

# UKUKHETH'

## IZINTO NGOKUKHUSEL EKILEYO

Njengoko sisiya phambili, kubalulekile ukuba sikheth' izinto ngokukhuselekileyo. Zama ukuyiphapha imisitho enokuyisasaza insholongwane ngokukhawuleza ngexesh' elifutshane:



lindawo ezinabantu abaninzi



lindawo ezinabantu abaninzi abakufutshane nawe



lindawo ezivalekileyo ekusondelelwene kakhulu kuzo

### YIPHEPHE INDAWO

- \* engangen' umoya ngokwaneleyo
- \* egcwel' abantu iindawo ezigcwel' abantu ngaphakathi

Nxiba imaski rhoqo xa uphakathi kwabantu kwaye ulandele iMigaqo ePhambili emi-5 ethi



1. Hlamba izandla
2. Musa ukubamb' ubuso
3. Gcina umgama oyi-1,5m phakathi kwakho nabany' abantu
4. Gquma xa ukhohlela
5. Uyagula? Hlala eKhaya

HLALA UKHUSELEKILE

**YIYA  
PHAMBILI**



URhulumente  
weNtshona Koloni

EzeMpilo

Uyagula? Hlala ekhaya uze utsalel' umnxeba ku-080 928 4102 okanye uye ku-<https://www.westerncape.gov.za/dept/health>