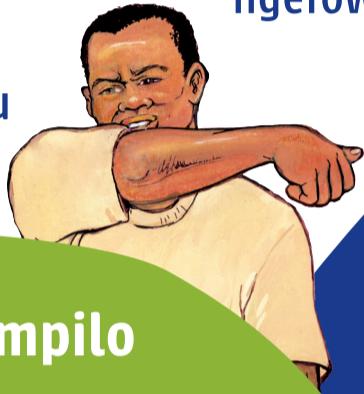
Iingcebiso zononophelo ekhaya

Wonke umntu

Hlamba izandla zakho imizuzwana engamashumi amabini (20) ubuncinane ngesepha namanzi.



Khohlelela okanye thimlela kwithishu okanye engqinibeni. Yilahle ithishu emgqomeni ovalwayo.



Umnopheli mpilo

Yicoce rhoqo imiphezulu neendawo ezifikelewa njalo zizandla.



Kubeke emnyango ukutya komntu ohlaliswe yedwa ngenxa yeCOVID-19. Ungamana ukumbuza rhoqo ukuba uziva njani na malunga neempawu zentsholongwane. Khupha inkunkuma nempahla emdaka



Sebenzisa izinto ezilungiselelwe imeko ezifana nezitya, iitawuli nelineni yomntu ogulayo. Emva kokuba zisebenzile, hlambisa kakuhle.



Hlamba iimpahla nelineni neemaski kumaqondo obushushu afikelela ku 60-100 degrees. Zi-ayine okanye uzikhame ngomatshini osebenza ngombane.



'Zoleke zibe mbini iingxowa' zenkunkuma uzigcine iintsuku ezintlanu (5) ngaphambi kokuzifaka emgqomeni ukuze zimke nabathuthi benkunkuma.

Abanonopheli kwanabanye kufuneka bazijonge yaye bazigade nakubo iimpawu zentsholongwane.

- Iimpawu ezifana nokukhohlela, ifiva, izihlunu ezibuhluntu, umqala obuhluntu nokuphefumla nzima.
- Ukuba uqaphela ukuba uba nezi mpawu, tsalela ugqirha okanye utsalele iProvincial Hotline.

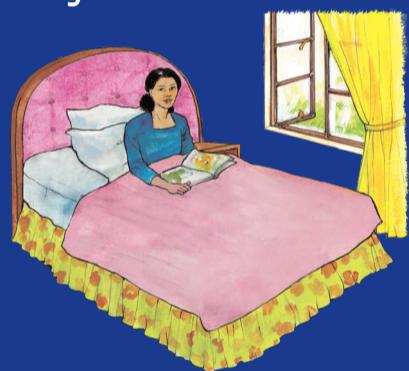
abantu bahlalisa bodwa ngenxa yeCOVID-19

Phumla, usele izinto eziselwayo kakhulu, utye ukutya okunempilo usebenzise iparacetamol xa unefiva okanye iintlungu.

Hlala wedwa kwigumbi elilodwa usebenzise igumbi langasese elilodwa ukuba kuyenzeka.

Vula iminyango neefestile.

Ukuba uziva ungcono noko, yondlula ibhedi yakho, bekela ecaleni inkunkuma nempahla efuna ukuhlanjwa



Nxiba imaski ngokwendlela akuyalele ngayo ugqirha.

Bhala phantsi iimpawu onazo zentsholongwane (ukuphefumla nzima, iintlungu esifubeni, urhudo) nobushushu bomzimba (temperature) kube kabini ngemini. Ukuba ezi mpawu ziya zisiba mandundu zingaphaya kweentsuku ezisi-7, tsalela ugqirha okanye iProvincial Hotline.



Uyeka ukuhlala wedwa kuphela wakuba ugqirha wakho ecebise oko okanye iProvincial Hotline.

