



Western Cape
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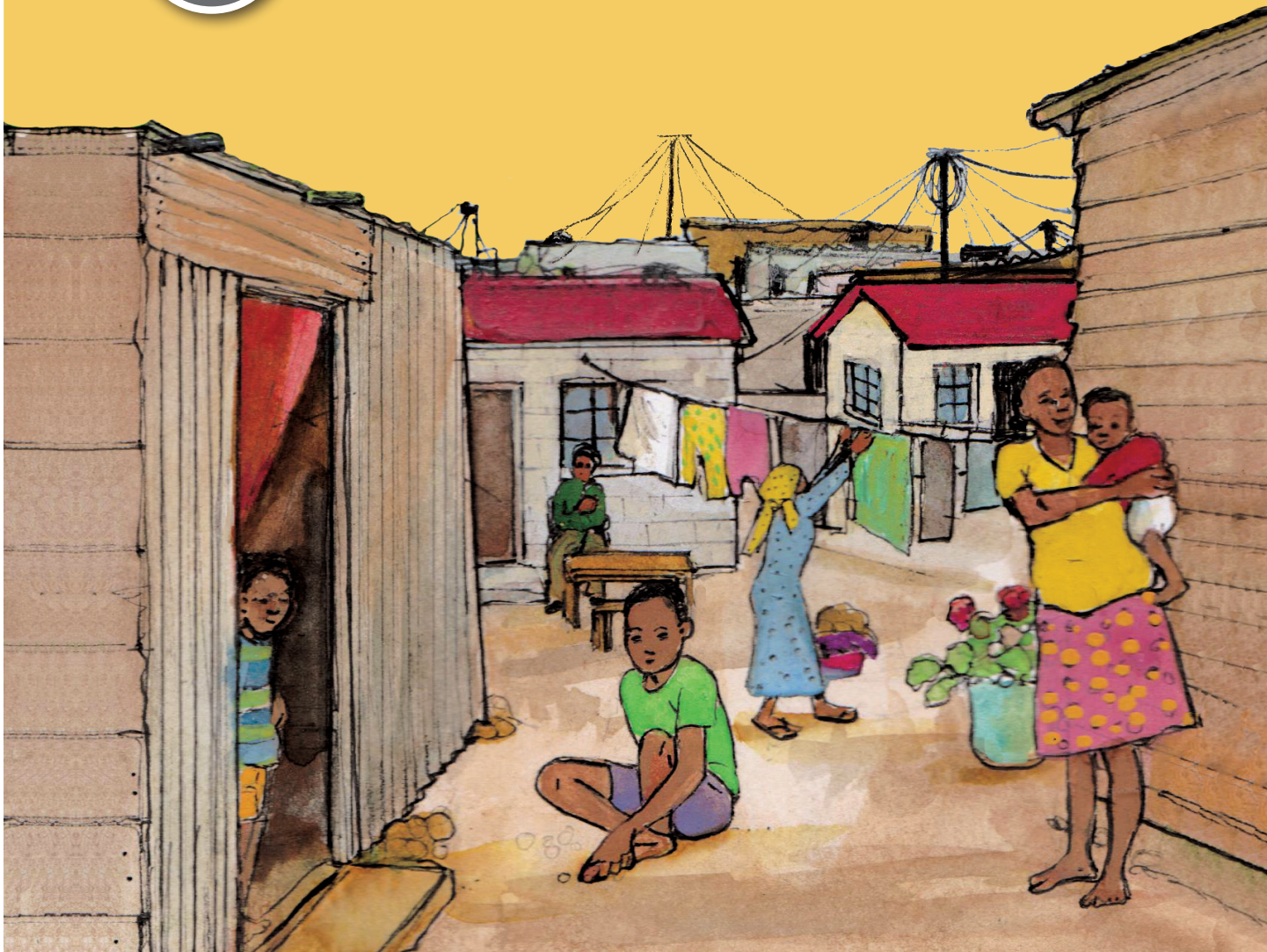
Health



PACK
Practical Approach to Care Kit

1

Ulwazi Neseluleko Sasekhaya: **Zivikele kwi-coronavirus**



Practical Approach to Care Kit

PACK Home • 2020

Siyakwemukela kwi-PACK Home

I-Practical Approach to Care Kit – PACK – isetshenziswa onesi, odokotela nabasebenzi bezempilo bomphakathi emsebenzini wabo wansuku zonke ukuze banakekele iziguli emtholampilo nasemphakathini – **PACK Adult**, **PACK Adolescent**, **PACK Child**, **PACK Community**.



PACK Home iklanyelwe abantu abafuna ulwazi olwengeziwe mayelana nendlela yokunakekela impilo yabo nempilo yomndeni wabo ekhaya. Qoqa futhi ufunde yonke imiqulu ye-**PACK Home** ngesiNgisi, ngesiBhunu ngesiXhosa, ngesiZulu, noma ngesiSuthu:

Umqulu 1: Zivikele kwi-coronavirus

Umqulu 2: I-COVID-19 ekhaya

Umqulu 3: Izifo eziyimbelesela ekhaya

Umqulu 4: Impilo kamama nomntwana ekhaya

Umqulu 5: Impilo yengane ekhaya

Umqulu 6: Impilo yomuntu omusha ekhaya

Umqulu 7: Impilo yomuntu omdala ekhaya

Umqulu 8: Ukunakekelwa komuntu ogula kakhulu ekhaya

Umqulu 9: Isiqondiso somholi womphakathi



PACK HOME yakhiwa yi-Knowledge Translation Unit, e-University of Cape Town Lung Institute, ngokubambisana noMnyango Wezempilo waseNtshonalanga Kapa. Ekuqukethe kunikelwe abantu abaningi abasebenza ekunakekelweni kwempilo. Sibonga bonke labo ababe neqhaza futhi babukeza okuqukethwe ye-**PACK Home**. Bheka uhlu lwamagama abo kuwebhusayithi yethi ethi www.knowledgetranslation.co.za.

ISIHLANGULI: Lolu lwazi akufanele lubhekwe njengeseluleko sezokwelapha. Aluthathi indawo yokuvakashela unesi, udokotela, noma esinye isazi sokunakekelwa kwempilo. Uma unokukhathazeka ngesimo sakho sezokwelapha, sicela ubonane nesazi sokunakekelwa kwempilo. Lolu lwazi luhlinzekwa 'njengoba lunjalo' lungahambisani nesiqinisekiso esiphathelene nokunemba, ukusebenza, usizo noma ukufanelekela injongo. Usebenzisa lolu lwazi ngokuzibonela kwakho.

