

GO NA LE SELO SE LE SENGWE FELA SE O TSHWANETSENG  
GO SE TLHALOGANYA MABAPI LE Kafa MOGARE WA

# COVID-19 CORONAVIRUS\* O ANAMANG KA TENG

Mogare ya Corona ke lelapa le legolo la mogare e e ka nnang ya baka ditshwaetso tsa go hema go simolola ka mokgotlhwane o o tlwaelegileng fela go ya go malwetsi a a masisi a a tshwanang le Middle East Respiratory Syndrome (MERS) le Severe Acute Respiratory Syndrome (SARS).

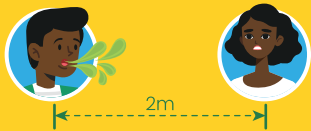
Mogare o o anama fa marothodi ano a tsena mo:



Jalo fa mongwe yo o bonalang a gotlholo / a ethimola / a lwala, o ka dira tshwetso ya go:

1. Nnela kgakala le ene.

2. Tila go nna gareng ga batho ba bantsi



(ga o emela kgakala sekgala sa 0,5m go ya go 2m o tla bo o sireletsegile mo marothoding ao.)



(Batho ba ba tsenweng ke mogare ba ka nna ba seka ba bontsha matshwaa a bolwetsi, mme ba tla bo ba ntse ba na le mogare.)

Fa gongwe mathe a motho yo o lwalang a ka tsena mo dilong tse dingwe...



DIATLA



MABATI



DISELUAFOUNO



MAOSE



DIKOPI



DIPENE



MAITSHWARELELO  
A DITEPISI



DIDIRISIWA

Mme fa o ka kgoma dipe tsa dilo tseno ka phoso, o bo o itshwara mo sefatlhegong, o iphimola matlho kgotsa sefatlhego sa moratiwa wa gago, lotlhe le ka nna la lwala.

# 4

## TSE O TSHWANETSENG GO DI TLHOKOMELA GO TILA GO TSENWA KE MORARE



### 1

#### GO TLHAPA DIATLA

Tlhapa diatla sentle ka metsi a a nang le sesepa. Tlhapa kafa morago ga diatla, fa gare ga menwana le mo teng ga dinala. Ka metlha tlhapa diatla ka sesepa pele ga o o ja le fa o se na go nna fa gare ga batho ba le bantsi.



### 2

#### GO NNA O PHEPAFETSE MO MMELENG SENTLE

Ipipe molomo ka pampiri ya thishu fa o gothola kgotsa o ethimola. Ka dinako tsotlhe tila go itshwara sefatlhego ka diatla tse di leswe Fa o tshwanela go dira jalo, dira gore o thape diatla sentle ka sesepa pele.



### 3

#### O SE KA WA JELA MO SEJANENG SE LE SENGWE LE MONGWE LE GO TLHAKANELA DIDIRISIWA

Baketheria e ka anamisiwa ka dithipa, diforoko, maswana le diseteroo. Dirisa fela didirisiwa tse di phepa mme o se ka wa abelana seno sa gago le motho yo mongwe. Ka metlha tlhapa diatla pele ga o ja.



### 4

#### BONA NGAKA FA O SA IKUTLWE SENTLE

Matshwao a a tlwaelegileng a bolwetse jono ke go gothola, go elela mamina, le go thaela mowa. Fa o nna le matshwao ano a bolwetse, batla bongaka kwa ntle ga go dia nako. Leletsa ba tlliniki kgotsa ngaka pele ga o ya go ba bona mme o ba itsise ka matshwao a gago a bolwetse le kwa o neng o etetse teng.

**MOGALA O O KA LELEDIWANG DIURA TSE 24 WA NICD KE 0800 029 999**

NNA O BUTSE MATLHO MME DIRA GORE O IPOLOKE O LE PHEPA KA METLHA

Seemo seno se a tswelela, nna o tshoka tsa bosheng mo go [www.health.gov.za](http://www.health.gov.za) le mo go [www.nicd.ac.za](http://www.nicd.ac.za)



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

