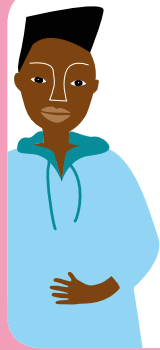
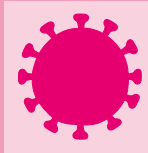


Imiqondiso yabazali labanakekelayo, abasebenza kwezempilakahle kanye labaphathisa ukufeza uhlelo ngeCOVID-19



Lesi kungaba yisikhathi esingathi akucaci ukuthi siyaphetha njani, kodwa abasakhulayo labantu abatsha badinga usekelo lwakho. Ngamasu alula kanye lezeluleko, ungaphathisa ukuthi abasakhulayo kanye labantu abatsha bahlale belempilakahle.

Liyini igcikwane lecorona?



Umkhuhlane wecorona iCOVID-19 yisifo esibangelwa ligcikwane lohlobo lwamagcikwane amakhulu, abizwa

wonke ngokuthi ngamagcikwane ecorona. Igcikwane lecorona elibangela iCOVID-19 lingahlasela inyamazana kanye labantu.



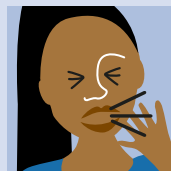
Ebantwini igcikwane leli lingabangela izifo endleleni zokuphefumula, ukusukela kumvimbano ojayekekileyo kusiya kumumo omubi ofana lesihlabo lokuphefumula kanzima njalo kwesinye isikhathi kubangele ukufa.



Abanye abantu baba laleli igcikwane, kodwa bangabi lezibonakaliso zokugula. Inengi labantu (**abangaba ngamaphesenti angu80**) liyasila kulo umkhuhlane

kungadingekanga ukuthi umuntu elatshwe ngendlela emangalisayo. Nxa abasakhulayo kanye labantu abatsha beleHIV njalo bengasebenzisi imithi yabo bangaba sengozini kakhulu yokuba leCOVID-19 njalo kungaba nzima ukuthi basile.

Izibonakaliso ezijayelekileyo zeCOVID-19



Isikhwehlela esomileyo



Ukutshisa komzimba



Ezinye izibonakaliso ezisamvimbano



Lokho ongakwenza ukuphathisa abasakhulayo labantu abatsha ukuthi bahlale belempilakahle



Ukuze uthole olunye ulwazi yana kukhasi labeWHO ku: www.who.int/emergencies/diseases/novel-coronavirus-2019
UNAIDS - www.unaids.org/en/covid19

1 Nxa esebenzisa imithi, mkhumbuze ukuthi alandele imilayezo yakhona. Kumele ahlale elemithi phose eyamalanga angu30.



2 Mtshengise uthando, ukumkhathalela lozwelo - ngesikhathi ekhathazekile kungenzeka ukuthi kubangele udlakela ngekhyaya.



3 Qaphela izibonakaliso zokungahlaliseki, ukukhathazeka lokudana, uphange uphathise.



4 Mkhuthaze ukuthi adle kuhle njalo elule umzimba kuhle ukuze aqine njalo ahlaliseke emoyeni.



5 Akumelanga avakatshela abangane, kodwa mkhuthaze ukuthi ahlale exhumana labo ngokubatsheyela ucingo loba kuWhatsApp.



6 Inengi labantu abatsha lizathola izeluleko eziphikisanayo, bakhumbuze ukuthi kumele likholwe ulwazi olulesiqiniseko.



7 Nxa angaba lokusamvimbano kumbe okusasikhwehlela - loba ukutshisa komzimba - kumele ahlale ngekhyaya njalo afonele abatholisa uncedo masinyane nxa esephefumula kanzima.



8 Muphe indlela angathintana ngazo labatholisa uncedo lwesiphangiphangi hlezi kudingeke ukuthi adinge olunye uncedo.



9 Mcebise ukuthi ahlale aqhelelane lomuntu oseeduze laye ngemitha eyodwa loba amabili nxa ephandle njalo axwaye sibili ukuya endaweni ezigcwele abantu.

