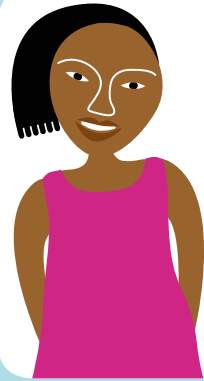


# Izeluleko zabasakhulayo labantu abatsha ngeCOVID-19



Lesi kungaba yisikhathi esingathi akucaci ukuthi siyaphetha njani, kodwa ngamasu alula lezeluleko, unghlala ulempilakahle njalo uhlonyisiwe ukuthi uzisekele wena lemuli labangane.

## Liyini igcikwane lecorona?



Umkhuhlane wecorona iCOVID-19 yisifo esibangelwa ligcikwane lohlobo lwamagcikwane amakhulu, abizwa wonke ngokuthi ngamagcikwane ecorona. Igicikwane lecorona elibangela iCOVID-19 lingahlasela inyamazana kanye labantu.

Ukuze uthole olunye ulwazi yana kukhasi labe WHO ku: [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)



Ebantwini igcikwane leli lingabangela izifo endleleni zokuphefumula, ukusukela kumvimbano ojayelekileyo 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 uleHIV njalo ungasebenzisi imithi yakho ungaba sengozini kakhulu yokuba leCOVID-19 njalo kungaba nzima ukuthi usile.

## Izibonakaliso ezijayelekileyo zeCOVID-19



Isikhwehlela esomileyo



Ukutshisa komzimba



Ezinye izibonakaliso ezisamvimbano

**1** Nxa kulemithi oyisebenzisayo, landela imilayezo yakhona. Zama ukuthi ube lemithi ezakutshova okwamalanga phose angu30 njalo uye kwabezempilo nxa usufuna eminye.



Lokho ongakwenza ukuze uhlale ulempilakahle

**2** Khuluma lomunye umuntu nxa ukhathazekile ngeCOVID-19 - ngokwesibonelo, unga fona loba umthinte kuWhatsApp.



**3** Sekela abangane bakho abangabe bengahlalisekanga loba abakhangelane lengxaki ngekhyaya ukwenza lokhu ukhatshana labo.



**4** Dlana kuhle futhi welule umzimba kuhle ukuze uhlale uqinile njalo uhlaliseke kuhle emoyeni.



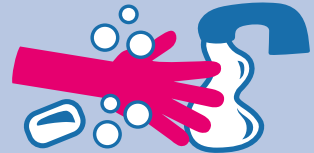
**5** Nxa ungaba lokusamvimbano kumbe okusasikhwehlela - loba ukutshisa komzimba - kumele uhlale ngekhyaya njalo ufonele abatholisa uncedo masinyane nxa usuphefumula kanzima.



**6** Ungakwejisi labangane lindawonye - hlala ngekhyaya uphume kuphela nxa usiyadinga izinto eziqathekileyo ezifana lokudla loba ukuyalanda imithi.



**7** Geza izandla zakho sikhathi sonke ngamanzi alesepa okwemizuzwana engamatshumi amabili, ikakhulu nxa uphuma njalo ungena ngekhyaya.



**8** Xwaya ukubamba amehlo akho, amakhala akho lomlomo wakho.



**9** Nanzelela ukwenza ezinye izinto loba ukutshela abanye izinto ongathembi ukuthi ziliqiniso yini.



**10** Hlala uqhelelane loseduze kwakho ngemitha eyodwa loba amabili nxa uphandle njalo zama sibili ukuxwaya indawo ezigcwele abantu.