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iGciwane leCoronavirus – iCovid-19

- I-COVID-19 ifana nemfuluwenza, ibanga ukukhwehlela, imfiva, umphimbo obuhlungu, ukukhathala nemisipha ebuhlungu.
- Uma iyimbi kakhulu, ibanga inyumoniya nobunzima bokuphefumula.
- Abantu abaningi banokugula ezingatheni futhi balulama bengazange balashwe.
- Labo abaneminyaka engaphezu kwengu-60 noma abanezifo eziyimbelesela njenge ngculaza (HIV), isifo sikashukela, umfutho ophakeme wegazi, umdlavuza, isifo senhliziyo nomasamaphaphu (TB) basengozini kakhudlwana ukuthola iCOVID-19 embi kakhulu.



I-coronavirus isabalala kalula

- Lapho umuntu one-COVID-19 ekhwehlela, ushiya igciwane phezu kwezinto nasemoyeni.
- Ungayithola i-coronavirus uma:
 - uthinta lezi zinto bese uthinta ubuso bakho, amehlo, ikhala noma umlomo noma
 - usondelene eduze (ngaphansi kwamamitha angu-1,5) nomuntu one-coronavirus.



I-COVID-19 ayixhunyaniswa neqembu elithile labantu; sonke sikwazi ngokulinganayo ukuyithola nokuyisakaza.



- I-COVID-19 iyisifo esisha; kuningi esingakwazi ngayo.
- Ngokuvamile abantu bayayesaba into entsha noma engaziwa. Lokhu kwenza kube lula ukusola abanye.
- Gwema izindaba ezingamanga mayelana ne-COVID-19 – yabelana ngolwazi oluvela emithonjeni esemthethweni.
- Sekela labo abane-COVID-19 ukuze bafune ukunakekelwa kwezempilo futhi babhekane nesimo sempilo nsuku zonke ngenkathi ungaphilile kahle noma uhlaliswe wedwa.

Yiba nomusa emndenini wakho, abangani, osebenza nabo kanye nomakhelwane – sindawonye kule nto.

Zivikele wena nekhaya lakho kwi-coronavirus

Landela Imithetho Esemqoka engu-5 Yenhlanzeko Enhle ukuze uvimbele ukusabalala kwe-coronavirus:

1

Geza izandla zakho njalo okungenani imizuzwana engu-20 ngensipho namanzi.



2

Ungabuthinti ubuso bakho ngezandla ezingageziwe.



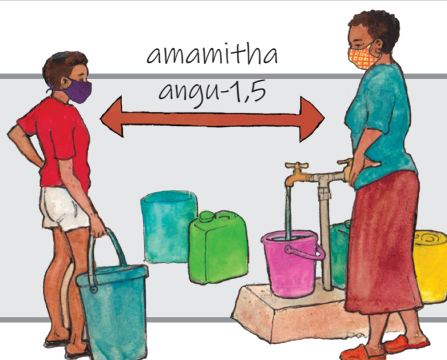
3

Khwehlela noma uthimulele endololwaneni noma kwithishu. Lahla ithishu ngokuphephile.



4

Qhelelana nabanye ngamamitha angu-1,5.



5

Hlala ekhaya uma ungaphilile kahle. Fonela kwi-hotline noma umsebenzi wakho wezempilo.

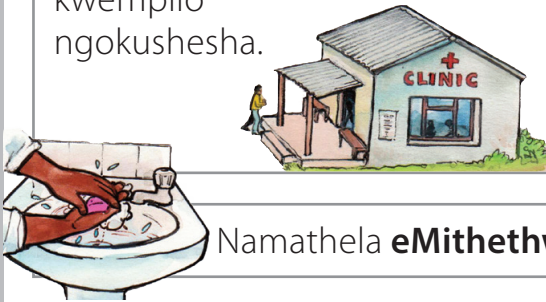


Vikela labo abasengozini ye-COVID-19 embi kakhulu

Uma uthola i-coronavirus futhi uneminyaka engaphezu kwengu-60 noma abanezifo eziyimbelesela njenge ngculaza (HIV), isifo sikashukela, umfutho ophakeme wegazi, umdlavuza, isifo senhliziyo nomasamaphaphu (TB) basengozini kakhudlwana ukuthola iCOVID-19 embi.

Gwema ukuthola i-coronavirus futhi uzigcine unempilo

Nakekela impilo yakho nempilo yengqondo. Bheka ikhasi 10. Uma kwenzeka ugula, funa ukunakekelwa kwempilo ngokushesha.



Nakekela izifo zakho eziyimbelesela nge-PACK Home Umqulu 3: Izifo eziyimbelesela ekhaya. Uma ukugula kwakho okuyimbelesela kulawuleka, lokhu kuzosiza ekuvimbeleni i-COVID embi kakhulu uma kwenzeka uyithola.



Namathela **eMithethweni Esemqoka engu-5 Yenhlanzeko Enhle.**

Gwema abanye kakhulu kangangokunokwenzeka:

- Ungaphumi ekhaya uma singekho isidingo. Cela abanye bakuyele ezitolo futhi bakulandele izimali zoxhaso nemithi.
- Gwema ukuba nezivakashi ekhaya lakho.



Gcina kuhlanzekile. Zihlantisise izitsha enizisebenzisa nonke. Zihlanze ngesibulali-magciwane izindawo ezithintwa njalo njengamatafula, izihlalo, izibambo zezicabha, amaswishi kagesi, amarimothi, izibambo namathoyilethi. Bheka ikhasi 8.

Lapho abanye bebuya ezindaweni zomphakathi, bacele ukuba bageze futhi bashintshe izingubo zabo ngaphambi kokuba babe nawe.

Uma abanye endlini bene-COVID-19 noma bethintane ne-COVID-19, zamani ukuphila ngokwahlukana kuze kuphele isikhathi sokwahlukana. Bheka ikhasi 6.

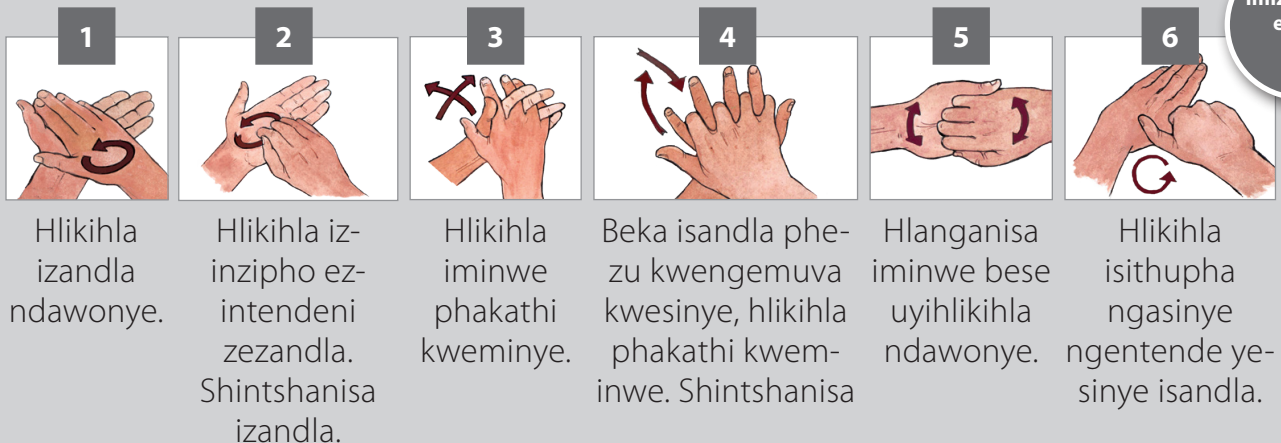
Geza izandla zakho

Geza izandla zakho kaningi kangangokunokwenzeka, kodwa ikakhulukazi:

- Ngemva kokusebenzisa ithoyilethi noma ukushintsha amanabukeni.
- Ngaphambi kokulungiselela noma ukudla ukudla.
- Ngemva kokunakekela ogulayo.
- Ngemva kokuthinta izindawo zomphakathi ezithintwa kakhulu njengezibambo, ama-ATM nezihlalo zamatekisi.

Geza izandla zakho okungenani imizuzwana engu-20

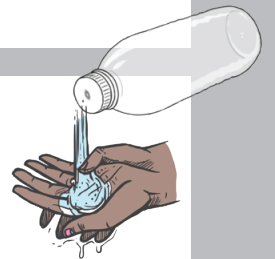
- Goqa imikhono yakho, hlanza izandla emanzini ahlanzekile futhi ufake insipho ezintendeni zezandla.



- Hlanza izandla ngamanzi ahlanzekile, bese uzomisa ngethawula lephepha noma uziyeke zizomele.
- Uma unesanithayiza, yisebenzise uma izandla zakho zingangcolile futhi kuphela uma insipho namanzi kungekho.

Uma ungekho umpompi ekhaya, yenza isitsha sokugeza izandla:

- Vula imbobo esivalweni sebhodlela likaphulasitiki elingenalutho.
- Gcwalisa ibhodlela ngamanzi. Vala ibhodlela.
- Manzisa izandla ngamanzi amancane. Geza izandla usebenzisa izinyathelo ezingenhla.
- Hlanza izandla zakho nebhodlela.



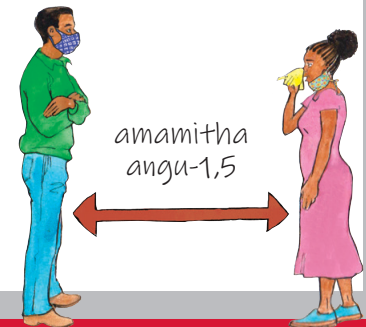
Ungabuthinti ubuso bakho ngezandla ezingageziwe.



Qhelelana nabanye

Kungani kumelwe siqhelelane?

- Uma umuntu one-coronavirus ekhwehlela noma ethimula, ushiya igciwane phezu kwezinto noma emoyeni.
- Ungathola i-coronavirus uma:
 - uthinta lezi zinto bese uthinta ubuso bakho noma
 - usondelene eduze (ngaphansi kwamamitha angu-1,5) nomuntu one-coronavirus.



Qhela kwabanye ukuze kube nethuba elincane lokusabalalisa i-coronavirus.

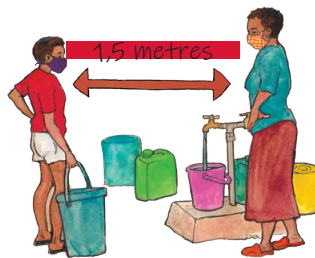
- Lokhu kuzosiza ekuvikeleni labo abasengozini ye-COVID-19 embi kakhulu – labo abaneminyaka engaphezu kwengu-60 noma abane-abanesifo sengculaza, isifo samaphaphu, isifo sikashukela, umfutho ophakeme wegazi, umdlavuzi, izinkinga zenziliziyo noma isifo samaphaphu .
- Kuyosho futhi ukuthi imitholampilo yethu nezibhedlela akugcwali kakhulu ukuze labo abadinga ukunakekelwa impilo bakuthole.

Siqhelelana kanjani?

Hlala ekhaya.



Qhelelana nabantu okungenani ngamamitha angu-1,5.



Yiya ezitolo kuphela ukuma kudingekile ukuze uyothenga ukudla nemithi.



Gwema izindawo zomphakathi nezinto zokuhamba zomphakathi uma kungenzeka.

Khansela izinhlelo zakho zokuba nabangane: awekho amaphathi, imidlalo, imihlangano noma izinkonzo zamasonto.

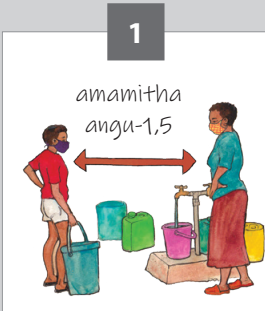


Ungaxhawuli, wange noma uqabule umuntu ngaphandle kwalabo abasekhaya lakho.



Ukusebenzisa amathoyilethi nompompi kanye nabanye abantu

Iindlela le mithetho ukuze ugweme ukuthola i-coronavirusuma usebenzisa amathoyilethi nompompi kanye nabanye



Uma kunomugqa, gwema ukusondela kwabanye – qhela kubo ngamamitha angu-1,5.



Gwema ukuthinta izinto ngezandla ezingafakiwe amagilavu. Sebenzisa indololwane yakho, unyawo noma iphepha ukuthinta izinto ezinjengezibambo zeminyango, izihlalo zamathoyilethi, izibambo zokushaya amathoyilethi noma ompompi. Lahla iphepha elisetshenziswe ekuthinteni lezo zinto ngokuphephile emgqonyeni kadodi.

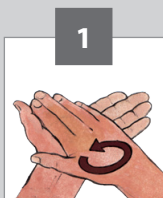


Ungabuthinti ubuso bakho, amehlo, ikhala noma umlomo uze ugeze izandla zakho.

Gezisa izandla zakho ngaphambi nangemuva kokusebenzisa ithoyilethi olisebenzisa nabanye.

Geza izandla zakho okungenani imizuzwana engu-20

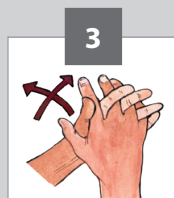
- Goqa imikhono yakho, hlanza izandla emanzini ahlanzekile futhi ufake insipho ezintendeni zezandla.
- Uma insipho namanzi kungekho, sebenzisa isanithayiza yezandla.



