

# Ucinga ukuba uneCOVID-19?

Agasti 2021

STAY SAFE

MOVE FORWARD

## Usenokuka uneCOVID-19 xa uthe wanoku:

- Ukhohlokhohlo
- Umqala obuhlungu
- Ukungeva vumba nancasa
- Ukungakwazi ukuphefumla kakuhle okanye ukuphefumla nzima
- Ivayirasi icorona yohlobo oluyidelta isenokubangela intloko ebuhlungu, iimpumlo ezinkcenkcezo okanye ezixineneneyo, ukuthimla nokuziva utyhafile/udiniwe

## Kufuneka siyenze ibe yinto ephambili ukuhlolwa iCOVID kwabo basemngciphekweni wokuba neCOVID ngamandla okanye abanokuyisasaza ivayirasi:



## Kuya kufuneka uhlolwe iCOVID -19 ukuba ubonakalisa iimpawu zeCOVID

1. Ungeniswe esibhedlele
2. Xa ungaphezulu kweminyaka engama-45.
3. Xa nezinye zezi meko:
  - Isifo seswekile
  - Umzimba wakho umkhulu kakhulu
  - Unehypertension
  - Isifo sentliziyo/esemiphunga/izintso
  - Unomhlaza
  - UneTyhubhatyhulosisi
4. Ubukhe wasondelelana nabantu abaninzi abaneCOVID-19.



URhulumente  
weNtshona Koloni

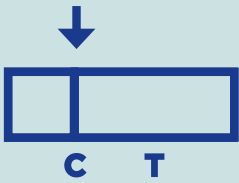
Iziko loncedo leNtshona Koloni: 0860 142 142

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**Tsalela iziko lakho lezempilo okanye**

**iWestern Cape Call Centre: 0860 142 142 nibonisane malunga nokuhlolwa iCOVID-19.**

## **Zimbini iindidi zokuhlola iCOVID-19 (nose swabs)**



**Iziphumo zifumaneka kwimizuzu engama-20**

### **Ukuhlolwa ngeAntigen:**

- Ukuba iphozithivu, uneCOVID-19
- Ukuba inegethivu, ezi ziphumo azithembeki kule weyivu yesi-3, uya kuphinda wenziwe uhlobo nge - PCR kwakhona. Qhubeka nokuzikhetha wedwa de ufumane iziphumo zePCR.



**Iziphumo zithatha usuku 1-3**

### **Ukuhlolwa ngePCR:**

- Ukuba iphozithivu, uneCOVID-19
- Ukuba inegethivu, kodwa usenazo iimpawu, dibana nomsebenzi wezempilo kuba kusengenzeka ukuba uneCOVID-19

Ukuba wawukhe wahlolwa wafunyaniswa unevayirasi icorona kwixesha elingaphambili, kodwa ngoku uneempawu ezintsha zevayirasi icorona, kufuneka uhlolwe kwisithuba seentsuku ezingama-30 okanye ngaphezulu emva kokuba wawukhe wahlolwa.



## **Ukuba uneempawu zeCOVID kodwa awukho selungelweni lokuba uhlolwe iCOVID:**

Ugqirha okanye unesi uya kukuxelela ukuba usenokuba uneCOVID-19 okanye akunayo. Ukuba bakuxelele ukuba kusengezeka ukuba unayo iCOVID -19, kufuneka uhlale ekhaya uzikhetha kwabanye nasekhaya kangangeentsuku ezili 10 ukususela ngomhla ezaqalisa ngayo ukubonakala iimpawu. Ukuba awukwazi ukwenza oko, cela ugqirha okanye unesi akuthumele kwindawo onokuhlala kuyo ekhuselekileyo nefanelekileyo. Ugqirha okanye unesi uya kukunika iphepha likagqirha.



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