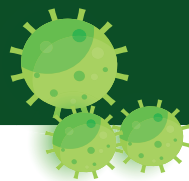




COVID-19



Ukuhlolwa kutholakale ukuthi uhaqwe yi-COVID-19

Ichaza ukuthini imiphumela yokuhlolwa ebuya ithi uhaqwe yigciwane?

Igciwane litholakele ekuhlolweni kwakho futhi uhaqwe yi-COVID-19.

Ngubani ozoxhumana nami uma imiphumela yami ibuya ithi ngihaqekile?

Udokotela wakho noma umtholampilo oseduze nawe. Kodwa-ke kungenzeka ushayelwe ucingo, uvakashelwe ekhaya noma welulekwe yisisebenzi sikahulumeni, izisebenzi zezempilo zomphakathi noma Isikhungo Sikazwelonke Sezifo Ezithathelanayo (i-NICD). Ikhaya lakho lizohlolwa ukubheka ukuthi ikhona yini indawo ongahlaliswa kuyo wedwa kanye nokukusiza.

Kungenzeka yini ukuthi ngithole ezinye izifo ezibucayi uma ngihaqwe yi-COVID-19?

Uma unxusiwe ukuthi uhlale endaweni yakho wedwa ekhaya, umhlinzeki wakho wezempilo uhlolile wathola ukuthi unesifo esingebucayi esingalapheka ekhaya. Kunezinto ezincane kakhulu ezingenza ukuthi uhaqwe yizifo ezibucayi.

Ngizinakekela kanjani ekhaya?

Abantu abaningi abanokugula okungebucayi bazoqala ukuzizwa bengcono lingakapheli iviki lokuqala lokukhombisa izimpawu zokuqala. Phumula ekhaya futhi uphuze amanzi anele noma uketshezi olungamanzi emini.

Ngabe amalungu omndeni wami ayohlolwelwa i-COVID-19?

Amalungu omndeni wakho athathwa njengabantu abaseduze onondelene nabo futhi bayohlolwa igciwane uma bekhombisa izimpawu kuphela.

Kugani ngicelwe ukuthi ngihlale ngedwa ekhaya?

Ukuhlala ekhaya kuzosiza ukulawula ukusabalala kwegciwane i-corona kubangani bakho, izihlobo kanye nomphakathi jikelele.

Kuchaza ukuthini ukuhlala ngedwa kumina?

Hlala ekhaya. Ungayi emsebenzini, esikoleni noma ezindaweni zomphakathi. Uma kwenzeka, akumele ngisho uye ukuyothenga ukudla, imithi kanye nezinye izinto ezibalulekile.

Kuchaza ukuthini ukuhlala ngedwa ekhaya kwabanye abantu abahlala ekhaya?

Uma uhlala nabanye abantu, kumele uhlale “egunjini labagulayo” eliseceleni elikude kakhulu. Uma igumbi eliseceleni lingekho, zama ukuhlala endaweni eyodwa ekhaya.



Gqoka isifonyo sobuso esilahlwayo.

Hlaza igumbi lakho nsukuzonke. Qala ngokusebenzisa insipho yokuhlanza yasekhaya bese usebenzisa isibulali magciwane sasekhaya esijwayelekile. Uma kwenzeka ukuthi igumbi lakho lihlazwa ngomunye umuntu, kumele agqoke impahla yokuzivikela, kubandakanya amaglavu asetshenziswa kanye kuphela nephinifa.

Uma kwenzeka, sebenzisa indlu yokugeza eseceleni. Hlanza futhi ubulale amagciwane okungenani kanye ngosuku. Qala ngokusebenzisa insipho ejwayelekile yasekhaya bese, emva kokuhlalaza, usebenzise isibulali magciwane esijwayelekile. Amaglavu kumele ahlanzwe ngensipho kanye namanzi, bese usebenzisa isibulalimagciwane. Amaglavu asetshenziswa kanye nephinifa leplastikhi kumele kulahlwe.

Izimpahla zakho kumele zifakwe esikhwameni sezimpahla ezingcolile. Ungazithuntuthi izimpahla ezingcolile ukugwema ukusabalalisa igciwane ngomoya. Washa izimpahla zakho ngomshini wokuwasha uwubeke phakathi kuka-60 °C no-90 °C. Uma kungawasheki ngomshini wokuwasha, washa izingubo zakho usebenzisa insipho yokuwasha ejwayelekile kanye namanzi ashisayo asesitsheni esikhulu usebenzisa uthi ukugovuza. Neka izingubo zakho ngaphandle elangeni ukuze zome.

Izindawo ezisetshenziswa ngabantu abaningi kumele zibe nomoya ohlanzekile ongenayo. Uma usebenzisa ikhishi elilodwa nabanye abantu, gwema ukusebenzisa ikhishi ngesikhathi esisodwa nabanye abantu. Uma kwenzeka, dlela egunjini lakho futhi usebenzise izinto zokudla wena wedwa. Uma ningenawo umshini wokuwasha izitsha, geza izitsha usebenzisa insipho kanye namanzi ashisayo bese uzisula kahle.

Izifonyo zobuso ezilahlwayo, amaglavu asetshenziswa kanye, iphinifa leplastikhi kanye nenye imfucuza kumele kulahlwe emgqonyeni wemfucuza onesivalo osendaweni yakho ogulela kuyona.

Gwema ukuhlangana nezilwane zasekhaya kanye nezinye izilwane.

Kuzomele ukhulale ngedwa ekhaya isikhathi esingakanani?

Ungayeka ukuhlala wedwa ekhaya emva kwezinsuku eziyi-10 emva kokuqala kwezimpawu zokuqala, hhayi ngosuku okwabuya ngayo imiphumela ethi uhaqekile.

Kusho ukuthini ukusondelana nabanye abantu?

Ukusondelana nabanye kusho ukuthi nisondelane ubuso nobuso ibanga elingangemitha noma benisendaweni eyodwa isikhathi esingaphezu kwemizuzu engama-15 nomuntu ohaqwe yi-COVID-19.

Kungabe ngiyohlolwa i-COVID-19 uma ngisondelane kakhulu nomuntu onayo?

Uyohlolwa kuphela uma ukhombisa izimpawu zingakapheli izinsuku eziyi-10 zokusondelana kwakho nomuntu ohaqwe yi-COVID-19.



We leave nobody behind!

