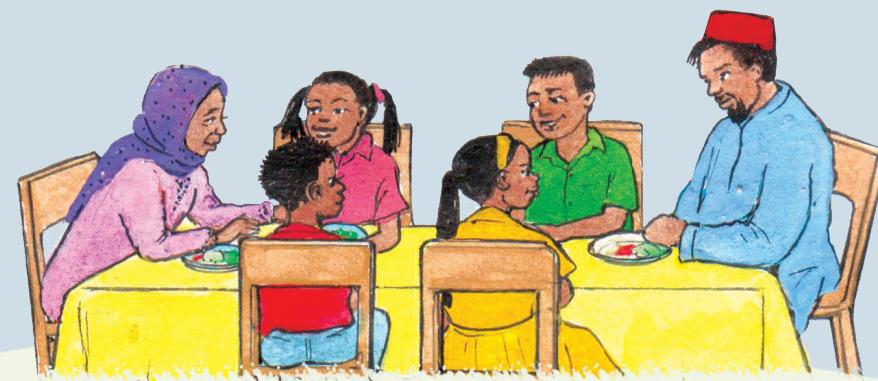


iCOVID-19

Ukunonophela usapho lwakho ekhaya



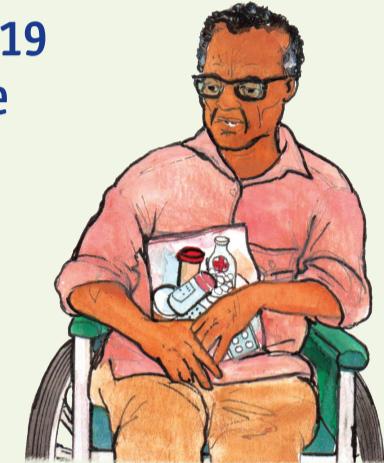
Sebenzisa ezi nkukacha ukuba:

- Uvavanyo lubuya lusithi unayo iCOVID-19 okanye
- Unempawu zeCOVID-19 okanye
- Unempawu zeCOVID-19 kwaye ulinde iziphumo zovavanyo okanye
- Ukhe wadibana wasondelelana kakhulu nomntu oneCOVID-19.

- ICOVID-19 isasazeka ikakhulu xa sithe saphefumla amachaphaza amancinci amathe ataka xa umntu oneCOVID-19 ephefumla, ekhohlela, ethimla, ecula, ethetha okanye eshawutisa.

Musa ukoyika!

- Abantu abaninzi abaneCOVID-19 banempawu ezingephi okanye bangabi nazo kwazimpawu ezo bangazinyanga ngokukhuselekileyo ekhaya.
- Abantwana abafane bagule kakhulu ngenxa yeCOVID-19.
- Abantu abadala abangaphaya kweminyaka engama-55 ubudala nangaphezulu okanye abanezigulo ezingapheliyo ngabona bathanda ukuhlaselwa yiCOVID-19 ngamandla.



Yintoni ekufuneka uyenzile ngoku kukujonga iimpawu ezimandla zeCOVID-19, zigcine bucala kwabanye abantu kwaye ukhusele abo basemngciphekweni wokufumana iCOVID-19 emandla.

Qaphela iimpawu zeCOVID-19

- Uba nokhohlokhohlo, umqala obuhluntu, ukungeva vumba nancasa. Idelta variyenti yeco-ronavayirasi ingabangela intloko ebuhluntu, iim-pumlo ezibalekayo/ezixineneyo, ukuthimla nokutyhafa/ukudinwa.
- Funa uncedo ngokukhawuleza ukuba **wena** uphefumla nzima, uneentlungu esifubeni okanye ukuvaleka kwesifuba okungapheliyo, ukudideka okanye ukungakwazi ukuvuka.
- Funa uncedo ngokukhawuleza ukuba **umntana wakho** uphefumla ngokukhawuleza, akakwazi ukuvuka ngokupheleleyo, uyaxhuzula, akafuni kusela nto okanye ugabha yonke into ayityayo.
- Fona ngaphambi kokuba uye. Sukukhwela isithuthi sikawonke-wonke. Sebenzisa isithuthi sakho ukuba oko akwenzezi, biza i-ambulensi.



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Zigcine ngokuzivalela ungadibani nabanye abantu kunye nabo basemngciphekweni omkhulu wokufumana iCOVID-19 emandla.

- Hlala ekhaya. Musa ukuphuma uye ngaphandle okanye kubekho abantu abazokubona akuvumelekanga oko.
- Yenza amalungiselelo nezihlobo nosapho ukuze bakuzisele igrosari, ukutya namayeza ezo zinto zibekwe emnyango.



Zama ukuba abo baneempawu zeCOVID-19 okanye abo uvavanyo lubuye lusithi banayo iCOVID-19, ubahlule kwabanye abantu apha ekhaya, ingakumbi kwabo basemngciphekweni wokuba neCOVID-19 emandla. Ukuba ikhona imfuneko, abantwana kufuneka bahlale nabantu abajongwa ngabo.

Hlala kwigumbi elilodwa.

Ukuba uza kuba kwigumbi elinye nabanye abantu, ningalali ebhedini enye.



Indawo eniyisebenzia nonke yisebenzise wedwa emva kokuba wonke umntu egqibile.



Gcina umgama oyi-1,5 mitha phakathi kwakho nabanye kwaye uxibe imaskhi.



Yenza imithetho yococeko



Ukuba uza kusondelelana nabanye, qinisekisanu ukuba nonke ninxiba imaski. Abantwana abangaphantsi kweminyaka emibini bangayinxibi imaskhi.



Khohlela okanye uthimlele engqinibeni yakho okanye kwitishu uyilahle ngokukhuselekileyo emgqomeni.



Vula iminyango neefestile kungene umoya opholileyo.



Hlamba izandla zakho qho.

Zigcine ngokuzivalela wedwa ungahlali nabanye abantu iiintsuku ezili-10

- Ukuba uneempawu: ungayeka ukuzivaklela wedwa kwiintsuku ezilishumi emva kokuba iimpawu ziqalile.
- Ukuba akunazimpawu, ungayeka ukuzivalela wedwa kwiintsuku ezili-10 emva kokuba ubudibene wasondelelana nomntu oneCOVID-19 okanye kwiintsuku ezili-10 emva kokuba wenze uvavanyo lweCOVID-19.
- Thetha nomsebenzi wezempiro ubuze ukuba ungayeka nini ukuzivalela wedwa ukuba iziphumo zakho zibuye zisithi akunayo iCOVID-19 okanye ukuba uyagula kwiintsuku ezili-10.

iWestern Cape call centre:
0860 142 142

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



URhulumente
weNtshona Koloni

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