



ITjhejo ngesiKhathi se-CORONA

Itlhogomelo ekhaya

UNGENZANI NAYIKUTHI UFUNYANWA UNE-COVID-19?

1. Ungathukwa

Inengi labantu abane-Covid-19 angeze ligule khulu. Akunantatha, inengi labantu liba ngcono.



2. Lawula amatshwayo wakho



- Sebenzisa i-paracetamol (iphanado) nayikuthi uzizwa ugula.
- Linga ukuphumula.
- Nayikuthi usela iinhlahla hlala uzisela ngokujayelekileko.
- Yidla ukudla okunepilo begodu sela amanzi amanengi.
- Yenza imisebenzana yokuphefumula ngamandla.



Bala buthaka ukufika kokune lokha nawudosa ummoya begodu nalokha ukhupha ummoya.



Nayikuthi ufumana ubudisi bokuphefumula, thintana netlinigi namkha udorhodera wakho khonokho.
 Namkha dosela: Inomboro yomtato womphakathi ye-Covid-19 iCovid Public Hotline: 0800 029 999
 Inomboro yomtato wesekelo ye-WhatsApp Support Line: 0600 123 456

3. Hlala ekhaya



- Hlala ekhaya amalanga ali-10 ngemva kwelanga lokuthoma owazizwa ugula ngalo.
- Bawa abangani nabomakhelani ukutjihiya igrozara, ukudla neenhlahla emnyango.
- Ungabi neemvakatjhi.
- Nayikuthi kufuze uphume, linga ukungasebenzisi iinthuthi zomphakathi.

Nayikuthi lokhu akukgho-nakali, umuntu ophile kuhle ohlala nawe angakhamba ayokuthenga izinto eziqakathekileko enizitlhogako.

4. Yiba kude nabanye



- Zigcine ukude nabanye ngendlini.
- Hlala begodu lala ngekumbeni ehlukileko nakukghonekako.
- Yembatha imaski nanyana kunini nawutjhidela omunye umuntu.
- Hlala uhluhana ngemitha linye nabanye ngendlini.
- Gcina amafesidiri avulekile nanyana kunini nawungakghona.
- Linga ukuba nomuntu munye ozakuba mtlhogomeli wakho omkhulu.

5. Hlamba! Hlamba! Hlamba!



- Hlamba izandla zakho kanengi ngesibha namanzi imizuzwana ema-20. Namkha hlamba izandla zakho ngesihlanzekisi sezandla esine-alkoholi emaphesente ama-60.
- Khohlelela namkha thimulela ethitjhwini namkha endololwaneni. Lahla ithitjhu ngemgqomini ovalekileko.
- Linga ukungabelani nabanye abantu ngezinto zakho, ezifana nezitja, iinsetjenziswa zangekhwitjhini, amathawula kanye neengubo.