23 uMatshi 2020

ICORONAVAYIRASI – COVID-19

Ingcebiso gabalala

Yintoni COVID-19?

Sisigulo esihamba nokuphefumla esineempawu ezibumkhuhlane (ukukhohlela, ifiva, ukudinwa kakhulu nomzimba/izihlunu ezibuhlungu). Lo umkhuhlane ungaphaya komkhuhlane oqhelekileyo, uza ngamanadla ubangele inyumoniya enevayirasi (ukufumana ubunzima ekuphefumleni).

Abantu abane (4) kwabahlanu (5) bangangaguli kakhulu yaye bakhawuleze ukuphila ngaphandle konyango. Abantu abadala kunye nabo baneemeko zempilo ezibuthathaka, ngabo abasesichengeni sokugula kakhulu. Zinqabile iimeko zolu suleleko ebantwaneni.

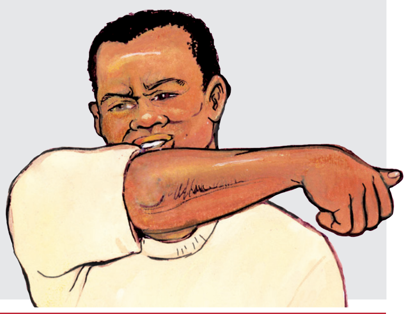
Ingaba inwenwa njani?

Ungakusulela iCoronavayirasi xa:

- Ubambe kwindawo okanye kwinto ethe kanti inale vayirasi, ize ke ngoko ingene emzimbeni wakho xa uthe wabamba impumlo, umlomo namehlo.
- Xa usondelelene kakhulu nesigulane (iimitha 1.5).

Thintela ukunwenwa kwayo ukugcina wena nosapho lwakho nikhuselekile:

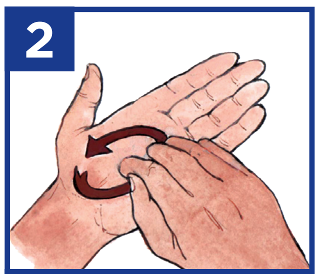
- Gquma umlomo nempumlo ngethishu okanye ngomkhono/ngekona yengalo (kodwa ingabi izandla zakho) xa ukhohlela/uthimla. Zilahle ngoko nangoko iithishu ezisebenzileyo wakugqiba uhlambe izandla zakho.
- Ukulumkele ukusondela kubantu abagulayo. Akukho mfuneko yokuba ufake imaskhi ungaguli okanye ungasulelekanga. Akayi kubasuleleka abanye abantu xa umntu okhohlelayo nothimlayo efake imaskhi.
- Ukulumkele ukuziphathaphatha ubuso, amehlo, impumlo okanye umlomo.
- Zicoce uzifake isibulali-zintsholongwane rhoqo izinto neendawo ebezikhe zafikelelwa zizandla. (iikhawuntala, iitafilana zebhedi, izibambo zeengcango, iindawo ezikumagumbi okuhlambela, iifowuni).
- Zihlambe rhoqo izandla ngakumbi xa uza kuphatha ukutya/naxa uvela kwindlu yangasese okanye emva kokukhohleka/ukuthimla.



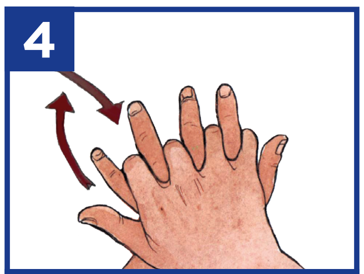
Zihlambisise izandla zakho

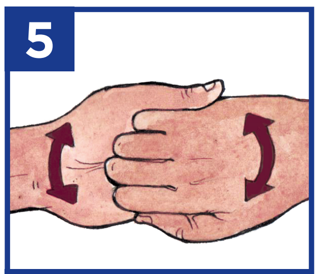
- Landela la manyathelo alandelayo, uthathe ixesha eliyimizuzwana engama-20 xa uhlamba izandla zakho.
- Finyeza imikhono, zihlambe izandla ngamanzi acocekileyo kunye nesepha oyisimele esandleni:

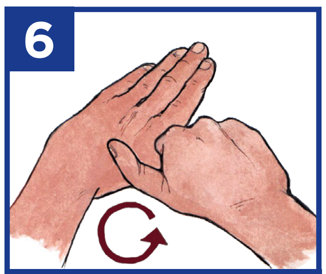
1
Hlikihla izandla zakho.

