

# INTSHOLONGWANE YE-CORONA

Ulwazi kuluntu

## IYINTONI?

Intsholongwane ye-Corona okanye i-COVID-19 sisifo esosulelayo esibangwa yintsholongwane ekuthiwa yi-SARS-CoV-2.



## INDLELA ESASAZEKA NGAYO

I-COVID-19 isasazeka ngokulula isuka emntwini isiya komnye umntu ngoku:

- Ngamathontsi emoyeni avela ekukhohleleni, ekuthimleni okanye xa uthetha.
- Ukudibana ngokusondeleyo okufana nokuphatha okanye ukuxhawulana
- Ukuphatha into okanye umphezulu onetsholongwane kuwo uze uphathe umlomo wakho, impumlo okanye amehlo.



**Xa ucinga ukuba inoba une-COVID-19 qhagamshelana nomNxeba woNcedo weeYure ezingama-24 ku-  
0800 029 999**

## IIMPAWU NEMIQONDISO

Intsholongwane ibanga isigulo esifana neflu esinemiqondiso efana:

- Nomkhuhlane
- Ukudinwa
- Ukukhohlela okomileyo
- Iphika



Abantu abathile banokuba neengqaqambo neentlungu kananjalo, impumlo exineneyo okanye evuzayo, umqala obuhlungu okanye urhudo.

Imiqondiso ngesiqhelo iphakathi kwaye iqala kancinane. Abantu abathile bayosuleleka kodwa abaveli nayiphi na imiqondiso kwaye baye bangaguli.

## NGUBANI OSENGOZINI EPHEZULU?

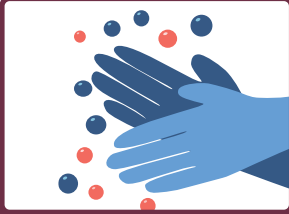
Abantu abaninzi bayachacha kwi-COVID-19 ngaphandle kokufuna unyango olukhethekileyo. I-COVID-19 inokuchaphazela nabani na kodwa abo basengozini engaphaya ngaba:

- Abantu abadala
- Abasebenzi bokhathalelo lwempilo
- Abantu asele beneengxaki zempilo ezifana nesifo seswekile, uxinzelelo oluphezulu lwegazi, isifo sentliziyo okanye umhlaza.



## THINTELA I-COVID-19

Sonke kufuneka sidlale indima yethu ekwehliseni ukusasazeka kwentsholongwane.



### HLAMBA IZANDLA ZAKHO

rhoqo ngesepa namanzi ubuncinane imizuzwana engama-20.



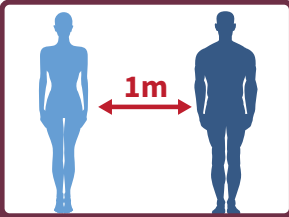
### ZOGQUME XA UKHOHLELA

okanye uthimla ngethishu okanye ngomphakathi wengqiniba yakho.



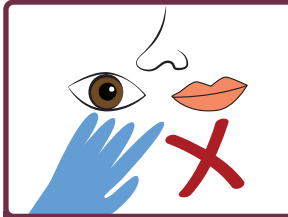
### HLALA EKHAYA

ukuba uyagula. Tsalela umnxeba woncedo ukuba ufuna ukhathalelo lwezonyango.



### VULA UMGAMA

Yima ubuncinane imitha e-1 kude nabanye abantu.



### UNGAPHATHI

impumlo yakho, umlomo okanye amehlo ngezandla ezingahlanjwanga.



### YOGQUMA UMLOMO WAKHO

ngemaski okanye ilaphu xa uphuma.

## UKUPHILA NE-HIV NE-TB

Asikazi okwangoku ukuba abantu abaphila ne-HIV kunye/okanye i-TB basengozini engaphaya na. Kodwa njengoko i-HIV ne-TB zichaphazela amajoni omzimba nemiphunga, kukho ithuba lokuba abantu abaphila nezi meko baza kuba sengozini ephezulu yokuguliswa yi-COVID-19.



Ukuba uphila ne-HIV okanye i-TB thatha unonophelo olungaphaya kwaye **uwathathe qho onke amayeza akho yonke imihla**. Cela isitokhwe esininzi sonyango lwakho ukuze kungafuneki uye eکلiniki.

## UKUBA UYAGULA

Ungatatazeli — kubantu abaninzi, kuza kuba phakathi. Hlala ekhaya, suka kwabanye abantu kwaye uthathe i-paracetamol ngomkhuhlane okanye iintlungu. Ukuba unobunzima bokuphefumla, tyelela ugqirha wakho okanye iکلiniki ngokukhawuleza. Tsala umnxeba kwangaphambili uze ulandele imiyalelo.

*Olu lwazi lunikwe yi-NACOSA lusekelwe kwicebo loMbutho weHlabathi weMpilo, i-UNAIDS kunye neSebe lezeMpilo laseNtshona Koloni. Ngolwazi oluthe vetshe tyelela u:*

[sacoronavirus.co.za](http://sacoronavirus.co.za)



**NACOSA**