



URhulumente  
weNtshona Koloni

EzeMpilo



PACK  
Practical Approach to Care Kit

5

linkcukacha neengcebiso ezilungisele-  
lwe emakhaya:

## Ukwazi ichiza leCOVID-19



Practical Approach to Care Kit

PACK Home · 2021

# Wamkelekile kwiPACK Home

Indlela ethe yenziwa ngayo iCare Kit - PACK yileyo ilungele ukusetyenziswa ngoonesi, oogqirha onompilo kwimisebenzi yabo yemihla ngemihla ukunonophela izigulane eklinikhi nakwiindawo zoluntu – **iPACK Adult**, **iPACK Adolescent**, **iPACK Child** ne**PACK Community**.

**IPACK Home** ilungiselelwe abantu abafuna ulwazi malunga nendlela yokunonophela impilo yabo nempilo yeentsapho zabo emakhaya.

**IPACK Home** ipapashwe yaziivolum ezincinci ezenzelwe ukuba zifumaneke ngeelwimi ezininzi. Ithetha ngezinto ngezinto kuqukwa nokhuseleko kwi-COVID-19, ukulawula iCOVID-19 ekhaya, ukulazi ichiza logonyo lweCOVID-19 nokumelana nemeko yezigulo ezingapheliyo.

Jonga okanye yithathe ekhompuyutheni uyikhuphele kuwe **IPACK HOME** eku [kwiwww.coronawise.org.za](http://kwiwww.coronawise.org.za).

**IPACK Home** yasungulwa yi-Knowledge Translation Unit, University of Cape Town Lung Institute, ibambisene neCandelo lezeMpilo leNtshona Koloni. Siyalibulela iSebe leZempilo leNtshona Koloni kunye nabezonyango nabaphathi ngegalelo labo elikhulu kolu xwebhu. Khangela amagama abo kwiwebsite [www.knowledgetranslation.co.za/pack/pack-home](http://www.knowledgetranslation.co.za/pack/pack-home).



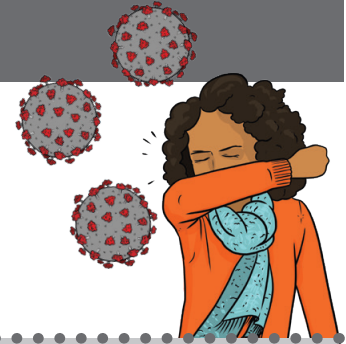
**ISILANDULO:** Ezi nkcukacha mazingathathwa njengeengcebiso zonyango. Azithathi ndawo yokuba uye kunesi okanye kugqirha okanye abanye kubasebenzi bezempilo. Ukuba unezinto onqwenela ukuzazi malunga nemeko yakho yonyango, nceda ubonane nogqirha okanye unesi. Ezi nkcukacha zinikezelwa ngokwemeko leyo kungekho siqinisekiso malunga nokuchaneka kwazo, ukungqamana kwezinto, ukuba luncedo kwazo okanye ukufaneleka kwazo kule njongo. Ukusebenzisa ezi nkcukacha zilapha kuxhomekeke kuwe.

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# Yintoni iCOVID-19?

- ICOVID-19 sisifo esibangelwa yicoronavayirasi.
- Ibangela umkhuhlane, umqala obuhlungu, ukukhohlela nezinye iimpawu ezifana nezomkhuhlane.
- ICOVID-19 ingenza kube nzima ukuphefumla ibangele nokutshintsha kwindlela ova ngayo incasa okanye ivumba.

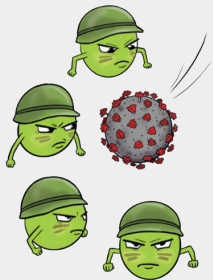


## ICoronavayirasi isasazeka lula

- ICOVID-19 isasazeka ikakhulu xa siphefumle amachaphaza amancinci amathe ataka xa umntu oneCOVID-19 ephefumla, ekhohlela, ethimla, ecula, ethetha, okanye eshawutisa.
- ICoronavayirasi inwenwa ngexesha lemisinga ethatha iiveki eziliqela okanye iinyanga ukuphela xa abantu abaninzi bathe banevayirasi baye bagule. Kusenokwenzeka ukuba uyifumane icoronavayirasi ngaloo maxesha.



## Kwenzeka ntoni xa wosulelwe yicoronavayirasi?



- Umzimba wakho unenkqubo yokusebenza komzimba okanye unamajoni umsebenzi wawo ikukulwa nezifo.
- Xa uthe waphefumla wayibizela ngaphakathi icorona, inkqubo yokusebenza komzimba iyayilwa icoronavayirasi izame ukuyibulala.
- Amaxesha amaninzi inkqubo yokusebenza komzimba iyayibulala icoronavayirasi, kodwa ngamanye amaxesha icoronavayirasi iyayoyisa inkqubo yokusebenza komzimba, ikwenze ugule.

