



1

linkcukacha neengcebiso
ezilungiselelwe ekhayeni:
Hlala ukhuselekile kwicoronavayirasi



Practical Approach to Care Kit

PACK Home · 2020

Wamkelekile kwPACK Home

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



iPACK Home ilungiselelwwe abantu abafuna ulwazi malunga nendlela yokunonophela impilo yabo nempilo yeentsapho zabo emakhaya. Ungazifumanela 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: Impilo kamama nomntana ekhaya

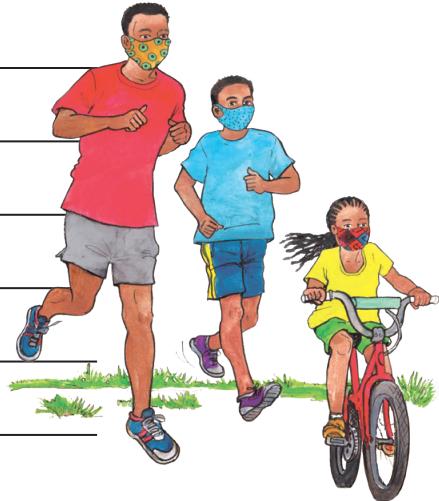
Volume 5: Impilo yomntana osakhulayo ekhaya

Volume 6: impilo yabantwana abafikisayo ekhaya

Volume 7: Impilo yabantu abadala ekhaya

Volume 8: Ukunonophela abagula kakhulu emakhaya

Volume 9: Isikhokelo kwinkokheli zasekuhlaleni



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 kwesiquulatho **sePACK Home**. Khangela amagama abo kwiwebsite angu- www.knowledgetranslation.co.za.

ISILANDULO: Ezi nkukacha mazingathathwa njengeengcebiso zonyango. Azithathi ndawo yokuba uye kunesi okanye kugqirha 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 luncedo 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, ififa, umqala obuhlungu, ukudinwa komzimba, nokuba nezihlunu ezibuhlungu.
- Xa sele iqatsele, yenza inyumoniya kube nzima ukuphefumla.
- Abantu abaninzi banokugula okungephi kwaye baphile bengakhange bafumane nyango.
- Abo bangaphezu kweminyaka engama-60 ubudala okanye banezigulo ezingapheliyo ezifana neHIV, TB, isifo seswekile, ihigh high, umhlaza, isifo sentliziyo neengxaki zemiphunga ngabona basengxakini yokuhlaselwa kakhulu yiCOVID-19.



Intsholongwane iCorona isasazeka lula

- Xa umntu oneCOVID-19 ekhohlela, ushiya iintsholongwane kwimpiphezulu yezinto nasemoyeni.
- Ungayifumana intsholongwane icorona ukuba:
 - uphatha le miphezulu yezinto, ze ubambe ubuso bakho, amehlo, impumlo okanye umlomo okanye
 - Ubusondele kakhulu kumntu onecoronavayirasi wade waba ngaphantsi komgama oyi (1,5 iimitha).



ICovid-19 ayidityaniswa nohlanga oluthile Iwabantu; Sonke ngokulinganayo singayifumana kwaye siyisasaze 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 ngenkcukacha 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 kune nekhaya lakho kwintsholongwane icorona

Landela imigaqo emihlanu esiSiseko yoCoceko ukunqanda ukusasazeka kwentsholongwane icorona:

1

Hlamba izandla zakho qho iisekondi ezingama-20 ngesepha namanzi.



2

Musa ukuphatha ubuso bakho ngezandla ezingahlanjwanga.



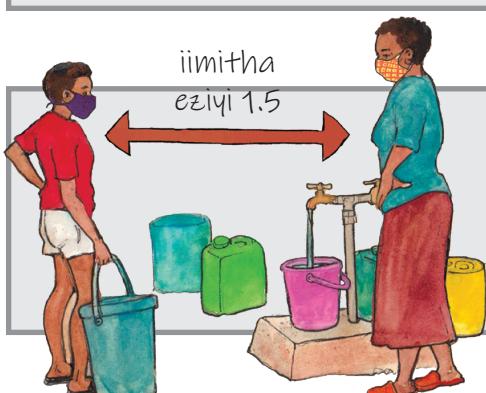
3

Xa ukhohlela okanye uthimla oko kwenzele engqinibeni yakho okanye kwithishu. Uyilahle ithishu emgqomeni.



