KUKODWA KUPHELA OKUFANELE UKUQONDE NGOKUSABALALA KWE-

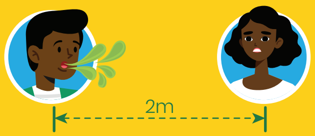
COVID-19 CORONA VIRUS*

Ama-Coronaviruses awumndeni omkhulu wamagciwane abangela ukugula kokuphefumula, kusukela kumkhuhlane ojwayelekile kuya ezifweni ezibucayi kakhulu njenge-Middle East respiratory syndrome (i-MERS) kanye ne-severe acute respirato syndrome (i-SARS).

Igciwane lisabalala uma lingena

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

1. Ungasondelani naye



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

2. Ugweme izixuku

(Abantu abathelelekile kungenzeka bangakhombisi izimpawu yize bengakuthelela ngegciwane)

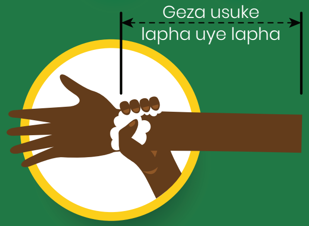
Kungenzeka amathe omuntu ogulayo afinyelele kwezinye izinto...

IZANDLA · IMINYANGO · IZINSIZA ZOKUXHUMANA · I-MOUSE · IZINKOMISHI · AMAPENI · IZINDAWO ZOKUBAMBELELA · IZITS… ZOKU…

Uma kwenzeka uthinta okunye kwalokhu ngephutha, bese uthinta ubuso, ucikice amehlo, noma uthinte ubuso bothandiweyo wakho, ungazithola usugula.

IZINTO EZINE OKUFANELE UZIQAPHELE UKUGWEMA UKUTHELELEKA

1 GEZA IZANDLA ZAKHO



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

2 UKUNAKEKELA KAHLE INHLANZEKO YAKHO

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

3 MUSA UKWABELANA NGOKUDLA NANGEZITSHA

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

4 BONANA NODOKTELA UMA UNGAPHILILE

Izimpawu kuba ukukhwehlela, ikhala eliphuma amafinyila, nokuphelelwa umoya. Uma uzwa olunye lwalezi zimpawu, thola usizo lokwelashwa masinya. Shayela umtholampilo noma udokotela ucingo ngaphambi kokuba uye kubona ubazise ngezimpawu onazo kanye nangomlando wokuvakasha kwakho.

UCINGO LWE-NICD OLUSEBENZA AMAHORA ANGAMA-24 LUTHI: 0800029 999

HLALA UQAPHILE FUTHI UNAKEKELE IMPILO KAHLE

Isimo silokhu siguquguquka, bheka okusha ku; www.health.gov.za naku www.nicd.ac.za

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