## Yintoni iCOVID-19 varyiyenti?

- Njengoko iivayirasi zisasazeka kwiindawo esihlala kuzo, zitshintsha msinyane zikhawuleze ukusasazeka ukusuka komnye umntu ukuya komnye, okanye ekubangeleni ukuba abantu bagule kakhulu.
- Kwilizwe lonke, kukho iiveshini ezintsha okanye 'iivariyenti' zecoronavayirasi.
- EMzantsi Afrika sineevariyenti ezininzi zeCOVID-19, iivariyenti ezingu-beta (B.1.351) no-delta (B.1.617.2)
- Olu hlobo lwevariyaenti (lomsinga) lunwenwe ngokukhawuleza lenza abantu abaninzi bagula kakhulu, kwanabo bebenayo iCOVID-19 ngaphambili.



**Ukunqanda ukusasazeka kweCOVID-19 kufuneka sigonywe ngeli xesha siqhubeka ukulandela imiqathango yokunqanda ukosulelwa yiCOVID: musa ukusondelelana kakhulu nabanye abantu kwaye nxiba imaskhi ngalo lonke ixesha.**

# Gcina umgama phakathi kwakho nabanye

iimitha eziyi 1.5



## Kutheni kufuneka kukho umgama phakathi kwakho nabanye abantu?

ICovid-19 isasazeka ikakhulu xa siphefumle amachaphaza amancinci amathe ataka xa umntu oneCovid-19 ephefumla, ekhohlela, ethimla, ecula, ethetha, okanye eshawutisa.

### Gcina umgama phakathi kwakho nabanye abantu ukwenzela ukuba abe mbalwa amathuba okusasazeka kwecoronavayirasi.

- Oku kuya kukhusela abo basemngciphekweni omkhulu wokosulelwa yiCovid-19 – abo bangaphaya kweminyaka engama-55 okanye abo banesifo seswekile, iHIV, iTB, isifo sezintso, ihypethenshini, isifo semiphunga okanye umhlaza.
- Oko kuya kubangela ukwehla komthwalo kwiikliniki zethu nezibhedlele ukuze abo bafuna uncedo lwezempilo bakwazi ukulufumana.

### Siwugcina njani umgama phakathi kwakho nabanye abantu?

Hlala ekhaya.



Gcina umgama oy-1,5 mitha phakathi kwakho nabanye abantu.



Yiya kuphela kwiindawo zoluntu kwaye usebenzise izithuthi zikawonke wonke xa kukho imfuneko.



Sukuya kwiindawo zabantu abaninzi ezigcweleyo nezincinci.



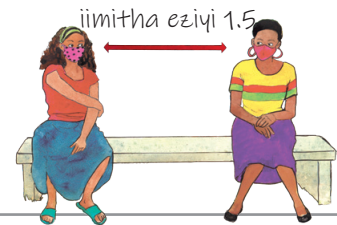
# Chitha ixesha kunye nabanye abantu ngendlela ekhuselekileyo

Xa uchitha ixesha kunye nabanye abantu abasuka ngaphandle ekhayeni lakho, kwenze oko ngokukhuselekileyo ukunqanda ukusasazeka kwecoronavayirasi.



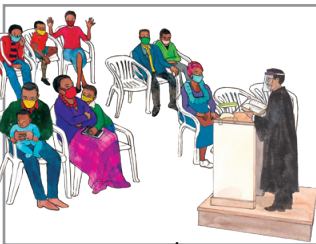
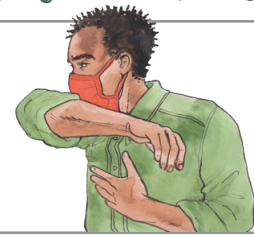
Ukuba uyagula hlala ekhaya.

Makubekho umgama phakathi kakho nabanye abantu



Nxiba imaskhi.

Gquma umlomo xa ukhohlela.



Zama ukuba abantu abazimase umsitho bangabi baninzi kwaye ungathathi xesha lide.

Musa ukuxhawula izandla, ukwanga okanye ukuphuza abantu ongahlali nabo endlini.



Musa ukutshica, ukushawutisa okanye ukuculela kufutshane kwabanye abantu.



Ukuba kufuneka usendlini, vula iifestile, neminyango ukuze kungene umoya ohlaziyekileyo.



Hlanganani ngaphandle endlini xa kukwazeka oko.



