



Unonophelo ngexesha le CORONA

Imingcwabo: iSikhokelo Esilungiselelwe iNtsapho

INDLELA YOKUKHAWULELANA NOKUFA EMAKHAYA

- Ubhubhani iCovid-19 uyitshintshile indlela esiphila ngayo, kubandakanya nendlela esihlungiseka ngayo kukufelwa, nesiyinika ngayo imbeko nakwesibangcwaba ngayo abantu bethu. Kukho imigaqo eyodwa efanele ukulandelwa xa uthe wafelwa ngumntu wakho ekhaya ngenxa yale ntsholongwane; ngoko ke makukhunjulwe oku kulandelayo:
- Nokuba umntu wakho sele eswelekile, usakwazi ukusulela. Musa ukumphatha. Livale elo gumbi akulo kude kufike uncedo.
 - Qhagamshelana nabeeNkonzo zoNyango Olungxamisekileyo (Emergency Medical Services), ibe ngabo abaqiniseka oko kusweleka, bakuncedise.
 - Kusakuba kuqinisekisiwe ukusweleka oko, qhagamshelana nabangcwabi baze kuthatha umzimba (isidumbu). Kuya kufuneka ukuba abangcwabi ubazise ukuba lo mntu wakho ubeneCovid-19, khona ukuze bakwazi ukuqinisekisa ukuba wonke umntu ukhuselekile.
 - Zihlambe izinto zokulala nezinye izinxibo eziseleyo zomntu wakho ngamanzi ashushu kakhulu, usule zonke iindawo nezinto zakhe ngesibulalantsholongwane okanye ngeblitshi.
 - Khumbula ukunxiba iiglavu nemaski ngelixa wenza oku uzihlambe rhoqo izandla njengokuba uqhuba lo msebenzi nje.

“Eyona nto ilunge kakhulu kukuba konke ukufa kuthathwe ngokuba kokubangwe yiCovid-19.”

- uBishop Malusi Mpumlwana

- Wena nabanye abantu bosapho lwakho kusenokwenzeka ukuba nani niye naba sesichengeni sale ntsholongwane, ngoko ke makungavunyelwa zindwendwe zize ngeli xesha.
- Ukuba kufanele ukuba udibane nabanye ubuso ngobuso dibanelani phandle ninxibe izinxibo zokhuselo nigcine nomgama woqelelwano. Makungaphakwa kutya, njengoko nisenokuthi kanti nibeka nabanye esichengeni.
- Musa ukuyisusa imaski yakho ngeli xesha uthetha nabantu.



“Okokuqala ngqa, siyaqala ukuba sibe nokukhuseleka kuba siqelelene. Sifa kunye ngamaxesha eCovid-19.”

- owayeze emngcwabeni

UCWANGCISO LWENKONZO YOMNGCWABO

Ukulahlekelwa ngumntu wakho asiyonto ilula, kodwa ngexesha leCovid-19 le ntlungu iba ngathi ithe kratya.

Intsholongwane yekhorona inwenwa lula ukusuka komnye umntu ukuya komnye. Ngoko ke ngelokuzikhusela wena nabanye asisakwazi ukuba singungelane singamaqela amakhulu. Oku kubandakanya nasemingcwabeni. Imigaqo karhulumente malunga nemingcwabo ayenzelwanga ukutshabhiswa iinkqubo zomthonyama zokuqhutywa kwemingcwabo. Le migaqo yenzelwe ukukhusela wena nabo bonke abanye abantu, nokuthintela ukunwenwa kwale ntsholongwane.

- Kuya kufuneka ukuba nikhetha umququzeleli womngcwabo oza kutsala iintambo ajongane neemphepa kwakunye nemithetho echaphazelekayo. Kuya kuba luxanduva lwakhe ke ukuqinisekisa ukuba kulandelwa yonke imigaqo. Inkokeli yenu yecawe iya kukwazi ukunika izikhokelo.
- Xa nicwangcisa inkonzo, dibanelani phandle, futhi nizinxibe iimaski zenu. Makungabikho kutya naziphungo zenziwayo, njengokuba kaloku xa sisitya kufuneka sizikhuphile iimaski zethu.
- Zithibazeni iindwendwe. Kubhetele niqhagamshelane ngezinto zoqhagamshelwano zeedijitali.
- Imigaqo ivumela kuphela abantu abangadlulanga kuma-100 ukuba beze emngcwabeni, khona ukuze kukwazekwe ukugcina umgama woqelelwano, kuthintelwe kangangoko ukunwenwa kwale ntsholongwane.
- Khethani indawo eneefestile neminyango, khona ukuze nikwazi ukuqinisekisa ukuba impepho iyakwazi ukungena ijikeleze, nibonelele ngesepha nezibulalantsholongwane ukwenzela ukuba nikwazi ukugcina imiphezulu yezinto nezandla zicocekile.
- Ukuba ninokukwazi, yifakeni kwividiyo inkonzo le okanye niyithumele ngoshicilelo lwedijitali kwabo banganakuza ngokwabo.
- Khumbulani ukuba le nkonzo kufuneka ibe mfutshane. Qinisekisini ukuba niyazi ukuba ngoobani abaza kuthetha nithethane nabantu bakamfi ngelokuqinisekisa ukuba wonke umntu wanelisekile yinkqubo.
- Ukumbona okanye ukumbamba umntu wenu oswelekileyo akusayi kukwazeka, futhi inkonzo kuya kufuneka iqhutywe ungekho wona umzimba.
- Kukho amaqela abantu abangabona bakowona mkhulu umngcipheko, ngoko ke asibobulumko ukuba bona beze ngokwabo emingcwabeni. Aba ke ngabantu abasele bengaphaya kwama-60 eminyaka ubudala nabo banezinye izigulo abanazo ezifana noxinzelelo lwegazi, iswekile nesifo sephepha.