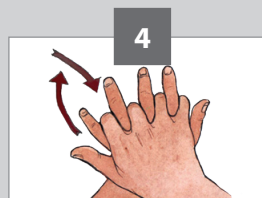
Hlikihla izandla ndawonye.



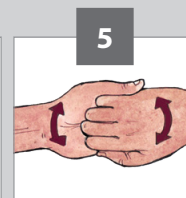
Hlikihla izinzipho ezintendeni zezandla. Shintshanisa izandla.



Hlikihla iminwe phakathi kweminye.



Beka isandla phezu kwengemuva kwesinye, hlikihla phakathi kweminye. Shintshanisa



Hlanganisa iminwe bese uyihlikihla ndawonye.



Hlikihla isithupha ngasinye ngentende yesinye isandla.

imizuzwana
engu -
20

- Hlanza izandla zakho ngamanzi ahlanzekile bese uzisula ngethawula lephepha noma uziyeke zizomele.

Ngithintanile ne-COVID-19

- I-coronavirus isabalala kalula. Uma uthintane nothile (ubuso nobuso, ngokuqhela ngemitha eli-1 noma ngaphansi kwalokho) noma uphila nomuntu one-COVID-19, kungenzeka ukuthi nawe uyitholile.
- Kungathatha izinsuku ezifika kwezingu-14 ngaphambi kokuba uguliswe i-COVID-19.
- Uma une-coronavirus, ungayidlulisela kwabanye ngisho nangaphambi kokuba ugule.

Vimbela ukusabalalisa kwabanye

Hlala ekhaya. Zihlukanise nabanye ngokuba kwelinye ikamelo. Uma ungenakuhlala ekamelweni elihlukile, ungase udinge ukuhlala esikhungweni okuhlolwa kuyo impilo yakho futhi kuvinjelwe ukusabalalisa i-coronavirus kwabanye.

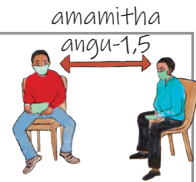


Uma ungenakuzihlukanisa nabanye ekhaya qinisekani ukuthi nonke nilandela le mithetho:



Landela iMithetho Esemqoka engu-5 Yenhlanzeko Enhle.

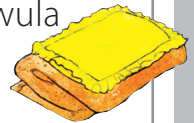
Uma uthintana nabanye, gqoka amamaski, futhi uvule iminyango namafasitela. Bheka ikhasi 9.



Hlanza izindawo ezithintwa kaningi. Bheka ikhasi 8.



Sebenzisa izitsha ezihlukile, amathawula nezingubo zokulala. Gezisisa. Ayina izingbubo lapho sezomile.



Zinakekele

- Nakekela impilo yengqondo yakho. Bheka ikhasi 10.
- Uma unesifo esiyimbelesela, namathela ekwelashweni kwakho.

Bona ukuthi kunini lapho udinga khona ukunakekela kwezempilo

Uma uba nezimpawu ze-COVID-19 – imfiva, ubuhlungu bemisipha, ukukhwehlela, umphimbo obuhlungu nohudo – shayela umsebenzi wezempilo ucingo noma ufonele i-hotline.

- Vakashela isikhungo sezempilo ngokushesha uma unobunzima bokuphefumula, ukudideka, ubuhlungu besifuba obungapheli noma kungavukeki.
- Qale ufone ngaphambi kokuya. Gwema izinto zokuhamba zomphakathi. Uma kudingeka, sebenzisa i-ambulensi.

Ngisho noma uzizwa uphila kahle, usengayisabalalisa kwabanye i-coronavirus. Yeka ukuzihlukanisa kuphela ngemva kwezinsuku ezingu-14.

Gcina ikhaya lakho lingenayo i-coronavirus

- Uma umuntu one-coronavirus ekhwehlela noma ethimula, ushiya igciwane phezu kwezinto. Igciwane lisabalala ngokuthinta izinto bese uthinta ubuso bakho.
- Ukuhlanza nokusebenzisa izibulali-magciwane kuzosiza ekunciphiseni ukusabalala kwe-COVID-19, ikakhulukazi izinto zomphakathi ezithintwa kaningi njengezibambo zezicabha, izinkinobho zama-ATM nezihlalo zamatekisi, noma izinto ezisekhaya lakho uma kunomuntu one-COVID-19.
- Ukuhlanza kuzosusa ukungcola; ukusebenzisa isibulali-magciwane kuzosusa i-coronavirus.

Indlela yokuhlanza izinto nokubulala amagciwane:

- Gqoka amagilavu lapho uhlanza futhi usebenzisa isibulali-magciwane. Uma kungewona amagilavu alahlwayo, phinde uwasebenzise kuphela ekuhlanzeni nasekubulaleni amagciwane.
- Uma izinto zingcolile, qala uzihlanze ngensipho enamandla noma ngensipho namanzi.
- Ukuze ubulale amagciwane, hlanganisa amathispuni ayisithupha (6) e-bleach nelitha elilodwa (1) (izinkomishi ezine (4)) lamanzi.
- Geza indawo ngako, ukushiye imizuzu emibili (2), bese uyisula ngamanzi.



I-bleach iwushevu.

- Ungayiphuzi i-bleach.
- Ungayihlanganisi i-bleach neminye imikhiqizo yokuhlanza.
- Gcina i-bleach kude nezingane.
- Vula amafasitela neminyango ukuze kuphume intuthu.



Uma kunomuntu one-coronavirus ekhaya, zama ukuvimbela ukusabalala kwayo:

- Hlanza futhi usebenzise isibulali-magciwane ezintweni ezithintwa kaningi (amatafula, izihlalo, izibambo zeminyango, amaswishi kagesi, amarimothi, izibambo, amadeski namathoyilethi).
- Faka izindwangu ezisebenzile, amathawula ephepha noma amagilavu alahlwayo esikhwameni sikaphulasitiki ngokushesha ukuze uvimbele ukusabalala kwe-coronavirus.
- Ungabuthinti ubuso bakho lapho uhlanza.



Uma usuqedile, gezisisa izandla zakho ngensipho namanzi imizuzwana engu-20.

Gqoka imaski emphakathini

- Amamaski endwangu angakuvikela ku-coronavirus futhi asize ekunciphiseni ukusabalala kwayo.
- Khumbula ukulandela Imithetho esemqoka engu-5 Yenhlanzeko enhle lapho ugqoke imaski. Izingane ezineminyaka engaphansi kwengu-2 akufanele zigqoke imaski.
- Imaski enhle yendwangu inezingqimba zangaphandle ezingu-2 zikakotini othungwe wahlangana, ungqimba lwangaphakathi lukakotini othambile (gwema indwangu yesikibha) futhi ingase ihlanzwe emanzini ashisayo bese i-ayinwa.