4

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



5

Hlala ekhaya ukuba uyagula.
Qhagamshelana ne-hotline okanye umsebenzi wezempi.



Khusela abo basengxakini yokuba bangafumana iCOVID-19

Ukuba unecoronavayirasi kwaye ungaphaya kweminyaka engama-60 ubudala okanye unezigulo ezingapheliyo ezifana neHIV, TB, isifo seswekile, ihigh-high, umhlaza okanye isifo sentliziyo okanye iingxaki zemiphunga, usengxakini enkulu yokufumana iCOVID-19.

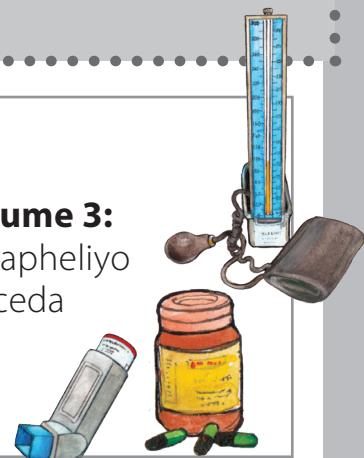
Kuphephe ukufumana intsholongwane icorona uzigcine usempilwemni

Jonga impilo yakho nempilo yasengqondweni. Jonga kwiphepha 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.



Hlala **kwimigaqo emihlanu esiSiseko yoCoceko.**

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.



Gcina yonke into icocekile. Hlambisia izitya namacephe asetyenzisa ngumntu wonke. lindawo ezibanjwa kakhlulu ngezandla zifake isibulali zintsholongwane iindawo ezifana neetafile, izitulo, iindawo zokuvula amacango, iiwitshi zokulayita, iirimowuthi, iindawo zokubamba nezindlu nangasese. Jonga kwiphepha 8.

Xa abanye bebuya ngaphandle kwiindawo zoluntu, bacele bahlambe batshintshe neempahla ngaphambi kokuba basondele kuwe.

Ukuba abanye apha endlini baneCOVID-19 okanye bebekhe bahlangana nomntu oneCOVID-19, zama ukuba bahlulwe kwabanye abantu lide ixesha labo lokuzivalelwabodwa lide lidlule. Jonga kwiphepha 7.

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.



Hlikihla
iintende
zezandla
zakho.



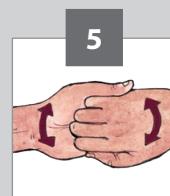
Hlikihla iincam
zenzipho zakho
kwintende ye-
sandla. Uzitshint-
sha tshintshe
izandla.



Hlikihla
imiphakathi
yeminwe
omnye
umphakathi
komnye.



Beka esinye isand-
la emva kwesinye,
uhlikihle phakathi
kweminwe. Ut-
shintsha tshintshe
izandla



Bamba
iminwe
ngeminye
uyihlikihle
macala
omabini.



Hlikihla ubhontsi
ngentende
yesinye isandla.

20
imizuzwana

- Pula izandla zakho ngamanzi acoekileyo, uzisule 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.
- yigcwaliye ibhotile ngamanzi. Uyivale ngeziciko.
- Manzisa izandla ngentwana yamanzi. Hlamba izandla usebenzisa lamanyathelo angentla.
- Pula izandla zakho kunye nebhotile.



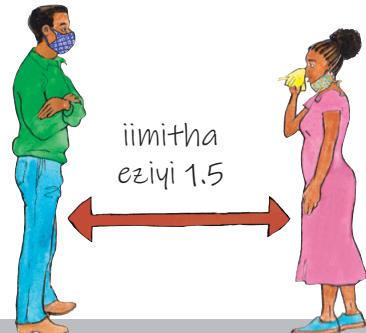
Musa ukubamba ubuso bakho
ngezandla ezingahlanjwanga.



Gcina umgama phakathi kwakho nabanye

Kutheni le nto kufuneka sigcine umgama phakathi kwethu nabanye?

- Xa umntu onecoronavayirasi ekhohlela okanye ethimla, ushiya intsholongwane kwimiphezulu.
- Ungayifumana icoronavayirasi ukuba
 - Ubambe ezi ndawo ziylimiphezulu uze uphathe ubuso bakho okanye
 - Usondele kakhulu kumntu onecoronavayirasi wade ngangaphantsi komgama oyi -1,5 iimitha.



