

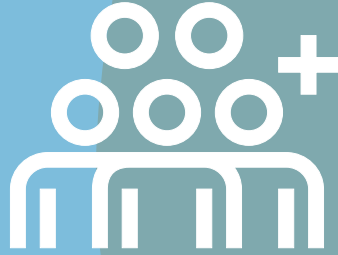
# INDLELA NEXESHA LOKUZIKHETHA UBE WEDWA

## UNE-COVID/ULINDE IZIPHUMO/UKHE WASONDELELANA NOMNTU ONE-COVID

ICoronavayirasi isulela kakhulu kwaye isasazeka ngamathontsana amancinci ahamba nomoya xa usondele emntwini osululelekileyo. Kubalulekile ukuzihlalela wedwa, kude nabanye xa ziqalisa iimpawu zayo okanye xa usalindele iziphumo.

### KUKUTHINI UKUSONDELELANA KAKHULU?

Ngumntu obukhe wakunye naye isithuba esingaphezu kwemizuzu eli-15, nisondelelene ngomgama onsondeleyo kwi 1,5m, ungafakanga maski. Dawnlowuda i- **CovidAlert app** ufumane izaziso xa ubukhe wasondelelana kakhulu nomnye umntu.



### LIDE KANGAKANI IXESHA LOKUBA WEDWA?

Iimpawu ezingaxhomisi mehlo/ube unayo iCOVID-19: Ziintsuku ezisi 7 emva kokuqalisa kweempawu zeCovid-19.

### XA UNECOVID-19 KODWA UNGENAZO

#### IIMPAWU:

Akukho mfuneko yokuzihlalela wedwa.



### UKUSONDELELANA

#### NOMNTU ONEEMPAWU

#### OKANYE OQINISEKISIWEYO UKUBA

#### UNECOVID-19:

Abantu abangabonakalisi zimpawu zeCOVID-19 akukho mfuneko yokuzihlalela bodwa.

### ONOKUKWENZA

- Nxiba imaski nanini na uphakathi kwabantu, iintsuku ezi-7 emva kokuhlolwa.
- Kuphephe ukuba kwiindibano zolonwabo (ezinabantu aba-3 nangaphezulu) isithuba seentsuku ezi-7 emva kokuhlolwa.
- Kulumkele ukuba nabanye ngaphakathi endlwini, isithuba seentsuku ezi-5 emva kokuhlolwa.



### EZINYE IINKCUKACHA

Tsalela I-Provincial Call Centre yoRhulumente weNtshona Koloni (kwinombolo engahlawulelwayo)

0860 142 142

I-National Hotline 0800 029 999

WhatsApp "Hi" ku- 0600 123 456

HLALA UKHUSELEKILE

**YIYA PHAMBILI**