

**Ingaba uneempawu
zeCOVID-19?**

**Ingaba uvavanyo lwakho
lubuye lusithi unayo
iCOVID-19?**

**Ingaba uzivalela njani wedwa
ungadibani nabanye abantu uze
uzikhwarantine njani.**



**URhulumente
weNtshona Koloni**

HLALA UKHUSELEKILE

**YIYA
PHAMBILI**

Disemba 2020

**ICoronavayirasi isasazeka
ngokutaka kwamachaphaza
amathe emoyeni. Abantu
abaninzi babaneCOVID-19, isigulo
esibangelwa yivayirasi.**

Ukuba uyakhohlela, unefiva, umqala
obuhlungu okanye ukungaliva ivumba
nencasa, kungenzeka ukuba uneCOVID-19.

Abantu abaninzi abaneCOVID-19 banempawu
ezingephi kwaye bayaphila ngokugqibeleleyo
ekhaya kwiintsuku ezi-5-7.



Ukuba uneempawu zeCOVID-19, kufuneka ufune uncedo lwezempilo wenze novavanyo lwecoronavayirasi ukuba:

- Uneminyaka engama-45 ubudala okanye ngaphezulu.
- Ungumntu omdala okubo nabuphina ubudala unesinye kwezi zigulo zilandelayo:
 - Isifo seswekile
 - Ukunyango lweTB
 - UneHIV
 - Unesifo seZintso
 - Unehigh-high
 - Ubukhe waneTB ngaphambili
 - Unesifo semiphunga esingapheliyo (umz. isifuba, emphysema, chronic bronchitis)



- Ukuba uneempawu zeCOVID-19, zithathe ukuba unayo iCOVID-19, nokuba akukalwenzi uvavanyo lweCOVID-19.
- Ukuba uneminyaka engama-55 ubudala okanye ngaphezul okanye unesifo seswekile, usemngciphekweni omkhulu wokufumana COVID-19 ngamandla. Fonela umsebenzi wezempilo okanye ihotline ukuze nithethe ngononophelo lwakho.
- Ukuba ulwenzile uvavanyo iziphumo zabuya zisithi akunayo iCOVID-19, thetha nomsebenzi wezempilo okanye ufonele ihotline ubuze amanyathelo alandelayo omawuwathathe.

**Qhagamshelana nomsebenzi
wezempilo okanye iCOVID-19**

hotline kule nombolo:

080 928 4102

(tollfree)

Ingaba uzivalela njani wedwa ungadibani nabanye abantu uze uzikhwarantine njani

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**Ingaba uzivalela njani wedwa
ungadibani nabanye abantu uze
uzikhwarantine njani**



**Hlala wedwa
ungadibani nabanye
abantu**

Hlala ekhaya kwaye uhlale ngokwahlukeneyo nabanye apha endlini.

- Ukuba uneCOVID-19, kufuneka usuke kwabanye abantu uzivalele wedwa: sukuhlala nabanye abantu ukunqanda ukosulela nokusasazeka kwevayirasi.
- Hlala ekhaya kwigumbi elilodwa ungasibani nabanye.
- Abo basekhaseni kufuneka bazikhwarantine bangasibani noluntu, bahlale ngokwahlukeneyo nawe, njengoko ingabona bantu bebesondele kuwe nekungenzeka ukuba banayo nabo iCOVID-19.



Cinga ngokuhlala kwenye indawo

- Ukuba akukwazi ukuhlala ngokwahlukeneyo kwabanye ekhaya, kuya kufuneka ukuba uhambe uye kwiziko lokuzivalela wedwa okanye lokukhwarantina ukunqanda ukusulela nokusasazela abanye ngecoronavayirasi.
- Oku kubaluleke kakhulu ukuba uhlala nabantu abasemngciphekweni wokosulelwa yiCOVID-19 – abo bangaphaya kweminyaka engaphaya kwama-55 ubudala okanye abo banezigulo ezingapheliyo, ingakumbi isifo seswekile.



Nqanda ukusasazeka kwecoronavayirasi ekhaya

Hlamba izandla zakho qho.



Coca iindawo ekubanjelelwa
kakhulu kuzo ngezandla.

Sebenzisa izitya, iitawuli
nezinto zokulala
ezingasetyenziswayo
ngabanye abantu. Zihlambe
ngamanzi ashushu anesepha.



Sebenzisa iindawo
enizisebenzisa nonke wedwa.

Ukuba uza kudibana nabanye apha endlini:

Nxiba imaskhi.



Gcina umgama phakathi kwenu.

Vula iifestile neminyango.



Khohlelela engqinibeni yakho.



Hlalela kude kubantu abasemngciphekweni wokosulelwa yiCOVID-19 – abo bangaphaya kweminyaka engama-55 ubudala nabo banezigulo ezingapheliyo (ingakumbi abanesifo seswekile).

