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linkcukacha neengcebiso  
ezilungiselelwwe ekhayeni:  
**Hlala ukhuselekile kwicoronavayirasi**



Practical Approach to Care Kit

# Wamkelekile kwiPACK Home

Indlela ethe yenziwa ngayo iCare Kit - PACK -yileyo ilungele ukusetyenziswa ngoonesi, oogqirha nabasebenzi bezempilo boluntu kwimisebenzi yabo yemihla ngemihla ukunonophela izigulane eklinikhi nakwiindawo zoluntu – **iPACK Adult**, **iPACK Adolescent**, **iPACK Child** ne**PACK Community**.



**iPACK Home** ilungiselelw abantu abafuna ulwazi malunga nendlela yokunonophela impilo yabo nempilo yeentsapho zabo emakhaya. Ungazifumanel ufunde zonke iivolum ezibhalwe ngesiNgesi, iAfikansi, isiXhosa, isiZulu okanye iSesotho:

**Volume 1: Hlala ukhuselekile kwintsholongwane icorona**

**Volume 2: ICOVID-19 ekhaya**

**Volume 3: limeko zezigulo ezingapheliyo ekhaya**

**Volume 4: Khuseleka kwiCorona vayirasi esikolweni.**

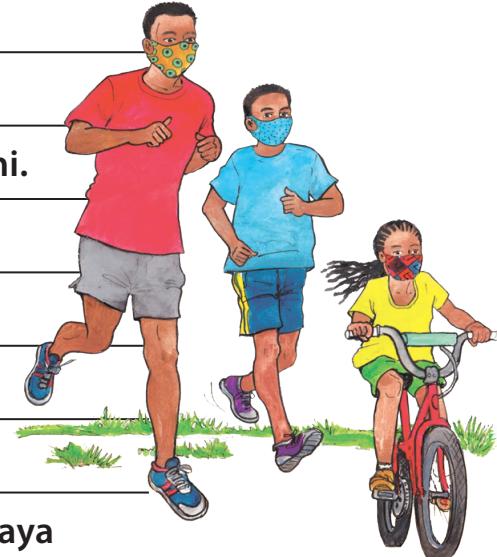
**Volume 5: Impilo yomntana osakhulayo ekhaya**

**Volume 6: Impilo yomntana osakhulayo ekhaya**

**Volume 7: Impilo yabantwana abafikisayo ekhaya**

**Volume 8: Impilo yabantu abadala ekhaya**

**Volume 9: Ukunonophela abagula kakhulu emakhaya**



Fumana **iPACK Home** volumes [kwiwww.coronawise.org.za](http://www.coronawise.org.za)

**I-PACK Home** yasungulwa yi-Knowledge Translation Unit, University of Cape Town Lung Institute, ibambisene neCandelo lezeMpilo leNtshona Koloni. Okuqulethwe kuyo ligalelo labantu ngabantu abasebenza ngononophelompilo. Sibulela abo bathe banegalelo ekuphononongweni kwesiqulatho **sePACK Home**. Khangela amagama abo kwiwebsite [angu- www.knowledgetranslation.co.za/pack/pack-home](http://www.knowledgetranslation.co.za/pack/pack-home).

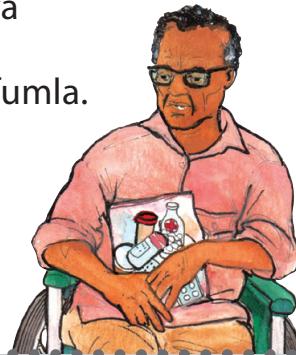
**ISILANDULO:** Ezi nkukacha mazingathathwa njengeengcebiso zonyango. Azithathi ndawo yokuba uye kunesi okanye kuggirha okanye abanye kwabasebenzi bezempilo. Ukuba unezinto onqwenela ukuzazi malunga nemeko yakho yonyango, nceda ubonane nogqirha okanye unesi. Ezi nkukacha zinikezelwa ngokwemeko leyo kungekho siqinisekiso malunga nokuchaneka kwazo, ukungqamana kwezinto, ukuba lunchedo kwazo okanye ukufaneleka kwazo kule njongo. Ukusebenzisa ezi nkukacha zilapha kuxhomekeke kuwe.

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# Isifo iCoronavayirasi 2019 – iCOVID-19

- iCOVID-19 iyafana neflu, ibangela ukukhohlela, ifiva, umqala obuhlungu, ukudinwa nezihlunu ezibuhlungu. Ingachaphazela amalungu ava incasa nevumba.
- Abantu abaninzi banokugula okungephi okuphilayo ngaphandle kokunyangwa.
- Kwabanye, oku kugula kungahlala ixesha elingangeeveki ukuya kwiinyanga.
- Ukuba ingamandla, ibangela inyumoniya kube nzima ukuphefumla.
- Abo bangaphaya kweminyaka engama-55 ubudala okanye abanemeko yezigulo ezingapheliyo ezifana nesifo seswekile, iHIV, iTB, isifo sezintso, ihigh-high, isifo semiphunga esingapheliyo okanye umhlaza bakumngcipheko omkhulu wokufumana iCOVID-19 ngamandla.



## Intsholongwane iCorona isasazeka lula

- iCOVID-19 isasazeka ikakhulu xa siphefumle amachaphaza amancinci amathe ataka xa umntu oneCOVID-19 ephefumla, ethimla, ecula, ethetha, okanye eshawutisa.
- La machaphaza athi ahlale kwimiphezulu yezinto. Ngamanye amaxesha singayifumana iCOVID-19 ukuba sibamba ezo ndawo size sibambe amehlo ethu, impumlo okanye umlomo.

iimitha eziyi 1.5



## iCOVID-19 ayidityaniswa nohlanga oluthile Iwabantu; Sonke ngokulinganayo singayifumana kwaye siyasaze iCOVID-19.



- iCOVID-19 sisifo esitsha; kuninzi esingakwaziyo ngayo.
- Abantu basoloko besoyika into entsha okanye into engaziwayo. Loo nto yenza lula ukuba abantu babeke abanye ityala.
- Sukuzibandakanya neendaba zobuxoki malunga neCOVID-19 – thetha ngenkukacha ezivela kumajelo asemthethweni.
- Baxhase abo baneCOVID-19 ukuze bafune uncedo lwezempiro bakwazi nokumelana nobomi bemihla ngemihla ngeli xesha bengaphilanga okanye besusiwe kwabanye abantu.

