

# Hlamba izandla zakho ukunqanda ukusasazeka kweCOVID-19

- Sebenzisa isanithayiza enomlinganiselo wama- 70% e-alkohol okanye isepha namanzi.
- Ukuba izandla zakho ziyabonakala ukuba zimdaka, sebenzisa isepha namanzi.



- Ukuba usebenzisa isepha namanzi, pula izandla zakho ngamanzi acocekileyo uhlikihle isepha entendeni yesandla sakho.

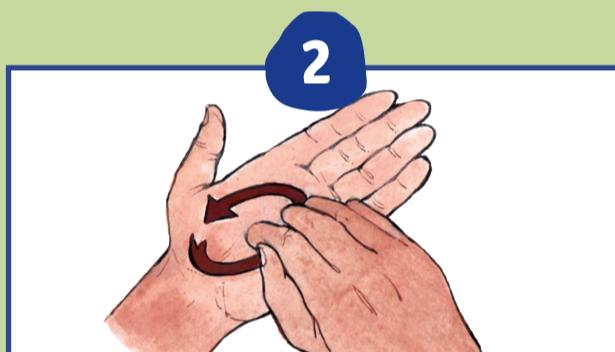


- Ukuba usebenzisa isanithayiza, yigalele kwisandla esikhongoseleyo uhlikihle.

- Coca izandla zakho isekondi ezingama-20 usebenzisa la manyathelo aqala ku-1-6 angezantsi:



Hlikihla iintende zezandla zombini.



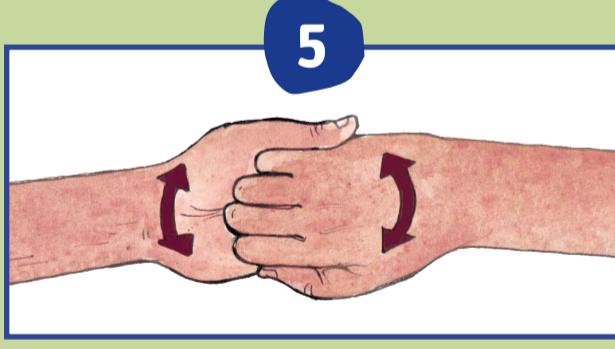
Hlikihla iincam zeenzipho kwintende yesandla.  
Uzitshintsha-tshintshe izandla.



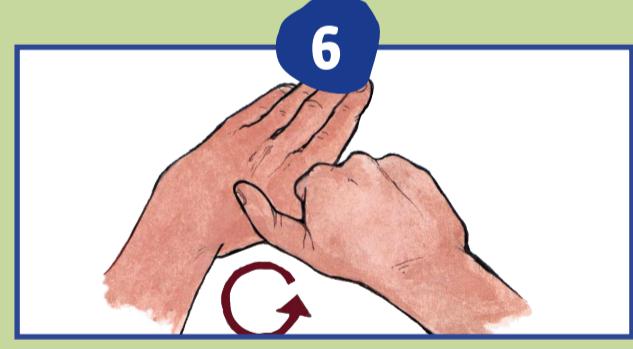
Hlikihla imiphakathi yeminwe omnye.



Beka isandla kwesinye ngasemva kwesinye, uhlikihle phakathi kweminwe.  
Uzitshintsha-tshintshe izandla.



Bamba iminwe ngeminye uyiuhlikihle ngexesha elinye.



Hlikihla ubhontsi kwintende yesinye isandla. Uzitshintsha-tshintshe izandla.

- Ukuba usebenzisa isepha namanzi, pula izandla zakho ngamanzi acocekileyo uzomise ngetawuli yephepha okanye uziyeke zomiswe ngumoya. Musa ukusebenzisa iitawuli ezisetyenziswa ngabanye abantu.

