

# ICoronavayirasi ‘nendlela entsha eqhelekileyo’: Yintoni ekufuneka uyazi

## Yintoni icoronavayirasi?

- ICoVID-19 iyafana neflu, ibangela ukukhohlela, kubane nzima ukuphefumla, ifiva nomqala obuhlungu.
- Ngaphaya kweflu, ibangela inyumoniya ehamba nokuba nzima kokuphefumla.
- Alikho ichiza okanye unyangi lweCOVID-19. Ichiza lokugonya lilindeleke ngo-2021.
- Abantu abaninzi ababanayo banokugula okungephi kwaye bayaphila bengakhange baye sibhedlele.
- Abantu abadala abangaphaya kweminyaka engama-60 okanye abanezigulo zabo ezinganyangekiyo ezifana neHIV, TB, isifo sentliziyo okanye esemiphunga basemngciphekweni omkhulu wokufumana iCOVID-19.

## ICoronavayirasi isasazeka lula

- Xa umntu oneCOVID-19 ekhohlela okanye ethimla, ushiya ivayirasi kwiindawo ezibanjwayo ngabantu nasemoyeni. Ungayifumana iCOVID-19 ukuba:
  - Ubamba ezi ndawo wakugqiba uphathe ubuso bakho, amehlo okanye umlomo okanye
  - Ubusondele kakhulu kumntu onecoronavayirasi.
- Uninzi lwabantu abasasaza icoronavayirasi baneempawu, kodwa abanye bangayigqithisa le vayirasi ngaphambi kokuba babe nazo iimpawu.

Umgama ophakathi kwakho nabanye abantu nomanyano ekuhlaleni

## Abantu mabajongwe

Urhulumente weNtshona Koloni injongo yakhe kukufumana, abathathe bayogcinwa bodwa banyangwe bonke abuntu abane-COVID-19.

Kunendlela ezinanzi ongakhetha kuzo:

- Zijonge wena usebenzisa i- online tool yethu: coronavirus.westerncape.gov.za/risk-assessment-covid-19
- Abasebenzi abaqeqliwego baye kungena umzi nomzi. Ukuba bacinga ukuba unecoronavayirasi baye kukucela ukuba utyelele indawo yovavanyo ekufutshane kuwe.
- Iindawo zovavanyo zili-18 kunye namaziko ahlela abantu ngokwemeko zabo kwiphondo liphela.
  - Ukujonga nokuvavanya kuyenziwa ezikliniki.
  - Kuyeza ngokukhawuleza: ukwensiwa uvavanyo lwabantu emisebenzini.



Abasebenzi bethu banethegzi ezinamagama abo banxibe neyunifomu. Nceda uxhase idabi lokulwa necoronavayirasi uvumele abasebenzi bethu bakujonge.

## Ukungajikelezi kuyakunciphisa ukusazeka kwecoronavayirasi

Ukumiswa ngxi kwezinto kukuthothisile ukusazeka/ukunwenwa kwecoronavayirasi kwaze oko kwenza ukuba iinkonzo zempilo zenze amalungiselelo amawaka abantu abaya kufuna unonophelo kwiinyanga ezipato. Oko kukwabangele ukunxuba nendlala ekuhlaleni. Njnengoko imiqathango isiya inyenyswa, uxanduva lokuthoba ukusazeka/ukunwenwa kwentsholongwane kulele ebantwini. Kufuneka sitshintshe indlela yokuphila yemihla ngemihla ibe ‘yentsha neqhelekileyo’ (‘new normal’) lide ichiza lifumanek.

## Khusela abo basemngciphekweni kakhulu weCOVID-19

Ukuba ungaphaya kwama-60 iminyaka yobudala okanye unezigulo zakho ezifana neHIV, TB, isifo sentliziyo okanye esemiphunga usemngciphekweni ngakumbi weCOVID-19.

