



Unonophelo ngexesha le CORONA

## Ulondolozo lwasekhaya

YINI OFANELE UKUKWENZA UKUBA UHLALA NOMNTU ONECOVID-19?

### 1. Tshama ekaya



- Hlala ekhaya iintsuku ezili-14 emva kokuba eqalile ukugula lo mntu ulapha endlwini.  
*\* Lo mntu unale ntsholongwane kuya kufuneka ahlaliswe yedwa iintsuku ezili- 10 ukusukela kwixesha lokuqalisa kwakhe ukugula.*
- Cela abahlobo nabahlali bendawo yakho bakushiyele igrosari yakho namayeza akho phaya emnyango.  
*Ukuba akukwazeki ukwenzeka oku, kuya kufuneka ukuba umke ekhaya kuphela xa uhambela izinto ezibalulekileyo.*
- Ukuba kufuneka uhambile, zama ukuba ungahambi ngezithuthi zikawonke-wonke.
- Musa ukuba neendwendwe.

### 2. Gcina umgama woqelelwano



- Kucezele kangangoko unako kudibana nalo mntu ugulayo.
- Nxiba imaski ngamaxesha wonke xa ukwigumbi elinye nalo mntu umlondolozayo.
- Qeleanani ngemitha enye ubuncinane ngalo lonke ixesha.
- Zama ukuba ungabelani ngezinto ezifana nezitya, izinto ekutyiwa ngazo, iitawuli nezinto zokulala (iingubo, amalakane nemiqamelo).

### 3. Hlamba! Hlamba! Hlamba



- Hlamba izandla rhoqo ngesepha namanzi isithuba semizuzwana engama-20 ubuncinane. Okanye izandla zakho zicoce ngesibulalantsholongwane sezandla esine-60% yegrangqa.
- Musa ukuyibamba impumlo yakho okanye umlomo wakho ngezandla ezimdaka.
- Khohlelela kwithishu okanye ngasengqinibeni. Le thishu ukhohlelele kuyo yilahle kwinkonkxana yenkunkuma enesivalo.