**Yiba nobubele kusapho Iwakho, abantu osebenza nabo, abamelwane – Sikule nto sonke.**

# Zikhusele wena kunye nekhaya lakho kwicoronavayirasi

1



Uyagula? Hlala ekhaya wenze amalungiselelo ovavanyo lweCOVID-19.

2

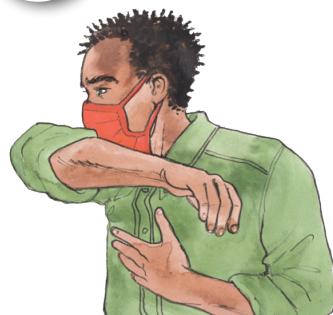


3



Nxiba imaskhi

4



Gquma umlomo wakho xa ukhohlela

5

Vula iifestile neminyango ukuze umoya ungene uphinde uphume nje kakuhle



6

Musa ukuya kwiindawo ezinabantu abaninzi, ezixineneyo neendawo ezincinci.



7



Hlamba uze usanithayize izandla zakho qho.

# Gcina umgama phakathi kwakho nabanye

## Kutheni le nto kufuneka sigcine umgama phakathi kwethu nabanye?

- iCOVID-19 isasazeka ikakhulu xa siphefumle amachaphaza amancinci amathe ataka xa umntu oneCOVID-19 epefumla, ethimla, ecula, ethetha, okanye eshawutisa.
- La machaphaza athi ahlale kwimiphezulu yezinto. Ngamanye amaxesha singayifumana iCOVID-19 ukuba sibamba ezo ndawo size sibambe amehlo ethu, impumlo okanye umlomo.

iimitha eziyi 1.5



## Gcina umgama phakathi kwakho nabanye abantu ukuze abe mbalwa amathuba okusasazeka kwecoronavayirasi.

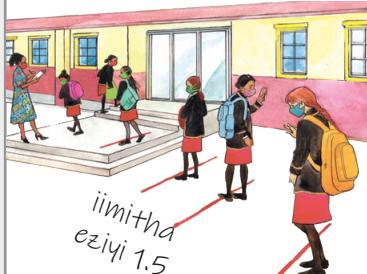
- Oku kuya kunceda abo basemngciphekweni omkhulu wokusulelwya yiCOVID-19 – abo baneminyaka engaphaya kwama-55 ubudala okanye abo banesifo seswekile, iHIV, iTB, ihigh-high, isifo esingapheliyo semiphunga, okanye umhlaza.
- Oko kuya kubangela ukuba kungabikho kugxalathelana kwiikliniki zethu nezibhedException ukuze abo bafuna unonophelo lwezempiro balufumane.

## Siwugcina njani umgamaphakathi kwethu nabanye abantu?

Hlala  
ekhaya.



Gcina umgama oyi-  
1,5 iimitha phakathi  
kwakho nabanye  
abantu.



Yiya kuphela kwindawo  
zikawonke-wonke xa kukho  
imfuneko usebenzise  
isithuthi sikawonke-wonke xa  
kunyanzelekile.

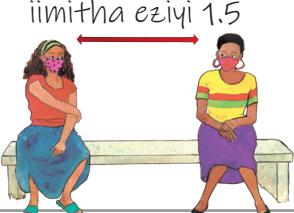
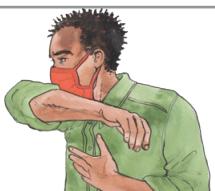
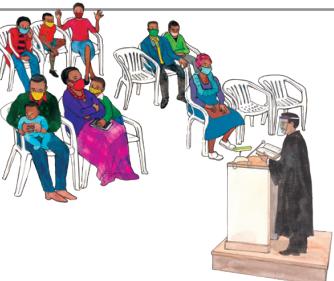


Ungayi kwiindawo ezinabantu abaninzi, iindawo  
ezixineneyo ngabantu nezincinci.



# Chitha ixesha kunye nabanye ngendlela ekhuselekileyo

Xa uhleli nabanye abantu ngaphandle ekhayeni lakho, oko kwenze ngendlela ekhuselekileyo ukunqanda ukusasazeka kwecoronavayirasi.

 <p>Ukuba uyagula, hlala ekhaya.</p>	 <p>Makubekho umgama phakathi kwakho nabanye abantu. iimitha eziyi 1.5</p>
 <p>Nxiba imaskhi.</p>	 <p>Gquma umlomo wakho xa ukhohlela.</p>
 <p>Mayibe ngabantu abambalwa abazimase umcimbi kwaye ungathathi xesha lide.</p>	 <p>Musa ukuxhawula izandla, ukwanga okanye ukuphuza namphina umntu ongahlali ekhayeni lakho.</p>
 <p>Musa ukutica, ukushawutisa okanye ukucula ukufutshane kwabanye abantu.</p>	
 <p>Ukuba kufuneka uhlale endlini, vula iifestile neminyango ukwazi umoya ukungena uphume.</p>	
 <p>Dibana nabantu phandle xa ukwazi ukwenza oko.</p>	

Ziqaphele kakhulu ukuba usemngciphekweni wokufumana iCOVID-19 ngamandla: abo bangaphaya kweminyaka engama 55 ubudala okanye abanesifo seswekile, iHIV, iTB, isifo sezintso, ihigh-high, isifo semiphunga esingapheliyo okanye isifo somhlaza.

# Nxiba imaskhi phakathi kwabantu

- Imaskhi yelaphu ingakukhusela kwicoronavayirasi kwaye incede ukunciphisa ukusasazeka kwayo.
- Noxa unemaskhi, kubalulekile ukuba uyilandele yonke eminye imiqathango yokunqanda ukusasazeka kwecoronavayirasi.
- Abantwana abangaphantsi kweminyaka emi-2 ubudala akufuneki banxibe imaskhi.
- Imaskhi yelaphu efanelekileyo kufuneka ibe nemiphetho emi-3 kwaye ihlanjwa kumanzi ashushu (ungasebenzisi ilaphu leT-shirt).



