

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 onaMandla oPhathelene nokuPhefumula (i-SARS).

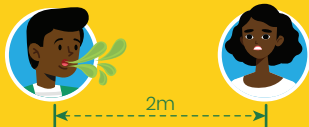
Ingogwana irhatjheka nangabe amaqaphazela nofana amathosana angena



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 abasulelekile kungezeka bangakhombisi amatshwayo, kodwana umulwana ubangenile.)

Kesinye isikhathi amathe womuntu ogulako angathinteka kezinye izinto ...



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

4 IINDLELA EZINGALANDELWA UKUKHANDELA UKUSULELEKA



1 HLANZA IZANDLA ZAKHO

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



2 UKUHLANZEKA OKUHLE KOMUNTU

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



3 UNGABELANI NGOKUDLA NOFANA UDLISANE NGOKUDLA NANGEENTLABAGELO / IINSETJENZISWA ZOKUDLA

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



4 BONANA NODORHODERE NANGABE AWUKAPHILI KUHLE

Amatshwayo ajayelekileko afaka hlangana, ukukhohlela, ukuphuma amathimila, umgomani nofana ifiva nokuphelelwa mummoya. Nangabe unawo wamanye wamatshwayo la, thola isizo lezokwelaptjha 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 EZIHLE ZOKUHLANZEKA
Izehlakalo ezingalanda phambili ngokwenzakala zihlele ku- www.health.gov.za and www.nicd.ac.za

BIKA IZEHLAKALO ZENTURHU YANGEKHAYA EMAPHOLISENI WANGEKHENU NOFANA:

INOMBORO YESIZO ELIRHABAKO YE-SAPS: 10111 • UKUJAMISA UBULELESI: 08600 10111
ISIZO ENTURHWINI YANGEKHAYA: 0800 150 150 • UMNTATO WEZABENTWANA: 0800 055 555

