



Kunakekela kulesikhatsi se-CORONA

## Lunakekelo ekhaya

UNGAMNAKEKELA NJANI UMUNTFU LONE COVID-19?

**BANAKEKELI KUMELE BABE BAPHILE KAHLE FUTSI KUBE NGULABASHA.**

### 1. Tigcine uphephile



- Vimbela kutsintsana ngco nalomunye logulako ngendlela longakhona ngayo.
- Gcoka sifonyo (maski) nangabe usekamelwano linye nemuntfu lomnakekelako.
- Zama kugcina emafasitelo avulekile emakalweni abo.

### 2. Tigcine tihlobile



- Geza tandla takho njalo ngensipho nangemanti lokungenani imizuzu lengema-20.  
*Nobe hlobisa tandla takho ngesihlantamagcinwane lesine-alikhoholi lengu-60%.*
- Hlobisa tintfo letibanjwa kanyenti ngulomunye. Sebentisa 25ml wesentamhlophe sebhishi lesihlanganiswe nelitha yemanti.
- Hlobisa indlu yekugezela kufaka ekhatsi umthoyi.
- Hlobisa lingaphandle lemthoyi futsi ufulashe umthoyi nesivalo sivalekile.
- Khipha idoti netimphahle letingcolile njalo.
- Washa timphahla, kwekwembatsa kanye netifonyo tasebusweni ngemanti lashisako.  
*Ayina tifonyo nangabe setomile nangabe kukhonakala.*
- Lebula tintfo letifana netitja, tinsitakudla, emathawula, nekwekwembatsa lokumele kusetjentiswe ngulomuntfu logulako kuphela. Ngemuva kwekukusebentisa kuwashe kahle.

### 3. Lawula timphawu tabo



- Cinisekisa kutsi batfola kuphumula nemanti lenele nekudla lokunemphilo.
- Sebentisa ema-paracetamol (emaPanado).
- Bagcugcutele kwekutsi bente ema-eksesayizi kuphefumula lokujulile.



*Dvonsa umoya kane uphindze uwukhiphe kane.*

- Nangabe lomuntfu lomnakekelako atsatsa leminyane imitsi, kumele ubakhumbute kutsi bayitsatse ngalokwetayelekile.

**CAPHELA: Shayela umfolamphilu nobe dokotela wakho masinyane nangabe lomuntfu lomnakekelako anebumetima bekuphefumula.**

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