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

- Oku kuya kunceda abo basengxakini yokufumana iCOVID-19 – abo baneminyaka engaphaya kwama-60 ubudala okanye abo sele benezigulo zabo ezinganyangekiyo ezifana neHIV, TB, isifo seswekile, ihigh-high, umhlaza, isifo sentliziyo, iingxaki zemiphunga.
- Oko kuya kubangela ukuba kungabikho kugxalathelana kwiikliniki zethu nezibhedlele ukuze abo bafuna unonophelo lwezempiro balufumane.

Siwugcina njani umgamaphakathi kwethu nabanye abantu?

Hlala
ekhaya.



Gcina umgama
oyi-1,5 iimitha
phakathi kwakho
nabanye abantu.
iimitha
eziyi 1.5



Phuma xa usiya kuthenga ukutya
namayeza kuphela.



Musa ukuya kwiindawo zoluntu
kwaye ungasebenzisi isithuthi
sikawonke wonke ukuba uyakwazi
ukwenza oko.

Zirhoxise izicwangciso zakho
zeendibano nabanye abantu:
azivumelekanga iipati,
imidlalo, iintlanganiso
okanye iindibano
zamaqela ezenkolo.

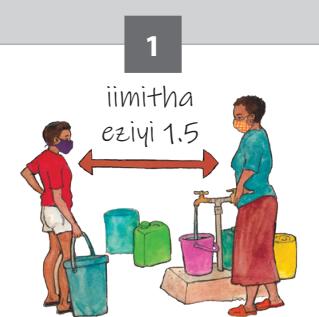


Moenie met enigiemand buiten dié in
jou huis hande
skud en hulle
omhels of soen
nie.



Ukusebenziselana izindlu zangasese neetepu zomntu wonke

Ukuba usebenzisa izindlu zangasese neetepu zomntu wonke, landela le mithetho ukunqanda ukufumana icoronavayirasi:



Ukuba kukho abantu abafolileyo, musa ukusondela kakhulu kwabanye abantu – yima kumgama oyi-1,5 iimitha phakathi kwakho nabanye abantu.

Musa ukubamba imiphezulu ngezandla zakho. Sebenzisa ingqiniba, unyawo okanye usebenzise iphepha ukubamba indawo ezifana neendawo zokuvula amacango, isiti yasethoylethi, indawo yokugungxula okanye itepu. Lilahle emgqomeni iphepha obulisebenzisile ukubamba imiphezulu yeendawo.

Musa ukupatha ubuso bakho, amehlo, impumlo okanye umlomo, ude ube uzihlambile izandla zakho.

Hlambisa izandla zakho ngaphambi nasemva kokusebenzisa igumbi langasese lomntu wonke.

Hlamba izandla zakho iisekondi ezingama-20

- Songa imikhono yakho, pula izandla zakho emanzini acoekileyo uqabe isepha kwiintende zezandla.
- Ukuba isepha namanzi azikho sebenzisa isanithayiza endaweni yazo.



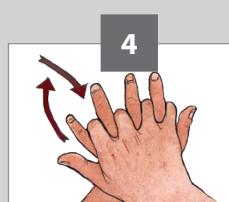
Hlikihla iintende zezandla zakho.



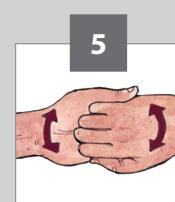
Hlikihla iincam zenzipho zakho kwintende yesandla. Uzitshintsha tshintshe izandla.



Hlikihla imiphakathi yeminwe omnye umphakathi komnye.



Beka esinye isandla emva kwesinye, uhlikihle phakathi kweminwe. Utshintsha tshintshe izandla



Bamba iminwe ngeminye uyliglikihle macala omabini.



Hlikihla ubhontsi ngentende yesinye isandla.

20
imizuzwana

- Pula izandla zakho ngamanzi acoekileyo, ujisule zome ngetawuli yephepha okanye zizomele.

Ndikhe ndahlangana 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.
- Ingathatha iiitsuku ezili-14 ngaphambi kokuba ugule yiCOVID-19.
- Ukuba unentsholongwane icorona, usengayigqithisela kwabanye kwangaphambi kokuba ugule.