“UTHixo ufuna ukuba mna nawe sibe ngamahlakani khona ukuze sisindise abaninzi.”

- uBishop Malusi Mpumlwana

XA UQHUBA UMNGCWABO

“Kusasa nje ndiye ndaya emngcwabeni okokuqala oko kwaqhambuka i-#Covid-19. Into endinokuyithetha nje kukuba siphila kwamanye amaxesha ehluqileyo, futhi kubhetele sikhawuleze ukuyiqaphela nokuyamkela le meko. UTHixo ke Makasikelele.”

- owayeze emngcwabeni

Nanzi iindlela esinokuthi sikhuselane ngazo xa sisemngcwabeni:

- ♥ Imaski yakho sisixhobo sokhuselo sakho sokuqala. Ngalo lonke ixesha uphakathi kwabanye inxibe, futhi ube nazo ezingamalalela alungiselelwe okunokwenzeka zinedise abanye!
- ♥ Gcina umgama woqelelwano, nakwiimeko apho ngathi ukuwola kungaba luncedo. Impilo entle iza nolonwabo oluthe kratya ekugqibeleni.
- ♥ Kulumkele ukuba kwindawo evalekileyo ixesha elide, futhi ke ngena kweso sakhiwo kuphela xa kuyimfuneko enyanzelekileyo.
- ♥ Musa ukuxhawula. Kubhetele ukuba ukuncoma nokubulela kwakho ukubonakalise ngokunqwala nje intloko okanye ngokwenza amazwi ombulelo.
- ♥ Zihlambeni nizifake isibulalantsholongwane rhoqo izandla.
- ♥ Iingcango zigcineni zivuliwe ukwenzela ukuthoba amanzi ezandla ezibambabamba imiphambo yeengcango.
- ♥ Endaweni yokuwubamba umkhumbi xa nisimka emangcwabeni, cingani ngokushiya iintyatyambo apha ecaleni kwengcwaba okanye nenze amazwana okunika imbeko yokugqibela.

Ukuba akukwazeki ukuba ubekhona usengakwazi ukuba uthathe inxaxheba kule nkonzo ngoku usekhaya:

- Layita ikhandlela.
- Yenza umthandazo.
- Hlala uzole novakalelo lwakho.
- Musa ukuyingxamela intlungu yakho, zinike ixesha elide kangangoko kuyimfuneko.

UMBULISO WAKHO WOKUGQIBELA KULOWO UNDLUKILEYO WENZE NGENDLELA YAKHO. IMBEKO YAKHO YOKUGQIBELA IBALULEKE NJENGOKUBA EBALULEKILE KUWE UMNTU LOWO OSWELEKILEYO.

EMVA KOMNGCWABO

Emva komngcwabo kungahle kube lelona xesha kunzima kuni ukuyilandela imigaqo. Kodwa ke ukuba sonke sibambisana ngaxhatha linye ekulandeleni ezi zikhokelo, singakwazi ukuqinisekisa ukuba sonke sikhuseleke.

“Akunganxa yakulambatha kwezibele. Kungenxa yeenzame zokusindisa ubomi.”

- uBishop Malusi Mpumlwana

- Akukho zindibano zolonwabo zivumelekileyo emva kwenkonzo.
- Makungabikho kutya, ziphungo okanye ziselo zinikelwayo.
- Njengoko ke kungazi kubakho maqela eendibano zolonwabo emva kwenkonzo, makuxozwe miphini yimbi, efana nemilindo eqhutywa ngezixhobo zoqhagamshelwano zeedijitali, okanye ukuthunyelwa kwemiyalezo ecikizekileyo ngengqiqo.
- Wuvakaliseni umbulelo wenu kwabo bezileyo ngamazwi ombulelo, nikuzezelele ukuwolana nokubambana.
- Ukuba usapho kufuneka luhlangane emva kwenkonzo, wugcineni umgama woqelelwano, nizinxibe iimaski zenu nidibanele phandle ukuba kuyakwazeka ukwenzeka oko.
- Xa kukho ekunyanzeleke ukuba balalise, okona kubhetele kukuba balungiselele ehotela okanye kumakhaya olaliso ibed and breakfast. Niyabakhusela abantu benu ngokugcina umgama woqelelwano.
- Ukuba uye wafunyaniswa kuhlolo unayo le ntsholongwane kwiintsuku ezili-14 emva kokuya emngcwabeni, ubuchule nobulumko kukuba uxelele inkokeli yakho yasecaweni okanye umququzeleli womngcwabo ngoko nangoko.