



2

linkcukacha neengcebiso  
ezilungiselelwe ekhayeni:  
**iCovid-19 ekhaya**



Practical Approach to Care Kit

PACK Home · 2020

# 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. Ungazifumana 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 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 lunchedo kwazo okanye ukufaneleka kwazo kule njongo. Ukusebenzisa ezi nkukacha zilapha kuxhomekeke kuwe.

# Isiqulatho

Kungenzeka ukuba uneCOVID-19. Uza kwenza ntoni ke ngoku?	1
Ingaba uthe wadibana nomntu oneCOVID-19?	2
Kuza kwenzeka ntoni ukuba uneCOVID-19?	3
Yintoni oyenzayo ukuba uneCOVID-19?	5
Hlala bucala kwabanye xa uneCOVID-19	6
Nxiba imaskhi xa uneCOVID-19	8
Zijonge xa uneCOVID-19	9
Zikhathalele iimpawu zakho ze-COVID-19	10
Khathalela impilo yakho yengqondo xa uneCOVID-19	11
Ukujonga imeko yesigulo onaso esingapheliyo	12
Yigcine indlu icocekile xa uneCOVID-19	13
Ukufumana uncedo ngeCOVID-19	14
Ukuchacha kwiCOVID19	15
Li-Helpline nee-website	17

# Kungenze ka ukuba uneCOVID-19. Uza kwenza ntoni ke ngoku?

Kungenze ka ukuba uneCOVID-19 ukuba:

- uyakhohlela, unefiva, umqala obuhlungu, okanye akuliva ivumba okanye incasa.
- uye wadibana wasondelelana kakhulu nomntu oneCOVID-19.
- ukujongwa kweempawu zeCOVID-19 kuwe okwensiwe emsebenzini, esikolweni okanye ngumsebenzi wezempiro zibuye zisithi kufuneka uyokwenza uvavanyo lweCOVID-19.



## **Ukuba uneempawu ze-COVID-19, okanye uye wadibana nomntu one-COVID-19, suka ungahlali nabanye abantu ukuthintela ukosulela abanye abantu ngecoronavayirasi.**

Kuxhomekeka ukuba iCOVID19 ingakanani kwindawo ohlala kuyo, izixhobo zokwenza uvavanyo ziya kugcinelwa abo basemngciphekweni wokuba bahlaselwe yiCOVID19, abo basesibhedlele nabasebenzi bezempiro abagulayo.

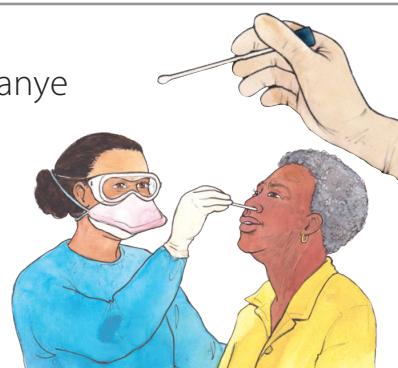
**Usenokuba sengxakini yokuhlaselwa yiCOVID-19 ukuba:**

- uneminyaka engama-55 okanye ngaphezulu.
- ungumntu osele ekhulile ukubo nabuphina ubudala ngokweminyaka unesinye kwezi zigulo zilandelayo:
  - isifo seswekile
  - iHIV okanye iTB
  - isifo sezintso
  - isifo semiphunga esingapheliyo (isifuba, emphysema, chronic bronchitis)
  - ukunyango lwasifo somhlaza.



**Ukuba uneempawu zeCOVID19, nceda uqhagamshelane neziko lezempiro okanye nehotline yeCOVID19 nthetha malunga nokwenza uvavanyo lweCOVID19, ingakumbi ukuba usemngciphekweni wokuba neCOVID19 ngendlela embi kakhulu.**

- Umongikazi okanye ugqirha uza kwenza uvavanyo ngokuhlikha iswabhu ngasemva emqaleni wakho okanye empumlweni yakho.
- Baya kunxiba iimaskhi negoglezi okanye ivisor ukunqanda ukufumana icoronavayirasi.
- Oko kungakuthukuthezela ixeshana.
- Lindela ukufumana iziphumo ngomnxeba (umnxeba okanye i-SMS) kwiintsuku ezi-2.



**Ukuba uneempawu zeCOVID-19, thatha ngokuba uneCOVID-19, nokuba usalinde iziphumo zovavanyo na okanye awukalwenzi uvavanyo. Zijonge kwaye uqinisekise ukuba awuhlali nabanye abantu ukuthintela ukusulela abanye.**

# Ingaba uthe wadibana nomntu oneCOVID-19?

- Ukuba ukhe wasondelelana kakhulu (ubuso ngobuso, imitha e-1 okanye umgama ongaphantsi kwalowo ulindelekileyo) okanye uhlala nomntu oneCOVID-19, kungenzeka ukuba unayo.
- Kungathatha iintsuku ezili-10 ngaphambi kokuba ugule yiCOVID-19.
- Ukuba unecoronavayirasi, unokuyidlulisa kwabanye, nokuba khange ugule.
- Kufuneka uzivalele wedwa: hlala uzohlukanisile kwabanye ukuthintela ukusasazeka kwecoronavayirasi.



