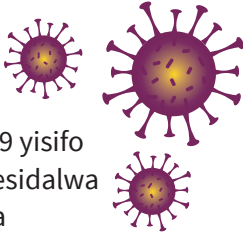


ISIFO SEGCIWANE LEKHORONA

ulwazi oluya emiphakathini

LIYINI?

Isifo segciwane leKhorona noma i-COVID-19 yisifo esithelelanayo esidalwa yigciwane elisha elibizwa nge-SARS-CoV-2.



LISABALALA KANJANI

I-COVID-19 isabalala kalula isuka kumuntu iya komunye ngalokhu:

- Amaconsana asemoyeni asuka ekukhwehleleni, ekuthimuleni noma ekukhulumeni
- Ukusondelana okufaka ukuthintana noma ukuxhawulana
- Ukuthintana nento noma indawo enegciwane bese uthinta umlomo wakho, ikhala noma amehlo.



Uma ucabanga ukuthi kungenzeka ukuthi une-COVID-19 thintana neNombolo esebenza amahora angu-24

engu-0800 029 999

IZINKOMBA NEZIMPAWU

Igciwane lidala ukugula okufana nomkhuhlane okunezimpawu ezinjengalezi:

- Imfiva
- Ukukhathala
- Ukukhwehlela okomile
- Iphika



Abanye abantu bangezwa iminjundu nobuhlungu, ukucinana noma ikhala elijuzayo, umphimbo obuhlungu nesisu esihambisayo/ esikhiphayo.

Izimpawu zivame ukungabi zimbi kanti ziqala kancane. Abanye abantu bayatheleleka kodwa izimpawu zabo azikhuli kanti futhi abaficwa wukugula.

UBANI OSENGCUPHENI ENKULU?

Abantu abanengi bayasinda kwi-COVID-19 ngaphandle kokudinga ukwelashwa okukhethekile.

I-COVID-19 ingaphatha noma ubani kodwa labo abasengozini enkulu yilaba:

- Asebekhulile/abantu abadala
- Abasebenzi bezempilo
- Abantu abanezinkinga ezikhona zempilo njengesifo sikashukela, umfutho wegazi ophezulu, isifo senhliziyo noma umdlavuzi.



VIMBELA I-COVID-19

Sonke kumele sidlale indima yethu ekwehliseni ukusabalala kwegciwane.



GEZA IZANDLA

njalo ngensipho namanzi isikhathi esingaba yimizuzwana engama-20.



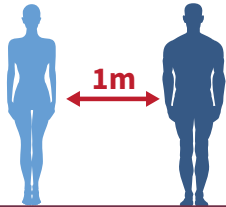
VALA UKUKHWEHELELA KWAKHO

noma ukuthimula ngethishu noma ingaphakathi lendololwane yakho.



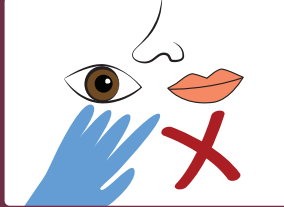
HLALA EKHAYA

uma ugula. Shayela inombolo enikeziwe uma udinga ukunakekelwa ngokwezempilo.



QHELA KWABANYE

Yiba sebudeni obuyimitha eli-1 kusuka kwabanye abantu.



UNGATHINTI

ikhala lakho, umlomo noma amehlo ngezandla ezingawashiwe.



MBOZA UMLOMO WAKHO

ngemaski noma ngendwangu uma uphuma ngaphandle.

UKUPHILA NE-HIV & TB

Okwamanje asazi ukuthi abantu abaphila ne-HIV kanye/noma ne-TB basengozini enkulu yini. Kodwa njengoba i-HIV ne-TB kuphazamisa amasosha omzimba namaphaphu, kunengozi yokuthi abantu abaphila nalezi zifo bazoba sengozini enkulu yokuguliswa kakhulu i-COVID-19.



Uma uphila ne-HIV noma ne-TB qapha ngokwengeziwe futhi uqhubeke uthatha yonke imithi yakho nsuku zonke. Cela imithi eyengeziwe ukuze kungadingeki ukuba uye emtholampilo.

UMA KWENZEKA UGULA

Ungatatazeli — kubantu abaningi, kuzoba ukugula okungatheni. Hlala ekhaya, zihlukanise nabanye abantu futhi uthathe i-paracetamol ukuze welaphe imfiva noma ubuhlungu. Uma unenkinga yokuphefumula, vakashela udokotela wakho noma emtholampilo ngokushesha. Shaya ucingo ngaphambi kokuba uye futhi ulandele iziyalezo.

Lolu lwazi luhlinzeka ye-NACOSA olugxilise eselulekweni seNhlango yezeMpilo eMhlabeni, yi-UNAIDS noMnyango Wezempilo wase-Western Cape. Ukuze uthole ulwazi olwengeziwe vakashela:

sacoronavirus.co.za



NACOSA