# Nceda uhlale ukhuselekile kobu busika

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Ngeli xesha silindele umsinga wesi-5 kobu busika, akukho lula ukuchaza ukuba ingaba lo umsinga uza kuba nobuzaza kangakanani. Ugonyo kunye namajoni omzimba ayakhusela – kodwa into enkulu engaziwayo ngumsinga omtsha ozayo ukuba ingaba uza kubangela ukuba abantu bagule kakhulu.

**Kuninzi esingakwenzayo singabantu ukuzigcina sisempilweni sinqande nokusasazeka kwesifo kwabanye abantu:**

1. Qinisekisa ukuba uzifumene zonke izigonyo zechiza leCOVID
2. Iindawo eziba nabantu abaninzi kufuneka zibe neendawo ezingena umoya
3. Nxiba imaskhi xa ungaphakathi kwindawo enabantu okanye kwiindawo ezigcweleyo ngabantu
4. Fumana isigonyo ngaphambi kukaJuni
5. Yazi into omawuyenze xa uneflu okanye unempawu zengqele/ifiva

## 1 Qinisekisa ukuba uzifumene zonke izigonyo zakho zeCOVID

- Amachiza eCOVID-19 akhuselekile kwaye ayakhusela ukuba umntu angalali esibhedlele okanye asweleke.
- Uphando olutsha lubonakalisa ukuba amachiza athoba ubude beentsuku zeempawu emzimbeni, umngcipheko wokuba neCOVID yexesha elide nokusulela abanye abantu.
- ICOVID yexesha elide emntwini ikhona – abantu abaninzi baye babenezigulo ezingephi ukutyhafa nokukhohlela iiveki eziliqela ukuya ezinyangeni emva koko, oko kuyayichaphazela indlela yabo yokuphila.

**Yiya kwindawo yogonyo ekufutshane kuwe:**

- www.findmyjab.co.za
- coronavirus.westerncape.gov.za/vaccine/latest-vaccination-sites
- www.facebook.com/WCGHW

## 2 Iindawo ezinabantu abaninzi ngaphakathi kufuneka zibe neendawo ezingena umoya

Makungene umoya ohlaziyekileyo kangangoko kwiindawo ezinabantu ngaphakathi.

- Vula iingcango neefestile.
- Iifestile kungangcono uzivule genge, noba unefestile enethanda kunganceda ukuyivula kancinci (umzekelo etaxini).
- Makuvulwe amacango amaninzi neefestile ukuze kungene umoya opholileyo.

## 3 Nxiba imaski xa uphakathi kwindawo enabantu okanye kwindawo egcwele abantu

Qhubeka unxibe imaskhi xa ungaphakathi kwindawo enabantu:

- Iindawo ezigcweleyo ngabantu ezifana (neendawo ezibambe ezemidlalo, iminyhadala neekonsathi)
- Ngexesha lo msinga othile wesi sifo
- Ukuba sele ukhulile okanye enesigulo sakho esinganyangekiyo
- Ukuba unengqele okanye iimpawu zeflu

## 4 Fumana ichiza leflu ngaphambi kwenyanga kaJuni

Sikwalindele ukubuya kweflu ngamandla ngeli xesha kulo nyaka. Nceda uzame ukuba ufumane isigonyo seflu ukuba:

- Ungaphaya kweminyaka engama-65 ubudala
- Ukuba ukubo nabuphina ubudala unesigulo esingapheliyo
- Ungumsebenzi wezempilo
- Ukhulelwe

***Ungalifumana ichiza leCOVID neleflu ngexesha elinye, oko kuya kwenziwa kwiingalo ezohlukeneyo.***

## 5 Yazi into ekufuneka uyenze xa uneflu okanye uneempawu zefiva

Iingcebiso malunga novavanyo kunye nokuzivalela wedwa zingatshintsha oko kuxhomekeke kwizinga elo loqhambuko lwesifo kwaye oko kuya kwenziwa ngokwelo zinga. Ngoku sikhuthaza uvavanyo lwe-antigen kubantu abanezimpawu:

- Ududala obungaphaya kweminyaka engama-40
- Noba ukobuphina ubudala unesigulo esinganyangekiyo.
- Abasebenzi bezempilo
- Ngenxa yokuba uza kwenza utyando kwiintsuku ezi-3 ezizayo.

***Uvavanyo lwabantu abangenazimpawu kunye novavanyo lwePCR alusakhuthazwa.***

## Iimpawu?

- Luthathe uvavanyo lwe-antigen test – ukuba ufumaniseke unaso isifo , zivalele wedwa iintsuku ezisi-7 emva kokuba ziqalile iimpawu ezibonakalisayo ukuba unaso esi sifo.
- Ukuba usempilweni ngokwaneleyo ukuba ungaqhubeka uye esikolweni nasemsebenzini, nxiba imaskhi iintsuku ezi-5 ukhusele abanye abantu emva kokuba ubone iimpawu.
- Zama ukuba ungadibani nabantu abasemngciphekweni wokuba bangahlaselwa yiCOVID ngamandla nakwiindawo uluntu oluhlangene kuzo ixesha elingangeentsuku ezi-5.