Nqanda ukusasazeka kwentsholongwane icorona ukuze ingayi kwabanye abantu



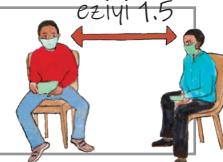
Hlala ekhaya. Zikhethi kwabanye abantu, ubi kwelinje igumbi. Ukuba akukwazi ukuba uzikhethi uhlale wedwa kwigumbi elilodwa, kuya kufuneka uye kuhlala kwiziko ujongwe impilo yakho kwaye kunqandwe nokusasazeka kwale ntsholongwane iye kwabanye abantu.

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



Landela **imigaqo emihlanu esisiseko yococeko.**

Ukuba udibana nabantu, nxibani iimaskhi, nivule iminyango neefestile. Jonga kwiphepha 9.



Coca iindawo ezibanjwa kakhulu ngezandla. Jonga kwiphepha 8.



Sebenzisa izitya ezahlukileyo kwezisetyenziswayo, iitawuli, nezinto zokwandalala. Zihlambisise. U-ayine ilaphu xa lomile.



Yijonge impilo yakho

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

Yazi xa kufuneka ufune unonophelo Iwezempi

Ukuba ugalwa zimpawu zeCOVID-19 – ifiva, izihlunu ezibuhlungu, unokukhohlela, umqala obuhlungu, nesisu esihambisayo. – qhagamshelana nomsebenzi wezempi 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.

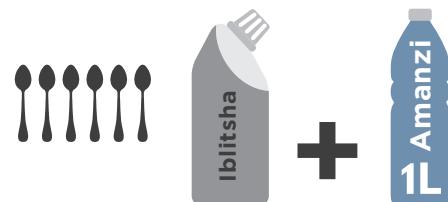
Naxa uziva uphilile, ungayisasaza intsholongwane icorona kwabanye abantu. Yeka ukuzivalela wedwa emva kweentsuku ezili-14.

Ligcine ikhaya lakho licocekile lingenayo intsholongwane icorona

- Xa umntu onecoronavayirasi ekhohlela okanye ethimla, ushiya intsholongwane kwimiphezulu yezinto. Intsholongwane isasazeka xa uthe waphatha le miphezulu uze ubambe ubuso bakho.
- 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. | • Yigcine kude iblitshi ebantwaneni. |
| • Musa ekudibanisa iblitshi nezinye iimveliso zokucoca. | • Vula iifestile namacango kuphume ivumba leblitshi phandle. |



Ukuba ekhaya kukho umntu onetsholongwane icorona, zama ukuba ukunqande ukusasazeka kwayo:

- Coca ngesibulali zintsholongwane yonke imihla iindawo ezibanjwa kakhulu ngezandla (iitafile, izitulo, amaqhaga amacango, amaqhosha eeswitshi zezibane, iirimowuthi, iindawo zokubamba zamacango, iidesika kunye namagumbi angasese).
- Faka amalaphu, amaphepha okusula neeglavu ezisebenzileyo kwibhegi yeplastikhi ukuthintela ukusasazeka kwentsholongwane icorona.
- Ungazibambi ebusweni ngeli xesha ucocayo.



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

Nxiba imaskhi xa uphakathi kukawonkewonke

- limaskhi zelaphu zingakhusela kwintsholongwane icorona yaye zinceda nasekunciphiseni ukunwenwa kwayo.
- Khumbula ukulandela iMigaqo eMihlanu esiseko yoCoceko ngeli xesha unxibe imaskhi.
- Abantwana abangaphantsi kweminyaka emibini ubudala mabangayinxibi imaskhi.
- Imaskhi yelaphu efanelekileyo yensiwe ngomaleko emibini yangaphandle yelaphu eliqinileyo nelaphu elithambileyo ngaphakathi. (ungalisebenzisi ilaphu leskipa) uyihlambe ngamanzi ashushu uyi-ayine.



**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.

Ningabolekisani ngeemaskhi. Ukuba akunayo, sebenzisa isikhafu okanye ibhandana.

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



Hlamba iimaskhi ngesepha anamanzi ashushu. Yoneke yome uyi-ayine ukubulala iintsholongwane.



Yiba neemaskhi ezimbini ubuncinane ukuze ube nenye ecokekileyo xa unxibe enye.

Yinonophele 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.



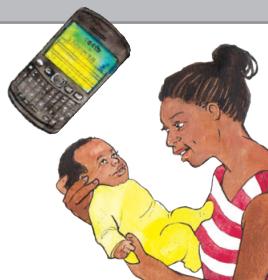
Yiba nendlela yakho oyilandelayo yosuku

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



Hlala unxibelelene nabanye

- Sebenzisa amaongona onxibelelwano ukukhangela usapho nabahlobo.
- Chitha ixesha nabantu abaxhasa ikhaya lakho.
- Khangela iindlela zokuzigcina wonwabile!



