



Kunakekela kulesikhatsi se-CORONA

Lutinakekelo ekhaya

YINI LEKUMELE UYENTE NANGABE UHLALA NEMUNTFU LANE COVID-19 EKHAYA?

1. Hlala ekhaya



- Hlala ekhaya emalanga lali-14 ngemuva kwekutsi lomuntfu losendlini acale kugula.
** Lomuntfu loneligciwane utawudzinga kwekutsi ahlale yedvwana emalanga lali-10 kusukela ngesikhatsi bacala kugula.*
- Cela bangani nobe bomakhelwane kwekutsi bakuletsele kudla nemitsi emnyango.
Nangabe loko kungakhonakali, ungaphuma ekhaya kuyotsenga tintfo letisemcoka kuphela.
- Nangabe kumele uphume, ungasebentisi intalaspoti yesive.
- Ungabi netivakashi.

2. Bani kudze nalabanye bantfu



- Vimbela kutsintsana nemuntfu logulako ngendlela longakhona ngayo.
- Ngaso sonkhe sikhatsi gcoka sifonyo nangabe usekamelweni naloyo muntfu.
- Bani kudzinge lokungenani limitha linye ngaso sonkhe sikhatsi.
- Zama kwekutsi ungabelani nalabanye ngetintfo letifana netitja, tinsitakudla, emathawula nekwewembatsa.

3. Geza! Geza! Geza!



- Geza tandla takho njalo ngensipho nangemanti imizuzu lengema-20.
Nobe hlobisa tandla takho ngesihlantamagciwane lesine-alikhoholi lengu-60%.
- Ungabambi impumulo yakho nobe umlomo ngetandla letingakagezwa.
- Khwehlela nobe utsimule ngethishu nobe engcozeni yakho. Lahla lethishu emgcomeni lovalekile.