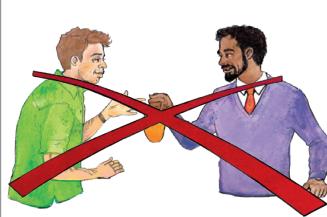
**Ukuba uyagula yiCOVID-19 okanye unonophela umntu onayo, thetha nomsebenzi wakho wezempiro okanye utsalele i-hotline ukuqonda ukuba zeziphi na iimaskhi kwanokhuseleko onokulusebenzisa.**

## Sebenzisa imaskhi yelaphu ngokukhuselekileyo:

- Hlamba izandla zakho ngaphambi nasemva kokusebenzisa imaskhi.
- Qinisekisa ukuba imaskhi igquma umlomo nempumlo.
- Yibambe ngemitya kuphela xa uyikhulula.
- Yitshintshe imaskhi xa imanzi. Yifake kwinto yokuphatha ude uyihlambe.

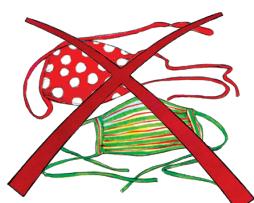


Ungabubambi ubuso okanye ungabe uyiphathaphatha imaskhi yakho.



Musani ukubolekisana ngemaskhi. Ukuba akunayo, sebenzisa ibandana okanye isikhafu.

Ungaziyeki zithi saa phantsi iimaskhi ezisebenzileyo; kuba zisenokuba zinentsholongwane icorona.



Hlamba imaskhi ngesepha namanzi ashushu kakhulu (60°C). Ukuba amanzi awekho shushu kakhulu, bilisa imaskhi umzuzu om-1 ukubulala iintsholongwane.



Yiba neemaskhi ezimbini ubuncinane ukuze ube nenyе ecocekileyo xa uxibe enye.

# Hlamba izandla zakho

## Hlamba izandla zakho rhoqo, ingakumbi:

- Emva kokusebenzisa indlu yangasese okanye emva kokutshintsha umntana inapukeni.
- Ngaphambi kokulungisa ukutya okanye ngaphambi kokutya .
- Emva kokunonelela umntu ogulayo.
- Emva kokubamba iindawo zoluntu ezibanjwa kakhulu ngezandla ezifana neendawo zokubamba, ATMs nezitulo zeteksi.



## Hlamba izandla zakho iisekondi ezingama-20

- Songa imikhono yakho, pula izandla zakho emanzini acoekileyo uqabe isepha kwintende zezandla.



- Pula izandla zakho ngamanzi acoekileyo, ujisule zome ngetawuli yephepha okanye zizomele.
- Ukuba unayo isanithayiza, yisebenzise ukuba izandla zakho azikho mdaka okanye ayikho isepha.

## Ukuba awekho amanzi etepu ekhaya zenzele ibhotile yokuhlamba izandla:

- Thatha ibhotile yeplastiki engenanto uyivule umngxuma apha esicikweni.
- yigcwalise ibhotile ngamanzi. Uyivale ngeziciko.
- Manzisa izandla ngentwana yamanzi. Hlamba izandla usebenzisa lamanyathelo angentla.
- Pula izandla zakho kunye nebhotile.

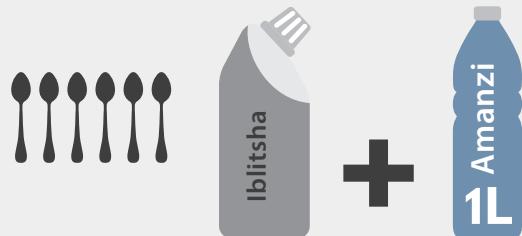


# Ligcine ikhaya lakho licocekile kwicoronavayirasi

- Xa umntu onecoronavayirasi ekhohlela okanye ethimla, angayishiya icoronavayirasi kwimiphezulu.
- Ukucoa nokufaka isibulali zintsholongwane imiphezulu kunganceda ukunciphisa ukusasazeka kweCOVID-19, ngakumbi iindawo eziphathwa kakhulu ngezandla ezifana iindawo zokuvula iminyango, amaqhoshana e-ATM nezitulo zeteksi, okanye imiphezulu ekhayeni lakho aphi kukho umntu oneCOVID-19.
- Ukucoa kuya kususa ubumdaka, isibulali zintsholongwane siya kususa intsholongwane icorona.

## Uyicoca njani kwaye uyifake isibulali zintsholongwane imiphezulu:

- Nxiba iiglavu xa ucoca ufaka isibulali zintsholongwane. Ukuba iiglavu ayizizo ezo zilahlwayo, zisebenzise kwakhona kuphela xa ucoca ngesibulali ntsholongwane.
- Ukuba imiphezulu imdaka, kuqala yicoce ngento yokucoca okanye ngesepha namanzi.
- Isibulali ntsholongwane, xuba amatispuni ama-6 eblitshi nelitha e-1.
- Qaba umphezulu, uwuyeke imizuzu emi-2, uze uwusule ngamanzi emva koko.



### Iblitshi yityhefu.

- Musa ukuyisela iblitshi.
- Musa ekudibanisa iblitshi nezinye iimveliso zokucoca.
- Yigcine kude iblitshi ebantwaneni.
- Vula iifestile namacango kuphume ivumba leblitshi phandle.



**Wakugqiba, hlamba izandla zakho kakuhle ngesepha namanzi imizuzwana engamashumi amabini (20).**

# Khusela abo basengxakini yokuba bangafumana iCOVID-19

Ukuba uye waba necoronavayirasi kwaye ungaphaya kweminyaka engama-55 ubudala okanye unesigulo esingapheliyo, esifana nesifo seswekile, iHIV, iTB, izintso, ihigh-high, iingxaki zemiphunga, okanye umhlaza abo bantu basemngciphekweni omkhulu wokuba neCOVID-19.

## Zijonge ungafumani icoronavayiasi

### Baphephe kangangoko unakho abanye abantu:

- Musa ukuphuma endlwini ngaphandle kokuba kunyanzelekile. Cela abanye bakuthengele izinto ozidingayo bayokulandela imali yegranti namayeza akho.



- Musa ukuba neendwendwe ekhayeni lakho.



### Ukuba uye waphuma okanye uyokuchitha ixesha kunye nabanye:

- Gcina umgama phakathi kwakho nabanye abantu.
- Musa ukuya kwiindawo ezinabantu abaninzi, ezixineneyo neendawo ezincinci.