Uma uguliswa i-COVID-19 noma unakekela umuntu onayo, khuluma nomsebenzi wakho wezempilo noma ne-hotline mayelana nama-maski nokuvikeleka ongakusebenzisa.

Sebenzisa imaski yendwangu ngokuphephile:



- Geza izandla zakho ngaphambi nangemva kokusebenzisa imaski yakho.
- Qiniseka ukuthi imaski imboza umlomo wakho nekhala.
- Thinta amabhande kuphela lapho uyisusa.
- Faka enye imaski uma imanzi. Yifake esitsheni uze uyiwashe.



Ungabuthinti ubuso bakho noma ulokhu uthintathinta imaski yakho.

Ungabelani ngamamaski. Uma ungenayo, sebenzisa isikhafu noma iduku esikhundleni sayo.



Ungawashiyi amamaski asebenzile ewuvanzi; kungenzeka ukuthi ane-coronavirus.



Hlanza amamaski ngensipho namanzi ashisayo. Yomise futhi uyi-ayine ukuze kufe amagciwane.



Yiba okungenani namamaski angu-2 ukuze kuhlale kunehlanzekile.

Nakekela impilo yengqondo yakho

- Usongo lwe-COVID-19 empilweni yethu nasemisebenzini esiziphilisa ngayo lungesabisa futhi lusenze sicindezeleke.
- Qiniseka ukuthi uyayinakekela impilo yakho yengqondo neyomndeni wakho.

Yazi amaqiniso

- Sivame ukwesaba esingakwazi.
- Ungawunaki umgosi nezindaba ezingamanga – lalela izeluleko ezivela emithombeni ethembekile.



Yiba nesimiso sosuku lwakho

- Hlela usuku lwakho ngokubeka izikhathi zokulala, zokudla, zokuzivocavoca, zomsebenzi nezokusebenza ekhaya.



Hlala unolwazi

- Sebenzisa izinhlelo zokuxhumana ukuze ukhulume nomndeni nabangane.
- Yiba nesikhathi nabantu abakusekelayo ekhaya lakho.
- Thola izindlela zokuzijabulisa!



Zivocavoce nsuku zonke



Lala ngokwanele

Zinike isikhathi sokuphumula

- Thola into yobuciko noma yokuzijabulisa ozoyenza.



- Yenza ukuzivocavoca kokuphefumula nsuku zonke.

Thola usizo uma uludinga

- Uma uzizwa unexhala futhi udinga umuntu ozokhuluma naye, khuluma nomuntu omethembayo noma fonela i-helpline. Bhaka ikhasi 18.
- Funda ngokuthola usizo phakathi ne-COVID-19 ekhasini 17.



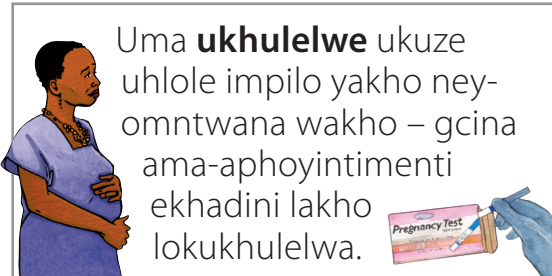
Kumele uye nini emtholampilo?

- Phakathi nalesi sikhathi, izibhedlela nemitholampilo kumatasa ngeziguli ezine-COVID-19.
- Gwema ukuvakashela emtholampilo ngokungenasidingo.

Vakashela emtholampilo noma esibhedlela ngokushesha uma unalokhu:

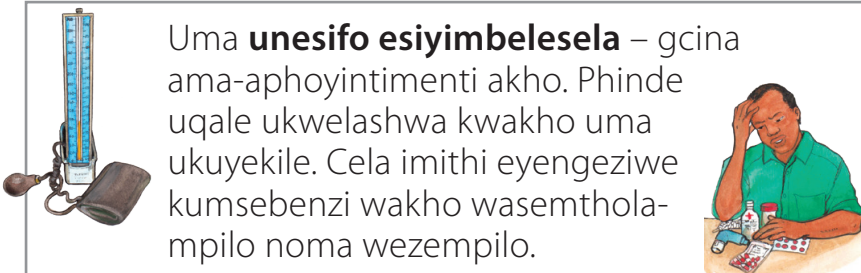
- Izinkinga zokuphefumula
- Ubuhlungu besifuba
- Uhudo olubi nokuhlanza
- Udideka
- Ubuhlungu bekhanda obubi nokuhlanza
- Ingane engaphilile kangokuthi ayikwazi ukuphuza

Kodwa qiniseka ukuthi uyavakashela emtholampilo wakho ngalezi zizathu:



Uma **ukhulelwe** ukuze uhlole impilo yakho neyomntwana wakho – gcina ama-aphoyintimenti ekhadini lakho lokukhulelwa.

Ngokulandelela **impilo yomntwana nokuhlolwa kwengane** ukuze ini-kezwe imigomo futhi kulandelelwe ukukhula – gcina ama-aphoyintimenti akho encwajaneni yakho ye-Ndlela Eya Empilweni (Road to Health).



Uma **unesifo esiyimbelesela** – gcina ama-aphoyintimenti akho. Phinde uqale ukwelashwa kwakho uma ukuyekile. Cela imithi eyengeziwe kumsebenzi wakho wasemtholampilo noma wezempilo.



Ngokuhlelwa komndeni – gcina ama-aphoyintimenti ekhadini lakho lasemtholampilo.

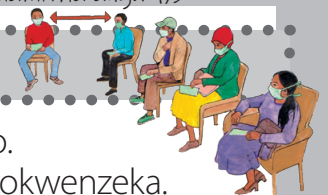
Uma ungaphilile:

- Uma unezimpawu ze-coronavirus (ukukhwehlela, imfiva, umphimbo obuhlungu) xhumana nesikhungo sakho sezempilo noma i-hotline.
- Uma unesifo esiyimbelesela, vakashela emtholampilo ukuze kuhlolwe izinkinga zesifo sakho noma imithi.
- Uma uhlala nomuntu one-TB noma okhwehlelayo, yiya emtholampilo uyokwenza amathesi e-TB uma ukhwehlela, uncipha emzimbeni, unemfiva noma ujuluka.
- Uma kuba kubi kakhulu noma ungabi ngcono, vakashela emtholampilo wakho.

amamitha angu-1,5

Uma uvakashela emtholampilo, khumbula:

- Ukugeza izandla zakho ngaphambi nangemva kokuvakasha kwakho.
- Gwema ukuthinta ubuso bakho. Thinta izinto kancane kangokunokwenzeka.
- Ukugqoka imaski, ikakhulukazi uma ukhwehlela noma uthimula.
- Qhelelana nabanye ngamamitha angu-1,5.
- Ukutshela abasebenzi basemtholampilo uma unezimpawu ze-COVID-19.



