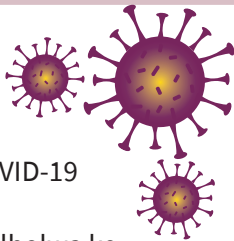


BOLWETSE JWA MOGARE WA CORONA

tshedimosetso go Baagi

KE ENG?

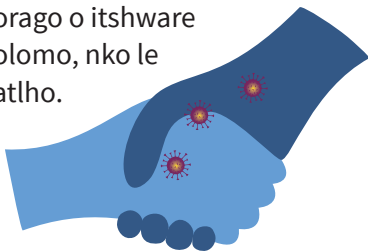
Bolwetse jwa mogare wa Corona kgotsa COVID-19 ke bolwetse jo bo tshelanwang, bo tlholwa ke mogare o o bidiwang SARS-CoV-2.



BO ANAMA JANG

COVID-19 e anama bonolo mo bathong ka:

- Marothodi mo moweng fa o gotlhola, go ethimola kgotsa go bua.
- Go kgomana jaaka go tshwara le go tshwarana ka matsogo
- Go tshwara sengwe kgotsa boalo jo bo nang le mogare, morago o itshware molomo, nko le matlho.



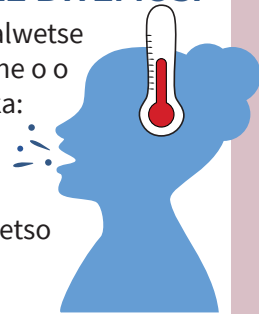
Fa o belaela gore o na le
COVID-19 ikgolaganye
ka Mogalatlhamalalo wa
diura tse 24 wa

0800 029 999

MATSHWAO LE DITEMOSI

Mogare o tlhola malwetse jaaka mokgotlhwane o o nang ditemosi jaaka:

- Kgotelo
- Letsapa
- Komelelometso
- Khupelo



Batho bangwe ba ka nna le dikôpelo le ditlhabi, go thibana le go elela ga dinko, mometso o o botlhoko kgotsa letshololo.

Ditemosi di botlhofo le go simolola ka iketlo. Batho bangwe ba a tshwaetsega mme ba se nne le matshwao kgotsa go ikutlwa ba lwala.

KE BOMANG BA BA LENG MO KOTSING?

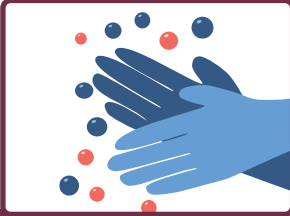
Bontsi jwa batho ba tokafalela COVID-19 ntle le go tlhoka kalafi e e kgethegileng. COVID-19 e ka ama mongwe le mongwe mme ba ba leng mo kotsing ke:

- Bagodi
- Batlhankedi ba pholo
- Batho ba ba nang le makoa a pholo jaaka sukiri, kgatelelomadi, bolwetse jwa pelo le kankere.



THIBELA COVID-19

Botlhe re tshwanetse go tsaya karolo go fokotsa kanamo ya mogare.



TLHAPA MATSOGO

kgapetsa ka sesepa bonnye metsotswana e le 20.



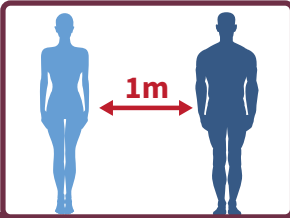
KHURUMETSA KGOTLHOLO

kgotsa kethimolo ka thišu kgotsa leteng la sejabana.



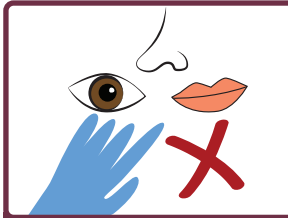
NNA KWA GAE

fa o lwala. Founela mogalatlhamalalo fa o tlhoka tlhokomelo ya kalafi.



KATOGA BATHO

Katoga batho ka sekgala sa bonnye ba metara o 1.



O SEKA WA ITSHWARA

Nko, molomo kgotsa matlho o sa tlhapa matsogo.



KHURUMETSA MOLOMO

ka sefapo kgotsa letsela fa o tswela kwa ntle.

FA O NA LE HIV & TB

Ga re ise re itse gore batho ba ba nang le HIV le / kgotsa TB ba mo kotsing go gaisa. Fela, ka gore HIV le TB di koafatsa thulaganyotshoutiso le mafatlha, go na le kgonagalo ya gore batho ba ba tshelang ka maemo a ba ka nna mo kotsing ya go lwatswa ke Covid-19 go feta.

Fa o na le HIV kgotsa TB, itlhokomele thata mme o nwe melemo letsatsi le letsatsi. Kopa melemo ya kalafi ya tlaaletso gore o se ka wa ya kwa tlininiking.



FA O KA LWALA

O seka wa etsaetsega – go tla nna botlhofo go batho ba le ba ntsi. Nna kwa gae, katoga batho mme o nwele kgotelo le ditlhabi pharasethamole. Fa o nna le bothata jwa khemo, e ya kwa ngakeng kgotsa kwa tlininiking ka bonako. Letsa pele, mme o diragatse ditaelo.

Tshedimotsetse e tlhagisiwa ke NACOSA bo ya ka kgakololo ya Mokgatlo wa Pholo wa Lefatshe, UNAIDS le Lefapha la Pholo la Kapa Bophirima. Go bona tshedimotsetso e nngwe etela:

sacoronavirus.co.za



NACOSA