

Unonophelo lwexeshana kwiCOVID-19 olungenzelwa ekhaya

Musa ukoyika. Abantu abaninzi abaneCOVID-19 ababonakalisi zimpawu zixhalabisayo baze ke banganyangelwa sibhedlele, koko banonotshelwe ngokukhuselekileyo bengaphandle. Isizathu sokuba usoloko ucelwa ukuba uhlale kwiziko elithile kungenxa yokuba ungenalo igumbi elilodwa ongahlaliswa kulo ekhaya okanye xa kungakhuselekanga ukwenza oko. URhulumente weNtshona Koloni noomasipala babonelela ngamaziko afanelekileyo kwanakhuselekileyo apho banokususwa kwiintsapho zabo de kube kukhuselekile ukubuyela ekhaya.

I-Isolation kuxa umntu kuqinisekisiwe ukuba uneCOVID-19 esuswa kwabanye abekwe yedwa.

Ukukhwarantinwa kuxa umntu ongenayo iCOVID-19 kodwa obekhe wasondelelana nomntu ohlaliswe yedwa; okanye osalindele iziphumo.



Amaziko exeshana alungiselelwe iCOVID-19:

- **Ii-Isolation facilities** zilungiselelw abantu abaneempawu ezingaxhalabisiyo noko apho banokuchachela khona kwiCOVID-19 (umlinganiselo weentsuku ezili-10)
- **Izibhedlele** – ezilungiselelwe abaneempawu ezendeleyo zosuleleko
- **Amaziko okukhwarantina ixesha elide** enzelwe abantu abebedibene basondelelana kakhulu nomntu one-COVID-19 (ikakhulu bahlala iintsuku esisi-7-10)

Kubalulekile ukuba bonke abantu abasuleleke yiCOVID-19 bahlaliswe bodwa ukunciphisa amathuba okunwenwa kwentsholongwane. Abantu ekuqinisekisiweyo ukuba baneCOVID-19 baya kusiwa kumaziko ohlukeneyo. Abantu abalindele ukuvavanyelwa intsholongwane nabo bebekhe basondelelana nomntu onale ntsholongwane bangangeniswa kwiziko elinye kodwa abayi kubekwa kwindawo enye.



YENZA IZIGQIBO EZIKHUSELEKILEYO

1. Uyagula? Hlala ekhaya, wenze amalungiselelo okwenza uvavanyo
2. Gcina umgama phakathi kwakho nabanye
3. Nxiba imaskhi
4. Gquma umlomo wakho xa ukhohlela
5. Vula iminyango neefestile
6. Musa ukuya kwiindibano zabantu abaninzi, ukusondela ebantwini nokuba kwigumbi elincinci
7. Hlamba/usanithayize izandla zakho qho

Ukwahlulwa kusapho lwakho yinto enzima, kodwa kukwayimfuneko ukuthintela ukunwenwa kwentsholongwane isulele izizalwane zakho noluntu. Ugqirha neenkonzo zentlalo ziya kukecebisa ngezinto eziluncedo ekufumaneni unonophelo kude ekhaya.



iWestern Cape call centre:
0860 142 142

Thumela uWhatsApp: uthi “Hi” kule nombolo
0600 123 456



URhulumente
weNtshona Koloni

HLALA UKHUSELEKILE

**YIYA
PHAMBILI**

Mandize nantoni?

Oku kufana nokuhamba ixeshana



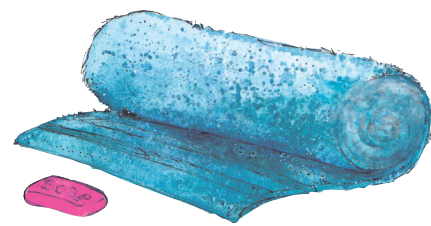
Ipijama nempahla ezilaneleyo ixesha oza kulihlala apho.

