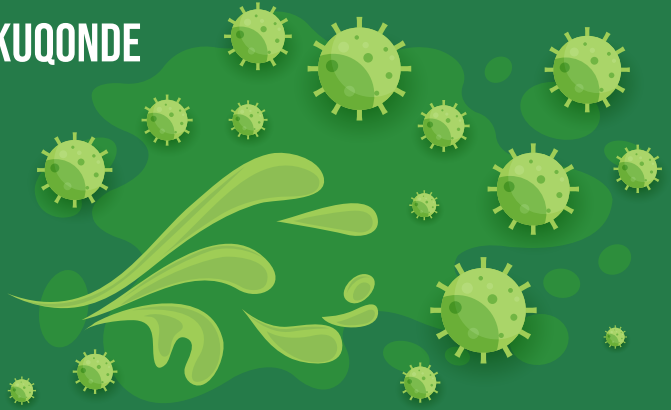


KUKODWA OKUFANELE UKUQONDE
NGOKUSABALALA KWE-

COVID-19 CORONA VIRUS*



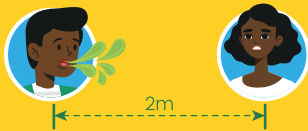
*AmaCoronavirus angumndeni onmkhulu wamavayirasi angabanga ukutheleleka ekuphefumuleni kusukela emkhuhlaneni kuze kufike kokunzima iMiddle East Respiratory Syndrome (MERS) neSevere Acute Respiratory Syndrome (SARS).

Ivayirasi isabalala uma engena



Ngakho-ke uma ubona umuntu okucacayo ukuth uyakhwehlela/uyathimula/uyagula, ungakhetha ukuba:

1. Qhela, ushiye ibangana.



(Ingxenywe yemitha (0.5m) kuya kwamabili (2m) kuzokwenza uphephe emaconsini amakhulu)

2. Gwema izixuku



(Abantu abathelekile kungenzeka bangakhombisi izimpawu yize bethelekile)

Kungenzeka amathe omuntu ogulayo afinyelele kwezinye izinto...



IZANDLA



IMINYANGO



OMAKHALEKHUKHWINI



IZINTO
ZOBUCHWEPHESHE



IZINKOMISHI



AMAPENI



IZINDAWO
ZOKUBAMBELELA



IZITSHA
ZOKUDLA

Uma kwenzeka uthinta okunye kwalokhu ngengozi bese uthinta ubuso, ucikice amehlo, noma ubuso besihlobo, ningazithola senigula.

4

IZINTO EZINE OKUFANELE UZIQAPHELE UKUGWEMA UKUTHELELEKA



1

GEZA IZANDLA ZAKHO

Gezisa izandla zakho ngensipho. Geza ingemuva lezandla, phakathi neminwe, nangaphansi kwezinzipho. Ngaso sonke isikhathi geza izandla ngensipho ngaphambi kokudla nasemveni kokuhlangana nomphakathi.



Geza usuke lapha uye lapha



2

UKUNAKEKELA NGOKWEMPILO OKUHLA

Vala umlomo ngethishu uma ukhwehlela noma uthimula. Gwema ukuthinta ubuso bakho ngezandla ezingcolile ngaso sonke isikhathi. Kufanele uqinisekise ukugeza izandla zakho ngaso sonke isikhathi.



3

MUSA UKWABELANA NGOKUDLA NANGEZITSHA

Igcwane lingadlulela emimeseni, ezimfologweni, ezipunini, nakumastro. Sebenzisa kuphela izitsha ezihlanzekile futhi ningabelani ngeziphuzo. Geza izandla ngaphambi kokudla ngaso sonke isikhathi.



4

BONANA NODOKTELA UMA UNGAPHILILE

Izimpawu kuba ukukhwehlela, ukujuza emakheleni, nokuphelelwa umoya. Uma uzwa olunye lwalezi zimpawu, thola usizo lokwelashwa masinya. Thinta iKlinikhi noma udokotela ngaphambi kokuthi uye kubo ubazise ngezimpawu nangomlando wokuhamba kwakho.

UCINGO OLINGAMAHORA ANGAMA-24 U-0800 029 999

HLALA UQAPHILE FUTHI UHLALE UNAKEKELA IMPILO KAHLE
Isimo silokhu siguquguquka, bheka okusha ku: www.health.gov.za naku www.nicd.ac.za



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