- Nxiba imaskhi.
- Hlala phandle okanye uvule iifestile.



## Zigcine usempilweni

**Jonga impilo yakho nempilo yasengqondweni.** Jonga kwpiphepha 10. Ukuba uziva ungaphilanga, funa unyango ngokukhawuleza.



**Zinonophele izigulo ezingapheliyo ekhaya ngokwePACK Home Volume 3:** Ukuba isigulo sakho esingapheliyo siyalawuleka, oko kunganceda ukunqanda ukuhlaselwa ngamandla yiCOVID xa ithe yakusulela.



**Ukuba abanye apha endlini baneCOVID-19 okanye bebekhe bahlangana nomntu oneCOVID-19, zama ukuba bahlulwe kwabanye abantu lide ixesha labo lokuzivalelwabodwa lide lidlule. Jonga kwpiphepha 9.**

# Bendidibene nomntu oneCOVID-19

- Intsholongwane iCorona isasazeka lula. Ukuba ubusondele kakhulu kumntu (nijongene ebusweni nikumgama oyi-1 mitha okanye ngaphantsi koko) okanye uhlala nomntu oneCOVID-19, usengaba uyifumene.
- Kungathatha iintsuku ezili-10 ngaphambi kokuba ugule yiCOVID-19.
- Ukuba unentsholongwane icorona, usengayigqithisela kwabanye kwangaphambi kokuba ugule.

## Nqanda ukusasazeka kwentsholongwane icorona ukuze ingayi kwabanye abantu

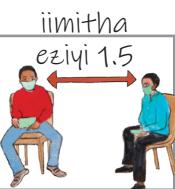


Hlala ekhaya. Zikhetha kwabanye abantu, ube kwelinye igumbi.

Ukuba akukwazi ukuba uzikhetha uhlale wedwa kwigumbi elilodwa, kuya kufuneka uye kuhlala kwiziko ujlongwe impilo yakho kwaye kunqandwe nokusasazeka kwale ntsholongwane iye kwabanye abantu.

### Ukuba uyakwazi ukuzivalela wedwa ekhaya qinisekisa ukuba uyilandela yonke imigaqo emihlanu esisiseko yococeko:

Ukuba udibene nabanye abantu, qelelanani, nxibani iimaskhi nivule iminyango neefestile. Jonga kwiphepha 5.



Hlamba izandla zakho qho.



Coca iindawo ezibanjwa kakhulu ngezandla. Jonga kwiphepha 7.



Sebenzisa izitya zakho wedwa, iitawuli nezinto zokulala. Zihlambisise.



## Yijonge impilo yakho

- Jonga impilo yakho yasengqondweni. Jonga kwiphepha 10.
- Ukuba unesigulo esinganyangekiyo, yitya amayeza akho emeko leyo.

## Yazi xa kufuneka ufune unonophelo Iwezempiro

Ukuba ugalwa zimpawu zeCOVID-19 – ifiva, izihlunu ezibuhlungu, unokukhohlela, umqala obuhlungu, nesi su esihambisayo – qhagamshelana nomsebenzi wezempiro okanye ufonele i-hotline.

- Tyelela iziko lempilo ngokukhawuleza ukuba uphefumla nzima, ukubhideka engqondweni, iintlungu esifubeni ezingapheliyo okanye ungakwazi ukuvuka.
- Fowuna xa usiza. Ungasebenzisi isithuthi sikawonke wonke. Ukuba ikhona imfuneko sebenzisa i-ambulensi.

**Naxa uziva uphilile, ungayisasaza intsholongwane icorona  
kwabanye abantu. Yeka kuphela ukuzivalela wedwa emva  
kweentsuku ezili-10.**

# Yinonophela impilo yakho ngokwasengqondweni

- Uloyiko IweCOVID-19 kwimpilo nasebomini bethu yinto esenza sizive sisoyika yaye sinestresi.
- Qinisekisa ukuba uyayinonophela impilo yakho neyosapho lwakho ngokwesengqondweni.

## Zazi izinto eziyinyani

- Sisoloko zisoyika into esingayaziyo.
- Ungazihoyi iindaba ezingeyonyani nentlebendwane – mamela iingcebiso ezivela kwimithombo ethembekileyo.



## Yiba nendlela yakho oyilandelayo yosuku

Yakhe imini yakho ngokuzisikela amaxesha okulala, okutya, okwenza imithambo, okusebenza nokwenza umsebenzi wendlu.



## Hlala unxibelelene nabanye

- Sebenzisa amaongona onxibelelwano ukukhangela usapho nabahlolo.
- Chitha ixesha nabantu abaxhasaikhaya lakho.
- Khangela iindlela zokuzigcina wonwabile!



## Yenza imithambo yonke imihla



## Lala ngokwaneleyo

## Yiba nexesha lokuphumla

- Khangela imisebenzi yokuyila okanye eyokuzonwabiswa.



- Yenza imithambo ekhuthaza ukuphefumla yonke imihla.



## Funa uncedo xa kukho imfuneko

- Ukuba uziva unestresi kwaye ufunza ukuthetha nomntu, yiya kumntu omthembileyo okanye utsalele i-helpline. Jonga kwiphepha 18.
- Funda malunga nokufumana uncedo ngexesha leCOVID-19. Jonga kwiphepha 17.



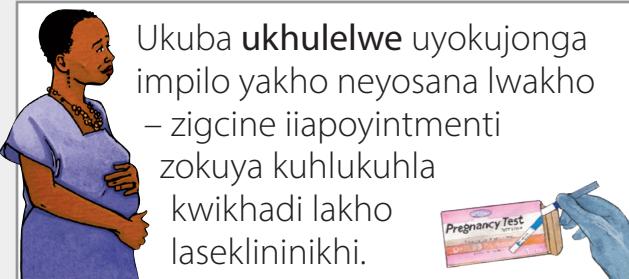
# Ungaya xa kutheni eklinikhi?

- Ngeli xesha, izibhedlele neeklinikhi zixakeke zizigulane ezineCOVID-19.
- Lumkela ukuya eklinikhi kungekho mfuneko.

