

Zikhusele kwiCOVID-19 kwindawo yenu yokunqula/yokukhonza

ICOVID-19 ingasazeka lula kwindawo yokunqula

- Xa umntu oneCOVID-19 ephefumla, ethetha, ecula, ekhohlela okanye ebamba izinto, ushiya icoronavayirasi kwimiphezulu nakwizinto abezibambile nasemoyeni.
- Ungayifumana icoronavayirasi ukuba usondelelene kakhulu nomntu onayo, okanye ukuba ubamba lemiphezulu ebeyibambile uze ubambe amehlo akho, impumlo okanye umlomo



Hlala ekhaya ukuba:

- Uneempawu ekunokwenzeka ukuba yiCOVID-19 - (ukukhohlela, ifiva, umqala obuhlungu, okanye ukutshintsha kwendlela yakho yokuva ivumba nencasa)
- Usemngciphekweni omkhulu wokususelwa yiCOVID-19 (ukwiminyaka engaphaya kwama-55 okanye unesigulo esinganyangekiyo, ingakumbi isifo seswekile).



Masenze imithetho yococeko

- Khohlelela okanye uthimlele engqinibeni yakho.
- Musa ukubamba umlomo wakho, impumlo, okanye amehlo ngezandla ezingahlanjwanga.



Nxiba imaskhi yelaphu

- Imaskhi kufuneka igqume umlomo, impumlo nesilevu sakho.
- Musa ukuyipuca-puca imaskhi ngeli xesha uyinxibile.
- Musa ukunxiba ivisor endaweni yemaskhi.



Zigcine ucocekile ungenayo icoronavayirasi

- Hlamba izandla zakho okanye usebenzise isanithayiza qho.
- Musa ukubamba imiphezulu nezinto ezibanjwa kakhulu ngezandla.
- Yiza nezinto zakho zokukhonza ezifana neemethi zokuguqa xa uthandaza, okanye amaculo.



Gcina umgama oyi-1,5 mitha phakathi kwakho nabanye abantu

- Hlala kwindawo ehleli usapho lwakho.
- Musani ukube nibambe imihlangano emva kwenkonzo.
- Musa ukuphuza, ukwanga nokuxhawula isandla.



Nabanina anganayo iCOVID-19. Masibe nobuntu omnye komnye – Sikule into sonke.



URhulumente
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