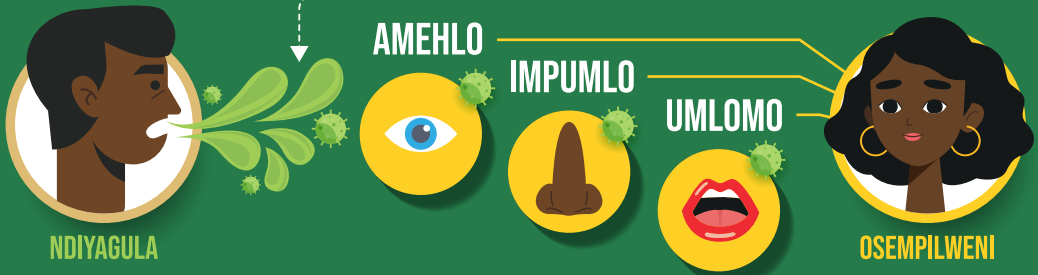


INYE INTO OKUFUNEKA UYAZILE
NGESIFO ESESULELAYO

I-COVID-19 CORONA VIRUS 4*

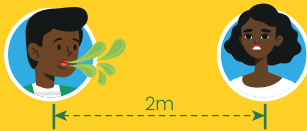
*Esisifo sisezinye sezifo ezenza kubenzima ukuphemfumla. Umzekelo, ukungakwazi ukuphemfumla, Ukugodola, nokuya kwenzinye izinzulu izifo ezifana nezibizwa ngoba zii"Middle East Respiratory syndrome (MERS) and severe Acute Respiratory Syndrome (SARS)".

Le Ntsholongwane isasazeka xa kuthe amaqabaza omntu osele echaphazelekile yintsholongwane engena



Ke ngoko, ukuba ubona umntu okhohlela kakhulu, onomfuxane, nogulayo unako ukwenza oku;

1. Ukungasondeli apho kukhohlelwa khona



(amabanga angangomgama olingana nemitsi emibini)

2. Ziphephe izihlweli



(Abantu abasele benentsholongwane bayakwazi ukungabonakalisi zimpawu, kodwa babe benentsholongwane)

Ngamanye amaxesha amathe omntu osele esulelekile angangena kwezinye iindawo.



IZANDLA



IMINYANGO



UBUXHAKAXHAKA



IZINTO
ZOBUCHWEPHESHE



IIKOMITYI



USIBA
LOKUBHALA



INDAWO
ZOKUBAMBELELA



IZINTO
ZOKUTYA

Ukuba uthe waphatha ezi zinto ngengozi, waphatha ubuso bakho, wosula amehlo nobuso bomnye, ningagula nonke.

4 IZINTO ZOKWENZIWA UKUNCIPIISA UKOSULELEKA



1

HLAMBA IZANDLA ZAKHO NGALO LONKE IXESHA

Hlamba izandla nge Sepha uzicokisise. Hlamba emva kwezandla, phakathi kweminwe nangaphantsi kwenzipo. Ngalo lonke ixesha phambi kokutya hlamba izandla.

Hlamba ukusuka apha uye apha



2

INDLELA ZOKUZIGCINA UKHUSELEKILE

Zeqgume umlomo ngamaxehsa onke xa ukhohlela. Musa ukubamba ubuso bakho ngezandla ezingcolileyo. Qiniseka ukuba uhlambisisa izandla zakho ngesepha.



3

YEKA UKUTYA NGEZINTO EZISETYENZISWE NGABANINTSI ABANTU

Amagciwane angakwazi ukuthi ukunwenwa ngokuba usebenzisa imibese, ifolokwe, amacephe afanayo. Kulicebo ukuba usebenzise izinto ezicocekileyo kwaye ngamaxesha onke. Hlala uhlamba izandla zakho phambi kokuba utye.



4

BONA UQGIRHA NGOKUKHAWULEZA UKUBA AWUPHILANGA

Okufuneka ukuqwalasele zizinto ezifana nje ngokukhohlela, iimpumlo ezintywisayo nokunqamka komphfumlo. Okokuba uye waziqaphela ezimpawu khawuleza ubone ugqirha. Qhakamshelana nabezempilo phambi koba uyofika esibhedlela ukwenzela uba ubazise ngezizinto ozibonayo empilweni yakho nangembali yeendowo othe wazihambela.

24HR NICD INOMBOLO 0800 029 999

HLALA UTHE QWA YAYE UHLALE UCOCEKILE

Lengxaki inobuzaza kwaye itshintsha rhoqo. Hlala uvakatshela ku www.health.gov.za okanye www.nicd.ac.za



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