## Tyelela ikliniki okanye isibhedlele ngokukhawuleza ukuba wena okanye umntana wakho nine:

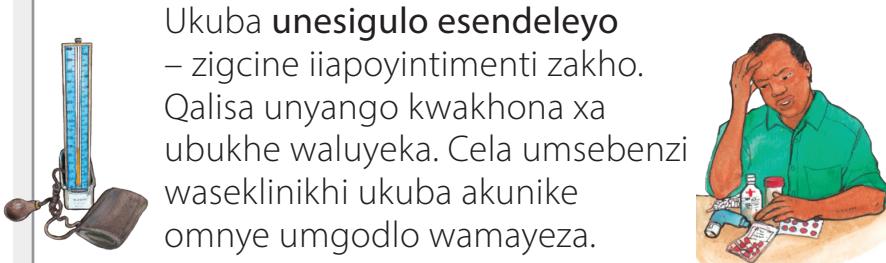
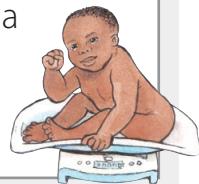
- Uphefumla nzima
- Unesifuba esibuhlungu
- Unesisu esihambisayo yaye uyagabha
- Unobhideko
- Unentloko ebuhlungu kakhulu ehamba nokugabha
- Umntwana ugula kakhulu akakwazi nokusela

## Qiniseka ukuba uya eklinikhi ngezi zizathu zilandelayo:



Ukuba **ukhulelw**e uyokujonga impilo yakho neyosana lwakho – zigcine iiapoyintmenti zokuya kuhlukuhla kwikhadi lakho laseklininikhi.

lintsana eziphilileyo nokujongwa **kwempilo yomntwana**, ukufumana ugonyo nokujongwa indlela akhula ngayo – gcina iiapoyintmenti kwincwadana iRoad to Health.



Ukuba **unesigulo esendeleyo** – zigcine iiapoyintmenti zakho. Qalisa unyang kwakhona xa ubukhe waluyeka. Cela umsebenzi waseklinikhi ukuba akunike omnye umgodlo wamayeza.



**Ucwangci-sontsapo** – gcina iia-poyintmenti zakho kwikhadi laseklinikhi.

## Ukuba akuziva mnandi:

- Ukuba uneempawu zentsholongwane icorona (ukukhohlela, ifiva, umqala obuhlungu) tsalela izikompiro okanye i-hotline.
- Ukuba unesigulo esendeleyo, yiya eklinikhi ukukhangela ukuba inobuzaza kangakanani na imeko yakho okanye uyele amayeza akho.
- Ukuba uhlala nomntu oneTB okanye okhohlelayo, yiya eklinikhi ukuze uhlolwe isifo sephepha xa ukhohlela, busihla nobunzima bomzimba, unefiva okanye xa ubila.
- Ukuba imeko yakho iba mandundu okanye ingade ibe ngcono, yiya eklinikhi.

iimitha eziyi 1.5

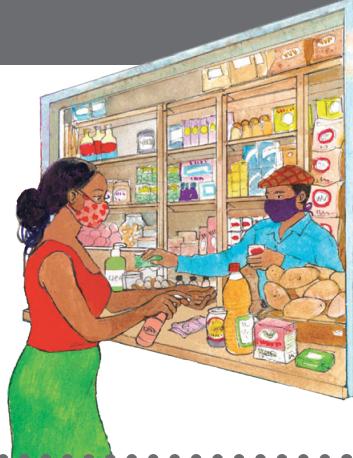


## Ukuba uthe waya eklinikhi, khumbula:

- Ukuhlamba izandla zakho ngaphambi naxa ubuya eklinikhi.
- Nxiba imaskhi, ngakumbi xa ukhohlela okanye uthimla.
- Gcina umgama oyi-1.5 iimitha phakathi kwakho nabanye abantu.
- Bazise abasebenzi baseklinikhi xa uneempawu zeCOVID-19.

# Khuseleka kwicoronavayirasi xa uthenga ezivenkileni

- livenkile zisoloko zigcwele kwaye indawo incinci, ezo zindawo apho icoronavayirasi isasazeka ngokukhawuleza.
- Kubaleke ukuya ezivenkileni xa ungaziva mnandi okanye xa usemngciphekweni omkhulu weCOVID-19. Cela omnye wosapho lwakho okanye umhlobo akuncede.
- Yiya ezivenkileni xa kukho imfuneko kuphela.
- Yenza uluhlu lwezinto oza kuzithenga uzame ukuya xa kungagcwalanga ukuze ukhawuleze.



## Landela le migaqo xa usiya ezivenkileni:



- Nxiba imaskhi.
- Lumkeka ukuzibamba ebusweni okanye ukupathaphatha imaskhi.

Gcina umgama phakathi kwakho nabanye evenkileni okanye xa ufole emigceni



Musa ukuya kwiindawo ezinabantu abaninzi, ezixineneyo neendawo ezincinci.



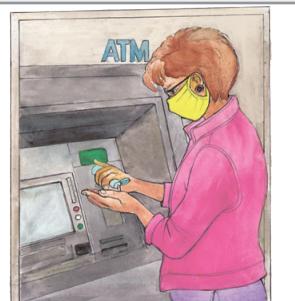
**Yisule** itroli okanye ibhaskithi ngaphambi kokuyisebenzia



**Khohlelela** okanye uthimlele engqinibeni okanyekwithishu.



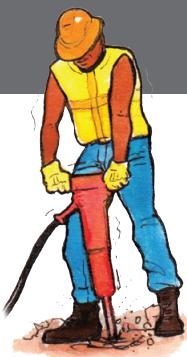
**Hlamba** okanye usanithayize izandla zakho nangaliphi ixesha xa kufanelekile, ngakumbi xa uza kuya naxa uvela ezivenkileni, bhatala ethilini okanye usebenzise i-ATM.



# Hlala ukhuselekile kwintsholongwane icorona emsebenzini

Inwenwa lula intsholongwane icorona kwiindawo zokusebenza emisebenzini.

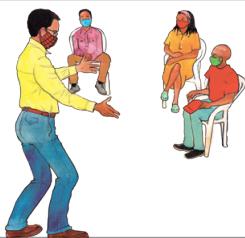
- Ukuba akuziva mnandi okanye ubukhe wasondelelana nomntu oneCOVID-19, hlala ekhaya.
- Ukuba usemngciphekweni omkhulu weCOVID-19, thetha nomqeshi wakho ngendlela yokusebenza ngokukhuselekileyo.