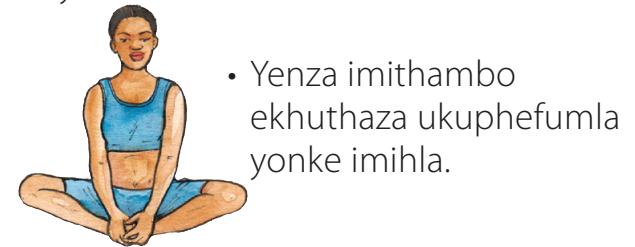
Yenza imithambo yonke imihla



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.



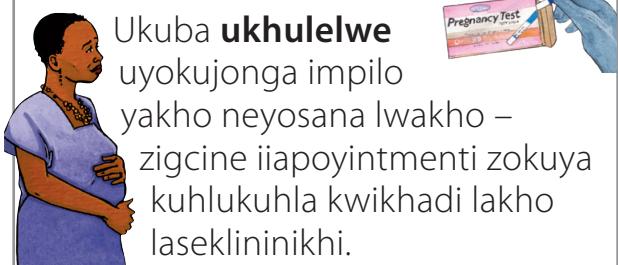
Ungaya xa kutheni eklinikhi?

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

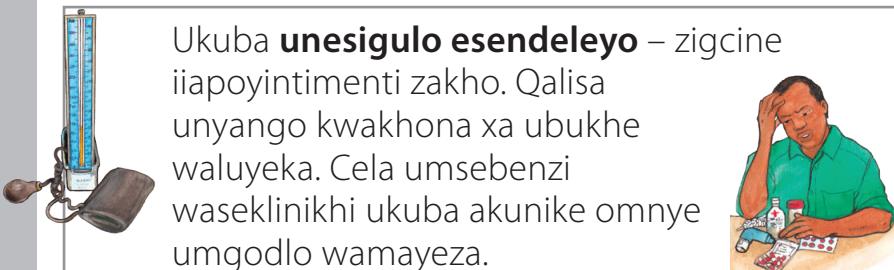
Yiya eklinikhi okanye esibhedlele ngokukhawuleza ukuba:

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

Qiniseka ukuba uya eklinikhi ngezi zizathu zilandelayo:



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



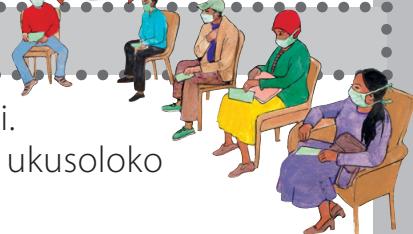
Ukuba akuziva mnandi:

- Ukuba uneempawu zentsholongwane icorona (ukukhohlela, ifiva, umqala obuhlungu) tsalela izikompilo 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.
- Lumkela ukuphatha ubuso bakho. Ukuba kuyenzeka musa ukusoloko ubamba imiphezulu yezinto.
- Nxiba imaskhi, ngakumbi xa ukhohlela okanye uthimla.
- Gcina umgama oyi-1.5 iimitha phakathi kwakho nabanye abantu.
- Bazise abasebenzi baseklinikhi xa uneempawu zeCOVID-19.



Hlala ukhuselekile kwintsholongwane icorona xa usezivenkileni

abantu bayadibana baphathaphathe izinto ezithile ezivenkileni, ngoko ke iivenkile ziindawo apho ntsholongwane icorona inwenwa lula khona.

- 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.

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



Gcina umgama phakathi kwakho nabanye evenkileni okanye xa ufole emigceni



Mazibe mbalwa kangangoko izinto ozifikelela ngesandla.



Yisule itroli okanye ibhaskithi ngaphambi kokuyisebenzia



Khohlelela okanye uthimlele engqinibenzi okanye kwithishu. Yilahle ngokukhuselekileyo ithishu.

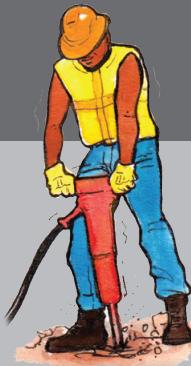


Xa ufika ekhaya, hlamba izandla zakho.