Zivikele kwi-coronavirus lapho uthenga

Abantu bahlangana futhi bathinte izinto kaningi ezitolo, ngakho izitolo ziyizindawo lapho i-coronavirus ibhebhetheka khona kalula.

- Gwema izitolo uma ungaphilile noma usengozini ye-COVID-19 embi kakhulu. Cela umndeni noma abangane ukuba basize.
- Yiya ezitolo kuphela uma kudingekile.
- Bhala uhlu lwezinto ozozithenga futhi uzame ukukhetha isikhathi esithule ukuze uhambo lwakho luzoshesha.



Landela le mithetho lapho uyothenga:



- Gqoka imaski.
- Gwema ukuthinta ubuso bakho noma ukuthintathinta imaski yakho.

Geza noma usanithayize izandla zakho lapho kungenzeka, ikakhulukazi ngaphambi nangemva kokuba uye esitolo, ukhokhe ethilini noma usebenzise i-ATM.



Qhela kwabanye abasesitolo noma emigqeni.



Thinta izinto ezimbalwa kangangokunokwenzeka.



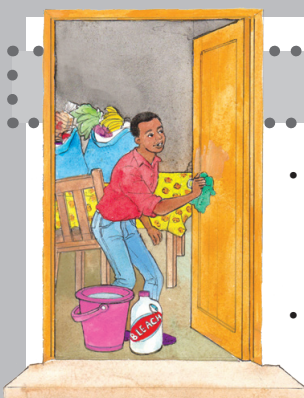
Sula isibambo senqola noma sikabhasikidi ngaphambi kokusisebenzisa.



Khwehlela noma uthimulele endololwaneni noma kwithishu. Lahla ithishu ngokuphephile.



Lapho ufika ekhaya, geza izandla zakho.

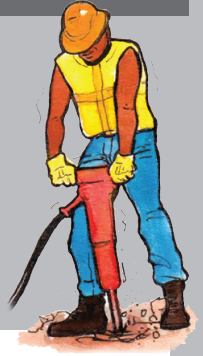


- Uma uthanda, sula izinto ozithengile ezifakwe emaphaketheni kaphulasitiki, ingilazi noma ithini ngamanzi afudumele noma isibulali-magciwane esifakwe amanzi bese ukomisa ngomoya.
- Khumbula ukubulala amagcinwane ezintweni ezithintwa kaningi njengokhiye, amakhawunta nezibambo zezicabha lapho usubuya.

Zivikele kwi-coronavirus emsebenzini

Izindawo zokusebenza ziyizindawo lapho i-coronavirus ingasabalala kalula khona.

- Uma ungaphilile noma uthintane eduze nomuntu one-COVID-19, hlala ekhaya.
- Uma usengozini ye-COVID-19 embi kakhulu, xoxa nomqashi wakho ngendlela yokusebenza ngokuphephile.



Landela le mithetho lapho uya emsebenzini:

Yiba nomgomo wokuba nezinto ezimbalwa kangangokunokwenzeka emsebenzini:

- Khetha izingubo ezilula ezingahlanzeka kalula.
- Ungawaggoki amabhande, ubucwebe, noma iwashi.
- Phatha izinto ezibalulekile kuphela njengekhadi lokungena, ikhadi lasebhange ncingo.
- Phatha ukudla kwasemini ngesikhwama esihlanzekayo.



Gqoka imaski emsebenzini. Ungabuthinti ubuso bakho ngezandla ezingageziwe. Phatha enye imaski ehlanzekile.



Hamba ngokuphepha uya emsebenzini. Bheka ikhasi 14.



Geza noma usanithayize izandla zakho



kaningi ikakhulukazi lapho ufika emsebenzini, ngaphambi kokudla nokuphuza, nangemva kokusebenzisa ithoyiethi.

Khwehlela noma uthimulele en-dololwaneni

noma kwithishu. Lahla ithishu ngokuphephile.



Zigcine uhlanzekile emsebenzini

Hlanza futhi ubulale amagciwane ezintweni ezithintwa kaningi ngokusebenzisa i-bleach efakwe amanzi (amathispuni ayisithupha (6) kwilitha elilodwa (1) lamanzi).

Qhelelana nabanye

- Ezitolo, gcina amaphaseshi engenalutho.
- Emahhovisi, amadeski mawaqhelelane.
- Izindawo zokusebenzela maziqhelelane.
- Izikhathi zamakhefu mazihlukahluke ukuze kugwenywe ukucinana ezitolo zokudla.
- Thatha ikhefu ngaphandle uma ungakhona.



Zivikele kwi-coronavirus lapho usohambweni

Ezintweni zokuhamba zomphakathi, abantu bathintana kaningi, esikhathini esincane, okwenza kube lula ukuba i-coronavirus isabalale.

- Hamba kuphela uma kudingekile.
- Gwema izinto zokuhamba zomphakathi uma ungaphilile noma usengozini ye-COVID-19 embi kakhulu.



Landela le mithetho lapho usebenzisa izinto zokuhamba zomphakathi:



Gqoka imaski.

Ungabuthinti ubuso

bakho noma ulokhu uthintathinta imaski yakho.



Geza noma usanithayize izandla zakho noma nini lapho kungenzeka, ikakhulukazi ngaphambi nangemva kokusebenzisa izinto zokuhamba zomphakathi noma ukukhokha.

Gwema ukuthinta abanye noma izinto

ezinjengezimbambo zeminyango, izinto zokubambelela namafasitela.



Khwehlela noma

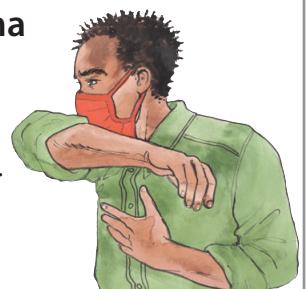
uthimulele

endololwaneni

noma kwithishu.

Lahla ithishu

ngokuphephile.



- **Qhelelana nabanye** etekisini noma ebhasini nalapho umi emiggeni.
- Amatekisi namabhasi akufanele neze agcwale.



Zivikele kwi-coronavirus lapho usesikoleni

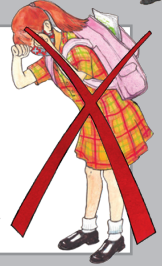
- Uma izingane zithole i-COVID-19 ngeke zigule kakhulu njengabantu abadala.
- Vimbela ukusabalala kwe-coronavirus ngokugqoka imaski nokusebenzisa **Imithetho Esemqoka engu-5 Yenhlanzeko Enhle.**



Hlala ekhaya uma ugula noma kunomuntu one-COVID-19 ekhaya.