2 
Hlikihla iintupha zeminwe ezandleni. Kwenze oku macal'omabini.

3
Hlikihla izandla phakathi kweminwe.

4 
Beka isandla emva kwesinye uhlikihle phakathi kweminwe. Kwenze oku macal'omabini.

5 
Dibanisa iminwe yakho ihlikihlane.

6 
Hlikihla ubhontsi ngesinye isandla. Kwenze oku macal'omabini.

- Zipule ngamanzi acocekileyo uzisule ngephetshana lokusula okanye uziyeke zizomele ngokwazo.

I-General Public Hotline 0800 029 999

Isebenza iiyure ezingama-24, usuku ngalunye.

Ukufumana ezinye iinkcukacha:
www.westerncape.gov.za/coronavirus

URhulumente weNtshona Koloni
EzeMpilo

UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD

23 uMatshi 2020

ICORONAVAYIRASI – COVID-19

Kuya kwenzeka ntoni xa ndibona iimpawu?

Zeziphi iimpawu zeCOVID-19?

- Iimpawu ezixhaphakileyo eziye zibonakale zeCOVID-19 ziyafana nezomkhuhlane kuquka: ifiva, ukukhohlela, ukuphefumla nzima, ukudinwa kakhulu, umzimba /izihlunu ezibuhlungu.
- Bambalwa kakhulu abantu abafunyaniswe kwaqinisekiswa uikuba baneCOVID-19 eMzantsi Afrika.

Mandixhalabe nini xa ndicinga ukuba ndine-COVID-19?

Only suspect COVID-19 if you have a fever with a cough or shortness of breath AND have in the last 14 days:

a) ubukhe watyelela phesheya okanye kwindawo apho inwenwa kakhulu khona iCOVID-19 ukusuka komnye umntu ukuya komnye ekuhlaleni

OKANYE

b) ukhe wasondelelana nomntu ekuqinisekiswe okanye okrokreleka ukuba usulelekile yiCOVID-19

Ukuba uziva unephika okanye kunzima ukuphefumla, funa uncedo lwezonyango ngokukhawuleza.

Qala ngokutsalela ugqirha wakho okanye wazise iziko lezempilo ngokukhawuleza wakuba ufikile: baxelele ngeempawu nangeehambo zakho zakutsha nje/neendawo obukhe wakuzo. **Kulindeleke ukuba ufake imaskhi ngaphambi kokuba ungene kwiziko-mpilo elo.**

Mandenze ntoni xa ndicinga ukuba ndineCOVID-19?

- Musa ukoyika.
- Okokuqala, tsalela umnxeba kwinombolo yoNcedo kaWonkewonke (helpline) **0800 029 999** ulandele iingcebiso zabo.
- Hlala ekhaya, ngaphandle kwaxa usiya kwagqirha ngokwendlela oya kube uchazelwe ngayo kwihelpline. Ungayi emsebenzini, esikolweni okanye nakweyiphi na indawo esidlangalaleni/ indawo kawonkewonke. Ungasisebenzisi isithuthi sikawonkewonke okanye iteksi.
- Phumla, uhlale ngokusela izinto ezingamanzi usele namayeza (njengeparacetamol) ngenxa yokuba kufuneka uhlise amandla efiva kunye/okanye iingqaqambo.
- Lumkela ukusondelelana nomntu ogulayo. Ukuba ukunye nabanye abantu, faka imaskhi xa ikhona.
- Kulumkele ukusebenzisa izitya ezisetyenziswa ngabanye abantu, iiglasi, iikomityi, amacephe, iitawuli okanye izinto zokulala – wakuba uzisebenzisile zihlambisise.
- Landela imigaqo yokhuseleko edweliswe kwelinye icala leli phepha.
- Ungayeka ukuzivalela wedwa kuphela xa uthe watsalela abakwa-helpline/abanyangi (emva kweentsuku ezidla ngokuba zibe li-14).

Eyona nto ibalulekileyo ongayenza kukukhusela ukunwenwa kwevayirasi ukuzigcina wena nosapho lwakho nikhuselekile.

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