

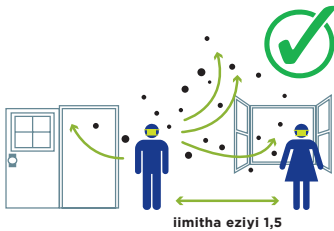
Hlala uKhuselekile nosapho kunye nabahlobo bakho

HLALA UKHUSELEKILE

YIYA PHAMBILI

Kufuneka siphakameni sisonke siwulwe kunye lo msinga wesithathu wentsholongwane yekhorona. Oku singakwenza ngokuthi siyiqonde eyona ndlela inwena ngayo le ntsholongwane yekhorona kwaye siqhubeke ngokwenza okulungileyo esiqhele ukukwenza ukuthintela le ntsholongwane.

- Le ntsholongwane yekhorona ihamba ngomoya xa abantu bephefumla, bethetha, bekhohlela, becula okanye bekwaza.
- Isasazeka ngokukhawuleza ngemisinga ehlala ixesha eliziinyanga eziqela



iimitha ezayi 1,5

Singazikhusela ngokwenza oku:

- Ngokugcina iindibano zincinci, zimfutshane kwaye zingaphandle kwesakhiwo.
- Ngokuqinisekisa ukuba sinomoy' omtsha kangangoko ngaphakathi kwisakhiwo.
- Ngokunxiba iimaski zethu xa sikunye nabanye okanye sishiya indlu.

Nxiba imaski!

- Imaski yelaphu elinemiphetho emi-3 inciphisa ngesiqingatha intsholongwane oyiphefumlela ngaphakathi.
- Iimaski ziyakukhusela wena kunye nomnye umntu - oko kubonisa ukuba uyakhathala.

Hlala ekhaya iintsuku ezili-10 kwaye wenze uvavanyo ukuba uvela iimpawu zentsholongwane yekhorona:

- Ukhohlele
- Umqala obuhlungu
- Umkhuhlane
- Ukuphulukana nemizwa yevumba okanye eyencasa
- Umzimba obuhlungu

Zama ukuzahlula kwabanye uzihlalele wedwa kwikhaya lakho. Ukuba awukwazi, nxiba imaski uze uvule iingcango neefestile.

Yiya esibhedlele ngokukhawuleza ukuba uvela oku:

- Uphefumla nzima
- lintlungu zesifuba okanye uxinzelelo olungapheliyo
- Ukudideka
- Awukwazi ukuvuka ngokupheleleyo



URhulumente weNtshona Koloni

Iziko loncedo leNtshona Koloni: 0860 142 142

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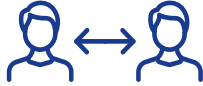
Lichithe ngokukhuselekileyo ixeshaanabany' abantu

HLALA UKHUSELEKILE

YIYA PHAMBILI



Ukuba ugula, hlala ekhaya.



Hlalela kude nabany' abantu.



Nxiba imaski.



Ngqum' umlomo xa ukhohlela.



Musa ukuthufa, ukukhwaza okanye ukuculela kufutshane nabany' abantu.



Hlamba okanye usanithayize izandla zakho rhoqo.



Musa ukuxhawul' izandla, ukuwolana okanye ukuphuzana nomntu wangaphandle kwekhaya lakho.



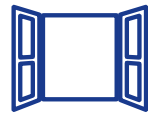
Zimisele elinye ixesha okanye uzirhoxise iipati.



Nciphisa ubukhulu beendibano uze uzigcine zimfutshane.



Dibanelani phandle apho kunokwenzeka khona.



Ukuba kunyanzelekile ukuba mawube ngaphakathi endlwini, vula iifestile neengcango ukuze kungene/kuphume umoya kakhule.

Ukuba usemgciphekweni wokufumana iCOVID-19 eqatseleyo, hlala uqaphele ngalo lonk' ixesha: ukuba uneminyaka engaphezulu kwama-55 okanye isifo seswekile, seHIV, seTB, isifo sezintso, uxinzelelo lwegazi, isifo semiphunga okanye esomhlaza esimandundu.



**Hlala ukhuselekile
...
MASIGONYENI**



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