## Thintela ukusasazeka kweecoronavayirasi ingasuleli abanye abantu

Hlala ekhaya. Zikhwarantine kwigumbi elahlukileyo kwabanye. Ukuba awukwazi ukwenza oku, Kuya kufuneka ukuba uye kwiziko lokukhwarantina uyokuhlala khona, ujongwe ukuba unayo na iCOVID-19. Kwaye uthintele ukuyisasazela kwabanye.

### Ukuba uyakwazi ukukhwarantina ekhaya, qinisekisa ukuba ulandela le mithetho ilandelayo:

Ukuba udibana nabanye, makubekho umgama phakathi kwenu, nxiba imaski, kwaye uvule iminyango neefestile.

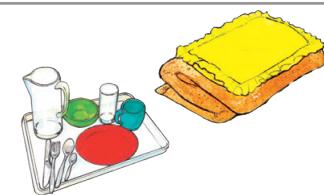


Ukuhlamba izandla zakho rhoqo.

Gcina ikhaya lakholicocekile lingenayo icoronavayirasi. Jonga kwiphepha le-13.



Sebenzisa izitya ezingasetyenziswayo ngabanye abantu, iitawuli nezinto zokulala.



## Zijonge

- Yijonge impilo yakho.
- Ukuba unesigulo onaso, thatha unyango lwakho



## Lazi ixesha lokufuna uncedo Iwezempi

Ukuba uba neempawu zeCOVID-19 – ifiva, ukhohlokhohlo, umqala obuhlungu – qhagamshelana nomsebenzi wezempi okanye utsalele ihotline yeCOVID-19. Jonga kwiphepha le-17.

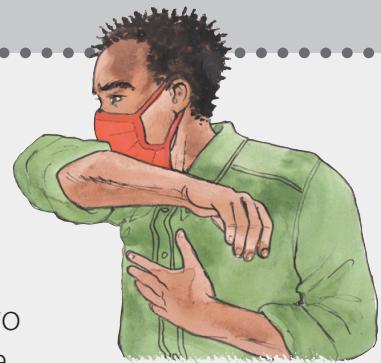
- Yiya kwiziko lempilo ngokukhawuleza ukuba unobunzima bokuphefumla, ubhidekile, uneentlungu esifubeni ezingapheliyo okanye awukwazi ukuvuka.
- Tsala umnxeba kwangaphambili. Ungakhweli isithuthi sikawonke-wonke. Ukuba ikhona imfuneko, biza i-ambulensi.

**Nokuba uziva uphilile, usenokusulela abanye ngecoronavayirasi.  
Ungayeka ukuzikhwarantina ukuba uphilile kwaye kusemva  
kweentsuku ezili-10.**

# Kuza kwenzeka ntoni ukuba uneCOVID-19?

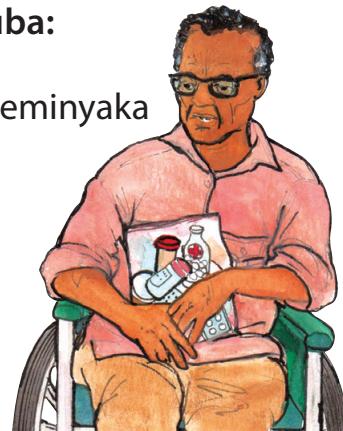
## Uza kuziva njani?

- iCOVID-19 sisifo esibangwa yicoronavayirasi.
- Abantu abaninzi abosulelwa yicoronavayirasi basenokungaguli.
- Abantu abaninzi abaziva begula xa beneCOVID-19 baba nezigulo ezingepphi ezifana neflu, ibangela ukukhohlela, ifiva, umqala obuhlungu, ukudinwa, izihlunu eziqaqambayo kwaye mhlawumbi utshintsho kwivumba okanye kwincasa.
- Kubantu abathile, iCOVID-19 ingaqatsela, ibange inyumoniya nobunzima bokuphefumla.



## Ungaba semngciphekweni wokuhlaselwa yiCOVID-19 ukuba:

- uneminyaka engama-55 okanye ngaphezulu.
- ungumntu osele ekhulile ukubo nabuphina ubudala ngokweminyaka unesinye kwezi zigulo zilandelayo:
  - ilsifo seswekile
  - iHIV okanye iTB
  - isifo sezintso
  - isifo semiphunga esingapheliyo (isifuba, emphysema, chronic bronchitis)
  - ukunyango lwasifo somhlaza.