**Ukuba usemngciphekweni wokuba unganeCOVID-19 ugule kakhulu kufuneka uzigade kakhulu: ungaphaya kweminyaka engama-55 okanye unesifo seswekile, iHIV, iTB, isifo sezintso, ihypethenshini, isifo semiphunga, okanye umhlaza.**

# Nxiba imaskhi xa ukwindawo kawonke-wonke

- Imaskhi yelaphu ikukhusela kwicoronavayirasi incede ukunciphisa ukusasazeka kwecorona.
- Nokuba unemaskhi, kubalulekile ukulandela imiqathango yokunqanda ukusasazeka kwecoronavayirasi.
- Abantwana abangaphantsi kweminyaka emi-2 bona mabangayinxibi imaskhi.
- Imaskhi efanelekileyo kufuneka ibe nemiqokumbelo emi-3 kwaye ihlanjwe ngamanzi ashushu (ungalisebenzisi ilaphu leT-shirt ukwenza imaskhi).



**Ukuba uyagula uneCOVID-19 okanye wonga umntu onayo, thetha nomsebenzi wezempilo okanye utsalele ihotline ubuze malunga neemaskhi nokhuseleko onokulusebenzisa.**

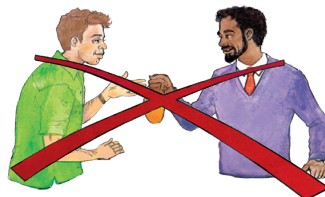
## Sebenzisa imaskhi yelaphu ngendlela ekhuselekileyo:



- Hlamba izandla zakho phambi nasemva kokusebenzisa imaskhi yakho.
- Qinisekisa ukuba imaskhi igquma umlomo wakho.
- Bamba kuphela imitya xa uyisusa imaskhi.
- Yikhulule imaskhi xa imanzi unxibe enye.



Musa ukubuphatha ubuso bakho okanye umane uphathaphatha imaskhi yakho.

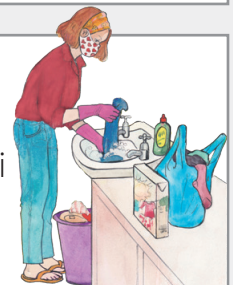


Musani ukubolekana imaskhi. Ukuba akunayo, sebenzisa ibandana, okanye isikhafu.

Musa ukushiya iimaskhi nje naphina endlini; kungenzeka ukuba zinecoronavayirasi kuzo.



Hlamba imaskhi ngesepha namanzi ashushu kakhulu (60°C). Ukuba amanzi awakho shushu kakhulu, yibilise imaskhi umzuzu om-1 okanye uyifake isibulali zintshologwane.



Ubuncinane yiba neemaskhi ezi-2 ukuze ube nayo elilalela necocekileyo.

# Kutheni kufuneka sifumene ichiza leCOVID-19?

Zikhona zininzi iivayirasi ezingabangela izifo ezingakhokelela ekubeni abantu bagule bade bafe. Sikhusela ezo zifo ngezigonyo.

Abantwana bethu bagonywa kwiminyaka embalwa yokuqala ukukhusela izifo ezifana nemasisi, ipoliyo neTB.



Abantwana abafikisayo bafumana ichiza lokubakhusela kwizifo ezosulela ngokwabelana ngesondo ezibangela isifo somhlaza.



Sigonya abasebenzi bezempilo ukubakhusela kwiivayirasi abangathi bazifumane emsebenzini.

Sinikezela ngechiza leflu kubantu abadala, abakhulelweyo, nakwabo banezigulo ezinganyangekiyo njengoko ingathi iflu iyenze imeko yabo ibe maxongo.



## Ayikho into yokunyanga iCOVID-19.

- Abantu abaninzi bagulile beneCOVID-19, abanye bagule kakhulu.
- Abanye abakaphili kwaye nasemva kweenyanga emva koko abakaphili ncam.
- Abanye abantu abaneCOVID babenayo okwesibini.
- Amawaka aswelekile ngenxa yeCOVID-19.
- Sonke silahlekwelwe lulonwabo, ukufunda nemisebenzi ngenxa yokumiswa ngxi kweentshukumo okwabangelwa yiCOVID-19.



## Ugonyo luya kunceda ukuphelisa ubhubhane weCOVID-19.



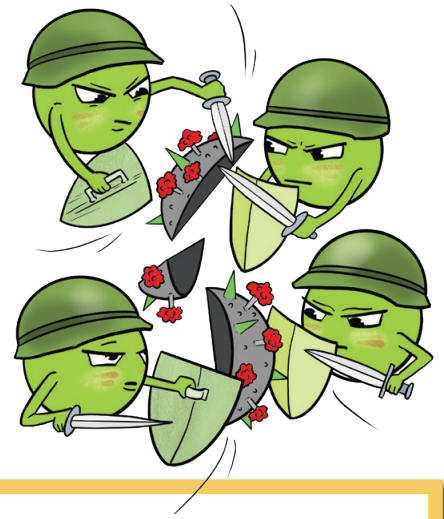
Luya kukhusela ukugula nokufa okubangelwa yiCOVID-19 ukuze sikwazi ukubuyela kwimeko yesiqhelo.