Izinekhazi nezinto ozithandayo ezimnandi

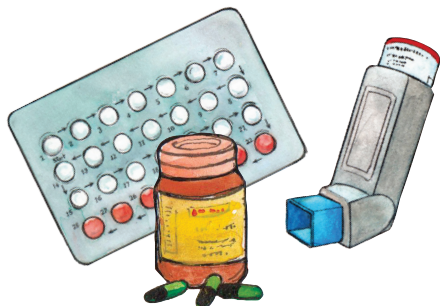


Ibrashi yamazinyo, intlama yamazinyo nezinye izinto zokuhlamba

Iitawuli ezinkulu neyobuso nesepha



Ifowuni netshaja



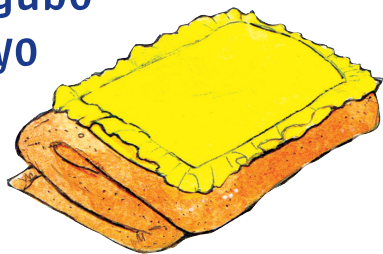
Amayeza akho esigulo esingapheliyo



Into eya kukhumbuza izizalwane zakho, umz, ifoto yosapho

Iincwadi, iimagazini okanye izinto zokwenza ubugcisa bezandla/ikhrafti (umz. ukunitha, ukuthunga, ukukrola ukhuni)

Umqamelo okanye ingubo oyithandayo



Uyacelwa uzishiye ekhaya izinto zakho ezixabisekileyo

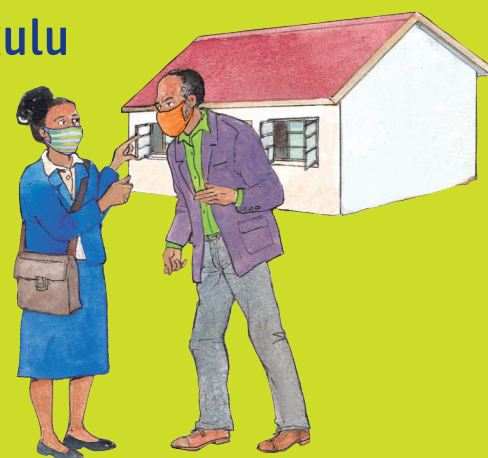


Mandilindele ntoni?

- Igumbi nendlela yokufukelela kwigumbi langasese
- Ukufumana izidlo ngokwesiqhelo
- Ukuqwalasela nokuzixela iimpawu ezibonakalayo
- Ukuncokola nezizalwane zakho usebenzisa ifowuni yakho
- Ukucoca igumbi lakho
- Imiqathango yokukhusela iindwendwe nabasebenzi, umz. ezingahlali gumbini linye nawe
- Azivumelekanga iindwendwe
- Abuvumelekanga utywala neziyobisi
- Iingcebiso uzifumana kugqirha okanye kunontlatlontle wakuba ubuyele ekhaya

Bangalindela ntoni abantu basekhaya?

- IQela lezeMpilo liya kuphonononga ubungakanani bomngcipheko kumzi ngamnye lize licebise ukuba bahlolwe babekwe bodwa abasulelekileyo njengoko kumiselwe.
- Abantwana abancinci abayi kwahlulwa koomama babo okanye kubanonopheli mpilo.
- Abasebenzi bezempilo baya kusebenza kunye neenkokeli zoluntu ukuqinisekisa ukuba ikhaya lakho aliphathwa ngendlela engafanelekanga. Zonke izinto ezirhanelekayo ezenza ixhala ziya kuthathelwa ingqalelo enkulu kwaye xa ikho imfuneko abantu ohlala nabo baya kuhlaliswa kwenye indawo kude kube kukhuselekile ukubuyela ekhaya. Uya kwaziswa ngazo zonke iiguqu ezenzekayo.



HLALA UKHUSELEKILE

YIYA PHAMBILI



URhulumente weNtshona Koloni