



ITjhejo ngesiKhathi se-CORONA



## Irhatjheka njani i-CORONA?

Ingogwana le ingena emizimbeni yethu ngomlomo, iimpumulo namehlo. Ingarhatjheka lula. Kuthatha nje umuntu munye esiqhemeni, esontweni namkha ebantwini abasekhaya ukuthi ingogwana le irhatjheke.

- Ingarhatjheka nangabe umuntu othelekileko uyakhohlela namkha uyathimula hlanu kwakho. Nangabe amathosana wokukhohlela nokuthimula womuntu loyo angena emlonyeni, epumulweni namkha emehlweni namkha uzokutheleleka.
- Siyakgona nokuthi sizifakele ingogwana ngokuthinta namkha ukuphatha iindawo lapho amathosana we-CORONA akhona bese siziphatha ubuso.
- Ingogwana le ingahlala kezinye iindawo ukufikela ema-irini ayi-72.



## Ungayivimba njani bona ingarhatjheki i-CORONA

Singazivikela sivikele nabanye ngehlanzekiso elungileko.

### Iindlela ezifaneleko zehlanzekiso

- 'Khohlela namkha uthimulele endololwaneni namkha ngaphakathi kwe-tissue. Bese uyilahlela emgqomini ovalekileko i-tissue leyo.
- Ungazithinti amehlo, ipumulo nomlomo ngezandla ezingakahlanzwa.
- Hlamba izandla zakho ngesibha namanzi namkha ngesihlanzekisi imizuzwana ematjhumu amabili.
- Hlwengisa zoke iindawo nezinto ozithinta khulu, zihlwengise ngamanzi atjhisako nesibha soke isikhathi. Sebenzisa iimbulalinunwana nakukgonakalako.
- Cabanga nge-cell phone njengesandla sakho sesithathu. Yisule nge-tjhila. Itjhila lelo alibe nesihlanzekisi, nangabe awunaso sebenzisa isibha namanzi atjhisako.



## Ukujamelana emakude

Ukujamelana kude kuqatheke khulu ngombana kusiza ngokuvimba ukurhatjheka kwengogwana ngeendlela ezimbili. Kukusiza ngokuthi ungatholi ingogwana komunye ogulako naloyo osele anayo. Ibuye ivikele ekutheni ungayidluliseli kabanye nawe, ngombana ungaba nayo iCORONA kodwana ungazi.

- Phungula ukuthintana nabantu bunqopha nakukgonakalako.
- Landela imithethokambiso karhulumende etjhoko bona kufuze kwenziweni ngalesisikhathi sokuqinteliswa kwamakhambo.
- Linga ukuba semakudelana nge-2 metres phakathi kwakho nabanye.
- Yiba kude nabantu abagulako.
- Kezinye iindawo, ukuba kude nabantu akukgonakali. Nakunjalo qiniseka bona uhlamba izandla zakho kuhle SOKE ISIKHATHI ungaziphathi ebusweni.



## Kubayini kuqinteliswa amakhambo?)

Ngezi- 26 March 2020 urhulumende weSewula Afrika umemezele ukuqinteliswa kwamakhambo kwamalanga amatjhumu amabili nanye.

- Urhulumende lokhu ukwenzele ukuphungula ukurhatjheka kwengogwana le (flatten the curve).
- Nasihlala emakhaya, aba mancani amathuba wokuthi ingogwana le ingadlulela kabanye abantu isuswe nakezinye iindawo iye kezinye.
- Ukuqinteliswa kwamakhambo kwenzelwa ukuvimba ekutheni abantu abanengi bangaguli ngasikhathi sinye. Nakungaba njalo, ihlelo lethu lezepilo neensiza zethu angekhe kukgone ukwelapha boke abagulako. Abantu abanengi bazokubhubha.