



Ukhulelwe, uceba ukukhulelwa okanye uyancancisa? YIYA KUGONYELWA ICOVID-19

- I-COVID-19 iyingozi kakhulu kumabhinqa akhulelweyo ngakumbi xa sele besondele ekubeni babeleke.
- Amabhinqa akhulelweyo asele eqabukile (ekhululie noko) okanye aphila nehypertension, isifo seswekile, anemizimba emikhulu kakhulu, iTB okanye iHIV enganyangwayo ngawona asemngciphekweni.



Yintoni oyaziyo ngeevaksini zeCOVID-19?

- Izigonyo zeCOVID-19 zisebenza ngokufanelekileyo. Zinciphisa amathuba okufumana iCOVID ngokumandla okanye okubulawa yiCOVID-19.
- Isigonyo singakukhusela wena nosana lwakho ekubeni ningayifumani neyona ingenamandla iCOVID-19.
- Akukho nanye ivaksini yeCOVID-19 enevayirasi ephilayo, ngoko ke ayikwazi ukuba ingakusulela wena nosana lwakho.
- Izigonyo zeCOVID-19 zikhuselekile. Zinefuthe elifanayo ngokweziphumo ezingalindelakanga nokuba ukhulelwe okanye awukhulelwanga. Ezi ziphumo zingalindelekanga zidla ngokungabi mandla kangako. Ungasebenzisa iparacetamol ukuba unefiva okanye intloko ebuhlungu emva kokugonywa.
- Unethuba elikhulu lokuba ugule kakhulu yiCOVID-19 ngaphezu kokuba zisenza iziphumo ezingalindelekanga emva kokugonywa.
- Akukho mingcipheko yaziwayo enokuchaphazela usana lwakho oluncanca ibele. Zingakho izinto eziluncedo nakusana lwakho xa uthe wagonya.
- Akukho bungqina buthi izigonyo zeCOVID-19 zibangela iingxaki zokungaqhami kwinzala okanye zingakwenza ungakhulelwa nakwixa elizayo.

Uphando ngeevaksini zeCOVID-19 kumabhinqa akhulelweyo alubonisanga bungozi ekukhuleni kosana okanye ekukhulelweni. Angaphezu kwe-148 000 amabhinqa akhulelweyo eUnited States aye agonywa, khange kubekho nto ixhalabisayo ngokhuseleko.



Yintoni omawuyenze ngoku?

1. Dibana nomsebenzi wezempilo nibonisane xa unento okanye unezinto ezikuxhalabisayo.
2. Qhubeka usiya ngokwesiqhelo kunonophelo lwabakhulelweyo nakwiiklinikhi zeentsana.
3. Qhubeka ulandela imimiselo yokhuseleko ukuphepha ukusulelwa yiCOVID-19



- Nxiba imaskhi yakho



- Hlamba izandla zakho



- Gcina umgama woqelelwano phakathi kwakho nabanye



- Kuphephe ukuba kwiindawo ezinengxinano nezivalekileyo

4. Bhalisela ukugonya ku-: <https://vaccine.enroll.health.gov.za>