## Iza kuthatha ixesha elingakanani?

- Abantu abaninzi ababa neCOVID-19 baphila ngokupheleleyo kwiintsuku ezi-5 ukuya kwezisi-7.
- Kunokuthatha ixesha elide, ingakumbi ukuba umntu imeko yakhe yeCOVID-19 sele iqatsele.
- Ngamanye amaxesha iimpawu zeCOVID-19 zinokuba mandundu emva kweveki yokuqala

## Loluphi unyango oza kulufuna?



- Okwangoku ayinyangeki kwaye alukho unyango oluqinisekileyo lweCOVID-19; iza kusombululeka ngokunokwayo.
- Kuza kufuneka uphumle kwaye usele amayeza ukudambisa iintlungu okanye ifiva.
- Ukuba uneempawu ezimandundu zeCOVID-19, kuza kufuneka ioksijini kunye nolunye unyango lwasibhedlele..

## ingaba unakho ukusasaza usulele abanye ngecoronavayirası



- Ungayisasazela lula kwabanye icoronavayirasi, nokuba uneempawu ezingephi okanye akuphilanga kwaphela.
- Zama ukunqanda ukusasazeka kwayo, ingakumbi kwabo basemngciphekweni wokuhlaselwa yiCOVID-19.
- Kuza kufuneka uzivalele wedwa kwikhaya lakho ubuncinane iintsuku ezili-10.

## Kufuneka uhlale phi ngelixesha uneCOVID-19?

### Hlala ekhaya kwigumbi lakho

ukuba:

- ungakwazi zivalele wedwa ekhaya
- uyakwazi ukulufumana lula unonophelo lwezempiло xa ulufuna.



### Yiya kwiziko lokuvalela abantu bodwa ukuze bahlale behuselekile ngelixesha beneCOVID-19

ukuba:

- awukwazi ukuzihlalela ekhaya kwigumbi lakho okanye
- awukwazi ukulufumana lula unonophelo lwezempiло.



### Yiya esibhedlele

ukuba uba neempawu eziqatha zeCOVID-19 kwakunye nezi mpawu zilandelayo:

- ubunzima bokuphefumla
- ukubhideka
- iintlungu zesifuba okanye ukuvaleka okungapheliyo kwesifuba okanye
- ubunzima bokuvuka.



- Kubalulekile ukuba ungadibani nabanye abantu, ingakumbi ukuba basemngciphekweni wokusulelwya yiCOVID-19.
- Ukuba akuqinisekanga ukuba ungakwazi ukuzivalela wedwa ngokukhuselekileyo ekhaya, itsalela ihotline yeCOVID-19 okanye uthethe nomsebenzi wezempiло.

# Yintoni oyenzayo ukuba uneCOVID-19?

Ubuncinane beentsuku ezili-10, kufuneka uzijonge unqande ukusasaza usulele abanye ngecoronavayirasi.

Hlala wedwa kude kwabanye.

Jonga kwiphepha le-6.



Faka imaski xa kukho imfuneko.

Jonga kwiphepha le-8.



Yijonge impilo yakho.

Jonga kwiphepha le-9.



Zithathele ingqalelo impawu onazo.

Jonga kwiphepha le-10.



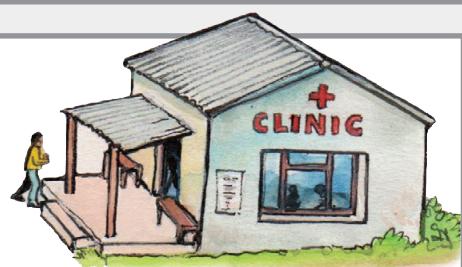
Gcina ikhaya lakho licocekile lingenayo icoronavayirasi.

Jonga kwiphepha le-13.



Fumana uncedo xa ulufuna.

Jonga kwiphepha le-14.



# Hlala bucala kwabanye xa uneCOVID-19

Ukuba uneCOVID-19, kufuneka uzhivalele wedwa usuke kwabanye ubuncinane iintsuku ezili-10 ukuthintela ukusasazeka kwecoronavayirasi.

- Zivalele wedwa kwigumbi elilodwa ungahlalali nabanye ekhaya kwaye uhlale ekhaya. Ukuba uyakwazi, yenzela abo basemngciphekweni wokosulelwayiCOVID-19 baye kuhlala kwenye indawo.
- Ukuba awukwazi ukuhlala kwigumbi elilodwa, kuyakufuneka ukuba uhambe uye kwiziko lokukuvalela wedwa ukujonga impilo yakho kunye nokuthintela ukusasaza nokusulela abanye ngecoronavayirasi, ingakumbi ukuba kukho abantu abasemngciphekweni wokosulelwa yiCOVID-19.



## Thatha la manyathelo okuzivalela wedwa:

Hlala kwigumbi elahlukileyo kwaye ugcine umnyango uvaliwe.



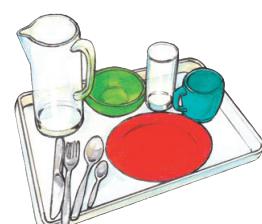
Beka ukutya, amayeza nempahla ehlanjiweyo emnyango.



