

CORONA VIRUS COVID-19

Bana lolwazi.

Dinga ulwazi. Qaphela!
Zivikele!

Kuyini i-COVID-19 njalo imemetheka njani?

I-COVID-19 ngumkhuhlane omutsha omemetheka masinyane, ubangelwa ligcikwane le-CORONA VIRUS. Wonke umuntu angawuthola lumkhuhlane kodwa abantu asebebadala labavele bephathekile ngeminye imikhuhlane enjenge-asthma, i-diabetes lokunye okunjalo yibo abasengozini enkulu yokuwuthola. Abatsha njalo bephilile bangathelela abavele bephathekile ngeminye imikhuhlane. Umuntu kufanele asize ukwenqabela ukumemetheka kwe-COVID-19 esigabeni.

Indlela yokuzivikela kumkhuhlane lo



Gcina izandla zihlanzekile ngokuzigeza usebenzisa isepa zikhathi zonke.



Ungabambi amehlo, umlomo kanye lamakhala ngezandla ezingahlanzekanga.



Ungaxhawuli muntu izandla njalo lingagonani.



Lingagadi imitshova lamabhasi agcwele kakhulu. Usebantwini, mela khatshana labanye utshiye isibanga se-1m phakathi kwenu.



Bikela abezempilakahle uma ungezwa kuhle emzimbeni.

6 Ungahlanganeli labanye okwamaviki amabili nxa ucabangela ukuthi ukewahlangana lomuntu olomkhuhlane lo noma okewayavakatsha elizweni elileninga yomkhuhlane lo.



Nxa ukhwehlela kumbe uthimula, vala umlomo lamakhala ngengalo kumbe usebenzise i-tissue ukukhwehlelela lokuthimulela. Lahla i-tissue esambuzini.