

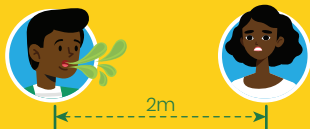
KE SELO SE LE SENGWE FELA SE O TSHWANETSENG GO SE TLHALOGANYA MABAPI LE TSELA E MOGARE WA **COVID-19** **CORONAVIRUS*** **O ANAMANG KA TENG**

Megare ya Corona ke lelapa le legolo la megare e e ka nnang ya baka ditshwaetso tsa go hema go simolola ka mokgotlhwane o o tlwaelegile fela go ya go malwetsi a a masisi a a tshwanang le Middle East Respiratory Syndrome (MERS) le Severe Acute Respiratory Syndrome (SARS).

Mogare o o anama fa marothodi a a tsena mo:



Fa mongwe a bonagala a gotlholo / a ethimola / a lwala, o ka dira tshwetso ya go
1. Nnela kgakala le ene. **2. Tila go nna gareng ga batho ba bantsi**



(ga o emela bokgakala jwa sekgala sa 0,5m go ya go 2m
o tla bo o sireletsegile mo marothodong ao.)



(Motho a ka nna le mogare o mme fela a se lemose)

Fa gongwe mathe a motho yo o lwalang a ka tsena mo dilong tse dingwe..



DIATLA **MABATI** **MOGALA WA LETHEKA** **MAOSE** **DIKOPI** **DIPENE** **MAITSHWARELELO A DITEPISI** **DIDIRISIWA**

Fa o ka kgoma nngwe ya dilo tse ka phoso mme wa itshwara sefatlhego, matlho kgotsa wa tshwara sa motho yo o mo ratang o ka tsenwa ke bolwetse jo.

4 TSE O TSHWANETSENG GO DI TLHOKOMELA GO TILA GO **TSENWA KE MOGARE**



1 GO TLHAPA DIATLA

Tlhapa diatla sentle ka metsi a a nang le sepepa. Tlhapa kafa morago ga diatla, fa gare ga menwana le mo teng ga dinala. Ka metlha tlhapa diatla ka sepepa pele o ja le fa o se na go nna fa gare ga batho ba le bantsi.



2 GO NNA O PHEPAFETSE MO MMELENG SENTLE

Ipipe molomo ka pampiri e e lotsatsa fa o gotlholo kgotsa o ethimola. Ka dinako tsotlhe tila go itshwara sefatlhego ka diatla tse di leswe. Fa o tshwanela go dira jalo, dira gore o tlhape diatla sentle ka sepepa pele.



3 O SE KA WA JELA MO SEJANENG SE LE SENGWE LE MONGWE LE GO TLHAKANELA DIDIRISIWA

Baketheria e ka anamisiwa ka dithipa, diforoko, maswana le diseteroo. Dirisa fela didirisiwa tse di phepa mme o se ka wa abelana seno sa gago le motho yo mongwe. Ka metlha tlhapa diatla pele o ja.



4 BONA NGAKA FA O SA IKUTLWE SENTLE

Matshwao a a tlwaelegile a bolwetse jo ke go gotlholo, go elela mamina, le go tlhaelwa mowa. Fa o nna le matshwao a bolwetse jo, batla thuso kwa ntle ga go senya nako. Leletsa ba tliniki kgotsa ngaka pele o ya go ba bona mme o ba itsise ka matshwao a gago a bolwetse le kwa lefelong le o neng o etetse teng.

MOGALA O O KA LELETSWANG DIURA TSE 24 WA NICD KE 0800 029 999

NNA O BUTSE MATLHO, O LE PHEPA MME O IPOLOKE KA DINAKO TSOTLHE
Seemo seno se a tswelala, lebelala tshedimosetso go www.health.gov.za le mo go www.nicd.ac.za

BEGA TIRISODIKGOKA YA KWA LAPENG KWA SETEŠENENG SA MAPODISI KGOTSA:

DITIRELO TSA TSHOGANYETSO TSA SAPS: 10111 • PHEDISO YA BOSENYI: 08600 10111

NOMORO YA MOGALA YA GO BONA THUSO KA GA TIRISODIKGOKA MO LAPENG: 0800 150 150 • NOMORO YA MOGALA YA GO THUSA BANA: 0800 055 555