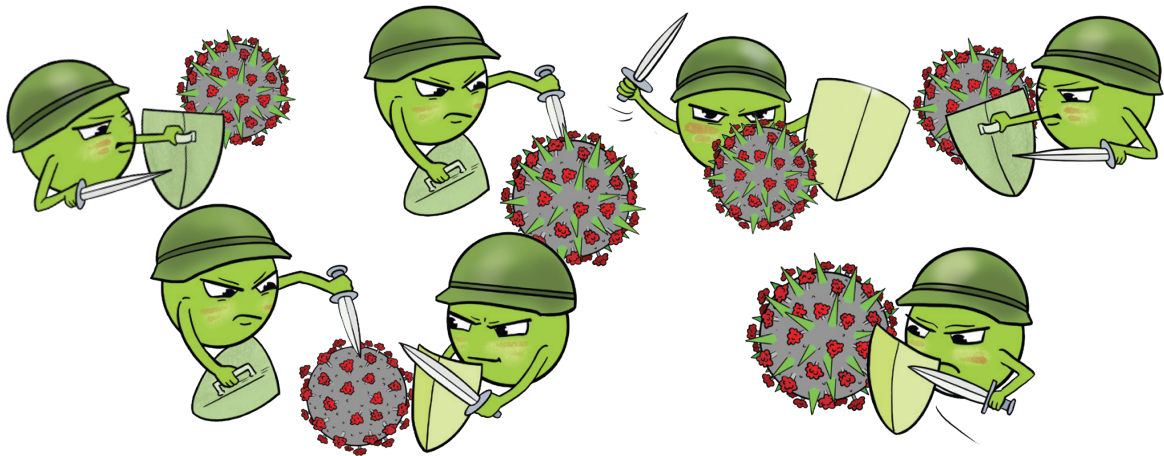
# Ingaba lisebenza njani ichiza?

- Kukho iindidi zamachiza amaninzi awohlukeneyo eCOVID-19. Inkoliso yazo lisebenza ukulwa iivariyenti i-beta (B.1.351) ne-delta (B.1.617.2)
- La machiza azama ukuqhelanisa inkqubo yomzimba ukuba yazane necoronavayirasi kwaye ikwazi ukuyinqanda ingakwenzi ugule kakhulu.
- Bakwenza oku ukuzama ukwazisa lamaqhekeza mancinci angenabungozi ecoronavayirasi emzimbeni ukuze inkqubo yokusebenza komzimba ifunde ukuyazi ivayirasi.



**La maqhekeza mancinci ecoronavayirasi awaphili awanakukwenza ukuba ugule.**

Ukuba ufumene icoronavayirasi kumntu oneCOVID-19, inkqubo yokusebenza komzimba wakho iya kukhawuleza iyazi kwaye iyingqande ukuba ingakubangeli ugule.



Amachiza eCOVID-19 aya kukukhusela ukuba ungaguli kakhulu okanye ufe ngenxa yeCOVID-19. Aya kunceda ukukugcina usempilweni ukuze ubekhona, uphile ukwazi ukunceda usapho lwakho nabahlobo.



# Ingaba amachiza eCOVID-19 akhuselekile?

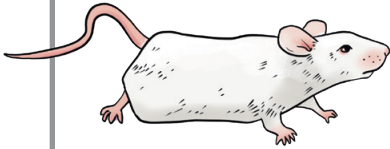
- Ngaphaya kwe-100 leminyaka, amachiza asindise izigidi zobomi babantu.
- Abenzi bamachiza basebenzisa iindlela ezibizwa ngokuba kukulingwa novavanyo lwechiza ukuvelisa ichiza leCOVID-19.
- Ichiza leCOVID-19 livavanyiwe kumanqanaba amaninzi:

1



Okokuqala ayevavanywe kwiilebu...

2



...aphindwa kwizilwanyana...



3

...aphindwa kubantu abalishumi lamawaka kwilizwe lonke, kuquka uMzantsi Afrika.

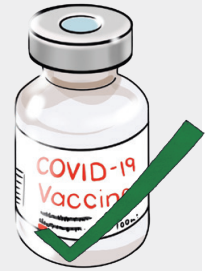


## Ingaba iindlela zokulingwa kwechiza zenziwe njani?

- Abanye abantu banikwa ichiza ngeli xesha abanye behlatywa inaliti yamanzi anetyuwa (saltwater).
- Abantu bajongwa ukuze kubonwe ukuba ngubani oye wagula waneCOVID kwaye ingubani oye waba neempawu ezingalindelekanga.
- Abenzi bechiza bathelekise amaqela amabini ukuze babone ukuba ichiza liyasebenza kunenaliti yamanzi anetyuwa. Bajonga neziphumo ezingalindelekanga – ezo zenzeka amaxesha amaninzi kwiqela eligonyiweyo ngenxa yechiza.