## Musa ukusasaza icoronavayirasi xa usemsebenzini:

### Gcina umgama omiselweyo phakathi kwakho nabanye

- Ezivenkileni makungabikho kuxinana kwiiayili .
- Ezi-ofisini, makubekho isithuba phakathi kweedesika.
- Kwimizimveliso, mazingasondelelani iindawo zokusebenzela.
- libreyikhi mazingathathwa ngaxesha nye ukunqanda kungabikho bantu baninzi kumagumbi okuphungela.



### Nciphisa iintlanganiso

- Makudityanwe online ukuba kuyenzeka oko.
- Mazibe mfutshane.
- Abantu mababe ngaphantsi kweshumi kulo mhlangano.



### Nxiba imaskhi

emsebenzini.

Yiba nayo enye imaskhi ecocekileyo oyiphethey.



### Khohlelela okanye uthimlele engqinibeni

okanyekwithishu.



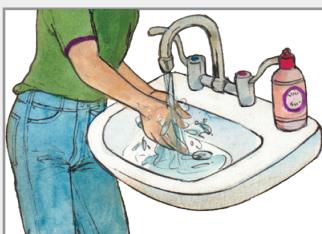
### Phefumla umoya ohlaziyekileyo.

- Vula iifestile neminyango.
- Ungakhe uphume phandle ukuba uyakwazi.

### Hamba kakuhle

ukuya nokubuya emsebenzini.

### Jonga kwiphepha 14.

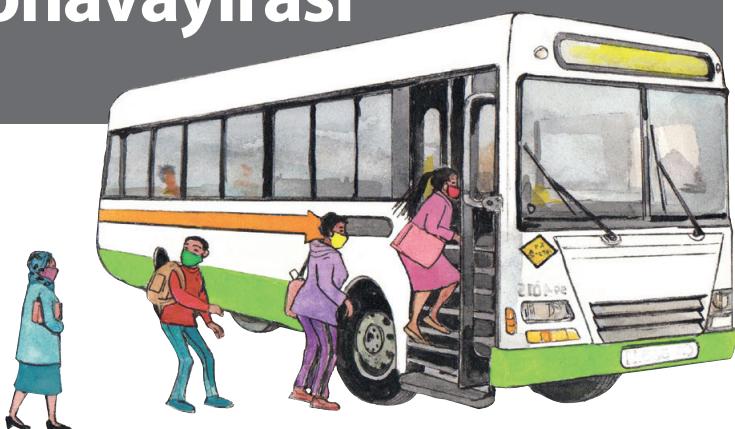


**Hlamba okanye usanithayize izandla zakho** qho ingakumbi xa ufika emsebenzini, ngaphambi kokuba utye okanye usele nasemva kokusebenzisa indlu yangasese.

# Khuseleka kwicoronavayirasi xa useluhambeni

Kwizithuthi zikawonke-wonke, abantu basoloko bencamathehelana nabanye kwiindawo ezixineneyo, nezincinci besenza kube lula ukunwenwa kwecoronavayirasi.

- Ungahamba xa kukho into enyanzelisayo.
- Kulumkele ukusebenzisa sithuthi sikawonkewonke ukuba akuziva mnandi okanye usemngciphekweni omkhulu wokusulelwa yiCOVID-19



## Landela le migaqo xa usebenzisa izithuthi zikawonke wonke:

Gcina umgama phakathi kwakho nabanye **abantu** eteksi okanye ebhasini naxa ufolile ulinde emgenci.



**Hlamba ikanye usanithayize izandla zakho** qho ukwazi ukwenza oko, ingakumbi ngaphambi nasemva kokusebenzisa izithuthi zokawonke wonke.



**Nxiba imaskhi.**



Musa ubuphatha ubuso bakho okanye ube uphathaphatha imaskhi yakho.



**Vula iifestile.**

**Khohlelela okanye uthimlele engqinibeni** okanyekwithishu.



# Khuseleka kwicoronavayirasi esikolweni

- Ukuba abantwana baneCOVID-19 abaguli kakhulu njengabantu abadala.
- Basengayifumana esikolweni icoronavayirasi bayidlulisele kwabanye.



**Hlala ekhaya ukuba uyagula** okanye umntu ekhaya uneCOVID-19.



**Gcina umgama oyi1,5 iimitha phakathi kwakho nabanye** xa ume emgceni, eklasini, nangamaxesha ebreyikhi. Lumkela ukwanga, ukuncamisa, nokubambana izandla xa nibulisana ningazenzi ne-high fives.



## Nxiba imaskhi

- Qiniseka ukuba uyisebenzisa ngokuchanekileyo. Jonga kwiphepha 5.
- Phatha nenye imaskhi onokuyisebenzisa xa inokuthi ibe manzi enye. Yisuse xa uza kutya naxa uza kusela kuphela imaskhi ( yigcine ikhuselekile).



- Ningabolekisani ngeemaskhi nabahlobo bakho.



**Khohelela okanye uthimlele engqinibeni okanye kwithishu.**

## Phefumla umoya ohlaziyekileyo

- Vula iifestile neminyango.
- Ixesha lokuphumla lichithele phandle.



## Zigcine zicocekile.

- Hlamba izandla zakho rhoqo, ngakumbi xa uvela esikolweni naxa uza kutya okanye uza kusela naxa uvela kwindlu yangasese.
- Ungasebenzisi iikomityi, izitya okanye iibhotile ezisetyenziswe ngabanye.



**Musa ukugculela abanye ngeCOVID-19.**

**Bonisa ubuntu; intsholongwane ichaphazela wonke umntu.**

# Khuseleka kwicoronavayirasi xa usenza imithambo

- Yenza imithambo rhoqo ugade impilo yakho uzame ukukhawulelana nestresi ngala maxesha anzima anje.
- Zikhusele wena nabanye kwintsholongwane icorona xa usenza imithambo esidlangalaleni.
- Ukuba ubuneCOVID-19, linda iiveki ezi-2 ngaphambi kokuba uqalise kwakhona.



