



Unonophelo ngexesha le CORONA

Ulondolozo lwasekhaya

INDLELA YOKULONDOZWA KOMNTU ONECOVID-19?

ABALONDOLOZI KUFUNEKA BABE NGABANTU ABASEMPILWENI ABASEBATSHA.

1. Zigcine ukhuselekile



- Zama kangangoko unako ukukucezela ukudibana ngqo nomntu ogulayo.
- Nxiba imaski xa ukwigumbi elinye nalo mntu umlondolozayo.
- Zama ukuzigcina zivuliwe iifestile kwigumbi lakhe.

2. Gcina ucoceko



- Hlamba izandla rhoqo ngesepha namanzi isithuba semizuzwana engama-20 ubuncinane.
Okanye izandla zakho zicoce ngesibulalantsholongwane sezandla esine-60% yegrangqa (ialkoholi).
- Coca izinto nemiphezulu yezinto ezisoloko zibanjwa ngulo mntu. Sebenzisa i- 25ml yeblitshi exutywe nelitha yamanzi.
- Coca igumbi lokuhlambela kubandakanya nethoyilethi kunye nethoyilethi yaphandle engagungxulwayo.
- Wuhlambe umphandle wethoyilethi uyigungxule isivalo sivaliwe.
- Kususe qho ukungcola neempahla ezimdaka.
- Hlamba iimpahla nezinto zokulala neemaski zelaphu ngamanzi ashushu.
Ziyaine iimaski zakoma, ukuba kuyakwazeka oko.
- Zibhale izinto ezifana nezitya, izinto ekutyiwa ngazo, iitawuli nezinto zokulala ekufuneka zisetyenziswe ngulo mntu ugulayo kuphela. Xa zigqiba kusetyenziswa ezi zinto zihlambisise.

3. Zilawule iimpawu zabo



- Qinisekisa uba uphumla ngokwaneleyo, namanzi uyawasela nokuba utya ukutya okunempilo.
- Sebenzisa iparacetamol (iPanado).
- Mkhuthaze ukuba azilolonge ekuphefumleni ngokuthi awubizele kakhulu umoya.



akabizele kane aphefumlele ngaphandle kane.

- Ukuba lo mntu umlondolozayo unamanye amayeza awasebenzisayo, mkhumbuze ukuba aqhube ngokuwasela rhoqo.

QAPHELA: Qhagamshelana neklinihki yakho okanye nogqirha wakho kwangoko ukuba lo mntu umlondolozayo uyasokola ukuphefumla.

Okanye tsalela umnxeba woluntu weCovid-19 wongxamiseko iCovid-19 Public Hotline kwa-0800 029 999

okanye iWhatsApp Support Line kwa-0600 123 456