## Abantu ebekulingwa kubo ichiza oko kubonakalise ukuba amachiza eCOVID akhuselekile

- Amachiza awakuniki iCOVID-19.
- Amachiza akubonakali ngathi angabangela ingxaki yexesha elide.
- Abanye abantu babaneziphumo ezingalindelekanga ezingephi eziya kuhlala iintsuku ezi 1-3.
- Ichiza likhuselekile kuye wonke umntu, nokuba umdala, akuphilanga, ukhulelwe, okanye uncancisa ibele.
- Iziphumo ezingalindelekanga ezixhalabisayo azixhaphakanga. Kwisigidi sabantu, bambalwa kakhulu abathe baba ne-aleji exhalabisayo banqabile abanengxaki yamahlwili egazi.



- IWorld Health Organisation (WHO) ijonga ukuba ichiza lenziwe laze lavavanywa ngendlela efanelekileyo.
- ISouth African Health Products Regulatory Authority (SAHPRA) iyajonga ize ipasise zonke iimveliso zezempilo ngaphambi kokuba zithengiswe.
- Zombini iWHO neSAHPRA zikupasisile ukusetyenziswa kwamachiza eCOVID-19.
- ISAHPRRA iqokelela iinkcukacha ezimalunga nokukhuseleka kwechiza njengoko amawaka abantu befumana ichiza leCOVID-19 yonke imihla.

**Amachiza eCOVID akhuselekile kunokuba ube neCOVID-19.**

# Indlela yokufumana ugonyo lweCOVID

Urhulumente wethu uzibophelele ekunikezeleni ichiza leCOVID kuye wonke umntu omdala ohlala eMzantsi Afrika.

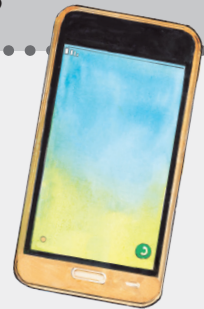
- Umntu ugonywa ngokuzithandela.
- Wonke umntu obhalisileyo uya kugonywa, ukuqala kwabo bangaphezulu kweminyaka engama-60 ubudala.



- Ukuba ufuna ukugonywa, kufuneka ubhalise online kwisistim. Oku kuya kubonisa ukuba uya kufuna ukugonywa uze ufakwe kumgca wabaza kugonywa.
- Ungaya nakwiziko lokugonywa elikufuphi nekhaya lakho ubhalise ugonywe.

## Yintoni efunekayo ukuze ubhalise online?

- Kufuneka unesmartphone okanye ikhomyutha
- Ukuba ubene-internet
- Isazisi okanye incwadi yokundwendwela
- Inombolo yemedical aid (ukuba unayo imedical aid)
- Inombolo yeseli apho ungafonelwa khona.



## Indlela yokubhalisa online

1. Ukubhalisa online, ngena ku- [vaccine.enroll.health.gov.za](http://vaccine.enroll.health.gov.za)
2. Faka iinkcukacha zakho njengoko kuceliwe.
  - Oku kuya kuquka igama lakho, umhla wokuzalwa, Isazisi/ incwadi yokundwendwela nenombolo yemedical aid (ukuba unayo).
  - Kuya kufuneka ukuba uye nakweyiphi indawo yokugonya ekufutshane kuwe.
3. Faka ifomu yakho yokubhalisa
4. Ukuba unemedical aid, kuya kufuneka ukuba ubhalise ngemedical aid yakho.
5. Jonga iiSMSes kwiseli yakho:
  - Uya kufumana iSMS ukuqinisekisa ukuba ubhalisile.
  - Xa ilixesha lakho, uya kufumana iSMS enomhla wakho wokugonywa, indawo nexesha.



**Ukubhalisa kwinkqubo yobhaliso ekwikhompyutha oko kwenzeka ngokukhawuleza kwaye kulula. Oko kuthatha ngaphantsi kwemizuzu emi-3 ukuya kwemi--5 imizuzu.**

## Ukuba uneengxaki ngokubhalisa online:

- Yiya kwiziko lokugonya elifuphi kwikhaya lakho ubhalise ugonwe.
- Cela umntu akuncede ukuba akunayo ikhompyutha, ismartphone okanye i-internet.
- Ceba inkokheli yasekuhlaleni ikuncede ukuba ufumane indawo ekubhaliswa kuyo nekufutshane kuwe xa ufuna ukugonywa.