**Ukuba uyagula hlala ekhaya** okanye ubukhe wadibana nomntu oneCOVID-19.



**Hlamba izandla zakho** ngaphambi kokuba uphume ngaphandle naxa ubuya.

## Yenzela imithambo phandle



## Yiba wedwa xa usenza imithambo

okanye xa nisenza imithambo nibe liqela lasendlini nodwa.

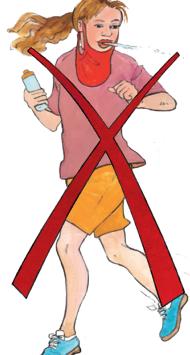


## Gcina umgama oyi-1,5 iimitha phakathi kwakho nabanye ekhayeni



Musani ukudlala niliqela lezemidlalo.

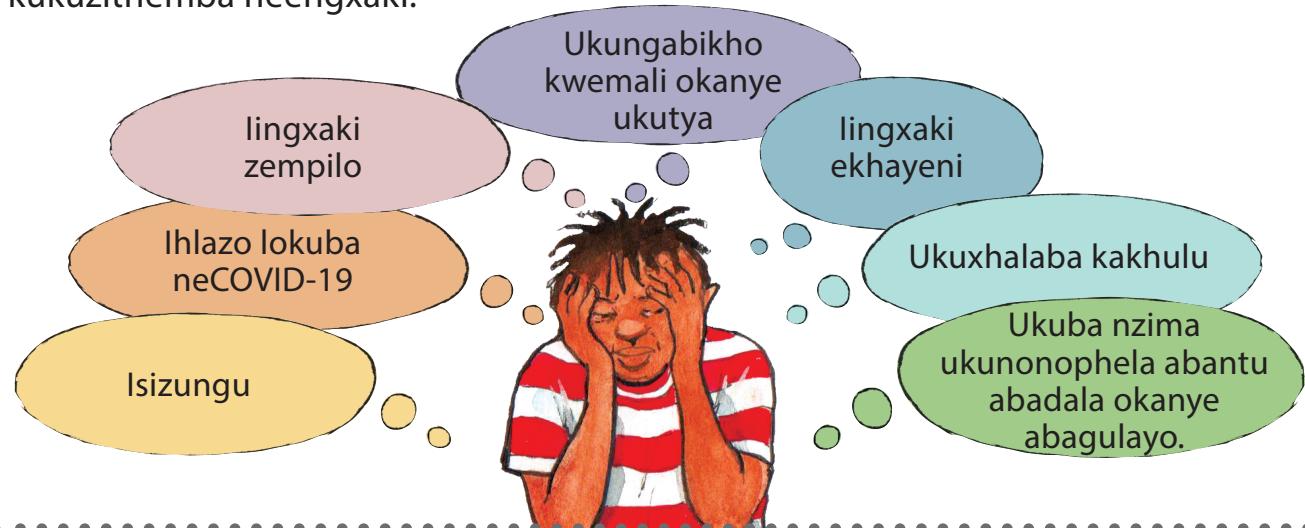
**Khohlelala okanye uthimlele engqiniben.**  
Musa ukutshica.



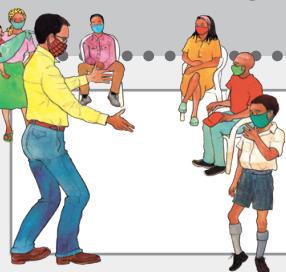
Ningabolekisani ngeebhotile.

# Ukufumana uncedo ngexesha leCOVID-19

Sijamelene nemingeni emitsha exhalabisayo, amathuba okuphelewa kukuzithemba neengxaki.



## Khangela ezi zibonelelo ukukunceda ukukhawulelana neengxaki zakho:



Thetha **neenkokheli zasekuhlaleni** uve ukuba ingaba yintoni ekhoyo eluncedo okanye uphethwe kakubi ngenxa yokuba uneCOVID-19.



Thetha **nonompilo** ukuba unengxaki zempilo okanye zokunonophela umntu ogulayo okanye umntu osele emdala ekhayeni.

Funa uncedo **kumhlobo omthembileyo** ukuba ulilolo wabelane naye ngeengxaki zakho.



Tsalela **i-helpline** xa unengxaki ekhaya okanye kukho okukuxhalabisika kakhulu. Khangela kwiphepha 18.



Tsalela **iSASSA** ukuba awunanto yokutya okanye imali ube ungekho selungelweni lokufumana granti.

Ukuba uswele into yokutya okanye imali okanye unengxaki ekhaya, yiya kufuna uncedo **kumbutho wasekuhlaleni oxhasa abo basweleyo**



Ukuba uneengxaki zempilo okanye ufunu uncedo ngomntu ogulayo ekhaya, yiya **kwiziko lempilo**.

# Li-Helpline nee-website

## Intsholongwane iCorona – COVID-19

I-National Coronavirus (COVID-19) iHotline yoLuntu ngokuBanzi	linkcukacha nolwazi malunga nentsholongwane icorona (COVID-19)	0800 029 999 WhatsApp "Hi" ku 0600 123 456
I-Western Cape Provincial COVID-19 Hotline	For COVID-19 izinto ezixhalabisayo eziphathelelene nezempilo	080 928 4102

## Ukufumana uncedo

I-Food Parcel Service – Western Cape	lipasela zokutya	021 469 0235
I-Legal Aid Advice line	Ulwazi nesikhokelo malunga nawuphi na umba wezomthetho	0800 110 110 (07:00–19:00 uMvulo ukuya kuiLwesihlanu)
I-Medic Alert	Uncedo kwizicelo zokufumana idiski yeMed Alert okanye ibracelet	021 425 7328 (09:00–16:00) 021 461 0000 (24 hours -umnxeba wokungxamuisekileyo maxesha onke)
SASSA	linkcukacha malunga nezibonelelo zoluntu.	0800 60 10 11 (toll free) GrantEnquiries@sassa.gov.za 021 469 0200 GrantsEnquiriesWC@sassa.gov.za