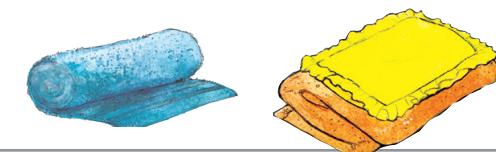
Ukuba kuyenzeka, sebenzisa igumbi lokuhlambela elahlukileyo. Ukuba usebenzisa igumbi lokuhlambela nabanye abantu, lisebenzise wedwa xa wonke umntu eggibile.



Yiba nezihobo zokutya ezahlukileyo ezifana namacephe, iipleyiti, iikomityi, neetreyi. Hlamba ngamanzi anesepha



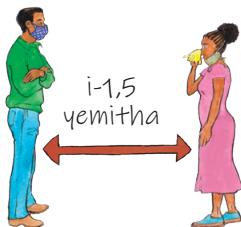
Sebenzisa izinto zebhedi neetawuli ezahlukileyo.



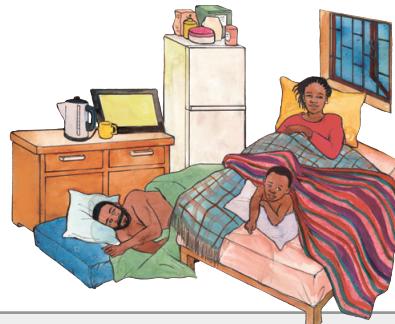
**Abantu abakujongayo mabangabi baninzi – qinisekisa abantu abakujongileyo abakho semngciphekweni wokufumana iCOVID-19 emandla.**

## Ukuba kunzima ukusoloko uvizalele wedwa ngokupheleleyo usuke kwaphela kwabanye abantu:

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



Ungalali namntu ebhedini.



**Ungasondeli kubantu abasemngciphekweni wokosulelwa yiCOVID-19** - abo bangaphezulu kweminyaka engama-55 kunye nabo banezigulo abaphila nazo.

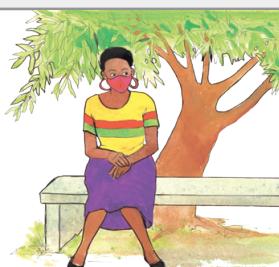


Faka imaski.

Khohlelela okanye uthimlele kwinqiniba yakho okanye kwithishu. Lahla ithishu emgqomeni ngokukhuselkileyo.



Chitha ixesha ngaphandle endlini ukuba unako.



Vula iifestile neminyango.

**Abo basekhaya kufuneka bazikhwarantine bangadibani nabantu nje ngoko ingabona bebesondelelene nawe kakhulu kungenzeka ukuba banayo iCOVID-19. Jonga kwiphepha le-2.**

# Nxiba imaskhi xa uneCOVID-19

- Indlela engcono yokuthintela ukusasazeka kwecoronavayirasi kukuba ungahlali nabanye abantu.
- Ukuba uza kudibana nabanye abantu, nxiba imaskhi. Abo uza kudibana nabo mabanxibe iimaskhi nabo.
- Abantwana abangaphantsi kweminyaka emi-2 mabangafaki iimaski.

**Thetha nomsebenzi wezempilo okanye utsalele umnxeba ihotline yeCOVID-19 malunga nokuba yeyiphi imaski omawuyisebenzise:**

- Imaski zonyango zisebenza ngcono kodwa sinqongophele isitokhwe sazo. Ukuba iyafumaneka, umntu oneCOVID-19, umgcini wakhe kunye naye nabani na ekhaya osengozini yeCOVID-19 kufuneka afake imaski yezonyango.
- Ukuba azikho iimaski zezonyango ezifumanekayo, sebenzisa imaski yelaphu.



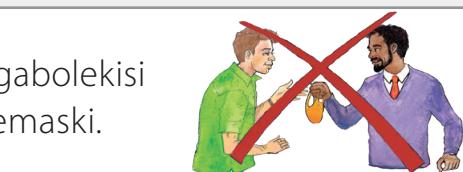
## Sebenzisa imaski ngokukhuselekileyo:



- Hlamba izandla phambi kunye nasemva kokusebenzisa imaski.
- Qiniseka ukuba imaski yogquma umlomo wakho kunye nempumlo.
- Phatha kuphela imitya ukuyisusa.
- Tshintsha imaski ukuba imanzi. Ukuba usebenzisa imaski yelaphu, yigcine kwisikhongozeli okanye eplastikini de ube uyayihlamba.



Ungaphathi ubuso bakho okanye ubhucabhuce imaski yakho.



Ungabolekisi ngemaski.

Ungashiyi imaski esetyenzisiweyo naphi na; kunokwenzeka ukuba inecoronavayirasi kuyo.



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



Yiba nobuncinane beemaski ezimbini ukuze ube naleyo sele icocekile.