**Ingaba uzivalela njani wedwa
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uzikhwarantine njani**



**Funa uncedo
ngokukhawuleza
ukuba kukho
imfuneko yoko**

Tyelela iziko lezempilo ngokukhawuleza ukuba:

Unephika / unengxaki yokuphefumla

Unokudideka engqondweni

Iintlungu esifubeni okanye ukuvaleka
kwesifuba okungapheliyo

Ukungakwazi ukuvuka ngokupheleleyo

Ukutyhafa ngephanyazo kwengalo,
umlenze okanye icala lobuso.

Ukulahlekelwa ngephanyazo lilizwi
okanye ukubona.



**Fowuna ngaphambi kokuba uye.
Ungakhweli isithuthi sikawonke-wonke.
Ukuba kukho imfuneko, biza i-ambulensi.**

Qhagamshelana nomsebenzi wezempilo okanye ihotline ukuba:



- Uneminyaka engaphaya kwama-55 ubudala okanye unesifo seswekile.
- Kufuneka wenze amalungiselelo okuziswa kwamayeza akho ekhayeni lakho.
- Iimpawu zakho zeCOVID-19 ziba mandundu okanye zigqithile iintsuku ezisi-7 iimpawu zeCOVID-19 azipheli.
- Awukabi ngcono usagula nasemva kweentsuku ezili-10. Kubalulekile ukwahlula ezinye iimeko ezifana neTB nesifo semiphunga esingapheliyo.

**Ingaba uzivalela njani wedwa
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**Yijonge
impilo yakho
ngokwasemzimbeni**

Zilawule iimpawu zakho



**Phumla, sela kakhulu
izinto ezingamanzi, yitya
ngokusempilweni uze usele
iparacetamol ukudambisa
iintlungu nefiva.**

Zama ukulandela iindlela zokuphila ezisempilweni



Yitya ukutya okusempilweni.

Ukuba uziva ungcono ngokwaneleyo yenza imithambo engekho nzima yonke imihla apha ekhaya.



Musa ukutshaya, ukusela utywala nokusebenzisa iziyobisi.

Yijonge impilo yakho yasengqondweni.



Yilawule imeko yakho yezigulo

- Sela mayeza akho ngendlela efanelekileyo. Ukuba ubuwayekile, qalisa kwakhona.
- Qhagamshelana neziko lakho lezempilo:
 - ukuba unemibuzo malunga nonyango lwakho.
 - ukwenza amalungiselelo okuziselwa amayeza ekhayeni.
 - ukuba ufuna uncedo ngokulawula imeko yakho yezigulo ezingapheliyo.



**Ingaba uzivalela njani wedwa
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uzikhwarantine njani**

**Inyathelo
lesi
4**

**Yijonge
impilo yakho
yasengqondweni**

Ungaba nexhala xa uneCOVID-19



Nxulumana
nosapho nezihlobo
zakho.



Cwangcisa izinto
oza kuzenza
ngosuku.



Lala
ngokwaneleyo.



Thetha nomntu
omthembayo
umxelele ngezinto
ezikuxhalabisayo.

**Ingaba uzivalela njani wedwa
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uzikhwarantine njani**



**Fumana uncedo
xa ulufuna**

Ufuna uncedo ukuze uhlale ekhaya

- Cela abanye abantu bayokuthengela izinto zokutya bakwenzele nezinye izinto ukuze uhlale ekhaya.
- Yenza amalungiselelo okuziselwa amayeza akho ekhaya.
- Funa uncedo kwezempilo ngokukhawuleza ukuba uyagula.



**Ingaba uzivalela njani wedwa
ungadibani nabanye abantu uze
uzikhwarantine njani**



**Lazi ixesha
elifanelekileyo
nelikhuselekileyo
lokubuyela
kubomi besiqhelo.**

Kufuneka uyeke nini ukuzivalela wedwa ubuyele kubomi besiqhelo:

Emva kweentsuku ezilishumi iimpawu zakho ziqalile, waba neempawu ezingephi waze wazivalelwa wedwa awahlala nabanye abantu ekhayeni.



Ukuba wenze uvavanyo zabuya iziphumo zisithi uneCOVID-19 kodwa akukhange

ubenazo iimpawu, emva kweentsuku ezilishumi wenze uvavanyo ungayeka ukuzivalela wedwa.



Kwintsuku ezili-10 emva kokuba ubudibene wasondelelana kakhulu nomntu ekurhaneleka okanye ofumaniseke enayo iCOVID-19.





URhulumente
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Western Cape COVID-19 Hotline

080 928 4102 (tollfree)

National Hotline

0800 029 999

National WhatsApp

0600 123 456

www.westerncape.gov.za