

YINYE KWAPHELA INTO EKUFANELE
UYIZWISISE NGOKURHATJHEKA KWE-

COVID-19 CORONAVIRUS*

*Ama-Coronavirus umndeni omkhulu weengogwana ebangela ukusuleleka kwezokuphefumula ukusukela ekungenweni makhaza ukuya emigomaneni enamandla enjenge- Middle East Respiratory Syndrome (i-MERS) nomGomani omKhulu oMandla oPhathelene nokuPhefumula (i-SARS).

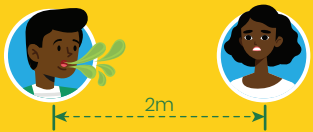
Ingogwana irhatjheka nangabe amaqaphazela nofana amathosana angena



Ngalokho-ke nangabe ubona umuntu okhohlelako / othimulako / ogulako, ungakhetha

1. Ukutjhidela kude.

2. Ukungabi seenqhemeni zabantu.



(Ibanga elingaba mamitha angaba yi-0,5m ukuya ku-2m lingakwenza uphephe ekuqaphazeleni ngamathosana)



(Abantu abasulelekileko kungezeka bangakhombisi amatshwayo, kodwana umulwana ubangenile.)

Kesinye isikhathi amathe womuntu ogulako angathinteka kezinye izinto ...



BEGODU NANGABE UTHINTA YINYE YEZINTWEZI NGEPHOSO, BESE UTHINTA UBUSO BAKHO, UHLIKHILA AMEHLWAKHO NOFANA WOMUNTU OMTHANDAKO, NINGANGENWA KUGULA NOKE.

4 IINDLELA EZINGALANDELWA UKUKHANDELA UKUSULELEKA



1 HLANZA IZANDLA ZAKHO

Hlanza izandla zakho ngesibha ngasosoke isikhathi. Hlanza ingemuva lezandla zakho, hlangana nemino nangaphasi kwamazipho. Hlanza izandla zakho ngasosoke isikhathi ngesibha ngaphambi kokudla nangemva kokuphumela emphakathini.



2 UKUHLANZEKA OKUHLA KOMUNTU

Gubuzesa umlomakho ngethitjhu nawukhohlelako nofana nawuthimulako. Ungathinti ubuso bakho ngezandla ezingakhalanzeki. Nangabe ukateleleka ukuzithinta, qininisekisa bonyana uhlanza izandla zakho ngamanzi nesibha maqanzi.



3 UNGABELANI NGOKUDLA NOFANA UDLISANE NGOKUDLA NANGEENTLABAGELO / IINSETJENZISWA ZOKUDLA

Umulwana ungadlulela ngemikhwa, ngeemforogo, ngeengobho namamastrowu wokusela. Sebenzisa iinsetjenziwa ezihlanzekileko kwaphela begodu ungabelani ngeenselo. Hlanza izandla zakho ngasosoke isikhathi ngaphambi kokudla.



4 BONANA NODORHODERE NANGABE AWUKAPHILI KUHLE

Amatshwayo ajayekekileko afaka hlangana, ukukhohlela, ukuphuma amathimila, umgomani nofana ifiva nokuphelelwa mummoya. Nangabe unawo wamanye wamatshwayo la, thola isizo lezokwelaptjhuwa msinyana. Dosela umtato kudorhodere nofana emtholapilo ngaphambi kokuya khona bese ubazisa ngamatshwayo onawo nomlando wamakhambo wakho.

INOMBORO ERHABAKO YAMA-IRI AMA-24 YE-NICD 0800 029 999

HLALA UVULE AMEHLU GODU USEBENZISE IINDLELA EZIHLA ZOKUHLANZEKA
Izihlalo eziragela phambili ngokwenzakala zihlale ku- www.health.gov.za and www.nicd.ac.za



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