- Emva kokuyikhulula imaski yakho, hlamba izandla zakho.**
- Yilahle imaski yezonyango esetyenzisiweyo ngokukhuselekileyo emgqomeni okanye eplastikini eqhiniweyo.**



# Zijonge xa uneCOVID-19

abantu abaninzi abaneCOVID-19 banokuzinyanga besemakhaya de baphile.



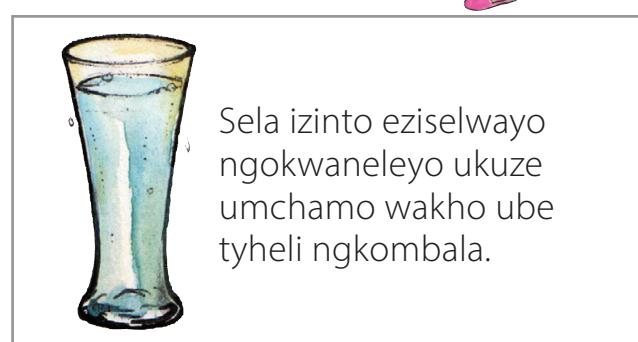
Phumla  
ngokwaneleyo.



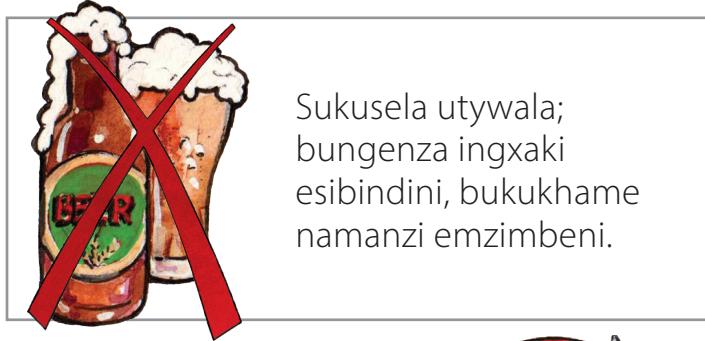
Vuka uhamba  
hambe qho.



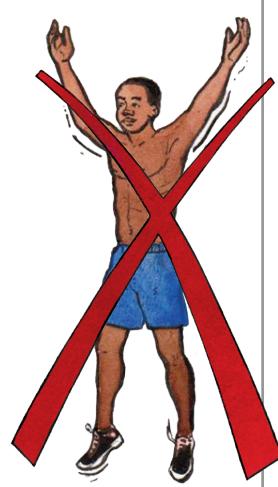
Fumana umoya  
ofreshi ukuba  
unako.



Sela izinto eziselwayo  
ngokwaneleyo ukuze  
umchamo wakho ube  
tyheli ngkombala.



Sukusela utywala;  
bungenza ingxaki  
esibindini, bukukhame  
namanzi emzimbeni.



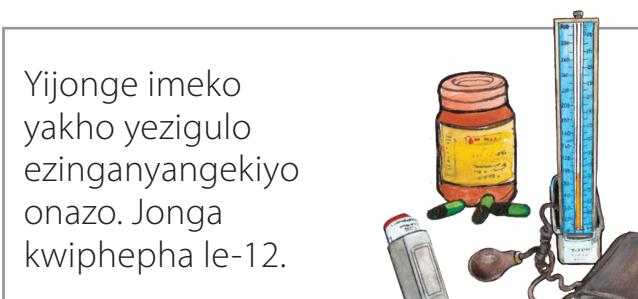
Ungatshayi.



Musa ukwenza  
imithambo into  
engangeveki  
ezimbini emva  
kokuba upholilie.



Yijonge  
impilo yakho  
yengqondo.  
Jonga kwiphepha  
le-11.



Yijonge imeko  
yakho yezigulo  
ezinganyangekiyo  
onazo. Jonga  
kwiphepha le-12.

# Zikhathalele iimpawu zakho ze-COVID-19

Alukho unyango lweCOVID-19. Thatha la manyathelo ukwenza ngcono iimpawu zakho:

## Ifiva

Zama ukuphumla xa unefiva okanye ingqele. Beka ilaphu elimanzi ebulanzi. Ungoleki iingubo ezinini okanye ungafaki ibhotile yamanzi ashushu ezingubeni.



## Ukukhohlela

Ukulala ngomqolo kunokwenza ukuba ukhohlele kakhulu. Zama ukuhlala ngeempundu okanye ulale ngecalala.

## Iintlungu – intloko ebuhlungu, umqala obuhlungu okanye iingqaqambo zomzimba

Thatha i-paracetamol njengoko uyalelwwe xa uyifunela iintlungu.



## Ukuhambisa kwesisu

Sela amanzi awaneleyo ukugcina umchamo wakho uthyeli ngokombala okanye ucacile.



## Isicaphu-caphu okanye ukugabha

Sela amanzi amaninzi qho. Yitya izidlo ezincinane ukuba unako kwaye ukuphephe ukutya okunamafutha.