Ungabuthinti ubuso bakho.

Uma kudingeka ukuba uthinte ubuso bakho noma uhlanze izibuko zakho, qale ugeze izandla zakho.



Gcina kuhlanzekile.

- Geza izandla zakho njalo, ikakhulukazi lapho ufika esikoleni, ngaphambi kokudla nokuphuza nangemva kokusebenzisa ithoyilethi.
- Ungabelani ngezinkomishi, izitsha noma amabhodlela nabanye.



Gqoka imaski

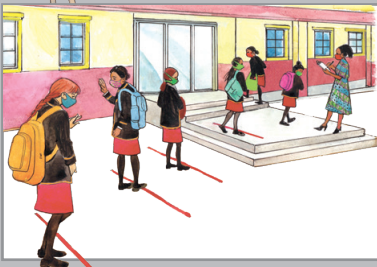
- Qiniseka ukuthi ukusebenzisa ngokufanele. Bhaka ikhasi 9.
- Yiba nenye imaski uma kwenzeka eyakho iba manzi.
- Yisuse kuphela uma udla noma uphuza (bese uyigcina ngokuphephile).



- Ungabelani ngamamaski nabangane.



Khwehlela noma uthimulele endololwaneni noma kwithishu. Lahla ithishu emgqonyeni ngokuphephile.



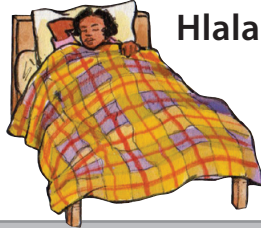
Qhelelana nabanye ngamamitha angu-1,5 lapho nimi emgqeni, ekilasini, noma ngezikhathi zekhefu. Gwema ukwanga, ukuqabuza, ukuxhawula nokushayana izandla.



Ungabagconi abanye nge-COVID-19. Yiba nomusa; igciwane lisithinta sonke.

Zivikele kwi-coronavirus lapho uzivocavoca

- Zivocavoce njalo ukuze unakekele impilo yakho futhi ubhekane nokucindezela kwalezi zikhathi ezinzima.
- Zivikele wena nabanye ku-coronavirus lapho uzivocavoca endaweni yomphakathi.



Hlala ekhaya uma ugula
noma uthintane
nomuntu one-
COVID-19.



Geza izandla zakho ngaphambi kokuphuma noma lapho ubuya.

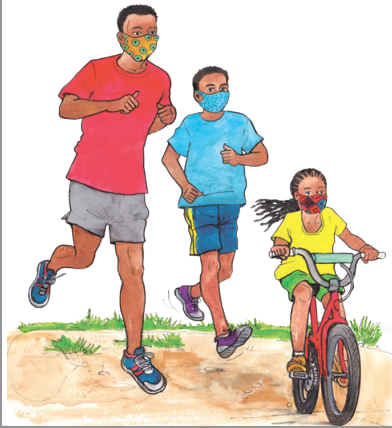
Gqoka imaski.

Gwema ukuthinta ubuso bakho.

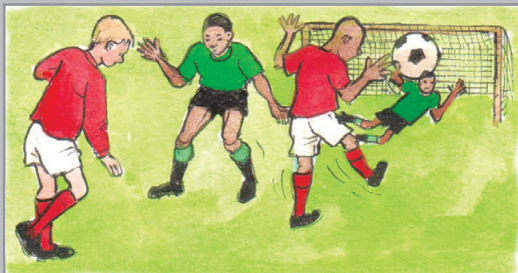
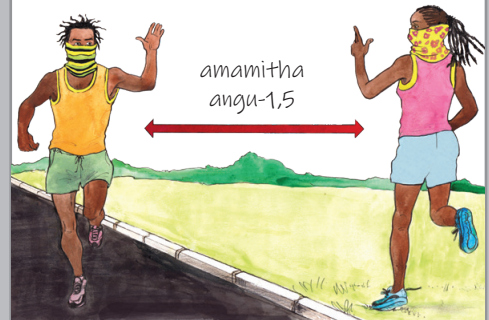


Zivocavoce wedwa

noma neqembu lomndeni wakini.

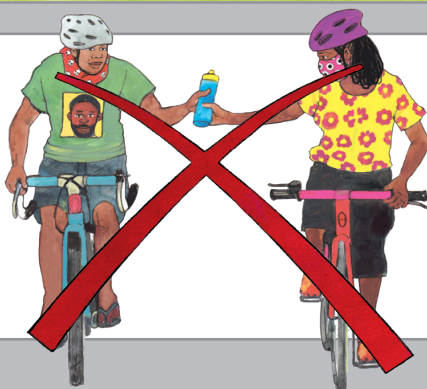
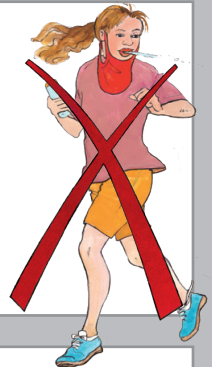


Qhela ngamamitha angu-1,5 kwabanye abangekho egenjini lomndeni wakini.



Ungayidlali imidlalo yamathimu.

Khwehlela noma uthimulele endololwaneni.
Ungawaphimisi amathe.



Ungabelani nabanye ngamabhodlela amanzi.

Ukuthola usizo phakathi ne-COVID-19

Sonke sibhekene nokucindezeleka okusha, ukungaqiniseki nezinkinga.



Xhumana nalezi zindawo ukuze zikusize ubhekane nezinkinga zakho:



Khuluma **nomholi womphakathi** ukuze uthole ukuthi yiluphi usizo olutholakalayo noma uma uhlukunyezwa ngoba une-COVID-19.

Khuluma **nomsebenzi wezempilo womphakathi** uma unezinkinga zempilo noma unakekela umuntu ogulayo noma omdala.



Funa usizo **kumngane omethembayo** uma unesizungu futhi uxoxe naye ngezinkinga zakho.



Fonela i-**helpline** uma unenkinga ekhaya noma ukhathazeke kakhulu. Bheka ikhasi 18.

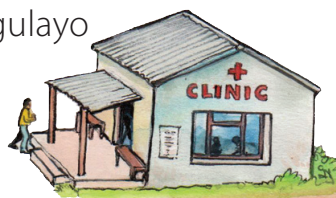


Xhumana ne-**SASSA** uma ungenako ukudla noma imali futhi ufanelekela isibonelelo.

Uma ungenako ukudla noma imali noma unenkinga ekhaya, xhumana **nenhlangano yomphakathi esiza lapho abaswele**.



Uma unenkinga yempilo noma udinga usizo ngomuntu ogulayo ekhaya, vakashela **isikhungo sakho sezempilo**.



