

HLALAY
EKHAYA

USINDISE UMZANTSI AFRIKA

**YINTONI ODINGA UKUYAZI MALUNGA
NENTSHOLONGWANE
I-CORONA (I-COVID-19)**



REPUBLIC OF SOUTH AFRICA



Ngomhla wama-31 kweyoMnga 2019, uMbutho weHlabathi wezeMpilo (i-WHO) wazisa ngequbuliso lezeholo zokukrala kwemiphunga (i-pneumonia) kwisixeko sase-Wuhan, e-China. I-*Severe Acute Respiratory Syndrome Coronavirus 2* (i-SARS-CoV-2) yaqinisekiswa njenge-arhente eyabangela oko ngoku sikwazi ngokuba siSifo seNtsholongwane i-Corona 2019 (i-COVID-19).

I-COVID-19 sisifo esosulelayo esisasazwa, ngokuthe ngqo okanye ngokungathanga ngqo, esisuka komnye umntu siye komnye.

Usulelo:



Umntu owosulelekileyo angasazela intsholongwane kumntu osempilweni:

- » ngamehlo, ngempumlo nangomlomo okanye ngamathontsana aphuma xa ekhohlela okanye ethimla.
- » xa esondelene nomntu owosulelekileyo.
- » echukumisa iindawo ezingcolisiweyo, izinto okanye izinto zakhe.

Iimpawu:



Iimpawu ngokubanzi ziquka:

- » Umkhuhlane
- » Ukhohlo-khohlo
- » Ingxaki/ubunzima zokuphefumla
- » Umqala obuhlungu.

Ukuthintela:



Ukuthintela ukusasaza intsholongwane:

- » Hlamba izandla zakho rhoqo ngesepha namanzi imizuzwana engama-20 ubuncikane. Sebenzisa isihlambi zandla esenziwe nge-alkoholi ukuba awukwazi ukuhlamba izandla zakho ngamanzi.
- » Gcina umgama wentlalo okhuselekileyo ngokuthi uphephe iindawo ezinabantu abaninzi okanye iindibano zabantu abangaphezu kwe-10.
- » Kuphephe ukudibana nabantu abagulayo.
- » Kuphephe ukuchukumisa umlomo, amehlo nempumlo yakho.
- » Gcina ubuncikane umgama oyimitha phakathi kwakho nomnye umntu okhohlelayo okanye othimlayo.
- » Sebenzisa iphepha eliyacu-yacu (i-tissue paper) xa ukhohlela naxa uthimla, uze ulilahle emgqomeni.
- » Kuphephe ukubeka izandla zakho kwiindawo ezisoloko zibanjwa ezifana nentsimbi yokubambelela.
- » Hlala usebenzisa isibulala-ntsholongwane rhoqo kwizinto zakho ozichukumisayo ezifana neselula, amakhadi, izitshixo zemoto kunye nekhithodi.
- » Qhagamshelana nogqirha wakho ukuba awuziva kamnandi uze uhlale ekhaya ude uphile.
- » Sebenzisa ingqiniba egotyiweyo, ukungqubanisa unyawo okanye uphakamise isandla xa ubulisa endaweni yokubamba isandla.
- » Nxiba isigqubuthelo-buso, ingakumbi esenziwe ngelaphu, xa uphakathi kwabantu.

Musa ukuzihoya iNdaba ezingeyoNyani uze ufumane iinkcukacha ezisemthethweni kwezi ndawo:

Thumela umyalezo othi
“Hi” kule nombolo ka-
WhatsApp yenkxaso
0600 123 456

okanye

Tsalela inombolo yo-
mnxeba engahlawulwayo
esebenza imini nobusuku:
0800 029 999

okanye

www.gov.za okanye
www.sacoronavirus.co.za