## Zijonge iimpawu zakho ngononophelo



- Zijonge yonke imihla iimpawu zakho kusasa nasebesuku iintsuku ezili-10.
- Lindela ukuba iimpawu zakho ziya kuhlala iintsuku ezi-5 -7. Ukuba iimpawu zakho ziya ziqatsela okanye uneempawu ezithathe ixesha elide wadlula kwiintsuku ezi-5, tsalela umnxeba iziko lakho lempilo okanye ihotline yeCOVID-19.

- Yiya kwiziko lempilo ngokukhawuleza okanye ucele umntu atsalele uncedo ukuba unobunzima bokuphefumla, iintlungu okanye ukuminxana kwesifuba okungapheliyo, nokubhideka okanye awukwazi ukuvuka.
- Tsala umnxeba kwangaphambili. Ungakhweli isithuthi sikawonkewonke, ukuba kuyenzeka. Ukuba kukho imfuneko, biza i-ambulensi.



# Khathalela impilo yakho yengqondo xa uneCOVID-19

Ukuba ne-COVID-19 kuyoyikisa kwaye kubangela ixhala.

## Zazi iinyani

- Kukho amabali amaninzi awothusayo ngeCOVID-19.
- Ungawuhoyi umgosi neendaba ezibubuxoki – mamela iingcebiso ezivela kwimithombo ethembekileyo.
- Khumbula ukuba abantu abaninzi ababa neCOVID-19 baba neempawu ezingephi kwaye bachacha ngokupheleleyo, nokuba badala okanye baneemeko abaphila nazo.

[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)



### Qhagamshelana nabantu

Nxulumana nosapho nabahlobo bakho ngefoni okanye wenze iivideo kholi.



### Sukubusela utywala

Isengacothisa ukuphila kwakho kwaye ikwenze ungabi semdleni.



Usuku ngalunye tsala ezantsi ukuphefumla ungangxamanga ukhuphele ngaphandle ngeempumlo ukuphungula umthwalo emzimbeni.



### Lala ngokwaneleyo.

### Yiba nexesha lokuphumla

Yenza umsebenzi wobugcisa nezinto ezikonwabisayo onokuzenza.



### Fumana uncedo xa ulufuna

- Ukuba uziva unexhala/unestresi kwaye ufunu umntu onokuthetha naye, thetha nomntu omthembayo okanye utsalele ihelpline. Jonga kwiphepha le-17.
- Funda ngokufumana uncedo ngexesha leCOVID-19 kwiphepha le-14.



**Ungabi neentloni ngokuba neCOVID-19.  
Fumana uncedo ukuba uyahlutshwa ngokuba neCOVID-19.**

# Ukujonga imeko yesigulo onaso esingapheliyo

- Izigulo ezingapheliyo yimeko yempilo ethatha ixesha elide ubomi bakho bonke.
- Ukuba ayinyangwanga, inokubanga iingxaki ezinokukwenza ungaphili kwaye ungakwazi ukumelana nobomi bemihla ngemihla.
- Ukuba unesigulo esingapheliyo maninzi kakhulu amathuba okuba uhlaselwe yiCOVID-19, kodwa ke usenokuba neempawu zayo ezingephi.
- Injongo yokunyanga isifo esingapheliyo kukulawula nokuthintela iingxaki.

## Lawula imeko yakho yezigulo ezingapheliyo



### Yazi imeko yesigulo sakho esingapheliyo

Cela uncedo kumsebenzi wakho wempilo ukuba unayo nayiphi imibuzo.



### Yijone impilo yakho yengqondo

- Chitha ixesha nabahlolo okanye usapho olukuxhasayo.
- Yenza umsebenzi wobugcisa nokonwabisayo onokuwenza.
- Yenza imithambo yokuphefumla (ukubizela umoya nokuwukhuphela ngaphandle) ezolisa umzimba usuku ngalunye.



### Yiba nendlela yokuphila enempilo

- Zilolongel!
- Yitya ngokusempilweni.



### Ungatshayi okanye usebenzise kakubi utywala okanye iziyobisi

Cela uncedo lokuyeka ukuba uyalufuna.



### Wasele ngokuthembekileyo amayeza akho

Sela amayeza akho ukulawula imeko yakho uthintele iingxaki kwaye uhlale uphilile.



### Ungaphosi amaxesha akho ahleliweyo (appointment)

- Gcina onke amaxesha akho ahleliweyo ekliniki.
- Cela umntu ukuba akulandele amayeza ngeli xesha ungekakwazi ukuphuma ekhaya.



### Funa uncedo xa ulufuna

- Tsalela umnxeba woncedo malunga neengcebiso ngendlela yokumelana nesigulo esingapheliyo. Jonga kwiphepha le-17.
- Thetha nesihlolo okanye umhlobo.
- Hamba uyokujonga ukuba ufanelekile na ukuba ufumane inkxaso yokukhubazeka ukuba imeko yakho yesigulo esingapheliyo yenza kube nzima kuwe ukusebenza.

