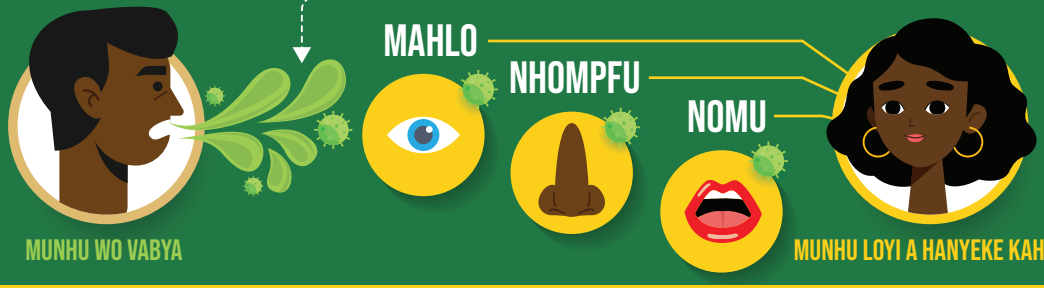
KO VA NA XILO XIN'WE NTSENA LEXI U LAVAKA KU XI TWISISA HI MAYELANA NA HILAHA

COVID-19 KHORONAVHAYIRASI*

YI HANGALAKAKA HAKONA

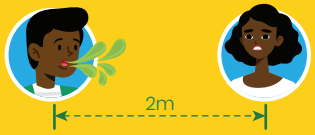
*Tikhoronavhayirasi ti wela eka ndyangu lowukulu wa switsongwatsongwana leswi swi nga ha vangaka mitluletavuvabyi yo hefemula leyi hambanaka kusuka eka mukhuhlwana wa ntolovelo kufika eka mavabyi yo tika yo tanihi Middle East Respiratory Syndrome (MERS)na Severe Acute Respiratory Syndrome (SARS).

Xitsongwatsongwana lexi xi hangalaka loko swithonsana leswi swi ku nghena laha ku landzelaka



Hikokwalaho loko u vona munhu un'wana loyi a tikombaka a khohlola / a entshemula / a vabya, u nga hlawula ku:

1. Fambela ekulenyana.



(0.5m kufika eka 2m ti ta ku vhikela eka swithonsana leswikulu.)

2. Papalata mitshungu

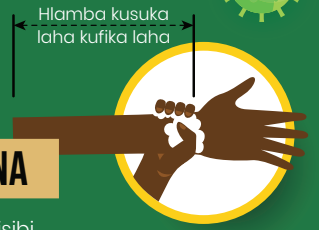
(Vanhu lava va tluleriweke va nga ka va nga kombi swikombeto, kambe va ha tluleta.)

Mikarhi yin'wana marha ya munhu wo vabya ma nga tlulela eka swilo swin'wana..

SWANDLA | TIMBATI | SWITIRHISIWA | MAWUSI | TIKHAPU | TIPHENE | KHOMELELA | SWO DYA HI SWONA

Kutani loko u khumba xihi kumbe xihi xa swilo leswi u nga tiyimiselangi, endzhaku ka swona u khoma xikandza xa wena, u swoswa mahlo ya wena kumbe xikandza xa varhandziwa va wena, mi nga ha vabya hinkwenu.

4 MAGOZA YO SIVELA LAMA FANELEKE KU LANDZERIWA KU PAPALATA KU TLULERIWA HI VUVABYI



1 HLAMBA SWANDLA SWA WENA

Hlamba swinene swandla swa wena hi xisibi. Hlamba endzhaku ka swandla swa wena, exikarhi ka tintiho na le hansi ka min'wala. Mikarhi hinkwayo hlamba swandla swa wena hi xisibi u nga si dya na le ndzhaku ka ku va entalweni wa vanhu.

2 NSIVELAMAVABYI WA MUNHU LOWUNENE

Pfala nomu wa wena hi thixu loko u khohlola kumbe u entshemula. Papalata ku khumba xikandza xa wena hi swandla swo thyaka mikarhi hinkwayo. Loko u boheka ku endla tano, tiyisisa leswaku u rhanga hi ku hlamba swinene swandla swa wena hi xisibi.

3 U NGA SIYERISANI SWAKUDYA KUMBE SWIDYELO

Tibakitheriya ti nga hundzisiwa kusuka eka mikwana, tiforoko, malepula na switirowu. Tirhisa ntsena swo dya hi swona leswi baseke naswona u nga siyerisani swakunwa. Mikarhi hinkwayo basisa swandla swa wena loko u nga si dya.

4 VONA DOKODELA LOKO U NGA PFUKANGI

Swikombeto swa ntolovelo swi katsa nkhohlolo, ku huma marhimila, ku hisa miri na ku talelwa. Loko u tokota swihi kumbe swihi swa swikombeto leswi, vonana na dokodela hi ku hatlisa. Fonela tliliniki kumbe dokodela u nga si va endzela kutani u va tivisa hi swikombeto swa wena na matimu ya wena ya ku teka rendzo.

NOMBORO YA RIQINGHO RA XILAMULELAMHANGU YA NICD YA 24 WA TIAWARA 0800 029 999

TSHAMA U VAMBE NGOMA NA KU TEKELELA MAENDLELO YA NSIVELAMAVABYI WA MUNHU LOWUNENE

Xiyimo lexi xi tshama xi ri eku cinceni, kamba vuxokoxoko lebyintshwa eka www.health.gov.za and www.nicd.ac.za

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