Ukuthola usizo phakathi ne-COVID-19

Coronavirus – COVID-19

National Coronavirus (COVID-19) General Public Hotline	Ulwazi lwamuva nge-coronavirus (COVID-19)	0800 029 999 Thumela umyalezo nge WhatsApp othi 'Hi' ku-0600 123 456
Western Cape Provincial COVID-19 Hotline	Ngokukhathazeka nge-COVID-19 okuhlobene nempilo	021 928 4102

Ukuthola usizo

Food Parcels– Western Cape	Isevisi Yamaphasela Okudla	021 469 0235
Inombolo yocingo ye-Legal Aid Advice	Ulwazi nesiqondiso nganoma iyiphi indaba yomthetho	0800 110 110 (07:00–19:00 uMsombuluko kuya kuLwesihlanu)
I-Medic Alert	Usizo ngokufaka isicelo sendondo noma ibhengela le-Medic Alert	021 425 7328 (09:00–16:00) 021 461 0000 (izimo eziphuthumayo amahora angu-24)
I-SASSA Social Relief Grant	Uma uswele umsebenzi, une-minyaka engaphezu kwengu-18 futhi ungalutholi uxhaso, i-UIF noma i-NSFAS	WhatsApp: 082 046 8552 Ikhodi ye-USSD: *134*7737# Email: srd@sassa.gov.za 0800 60 10 11 (ucingo lwamahhala)

Izifo eziyimbelesela

I-Diabetes South Africa	Ulwazi, iseluleko ngokudla nemi-hlangano yokusekelana	086 111 3913 (08:00–16:00 uMsombuluko kuya kuLwesine, 08:00–14:00 uLwesihlanu)
I-Epilepsy South Africa	Ulwazi, ukwelulekwa namaqembu okusekelana	0860 37 45 37 (08:00–16:30 uMsombuluko kuya kuLwesine, 08:00–14:00 uLwesihlanu)
I-Heart and Stroke Foundation	Amaqembu olwazi nokusekelana uma ube nonhlangothi noma kunomuntu onesifo senhliziyo	021 422 1586 (08:00–16:00)
I-National AIDS Helpline	Ukwelulekwa nolwazi uma unesifo sengculaza (HIV) noma ucabanga ngokuthesta	0800 012 322 (amahora angu-24)
Abantu abaphila Nomdlavuza	Imibuzo nokusekela okuhlobene nomdlavuza	0800 033 337

Ukweluleka nokusekela ebunzimeni

I-Lifeline National Counselling Line	Ukwelulekwa nganoma yibuphi ubunzima bokuphila nolwazi ngamasevisi okusekela	0861 322 322 (amahora angu-24) 065989 9238 (Ukwelulekwa ngokufonelwa nge-WhatsApp)
I-Childline SA (iminyaka yobudala engu-0–16)	Ngezingane nentsha esebunzimeni, ehlukunyezwayo noma esengozini yokuhlukunyezwa nodlame	0800 055 555 (amahora angu-24)
I-Gender-Based Violence Command Centre	Usizo uma ubhekene nodlame lwasekhaya, ukuhlaselwa noma ukuhlukunyezwa ngokocansi	0800 428 428 noma *120*7867# ufona nganoma iyiphi iselula
I-TEARS Foundation	I-helpline ye-SMS lapho kunodlame lwasekhaya, ukuhlukunyezwa ngokocansi nokunukubezwa kwengane ngokocansi	*134*7355# www.tears.co.za
I-National Human Trafficking Helpline	Ukubika ukushushumbiswa kwabantu	0800 222 777
I-Rape Crisis	Ukwelulekwa nokusekelwa ngokwasenkantolo kulabo abaye badlwengulwa abangaphezu kweminyaka engu-13	021 447 9762 (24 hour) – English 021 361 9085 – Xhosa 021 633 9229 – Ucingo lwe-WhatsApp lolimi lwesiBhunu: 083 222 5164
MobieG	Ukwelulekwa ngokuxoxa nentsha engaphansi kweminyaka engu-20	www.mobieg.co.za (ISonto kusukela 18:00, uMsombuluko–uLwesine kusukela 19:00)
I-Safeline	Ukwelulekwa ngokuhlukunyezwa nokulungiselelwa ukuthethwa kwecala enkantolo	0800 035 553 (amahora angu-24)
I-South African Police Services	Bika ubugebengu.	08600 10111
I-Child Welfare South Africa	Bika ukuhlukunyezwa kwengane noma ukunganakwa kwayo	0861 452 4110
I-Police Child Protection Unit	Bika ukuhlukunyezwa kwengane noma ukunganakwa kwayo	10111 childprotect@saps.org.za
I-FAMSA-Family and Marriage Association of South Africa	Ukusekelwa Nemfundo phakathi nezikhathi ezicindezeleyo	011 975 7106/7 national@famsa.org.za

Utshwala, izidakamizwa nokubhema

I-Alcoholics Anonymous	Ukwelulekwa, imfundo namaqembu okusekelana uma udinga usizo ngokuhlulwa utshwala	0861 435 722 (09:30–17:00 uMsombuluko kuya kuLwesine, 09:30–15:00 uLwesihlanu)
I-SA National Council on Alcoholism and Drug Dependence	Ukusekela nokusiza abantu abaluthwe yizidakamizwa notshwala kanye nemindeni yabo	0800 456 789/SMS 31393
I-Narcotics Anonymous (NA)	Ulwazi nokusekelwa kwemilutha yezidakamizwa	0861 006 962
I-National Council Against Smoking Quitline	Ulwazi nokusekelwa kokuyeka ukubhema	011 720 3145 noma 082 840 3548

Impilo yengqondo

I-South African Depression and Anxiety Group	Ukwelulekwa nokusekelwa uma unokucindezeleka noma ixhala	0800 456 789/ SMS 31393
I-Suicide Crisis Line	Nganoma yikuphi ukusekelwa okuhlobene nokuzibulala	0800 567 567 (08:00–20:00) noma thumela i-SMS ku- 31393 umeluleki uzokufonela
I-Cape Mental Health	Izinhlelo zokweluleka, ukusekela, ukuvuselela, ukuqeqesha nokubuyisela emphakathini	021 447 9040 (08:00–16:30pm uMsombuluko kuya kuLwesihlanu)
I-Mental Health Helpline	Ukwelulekwa nokusekelwa uma unokugula kwengqondo	0800 12 13 14 (amahora angu-24) noma thumela i-SMS ku-31393 umeluleki uzokufonela
I-CIPLA 24-hour Mental Health Helpline	I-Helpline yezinkinga zengqondo, ixhala, ukucindezeleka nokuzibulala	0800 456 789 WhatsApp: 076 88 22 77 5

Practical Approach to Care Kit