

Ukubuyela emsebenzini emva kweCOVID-19

Umntu oneCOVID-19 angaphila ngokupheleleyo abuyele emsebenzini kungekho ngxaki yokuba angasulela abanye abantu.

Ligqibe ixesha lokuzivalela wedwa

Ukuba **unokugula okungephi** (kwaye akungeniswanga sibhedlele) zivalele wedwa iintsuku ezili-10 ukusuka kumhla iimpawu eziqalise ngawo ukubonakala.



Ukuba **imeko yakho iyaqatsela okanye imandundu** (ungeniswe esibhedlele), zivalele wedwa iintsuku ezili -10 ukusukela kumhla owakhutshwa ngawo kwi-oksijini okanye usuku imeko yakho eyathi yazinza ngalo. Uggirha wakho uya kukecebisa malunga noku.

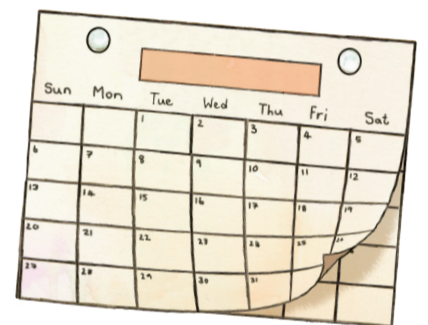


Ukuba **akuthanga ube nazimpawu** kodwa iziphumo zakho zabuya zisithi unayo iCOVID-19, zivalele wedwa iintsuku ezili-10 ukusukela kusuku olwenziwa ngalo uvavanyo.



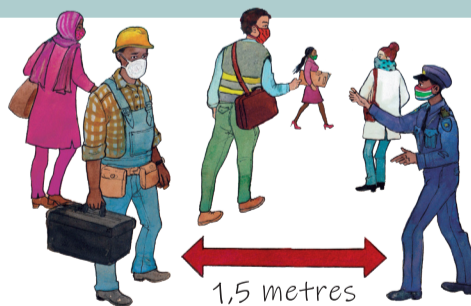
Leliphi ixesha elikhuselekileyo ukuba ungabuyela emsebenzini?

- Ukuba **unokugula okungephi**:
 - Ukuba uligqibile ixesha lakho lokuzivalela wedwa kodwa usenefiva okanye ezinye iimpawu azikabi ngcono, qhagamshelana neziko lezempilo okanye iHotline yePhondo ufumane iingcebiso.
 - Akukho mfuneko yokuba uphinde wenze uvavanyo lweCOVID-19 kwakhona ngaphambi kokuba ubuyele emsebenzini.
- Ukuba **iimpawu ziyaqatsela okanye zimandundu**, uya kubuyela emsebenzini xa uligqibile ixesha lakho lokuzivalela wedwa kwaye nomsebenzi wezempilo akungqine ukuba ukulungele ukubuyela emsebenzini.
- Ukuba **akukhange ube nazimpawu**, ungakubuyela emsebenzini xa uligqibile ixesha lakho lokuzivalela wedwa.



Xa ubuyela emsebenzini

- Nasemva kokuba uphilile kwiCOVID-19, kubalulekile ukuba uqhubeke unxibe imaskhi uthathe nezigqibo ezikhuselekileyo.
- Ukuba iimpawu ziya buya okanye ziba mandundu hlala ekhaya, yazisa umphathi wakho kwaye unxulumane nomsebenzi wezempilo okanye iHotline yePhondo ufumane iingcebiso.



YENZA IZIGQIBO EZIKHUSELEKILEYO

1. Uyagula? Hlala ekhaya, wenze amalungiselelo okwenza uvavanyo
2. Gcina umgama phakathi kwakho nabanye
3. Nxiba imaskhi
4. Gquma umlomo wakho xa ukhohlela
5. Vula iminyango neefestile
6. Musa ukuya kwiindibano zabantu abaninzi, ukusondela ebantwini nokuba kwigumbi elincinci
7. Hlamba/usanithayize izandla zakho qho

neWestern Cape COVID-19 Hotline 080 928 4102 (tollfree)

HLALA UKHUSELEKILE

YIYA
PHAMBILI

