



ITjhejo ngesiKhathi se-CORONA

Ithogomelo ekhaya

UNGENZANI NAYIKUTHI UHLALA NOMUNTU ONE-COVID-19?

1. Hlala ekhaya



- Hlala ekhaya ubuncani bakhona amalanga ali-14 ngemva kobana umuntu ongekheya agule.
** Umuntu onevayirasi uzakutlhogga kuphela ukuhlala yedwa amalanga ali-10 ukuthoma ngesikhathi athome ngaso ukugula.*
- Bawa abangani nomphakathi wakho ukutjhiya igrozara neenhlahla emnyango.
Nayikuthi lokhu akukghonakali, ungaphuma ekhaya uyokufuna izinto eziqakathekileko kuphela.
- Nayikuthi kufuze uphume, linga ukungasebenzisi isithuthi somphakathi.
- Ungabi neemvakatjhi.

2. Yiba kude nabanye



- Balekela ukuthintana nomuntu ogulako nakukghonakala.
- Hlala umbethe imaski lokha nawungekumbeni efanako nomuntu loyo.
- Hlalani ubuncani bakhona nihlukene ngemitha linye ngazo zoke iinkhathi.
- Lingani ukungabelani ngezinto ezifana nezitja, iinsetjenziswa zangekhwitjhini, amathawula neengubo.

3. Hlamba! Hlamba! Hlamba!



- Hlamba izandla zakho njalo ngesibha namanzi imizuzwana ema-20. Namkha hlamba izandla zakho ngesihlanzekisi sezandla esine-alkoholi emaphesente ama-60.
- Ungathinti ipumulo namkha umlomo wakho ngezandla ezingakahlanzwa.
- Khohlelela namkha thimulela ethitjhwini namkha endololwaneni yakho. Lahla ithitjhu ngemgqomini ovalekileko.