**Ukuba inkqubo yobhaliso online ayisebenzi kakuhle okanye awude ufumane SMS, tsalela iNational COVID-19 hotline ku-9800 029 999, ucele uncedo.**

# Kwenzeka ntoni xa ugonyiwe?

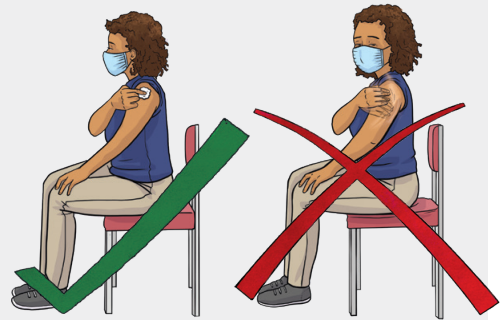
## Xa ufika kwindawo yokugonya:

- Umntu oza kukugonya uya kujonga ukuba ubhalisile na kwi-EVDS.
- Umntu oza kukugonya uya kujonga ukuba uyayinika imvume yokuba ugonywe.
- Nxiba impahla ekulula ukuyisusa uveze igxalaba lakho.
- Xelela umntu oza kukugonya ngaphambi kokuba ugonywe ukuba unazo iingxaki ze-aleji, ukhulelwe, unengxaki yamahlwili nokopha okanye lukhona unyango olusebenzisayo olubangela ukuba ugruzuke okanye wophe msinyane.



## Hamba uyokugonywa luyakhawuleza kwaye kulula

- Umntu oza kukugonya uyakusanithaza okanye ahlambe izandla ngaphambi kokuba akugonye.
- Uya kuhlatywa inaliti kwisihlunu sengalo yasekhohlo, kanye ezantsi kwegxalaba. Isenokuba buhlungwana.
- Uya kuyicinezela nje emva kokuba uhlatyiwe, musa ukuyihlikihla.



## Amanye amachiza afuna umlinganiselo, amaninzi afuna emibini:

- Ukuba ugonywe ngechiza iJnJ, uyakufumana umlinganiselo om-1.
- Ukuba ugonywe ngechiza iPfizer, kuya kufuneka ufumane imilinganiselo emi-2, unikwe iiveki ezimbalwa phambi kokuba ufumane enye.



## Xa ugqibile:

- Kuya kufuneka ukuba ulinde imizuzu eli-15 ujonge ukuba akukho ngxaki ye-aleji (kodwa lonto inqabile kakhulu).
- Qinisekisa ukuba isigonyo sibhaliwe kwikhadi lakho lokugonywa.
- Ukuba kufuneka ufumane isigaba sesi-2 sechiza, jonga ukuba ubhaliwe na umhla wokubuyela kwikhadi lakho.



# Zeziphi iziphumo ezingalindelekanga ongathi ube nazo?

**Abantu abaninzi baneziphumo ezingephi ezingalindelekanga emva kokufumana ichiza**



Ukuba buhlungu kule ndawo ubuhlatywe kuyo inaliti okanye uve ingalo inzima

Intloko ebuhlungu



Isicefe-cefe



Ifiva okanye ingqelana



Ukutyhafa

Ukuba buhlungu kwezihlunu



- Ezi ziphumo zingalindelekanga zibonakalisa ukusebenza komzimba ulungiselela ukulwa iCOVID-19.
- Usenokuzifumana, usenokungazifumani. Inkqubo yokusebenza komzimba ingaphendula ngaphandle kokunika iziphumo ezingalindelekanga.
- Ezi ziphumo zingalindelekanga ziqala kwiiyure ezi-6 emva kogonyo kwaye zithatha usuku olu-1 ukuya kwezimbini.
- Ukuba ikhona imfuneko, sela iparacetamol ukwenzela iintlungu okanye ifiva nengqele.



**Ukuba iziphumo ezingalindelekanga ziba mandundu okanye ukuba zithathe ixesha elide kuneveki, qhagamshelana nomsebenzi wezempilo okanye iWestern Cape Government Call Centre 0860 142 142.**

## Ngamanye amaxesha, iziphumo ezingalindelekanga ezenziwa lichiza zisengabaxeka

**Abanye abantu bafa isiqaqqa ngeli xesha begonywa. Le nto ayixhalisi.**

- Ukuba ngephanyazo uziva udizi, akunamandla, okanye intloko yakho ikhaphu-khaphu njengoko ugonyiwe, hlala esitulweni ulale phezu kwakho intloko uyifake phakathi kwamadolo.
- Uya kuphila msinyane.



**Iziphumo ezingalindelekanga ezixhalabisayo azixhaphakanga.**

- **Abantu abambalwa emva kwechiza babanengxaki ye-aleji.**
  - Oku kufana nokuba wakhe wanengxaki embi ye-aleji ngaphambili.
  - Ingxaki ye-aleji ikakhulu ifumaneka kanye emva kokuba ugonyiwe, kwiyure nje yokuqala.
  - Abasebenzi bezempilo baqeqeshelwe indlela ekhawulezileyo yokukhawulelana nemeko ye-aleji, kwanamayeza afanelekileyo akhona kuzo zonke iindawo zokugonya ukujongana nalo meko.
- **Mn-1 ukuya kwisi-4 abantu kwisigidi sabantu abagonywe ngechiza iJnJ abathe banengxaki ethe yaxhalabisa eyenza ukuqina kwegazi libe ngamahlwili.**
  - Oku kungenzeka nangaliphina ixesha ukusuka kwiintsuku ezine emva kokuba ugonyiwe ide ibe ziiveki ezintathu.
  - Nangona ingaxhaphakanga le meko, lukhona unyango lwale meko.