- Landela imithethi emi-5 esisiseko yempilo.
- Hlala ekhaya kangangoko unakho. Gada inani labantu ohlangana noncokola nabo.
- Cela umntu ayokuthengela izinto ozifunayo ayokupeyela negrant/iipenshini.
- Sela amayeza akho ezigulo ezinganyangekiyo. Qalisa kwakhona ukuba ubusele uyekile.

## Yiba novelwano

- ICoVID-19 isichaphazela sonke. Ingasulela abaninzi bethu. Ukuba akukho mntu umaziyo uneCOVID-19 okwangoku, msinyane uza kuba khona.
- Yiba novelwano kwabanye abantu. Wonke umntu usentlungwini kwaye amanyathelo okunqanda ukusazeka/ukunwenwa akakho lula ukwenziwa.
- Umgama ophakathi kwakho nabanye abantu awuthethi ukuba likheswa. Nxulumana nabanye abantu uze uqagamshelane nabanye.
- Amazwi abalulekile – musa ukusazaza iindaba okanye imiyalezo engekhoyo engabangela ixala noloyiko.
- Baxabise abo bancedayo noba ngabasebenzi bezonyango, abasebenzi ezivenkileni okanye amalungu asekuhlaleni.

## Landela Imithetho emi-5 esisiseko yempilo

1

Hlamba izandla zakho rhoqo ngesepha namanzi iisekondi ezingama- 20.



2

Musa ukuphatha ubuso bakho ngezandla ezingahlanjwanga.



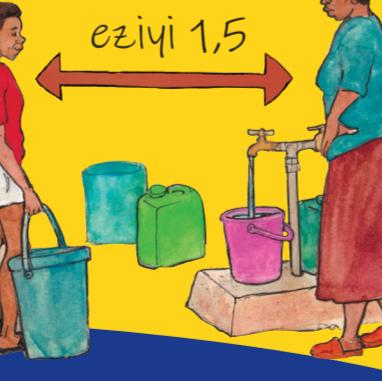
3

Khohlelela kwithishu okanye kule ndawo igobayo yengqiniba. Uyilahle ithishu emgqomeni.



4

Umgama phakathi kwakho nabanye abantu mawube yi-1,5 mithazi.



5

Hlala ekhaya ukuba uyagula. Qhagamshelana nehotline okanye umsebenzi wezempilo.



STOP UKUNWENWA KWALE NTSHOLONGWANE



URhulumente weNtshona Koloni

NGOLWAZI OLUTHE VETSHE:  
[www.westerncape.gov.za](http://www.westerncape.gov.za)

# Ukuphuma? Nazi indlela ezikhuselekileyo omawenze ngazo.

Ngalo lonke ixesha siphuma emakhayeni, maninzi amathuba sifumane icoronavayirasi:

- Ngokuba kufutshane kakhulu nomnto one COVID-19 okanye
- Ngokuphatha indawo enecoronavayirasi wakugqiba ubambe amehlo, impumlo okanye umlomo wakho.



Landela lemiqathango xa uphuma endlini:

## 1 Cinga kabini

Phuma kuphela xa kukho imfuneko xa amanqanaba endawo ohlala kuyo ekuvumela oko. Nciphisa amaxesha oya ngawo ezivenkileni. Ziphephe iindawo ezigcwele kakhulu. Ukuba uyagula, hlala ekhaya. Ukuba usemngciphekweni, hlala ekhaya.

