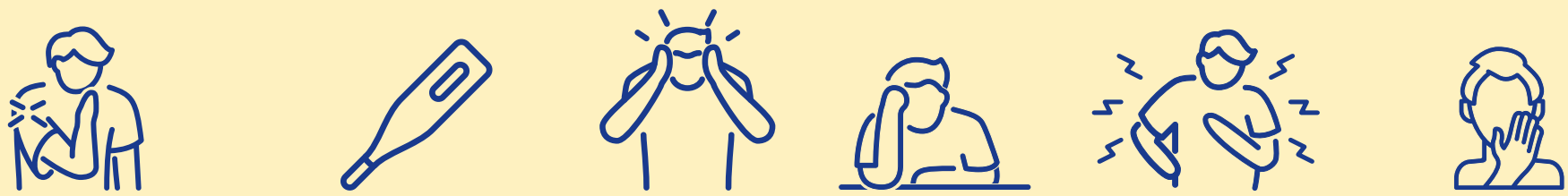
2021

Usanda kugonyela i-COVID 19? Wenze kakuhle, enkosi!

Iziphumo ezingalindelekanga (side effects) ezingothusiyo neziqhelekileyo ezibakho kwiintsuku ezi-3 zokuqala. Nazi izinto omawuzijonge.



Le ndawo utofe kuyo ibuhlungu okanye ibomvu. | **Umkhuhlane/ ingqele** | **Intloko ebuhlungu** | **Ukudinwa kakhulu** | **Izihlunu ezibuhlungu** | **Isicaphucaphu**

- Iziphumo ezingalindelekanga zingavakala kwisithuba seeyure ezi-6 emva kokugonywa kwaye zidla ngokuphela kwisithuba seentsuku ezi-2 ukuya kwezi-3. Ukuba ikhona imfuneko, ungasela ipanado ukuthomalalisa iintlungu nomkhuhlane.
- Iziphumo ezingalindelekanga zinokuqapheleka msinyane xa usemncinci ube wawukhe waneCOVID-19 ngaphambili okanye zibonakale emva kwedosi yesi-2 yogonyo.

Ezi ziphumo zingalindelekanga zithetha ukuthi umzimba wakho wenza amajoni omzimba akwazi ukukhawulelana nentsholongwane. Ngokwendlela ebizwa ngayo kwezamachiza kuthiwa 'yi-reactogenicity'. Ukuba akubanganazo iziphumo ezingalindelelanga, oko akuthethi kuthi umzimba wakho awukwazanga ukwenza amajoni omzimba akwazi ukukhawulelana nentsholongwane.

- Ukuba iziphumo ezingalindelekanga ziyaqatsela okanye zithatha ixesha elingaphezu kweentsuku ezi-3, dibana nomsebenzi wezempilo okanye i-call centre yeNtshona Koloni.
- Ukuba uthe kwisithuba seenyanga emva kogonyo waqaphela enye kwezi mpawu zilandelayo, Yiya kwi-emergency centre:
  - Intloko ebuhlungu ngamandla oqalayo ukuba nayo ngakumbi xa ide ikwenze ungaboni kakuhle, utyhafe icala lomzimba kube nzima ukuthetha.
  - Iintlungu ezingapheliyo esiswini.
  - Ukugubhuka ngakule ndawo utofe kuyo.
  - Ukuba nomlenze oqaqambayo okanye ubande.
  - Ukuva iintlungu esifubeni okanye ungakwazi ukuphefumla kakuhle (shortness of breath).

Babakhona abantu ngomlinganiselo ongu1- 7 abakhe babe neziphumo ezingalindelekanga ekunqabe kakhulu ukuba zifane zibekho
Ziquka ukuba ne-aleji ekuthiwa yi-anaphylaxis (kwisithuba semizuzu ukuya kwiiyure) yaye iba ngamahlwili angafane abekho (phakathi kweenyanga ezi-4 nezi-3)

URhulumente weNtshona Koloni
EzeMpilo
NGOWAKHO

MASIGONYENI MASENZENI LENTO

CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

2021

Ligcine likhuselekile ikhadi lakho lokugonya.

- Esi sisiqinisekiso sokugonya.
- Ungawulibali umhla we-apoyintimenti yolandelelo xa unayo.

Abanye oothintela bokugonya baba ziidosi ezimbini (umzekelo yiPfizer-BioNTech (Comirnaty™) COVID vaccine). Ukufumana idosi yesibini kubalulekile kuba yenza amajoni omzimba wakho akwazi ukunceda ukuze ikhusele ixesha elide.

Usenokuyifumana i-COVID 19. Nazi izizathu.

- Awunakusulelwa yiCOVID 19 ngenxa yokuba ugonyiwe kuba akukho ntsholongwane iphilayo kuyo.
- Usenokuba nayo iCOVID-19 kuba akukho thintela wokugonya osebenza ngokupheleleyo (100%).
- Usenokuba usulelwe yiCOVID-19 ngaphambi kokuba ugonywe (kuthatha iiveki ezi-2 ngaphambi kokuba ziqalise ukuvela iimpawu ze-COVID-19).
- Usenokuyifumana kwisithuba seeveki ezimbini zokuqala emva kogonyo
- Ngeli xesha amajoni omzimba wakho esaziqhelanisa nokulwa iCOVID-19.

Emva kokugonywa, ungaphazamisi iimpawu zeCOVID 19 nezeziphumo ezingalindelekanga!

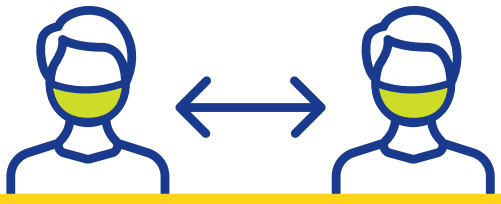
- Ukuba umkhuhlane uyegqitha kwiintsuku ezimbini (2) okanye uba nokhohlokhohlo olungedluliyo, umqala obuhlungu, okanye uba nento yokungayiva incasa yokutya okanye ivumba emva kokugonywa, uya kuba uneCOVID-19.
- Zikhethe uzihlalele wedwa uzilungiselele ukuhlolwa i-COVID. Dibana nomsebenzi wezempilo okanye i-call centre yeNtshona Koloni.

Nokuba uthe wanayo iCOVID-19, awunakugula kakhulu yaye ayinakukubulala iCOVID-19.

I-call Centre yeNtshona Koloni: 0860 142 142

Asikazi nokuba uthintela wogonyo uya kukunqanda na ukunwenwa kosuleleko. Ungalibali ukuthintela iCOVID-19!

- Nxiba imaski xa usesidlangalaleni.
- Gcina umgama woqelelwano kangangoko xa ungekho ekhaya.
- Kuphephe ukuba sesigxumgxumini nakwiindawo ezinengxinano – mazibe nenani elincinci iindibano zakho zenzelwe phandle.
- Hlamba usanithayize izandla zakho rhoqo.
- Umsebenzi wezempilo yena, makahlale eyinxibile i-PPE emsebenzini.



Asikhuselekanga de sibe sikhuseleke sonke.

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