- Ukuba uyafuna ungayosula ngamanzi ashushu okanye ngomxube wesibulali ntsholongwane igrosari ekwiziphatho ezenziwe ngeplastikhi, iigiasi okanye itoti.
- Khumbula ukufaka isibulali ntsholongwane kwizinto eziphathwa kakhulu zizandla ezifana nezitshixo, iikhawuntala neendawo zokubamba zamacango xa ubuya.

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.

Landela le migaqo xa usebenzisa izithuthi zikawonke wonke:

Zama ukuphatha izinto ezimbalwa kangangoko xa usiya emsebenzini:

- Khetha iimpahla ekulula ukuzihlamba.
- Sukuwanxiba amabhanti, ijuwelari, okanye iwotshi.
- Phatha izinto ezibalulekileyo ezifana nekhadi lebhanki nefowuni kuphela.
- Phatha ilantshi ngebhegana ehlambekayo.



Nxiba imaskhi emsebenzini.

Musa ukubamba ubuso ngezandla ezingahlanjwanga.



Phatha enye imaski ecocekileyo.

Hamba ngokukhuselekileyo

xa usiya emsebenzini.
Jonga iphepha 14.



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



Khohlelela okanye uthimlele engqinibeni.

Okanye kwithishu.
Yilahle ngokukhuselekileyo ithishu.



Gcina kucocekile emsebenzini

Coca ufake isibulali ntsholongwane kwiindawo ezifikelelwa kakhulu zizandla ngomxube weblitshi (6 amatsipuni kwilitha enye (1) yamanzi).

Gcina umgama omiselweyo phakathi kwakho nabanye

- Ezivenkileni makungabikho kuxinana kwiiyili .
- Ezi-ofisini, makubekho isithuba phakathi kweedesika.
- Kwimizimveliso, mazingasondelelani iindawo zokusebenzela.
- libreyikhi mazingathathwa ngaxesha nye ukunqanda kungabikho bantu baninzi kumagumbi okuphungela.
- Phumela ngaphandle ngebreyikhi ukuba unako.



Hlala ukhuselekile kwintsholongwane xa useluhambeni

Xa ukwisithuthi sikawonkewonke, abantu baye basondelelane rhoqo, okanye ixesha elifutshane nabanye abantu, ze oko kwenze kube lula ukusasazeka kwentsholongwane icorona.



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

Landela le migaqo xa usebenzisa izithuthi zikawonke wonke:



Nxiba imaskhi.

Musa ubuphatha ubuso bakho okanye ube uphathaphatha imaskhi yakho.



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

Kuphephe ukubamba abanye okanye imiphezulu yeendawo efana neendawo zokuvula amacango, iintsimbi zokubambelela neefestile.



Khohlela okanye uthimlele engqinibeni yakho okanye kwithishu. Yilahle ithushu kumgqomo ovalwayo.

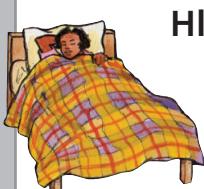


- **Gcina umgama phakathi kwakho nabanye abantu** eteksini okanye ebhasini naxa ufolile ulinde emgceni.
- liTeksi neebhasi akufuneki zigcwale.



Hlala ukhuselekile kwintsholongwane icorona esikolweni

- Ukuba abantwana bane COVID-19 abaguli kakhulu njengabantu abadala.
- Nqanda ukunwenwa kwentsholongwane icorona ngokunxiba imaskhi yaye ulandele iMigaqo eMihlanu ePhambili yoCoceko.



Hlala ekhaya ukuba uyagula okanye umntu ekhaya uneCOVID-19.

Musa ukuphatha ubuso bakho.

Ukuba uza kuziphatha ebusweni okanye iiglesi zamehlo, qala uhlambe izandla zakho.



- 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.



Nxiba imaskhi

- Qiniseka ukuba uyisebenzisa ngokuchanekileyo. Jonga kwiphepha 9.
- 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. Yilahle emgqomeni ngokukhuselekileyo ithishu.



Gcina umgama oyi 1,5 iimitha phakathi kwakho nabanye xa ume emgceni, eklasini, nangamaxesa ebreyikhi. Lumkela ukwanga, ukuncamisa, nokubambana izandla xa nibulisana ningazenzi ne-high fives.



**Musa ukugculela abanye ngeCOVID-19.
Bonisa ubuntu; intsholongwane ichaphazela wonke umntu.**

Hlala ukhuselekile kwintsholongwane icorona 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 uyagula hlala ekhaya okanye ubukhe wadibana nomntu oneCOVID-19.