**Chaza oku kumsebenzi wezempilo okanye utsalele umnxeba iWestern Cape Call Centre ukuba uqalisa ukuba nenye yezi zilandelayo kwisithuba senyanga sokuba ufumene isigonyo:**

- Intloko entsha ebuhlungu ngamandla, ingakumbi ukuba ubona mfiliba, uyagaba, akunamandla kwicala elinye lomzimba okanye kubenzima ukuthetha.
- lintlungu ezinganyamezelekiyo nezingapheliyo amazantsi esisu
- Amaqhakuvana abomvu kufutshane kule ndawo ubuhlatywe kuyo inaliti.
- lintlungu okanye umlenze odumbayo
- lintlungu esifubeni
- Ingxaki yokuphefumla nzima





# Ingaba ungaba nayo iCOVID emva kokuba ugonyiwe?

**Usenokuba nayo iCOVID-19. Akukho chiza lisebenza 100%.**

- Akusoze uyifumane iCOVID-19 kwichiza.
- Kungenzeka ukuba uyifumane iCOVID-19 ngaphambi kokuba ugonywe.
- Usengayifumana kwiiveki zokuqala emva kokugonywa ngeli xesha inkqubo yokusebenza komzimba iqeqeshwa ukuze ilwe neCOVID-19.

**Nokuba unganayo iCOVID-19, akuzukufane ugule ngendlela exhalisayo okanye ufe ngenxa yeCOVID-19.**

**Emva kogonyo, ungabhidanisi iziphumo ezingalindelekanga kunye neempawu zeCOVID!**

Ukuba ifiva yakho ikuphethe iintsuku ezingaphaya kwesi-2 okanye uqalisa ukukhohlela, umqala obuhlungu, okanye ukutshintsha kwincasa okanye kwivumba, kungenzeka ukuba unayo iCOVID-19.



Suka kwabanye abantu ube wedwa wenze amalungiselelo okwenza uvavanyo lweCOVID. Uvavanyo lusathembekile nokuba ugonyiwe.

**Qhagamshelana nomsebenzi wezempilo okanye utsalele umnxeba iWestern Cape Government Call Centre 0860 142 142.**



# Khumbula izinto ekufuneka uzenze ukuzikhusela kwiCOVID.

- Amachiza awasebenzi 100%, ngoko ke usenokuba nayo iCOVID-19.
- Uphando lusajonga ichiza elinqanda ukusasazeka kwecoronavayirasi.

Hlala ekhaya ukuba uyagula.



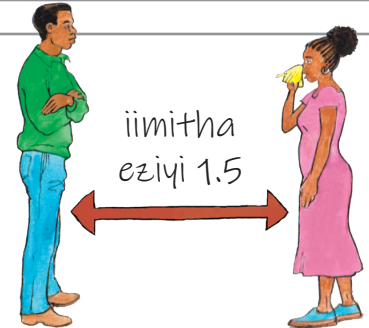
Gquma umlomo xa ukhohlela.



Hlamba okanye usanithayize izandla zakho qho.



Gcina umgama phakathi kwakho kunye nabanye abantu.



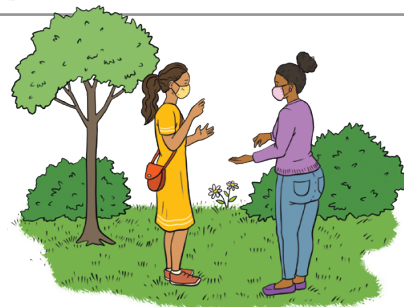
Musa ukuya kwiindawo ezigcweleyo nezincinci.



Nxiba imaskhi xa ukwindawo kawonke-wonke.



Chitha ixesha kunye nabanye abantu ngaphandle endlini, okanye ukuba niphakathi endlini vula iifestile.



**Kude kube kanti bonke abantu abaninzi bagonyiwe, kusafuneka sikhusele thina kunye nabanye abantu kwiCOVID-19, ingakumbi abo basemngciphekweni omkhulu wokuba neCOVID-19 – abo bangaphaya kweminyaka engama-55 ubudala okanye abanesifo seswekile, iHIV, iTB, isifo sezintso, ihypetenshini, isifo semiphunga okanye umhlaza.**

# li-Helpline nee-website

## Intsholongwane iCorona – COVID-19

National Coronavirus (COVID-19) iHotline yoLuntu ngokuBanzi	linkcukacha nolwazi malunga nentsholongwane icorona (COVID-19)	0800 029 999 WhatsApp "Hi" ku 0600 123 456
ICall Centre yeNtshona Koloni	For COVID-19 izinto ezixhalabisayo eziphathelelene nezempilo	0860 142 142
I-App iNational EVDS Self-Registration	Ukurejistarishela ukugonyelwa iCOVID-19	<a href="https://vaccine.enroll.health.gov.za">https://vaccine.enroll.health.gov.za</a>