## limeko zezigulo ezingapheliyo

I-Diabetes South Africa	Ulwazi, iingcebiso ngokutya neendibano zocweyo nenkxaso	WhatsApp: 081 578 6636
I-Epilepsy South Africa	Amaqela axhobisa ngolwazi, anika iingcebiso nenkxaso	0860 37 45 37 (08:00–16:30 uMvulo ukuya kuLwesine, 08:00–14:00 ngoLwesihlanu)
I-Heart and Stroke Foundation	Amaqela axhobisa ngolwazi nanika inkxaso ukuba wakhe wanestrowukhu okanye wakha wahlaselwa sisifo sentliziyo	021 422 1586 (08:00–16:00)
I-National AIDS Helpline	lingcebiso nolwazo xa uneHIV okanye ucinga ngokuya kuzihlolola	0800 012 322 (iiyure ezingama- 24)
I-People living with Cancer	Imibuzo ephathelelene nomhlaza nenkxaso	0800 033 337

## **lingcebiso nenkxaso ngexesha leengxaki**

I-Lifeline National Counselling Line	Ukufumana iingcebiso ngayo nay- iphi na inkalo yobomi nokugqithis- elwa kwiinkonzo zenkaso	0861 322 322 (iiyure ezingama- 24) 065989 9238 thumela iWhatsApp ukufumana uncedo
I-Childline SA ( 0–16 iminyaka ubudala)	Abantwana nolutsha olusafikisayo oluneengxaki, ukuxhatshazwa okanye olusemngciphekweni wokuxhatshazwa nobundlobongela	0800 055 555 (iiyure ezingama - 24)
I-Gender-Based Violence Command Centre	Ukufumana uncedo malunga nobundlobongela ekhaya, ukuxhatshazwa ngokwesondo okanye ukuhlukunyezwa	0800 428 428 okanye *120*7867# kwiselulafowuni
National Shelter Movement SA (NSMSA)	Ihelplineyamaxhoba oxhatshazo okanye impatho mbi emakhaya abangatsalela kuyo bathethe nonontlalo-ntle.	0800 001 005 (iiyure ezingama - 24; tollfree)
I-TEARS Foundation	iiSMS helpline ngeemeko zobundlobongela ekhaya, ukuxhatshazwa ngokwesondo nokuxhatshazwa kwabantwana ngokwesondo	*134*7355# <a href="http://www.tears.co.za">www.tears.co.za</a>
I-National Human Trafficking Helpline	Ukuchaza ngokurhweba ngabantus	0800 222 777
I-Rape Crisis	lingcebiso nenkxaso yenkundla kumaxhoba odlwengulo >13 iminyaka ubudala	021 447 9762 (iiyure ezingama - 24); English 021 361 9085: Xhosa 021 633 9229: Afrikaans WhatsApp: 083 222 5164
MobieG	i-live chat ykunika iingcebiso yabasafikisayo (teens)	<a href="http://www.mobieg.co.za">www.mobieg.co.za</a> ngeCawe ukususela ngo-18:00, ngoMvulo -ngoLwesine ukususela ngo-19:00
Safeline	Ukufumana iingcebiso ngokuxhatshazwa namalungiselelo enkundla	0800 035 553 (iiyure ezingama- 24)
I-South African Police Services	Ukuchaza ulwaphulomthetho	08600 10111
I-Child Welfare South Africa	Ukuchaza ukuxhatshazwa okanye ukungakhathalelw kaabantwana	0861 452 4110
Police Child Protection Unit	Ukuchaza ngokuxhatshazwa okanye ukungakhathalelw kwabo	10111 <a href="mailto:childprotect@saps.org.za">childprotect@saps.org.za</a>
Family and Marriage Association of South Africa (FAMSA)	Inkxaso neMfundu ngamaxesh obunzima	011 975 7106/7 <a href="mailto:national@famsa.org.za">national@famsa.org.za</a>

### **Utywala (i-Alkoholi), iziyobisi nokutshaya**

I-Alcoholics Anonymous	Amaqela eengcebiso, ukufundisa nokunik; ikxaso ukuba ukufuna uncedo maunga nokusela kakhulu	0861 435 722 (09:30–17:00 uMvulo ukuya ngoLwesine, 09:30–15:00 ngoLwesihlanu)
I-SA National Council on Alcoholism and Drug Dependence	Ixhasa yaye inceda abantu abazijule kwiziyobisi nasyetwaleni kunye neentsapho zabo	0800 456 789 SMS 31393
I-Narcotics Anonymous (NA)	Ixhobisa ngolwazi yaye inika nenkxaso kwabo bazijule kwiziyobisi	0861 006 962
I-National Council Against Smoking Quitline	Ixhobisa ngolwazi yaye inika nenkxaso kwabo bazijule ekutshayeni icuba	011 720 3145 082 840 3548

### **Impilo ngokwasengqondweni**

I-South African Depression and Anxiety Group	Inika iingcebiso nenkxaso ukuba unedipreshini okanye inkxalabo	0800 456 789 SMS 31393
I-Suicide Crisis Line	Ukufumana inkxaso nangayiphi na into emalunga nokufuna ukuzibulala	0800 567 567 (08:00–20:00) SMS 31393 ingcali yeengcebiso iya kukutsalela
I-Cape Mental Health	Ibonelela ngeenkquo zeengcebiso, inkxaso, ubuyiselo kwimo yesiqhelo, uqequesho	021 447 9040 (08:00–16:30 emalanga ngoMvulo ukuya ngoLwesihlanu)
I-Mental Health Helpline	Inika iingcebiso nenkxaso ukuba kwizigulo ngokwasengqondweni	0800 12 13 14 (24 hours) SMS 31393 ingcali yeengcebiso iya kukutsalela
CIPLA 24-hour Mental Health Helpline	I-Helpline yokunceda abantu abanengxaki ngokwasengqondweni, udandatheko, uxinzelelo lwengqondo nokufuna ukuzibulala	0800 456 789 Thumela iWhatsApp: 076 88 22 77 5
Dementia SA	Ukuze ufumane inkxaso, ukwazi ngcono, uqequesho, nolwazi ngedayimenshiya	0860 636 679 (liyure ezingama-24) 021 421 0078 <a href="http://www.dementiasa.org">www.dementiasa.org</a>



URhulumente  
weNtshona Koloni  
EzeMpilo



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# Practical Approach to Care Kit



UNIVERSITY OF CAPE TOWN  
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD



OPEN SOCIETY FOUNDATION  
FOR SOUTH AFRICA  
CELEBRATING 25 YEARS 1993 - 2018