## 2 Landela imithetho emi-5 esisiseko yempilo

## 3 Nxiba imaskhi yelaphu

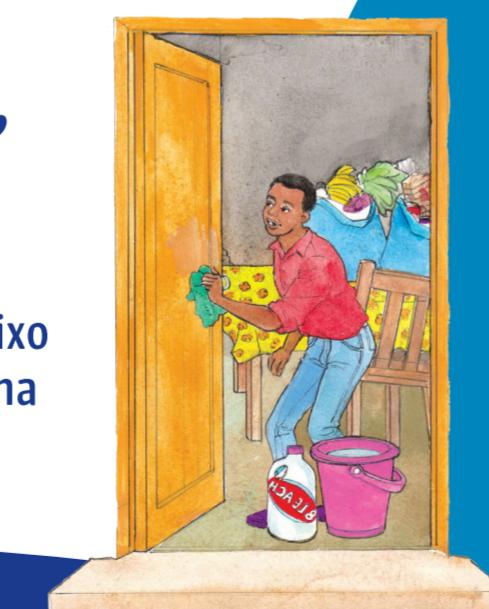
- Nxiba imaskhi ecocekileyo ngaphambi kokuba uphume endlini.
- Xa ubuyela endlini, khulula imaskhi ngemitya yayo uyibeke endaweni ekhuselekileyo de uyihlambe.
- Hlamba izandla zakho ngaphambi kokuba ubambe nayiphina into endlini.
- Naphantsi kweyiphi imeko awubolekisi ngemaskhi.



## 4 Sebenzisa isanithayiza ngaphambi nasemva kokubamba izinto ngeli xesha uphandle.



## 5 Ukubuyela kwakho ekhaya, khulula kakuhle imaskhi yakho, uhlambe izandla zakho, sula ngesibulali ntsholongwane zonke izinto obuzibambile ezifana nezitshixo ngaphambi kokubamba nayiphiw/dna into apha endlini.



**STOP UKUNWENWA KWALE NTSHOLONGWANE**



URhulumente  
weNtshona Koloni

## Yijonge impilo yakho

Zitshekishe yonke imihla ujunge iimpawu zeCOVID-19. Ukuba unokohlokhohlo olutsha, kunzima ukuphefumla, unefiva nomqala obuhlungu qhagamshelana nezikox lempilo okanye ihotline ye coronavayirasi ulandele iingcebiso zabo.

Funa unyang lwezempiro ukuba uyagula okanye ufunu uncedo oludingekayo nolubalulekileyo (xa ukhuelwe, amaxesha omntana okuya ekliniki, ugonyo, nocwangciso).



Yenza imithambo.



Zinqande ekuseleni utywala nokusebenzisa iziyobisi.



Yitya ukutya okusempilweni. Ukuba akunamali eyoneleyo yokuthenga ukutya, cela uncedo.



## Ikhaya lakho ligcine lingenayo icoronavayirasi

- Xa ubuyela ekhaya, khulula imaskhi ungabambi izinto okanye iindawo ezibanjwa kakhulu ude uhlambe izandla zakho.
- Izinto obukhe wabamba ezifana neendawo zokuvula iminyango, isitshixo neseli zisule ngesibulali zintsholongwane esingumxube weblitshi.
  - Ngalo lonke ixesha sula ngesibulali ntsholongwane izinto neendawo ezisoloko zibanjwa qho.
  - Hlamba amalaphu akho okuhlamba, iziponji, amalaphu okusula neetawuli qho.



## Fumana uncedo olufunayo

### COVID-19 symptoms?

- Western Cape Provincial Health Hotline 021 928 4102
- National Coronavirus (COVID-19) Health Hotline 0800 029 999 (tollfree)

### Ufuna uncedo lokutya Need a food parcel?

#### Western Cape Government

- 0800 220 250 (tollfree)
- Send a 'please call me' to 079 769 1207 (tollfree)
- service@westerncape.gov.za

#### SASSA

- 0800 60 10 11 (tollfree)
- 021 469 0235
- grantenquiries@sassa.gov.za

### Uyaxhatshazwa ekhaya?

- Gender Based Violence Command Centre 0800 428 428 or \*120\*7867# from a cell phone
- Childline SA (ages 0-16 years) 0800 055 555 (24 hour - tollfree)

### Inkcukacha ezizizo ngeCOVID-19:

- [www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)
- [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)
- [www.who.int](http://www.who.int)

Jonga iingcebiso ezahlukeneyo ukuba uneCOVID-19 okanye wonga umntu oneCOVID-19 ekhaya.

NGOLWAZI OLUTHE VETSHE:  
[www.westerncape.gov.za](http://www.westerncape.gov.za)