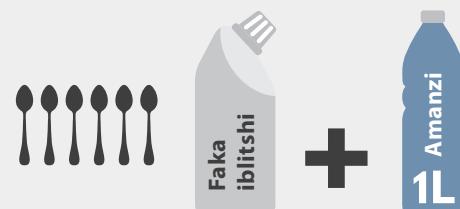


# Yigcine indlu icocekile xa uneCOVID-19

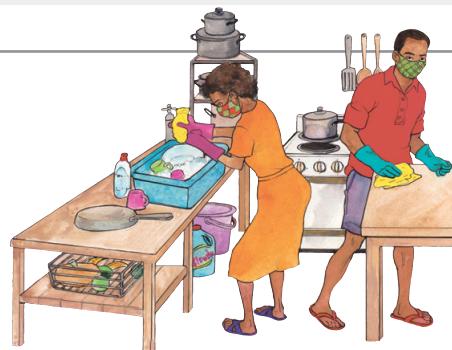
Xa umntu oneCOVID-19 ekhohlela okanye ethimla, angashiya icoronavayirasi kwimiphezulu yezinto. Bathi abanye xa bebamba kwezo ndawo, bayifumane ivayirasi xa bethe babamba loo miphezulu baze babambe ubuso babo.

## Coca kwaye ubulale iintsholongwane ukuthintela ukusasazeka coronavayirasi

- Faka iiglavu ngexesha ucoca naxa ufaka isibulali zintsholongwane. Ukuba iiglavu azilahlwa, zisebenzise kwakhona kuphela xa ucoca kwaye usebenzisa isibulali zintsholongwane.
- Coca imiphezulu kanye ngemini naxa imdaka. Sebenzisa isicoci okanye isepha namanzi phambi kokufaka isibulali zintsholongwane.
- Sebenzisa isibulali zintsholongwane ukubulala icoronavayirasi. Sebenzisa umxube weblitshi weetisipuni ezi- 6 zeblitshi kwilitha e-1 yamanzi. Sula ngelaphu uze uyeke komise umoya.



Faka isibulali ntsholongane qho kwimiphezulu nezinto ekusoloko kubanjelewa kuzo qho – qho ngosuku phinde kwakhona emva kokuyisebenzisa loo ndawo.



- Hlamba impahla ngesepha yokuhlamba impahla emanzini ashushu ukuba kuyenzeka.
- Hlamba ngama-60 ukuya kwi-100°C ukuba unomatshini wokuhlamba impahla.

## Ukuhlamba izandla zakho rhoqo

- Hlamba izandla zakho ngesepha namanzi emva kokuphatha impahla ehlanjwayo nenkunkuma nasemva kokufaka isibulali zintsholongwane.
- Ungasebenzisi nabanye iitawuli ukosula izandla.



# Ukufumana uncedo ngeCOVID-19

Ukuba uneCOVID -19, unganezinto ezininzi ezikuxhalabisayo.

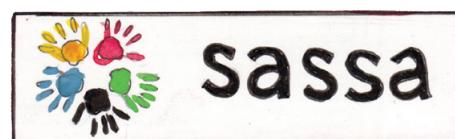


## Qhagamshelana nala maziko ukukunceda umelane neengxaki zakho

Qhagamshelana **nezikolempilo** ukuba iimpawu zakho zeCOVID-19 ziba mandundu okanye azibi ngcono, okanye ufunamanyezza akho ezingapheliyo.



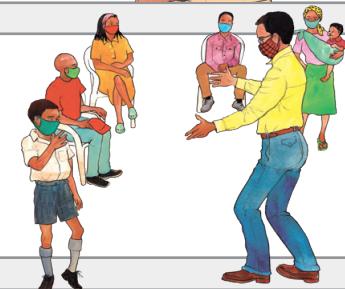
Qhagamshelana ne-**SASSA** ukuba awunamali okanye ukutya kwaye uyifanele inkxaso-mali.



**Tsalela umnxeba umhlobo omthembayo** ukuba uziva uwedwa okanye ufunamanyezza akho ezingapheliyo.



Thetha **nenkokelyoluntu** ukufumanisa ngokuba loluphi uncedo olufumanekayo kwabo baneCOVID-19 okanye ukuba uyahlutshwa ngenxa yokuba uneCOVID-19.



Thetha **nomsebenzi wezempiwoluntu** ukufumana uncedo ngamayezza akho esigulo esingapheliyo kunye nokuxoxa ngeCOVID-19.

Tsalela **umnxebawoncedo** ukuba unengxaki ekhaya okanye unexhala kakhulu. Jonga kwiphepha le-17.



# Ukuchacha kwiCOVID19

- Ungaphila ngokupheleleyo kwiCOVID-19 kwaye ubuyele kubomi besiqhelo.
- Wakube uphilile, awunayo kwaphela icoronavayirasi kwaye akunakho ukosulela abanye abantu.
- Kungenzeka, kodwa hayi kangako, ukuba uza kuyifumana kwakhona iCOVID-19. Nasiphi isitifiketi esiqinisekisa ukuba awuphindi uyifumane iCOVID-19 kwakhona bubuxoki.

