



## Ukhulelwe, uceba ukukhulelwa okanye uyancancisa? YIYA KUGONYELWA ICOVID-19

- I-COVID-19 iyingozi kakhulu kumabhinqa akhulelweyo ngakumbi xa sele besondele ekubeni babeleke.
- Amabhinqa akhulelweyo asele eqabukile (ekhululie noko) okanye aphila nehypercentension, isifo seswekile, anemizimba emikhulu kakhulu, iTB okanye iHIV enganyangwayo ngawona asemngciphekweni.



### Yintoni oyaziyo ngeevaksini zeCOVID-19?

- Izigonyo zeCOVID-19 zisebenza ngokufanelekileyo. Zinciphisa amathuba okufumana iCOVID ngokumandla okanye okubulawa yiCOVID-19.
- Isigonyo singakukhusela wena nosana lwakho ekubeni ningayifumani neyona ingenamandla iCOVID-19.
- Akukho nanye ivaksini yeCOVID-19 enevayirasi ephilayo, ngoko ke ayikwazi ukuba ingakusulela wena nosana lwakho.
- Izigonyo zeCOVID-19 zikhuselekile. Zinefuthe elifanayo ngokweziphumo ezingalindelakanga nokuba ukhulelwe okanye awukhulelwanga. Ezi ziphumo zingalindelekanga zidla ngokungabi mandla kangako. Ungasebenzisa iparacetamol ukuba unefiva okanye intloko ebuhlungu emva kokugonywa.
- Unethuba elikhulu lokuba ugule kakhulu yiCOVID-19 ngaphezu kokuba zisenza iziphumo ezingalindelekanga emva kokugonywa.
- Akukho mingcipheko yaziwayo enokuchaphazela usana lwakho oluncanca ibele. Zingakho izinto eziluncedo nakusana lwakho xa uthe wagonywa.
- Akukho bungqina buthi izigonyo zeCOVID-19 zibangela iingxaki zokungaqhami kwinzala okanye zingakwenza ungakhulelwa nakwixa elizayo.

Uphando ngeevaksini zeCOVID-19 kumabhinqa akhulelweyo alubonisanga bungozi ekukhuleni kosana okanye ekukhulelweni. Angaphezu kwe-148 000 amabhinqa akhulelweyo eUnited States aye agonywa, khange kubekho nto ixhalabisayo ngokhuseleko.



### Yintoni omawuyenze ngoku?

1. Dibana nomsebenzi wezempilo nibonisane xa unento okanye unezinto ezikuxhalabisayo.
2. Qhubeka usiya ngokwesiqhelo kunonophelo lwabakhulelweyo nakwiiklinikhi zeentsana.
3. Qhubeka ulandela imimiselo yokhuseleko ukuphepha ukusulelwa yiCOVID-19



- Nxiba imaskhi yakho



- Hlamba izandla zakho



- Gcina umgama woqelelwano phakathi kwakho nabanye



- Kuphephe ukuba kwiindawo ezinengxinano nezivalekileyo

4. Bhalisela ukugonywa ku-: <https://vaccine.enroll.health.gov.za>

