



Kunakekela kulesikhatsi se-CORONA



Ibhebhethseka kanjani iCORONA?

Leligciwane lingena emitimbeni yetfu ngemlomo, ngetimphumulo kanye nasemehlweni. Libhebhethseka kalula. Ngemuntfu munye nje lonaleli gciwane losesicukwini, esontfweni, noma ahangene nalabanye nje bantfu ekhaya lingabhebhethseka leligciwane.

- Lingabhebhethseka uma umuntfu lonalo akhwehlela noma atsimula eceleni kwakho. Uma lawo matfonsi ahlala emlonyeni wakho, emphumulweni noma emehlweni utolitfolala leligciwane.
- Umuntfu angalitfolala futsi leligciwane nakabamba tindzawo lekuwele kuto ematfonsi lana leligciwane le CORONA bese utibambabamba ebusweni.
- Siyalitfolala futsi leligciwane nasitsintsa umuntfu lonalo bese sitibambabamba buso.
- Leligciwane lingaphila kuletinye tindzawo leliwele kuto kufikela esikhatsini lesingema awa langema-72.



Siyivimba kanjani iCORONA kute ingabhebhethseki

Singativikela sivikele nalabanye ngekucinisekisa kutsi tintfo tihlala tihlantekile.

Naku longakwenta kucinisekisa inhlanteko

- Khwehlela noma utsimulele emkhonweni ngasengcoseni yakho noma usebentise ithishu. Lahla leyo thishu emgconyeni lovalekako.
- Gwema kutitsintsa emehlweni, emphumulweni noma emlonyeni ngetandla letingcolile.
- Geza tandla ngensipho nemanti noma ngesibulali-magciwane sikhatsi lesi ngemasekhondi langema-20 lokungenani.
- Sula tindzawo netintfo letibanjwa kakhulu, ngemanti lashisako nangensipho njalo. Fafata sibulali magciwane kuletinye tindzawo nangabe uyakhona.
- I-cell phone yakho yitsatse njengesandla sakho sesitsatfu. Yisule ngendvwangu. Faka sibulali-magciwane endvwangweni, noma usebentise insipho nemanti lashisako nangabe ute.

Kungasondzeli kakhulu kulabanye bantfu



Sikhala losishiyako emkhatsisini wakho nalomunye umuntfu sibalulekile ngoba sivimbela kubhebhethseka kwaleli gciwane ngetindlela letimbili. Loko kusita wena kutsi ungalitfoli leligciwane kumuntfu logulako lone CORONA. Kuphindze kusite nasekutseni wena ungayitseleli labanye iCORONA, ngoba kungenteka kutsi ubenalo leligciwane kodvwa ube ungati.

- Gwema kutsintsana nalabanye bantfu sonkhe sikhatsi nangabe simo sikuvumela.
- Hlonipha imiyalo lobekelwe yona nguhulumende mayelana nalokumele ukwente kulesikhatsi se lockdown.
- Tama kushiya sikhala lesingaba ngemamitha lamabili lokungenani emkhatsisini wakho nalabanye bantfu.
- Gwema kusondzela kubantfu labagulako.
- Kuletinye tindzawo kungenteka kube matima kugwema kusondzela kakhulu kubantfu. Nakunjalo lokungenani cinisekisa kutsi UGEZISISA tandla takho NJALO ugweme KUTIBAMBA buso.



Ibaluleke ngani i-Lockdown?

Ngamhlaka 26 ku Ndovulenkulu 2020 hulumente wase Ningizimu Afrika umemetele kumiswa kwemisebenti nekuhamba emigwacweni eveni lonkhe, emalanga langema-21.

- Loku hulumente ukwente ngenhloso yekunciphisa lizinga lekubhebhethseka kwaleli gciwane.
- Ngekuhlala kwetfu ekhaya, ayancipha ematfuba ekutsi leligciwane lisuke kulomunye umuntfu liye kulomunye noma lisuke endzaweni letsite liye kulenye.
- I-lockdown ivimbela kugula kwebantfu labanyenti ngesikhatsi sinye. Nakungenteka loko, tihlelo tetfu tetemphilo ngeke tikwati kunakekela bonkhe labo bantfu labagulako. Banyenti kakhulu labangafa.