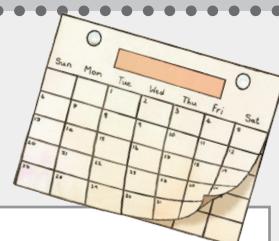


## Yazi xa kukhuselekile unokubuyela kubomi besiqhelo

Buyela kubomi besiqhelo kuphela wakube uphilile kwaye ungenazo iimpawu zeCOVID-19. Yeka ukuzivalela wedwa kuphela oko kuxhomekeke kwiimpawu zakho zeCOVID-19.



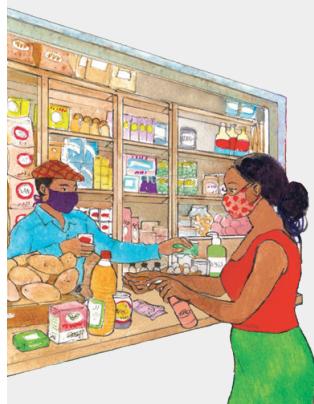
Ukuba ubuneempawu ezingephi zeCOVID-19 kwaye uzinyangela ekhaya, ungayeka ukuzivalela wedwa kwabanye **emva kweentsuku ezili-10 ezisemva kokuqala kweempawu zakho.**



Ukuba ubusesibhedlele ngenxa yeCOVID-19, ungayeka ke ukuzivalela wedwa **kwiintsuku ezili-10 emva kokuba ziphelile iimpawu zakho.**



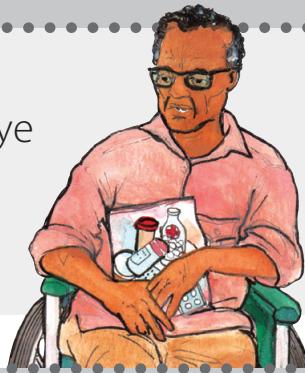
Ukuba zange ube nazo iimpawu zeCOVID-19, kodwa uvavanyo luthe unayo iCOVID-19, ungayeka ukuzivalela wedwa **emva kweentsuku ezili-10 ezisemva kokwensiwa kovavanyo**



- Lakube ixesha lakho lokuzivalela liphelile kwaye uziva uphilile, kukhuselekile ukubuyela emsebenzini, esikolweni okanye kubomi besiqhelo.
- Akukho mfuneko yokuphinda uvavanyo lwakho lweCOVID-19.
- Ukuba ufuno ileta, cela ileta kwiziko lakho lempilo echazayo ukuba uphilile ungabuyela emsebenzini.
- Sukuqlisa imithambo zisuka emva kokuba uphilile linda iiveki ezimbini emva kokuba iimpawu zakho ziphelile ukuze unqande ukuba neengxaki zentliziyo.

## **Yijonge impilo yakho**

- Ukuba iimpawu zakho ziyazinga okanye uyagula kwakhona, qhagamshelana neziko lakho lempilo okanye utsalele ihotline yeCOVID-19.
- Qhuba ukhathalela imeko yakho ophila nayo ukuba unayo. Jonga kwiphepha le-12.



## **Ungabi neentloni ngokuba neCOVID-19.**

- iCOVID-19 sisifo esitsha kwaye abantu abaninzi bayayoyika into entsha okanye engaziwayo.
- Abantu abathile abaneCOVID-19 baye baphathwa kakubi ngabanye ngokuba beneCOVID-19.
- Thetha nenkokeli yoluntu, umqeshi, inqununu yesikolo okanye umhlobo omthembayo ukuba uyahlutshwa.
- Nceda abanye bayazi iCOVID-19. Sebenzisa iinkukacha ezichanekileyo



[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

**Khumbula ukuba usoloko ugcine umgama phakathi kwakho nabanye abantu, nxiba imaskhi xa uphakathi kwabantu uhlambe izandla zakho qho.**



### **Yenza izigqibo ezikhuselekileyo**

1. Uyagula? Hlala ekhaya, wenze amalungiselelo okwenza uvavanyo
2. Gcina umgama phakathi kwakho nabanye
3. Nxiba imaskhi
4. Gquma umlomo wakho xa ukhohlela
5. Vula iminyango neefestile
6. Musa ukuya kwiindibano zabantu abaninzi, ukusondela ebantwini nokuba kwigumbi elincinci
7. Hlamba/usanithayize izandla zakho qho

# 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 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 wokungxamisekileyo 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 kuzihlol	0800 012 322 (iiyure ezingama- 24)
I-People living with Cancer	Imibuzo ephathelene nomhlaza nenkxaso	0800 033 337

## **lingcebiso nenkxaso ngexesha leengxaki**

I-Lifeline National Counselling Line	Ukufumana iingcebiso ngayo nayiphi na inkalo yobomi nokugqithiselwa 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 inksalabo	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



© 2020 University of Cape Town Lung Institute and Western Cape Department of Health.

# 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