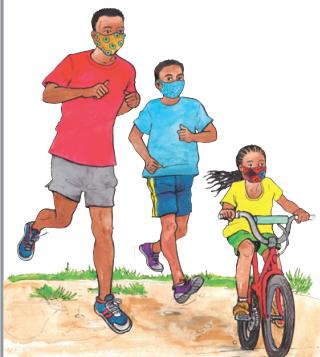
Hlamba izandla zakho ngaphambi kokuba uphume ngaphandle naxa ubuya.

Nxiba imaskhi.

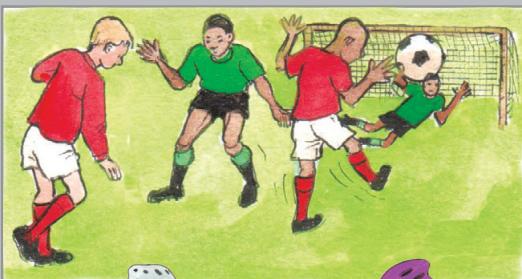
Lumkela ukuziphatha ebusweni.



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.

Khohlelela okanye uthimlele engqiniben.
Musa ukutshica.



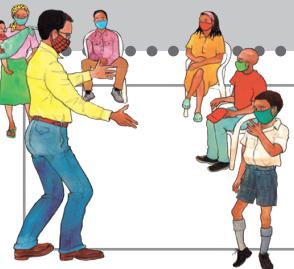
Ningabolekisani ngeebhotile.

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 okukuxhalabisa 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**.



Hi-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 eziphathelene nezempi	021 928 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 wokungxamisekileyo maxesha onke)
I-SASSA Social Relief Grant	Ukuba akusebenzi uneminyaka engaphezu kweli-18 iminyaka ubudala kwaye awufuman granti, UIF okanye iNSFAS	WhatsApp: 082 046 8552 USSD Code: *134*7737# Imeyili: srd@sassa.gov.za 0800 60 10 11 (inombolo engahlawulelwayo)

limeko zezigulo ezingapheliyo

I-Diabetes South Africa	Ulwazi, iingcebiso ngokutya neendibano zocweyo nenkxaso	086 111 3913 (08:00–16:00 uMvulo ukuya kuLwesine, 08:00–14:00 ngoLwesihlanu)
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 kuzihlola	0800 012 322 (iiyure ezingama- 24)
I-People living with Cancer	Imibuzo ephathelene nomhlaza nenkxaso	0800 033 337

Iingcebiso nenkxaso ngexesha leengxaki

I-Lifeline National Counselling Line	Ukufumana iingcebiso ngayo nayiphi na inkalo yobomi nokug-qithiselwa 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
I-TEARS Foundation	iiSMS helpline ngeemeko zobundlobongela ekhaya, ukuxhatshazwa ngokwesondo nokuxhatshazwa kwabantwana ngokwesondo	*134*7355# www.tears.co.za
I-National Human Trafficking Helpline	Ukuchaza ngokurhweba ngabantu	0800 222 777
I-Rape Crisis	Iingcebiso nenkxaso yenkundla kumaxhoba odlwengulo >13 iminyaka ubudala	021 447 9762 (iiyure ezingama- 24) – isiNgesi 021 361 9085 – isiXhosa 021 633 9229 – Afrikans WhatsApp line: 083 222 5164
MobieG	i-live chat ykunika iingcebiso yabasafikisayo (teens)	www.mobieg.co.za ngeCawe ukususela ngo-18:00, ngoMvulo -ngolwesine ukususela ngo-19:00
I-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 ukungakhathalelwka kwabantwana	0861 452 4110
I-Police Child Protection Unit	Ukuchaza ngokuxhatshazwa okanye ukungakhathalelwka kwabo	10111 childprotect@saps.org.za
I-FAMSA-Family and Marriage Association of South Africa	Inkxaso neMfundu ngamaxesha obunzima	011 975 7106/7 national@famsa.org.za

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 nasyewaleni 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 or 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) okanye thumela umqhafazo (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 (iiyure ezingama-24) okanye thumela umqhafazo (SMS) 31393
I-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



URhulumente
weNtshona Koloni
EzeMpilo



Practical Approach to Care Kit

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and Western Cape Department of Health.



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