## Ukufumana uncedo

Food Parcel Service – Western Cape	lipasile zokutya	021 469 0235
Legal Aid Advice line	Ulwazi nesikhokelo malunga nawuphi na umba wezomthetho	0800 110 110 (07:00–19:00 uMvulo ukuya kuLwesihlanu)
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

## Iimeko zezigulo ezingapheliyo

Diabetes South Africa	Ulwazi, iingcebiso ngokutya newekhshophu nenkxaso	WhatsApp: 081 578 6636
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)
Heart and Stroke Foundation	Amaqela axhobisa ngolwazi nanika inkxaso ukuba wakhe wanestrowukhu okanye wakha wahlaselwa sisifo sentliziyo	021 422 1586 (08:00–16:00)
National AIDS Helpline	Iingcebiso nolwazo xa uneHIV okanye ucinga ngokuya kuzihlola	0800 012 322 (iiyure ezingama- 24)
People living with Cancer	Imibuzo ephathelelene nomhlaza nenkxaso	0800 033 337

## lingcebiso nenkxaso ngexesha leengxaki

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
Childline SA ( 0–16 iminyaka ubudala)	Abantwana nolutsha olusafikisayo oluneengxaki, ukuxhatshazwa okanye olusemngciphekweni wokuxhatshazwa nobundlobongela	0800 055 555 (iiyure ezingama - 24)
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)	Ihelpline yamakhoba oxhatshazo okanye impatho mbi emakhaya abangatsalela kuyo bathethe nonontlalo-ntle.	0800 001 005 (iiyure ezingama - 24; tollfree)
TEARS Foundation	iiSMS helpline ngeemeko zobundlobongela ekhaya, ukuxhatshazwa ngokwesondo nokuxhatshazwa kwabantwana ngokwesondo	*134*7355# www.tears.co.za
National Human Trafficking Helpline	Ukuchaza ngokurhweba ngabantu	0800 222 777
Rape Crisis	lingcebiso nenkxaso yenkundla kumakhoba 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 yokunika iingcebiso yabasafikisayo (teens)	www.mobieg.co.za ngeCawe ukususela ngo-18:00, ngoMvulo -ngoLwesine ukususela ngo-19:00
Safeline	Ukufumana iingcebiso ngokuxhatshazwa namalungiselelo enkundla	0800 035 553 (iiyure ezingama- 24)
South African Police Services	Ukuchaza ulwaphulomthetho	08600 10111
Child Welfare South Africa	Ukuchaza ukuxhatshazwa okanye ukungakhathalelwa kwabantwana	0861 452 4110
Police Child Protection Unit	Ukuchaza ngokuxhatshazwa okanye ukungakhathalelwa kwabo	10111 childprotect@saps.org.za
Family and Marriage Association of South Africa (FAMSA)	Inkxaso neMfundo ngamaxesha obunzima	011 975 7106/7 national@famsa.org.za

## Utywala (i-Alkoholi), iziyobisi nokutshaya

Alcoholics Anonymous	Amaqela eengcebiso, ukufundisa nokunika inkxaso ukuba ukufuna uncedo maunga nokusela kakhulu	0861 435 722 (09:30–17:00 uMvulo ukuya ngoLwesine, 09:30–15:00 ngoLwesihlanu)
SA National Council on Alcoholism and Drug Dependence	Ixhasa yaye inceda abantu abazijule kwiziyobisi nasetywaleni kunye neentsapho zabo	0800 456 789 SMS 31393
Narcotics Anonymous (NA)	Ixhobisa ngolwazi yaye inika nenkxaso kwabo bazijule kwiziyobisi	0861 006 962
National Council Against Smoking Quitline	Ixhobisa ngolwazi yaye inika nenkxaso kwabo bazijule ekutshayeni icuba	011 720 3145 082 840 3548

## Impilo ngokwasengqondweni

South African Depression and Anxiety Group	Inika iingcebiso nenkxaso ukuba unedipreshini okanye inkxalabo	0800 456 789 SMS 31393
Suicide Crisis Line	Ukufumana inkxaso nangayiphi na into emalunga nokufuna ukuzibulala	0800 567 567 (08:00–20:00) SMS 31393 ingcali yeengcebiso iya kukutsalela
Cape Mental Health	Ibonelela ngeenkqubo zeengcebiso, inkxaso, ubuyiselo kwimo yesiqhelo, uqeqesho	021 447 9040 (08:00–16:30 emalanga ngoMvulo ukuya ngoLwesihlanu)
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	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, uqeqesho, 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



**PACK**  
Practical Approach to Care Kit

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# Practical Approach to Care Kit



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