



I-COVID-19 sisifo esosulelayo esisasazwa, ngokuthe ngqo okanye ngokungathanga ngqo, esisuka komnye umntu siye komnye.

Usulelo



Umntu owosulelekileyo angasazela intsholongwane kumntu osempilweni:

- Ngamehlo, ngempumlo nangomlomo okanye ngamathontsana aphuma xa ekhohlela okanye ethimla.
- Xa esondelene nomntu owosulelekileyo.
- Echukumisa iindawo ezingcolisiweyo, izinto okanye izinto zakhe.

Iimpawu



Iimpawu ngokubanzi ziquka:

- Umkhuhlane
- Ukhohlo-khohlo
- Ingxaki/ubunzima zokuphefumla
- Umqala obuhlungu

Ukuthintela



Ukuthintela ukusasaza intsholongwane:

- Hlamba izandla zakho rhoqo ngesepha namanzi imizuzwana engama-20 ubuncikane. Sebenzisa isihlambi. Zandla esenziwe nge-alkoholi ukuba awukwazi ukuhlamba izandla zakho ngamanzi.
- Gcina umgama wentlalo okhuselekileyo ngokuthi uphephe iindawo ezinabantu abaninzi okanye iindibano. Zabantu abangaphezu kwe-10.
- Kuphephe ukudibana nabantu abagulayo.
- Kuphephe ukuchukumisa umlomo, amehlo nempumlo yakho.
- Gcina ubuncikane umgama oyimitha phakathi kwakho nomnye umntu okhohlelayo okanye othimlayo.
- Sebenzisa iphepha eliyacu-yacu (i-tissue paper) xa ukhohlela naxa uthimla, uze ulilahle emgqomeni.
- Kuphephe ukubeka izandla zakho kwiindawo ezisoloko zibanjwa ezifana nentsimbi yokubambelela.
- Hlala usebenzisa isibulala-ntsholongwane rhoqo kwizinto zakho ozichukumisayo ezifana neselula, amakhadi, izitshixo zemoto kunye nekhobhodini.
- Qhagamshelana nogqirha wakho ukuba awuziva kamnandi uze uhlale ekhaya ude uphile.
- Sebenzisa ingqiniba egotyiweyo, ukungqubanisa unyawo okanye uphakamise isandla xa ubulisa endaweni yokubamba isandla.
- Nxiba isigqubuthelo-buso, ingakumbi esenziwe ngelaphu, xa uphakathi kwabantu.

Musa ukuzihoya iNdaba ezingeyoNyani uze ufumane iinkcukacha ezisemthethweni kwezi ndawo:

www.gov.za or
www.sacoronavirus.co.za

okanye

Thumela umyalezo
othi "Hi" kule nombolo
ka-WhatsApp
yenkxaso
0600 123 456

okanye

Tsalela inombolo
yomnxeba
engahlawulwayo
esebenza imini
nobusuku:
0800 029 999



Kufuneka sonke sisebenzisane sibambisane silandele indlela eyiyo ukuze sikwazi ukunganda ukosulelana nge Covid-19.



Nxiba imask yobuso

Nxiba isigqubuthelo-buso, ingakumbi esenziwe ngelaphu, xa uphakathi kwabantu.



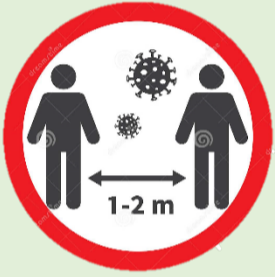
Sicela nithandaze ekhaya

Ungayi ezindaweni zokuthandaza nase caweni ngeli xesha esikulo. Kulumkeleni ukuya kwindawo ezinabantu abaninzi. Ukuhlangana kwabantu abaninzi kuyi ngozi empilweni. Intlanganisano ezidlula abantu abalikhulu zisamisiwe kweli Lizwe lase Mzansi Africa.



Hlamba izandla zakho ngalo lonke ixesha

Hlamba izandla zakho imizuzwana engamashumi amabini ngesepha namanzi. Hlamba izandla zakho ngalo lonke ixesha.



Gcina umgama obonakalayo kwabanye abantu

Gcina umgama obonakalayo phakathi kwakho nabanye abantu lonke ixesha (1-2 metres)



Ungabuphati ubuso bakho

Zama ukungabuphati ubuso bakho, ingakumbi impumlo yakho, umlomo namehlo.



Ungaphati izandla zabanye abantu

Ungaphati izandla zabanye abantu xa ubulisa. Unga bamba ingqiniba okungcono.



Vala umlomo xa ukhohlela naxa uthimla

Vala umlomo wakho xa ukhohlela naxa uthimla, xa ukhohlela, sebenzisa ingqiniba yakho.



Hlala ekhaya xa ungaziva kamnandi

Hlala ekhaya xa ungaziva kamnandi. Xa ubona impawu, tsalela umnxeba u toll-free hotline ku 0800 029 999.



COVID-19 is an infectious disease that is spread, directly or indirectly, from one person to another. The virus has spread to more than 100 countries, including South Africa.

Infection



An infected person can spread the virus to a healthy person through:

- /// The eye, nose and mouth or through droplets produced on coughing or sneezing.
- /// Close contact with an infected person.
- /// Contact with contaminated surfaces, objects or personal items.

Symptoms



The general symptoms include:

- /// Fever
- /// Cough
- /// Trouble/difficulty with breathing
- /// Sore throat

Prevention



To prevent the spread of the virus:

- /// Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if you cannot wash your hands with water.
- /// Keep a safe social distance by avoiding crowds or gatherings of more than 10 people.
- /// Avoid close contact with people who are not feeling well.
- /// Avoid touching your mouth, eyes and nose.
- /// Keep at least a metre distance between yourself and anyone who is coughing or sneezing. Use tissue paper when coughing and sneezing, then throw it in a bin.
- /// Avoid running your hands on frequently touched surfaces such as handrails.
- /// Regularly disinfect your frequently touched objects such as cellphone, cards, car keys and keyboards.
- /// Consult your doctor if not feeling well and stay at home to recover fully.
- /// Use the flexed elbow, foot bump or wave to greet instead of a handshake.
- /// Wear a face mask, especially the cloth face mask, when in public.

Ignore fake news & obtain official information from:

www.gov.za or
www.sacoronavirus.co.za

or

send the message
"Hi" to
0600 123 456
for WhatsApp support

or

call the 24-hour toll-free hotline:
0800 029 999



Preventing the spread of COVID-19

If we take the right precautions, we CAN stop the spread of Covid-19



Wear a face mask

Wear a face mask, especially the cloth face mask, when in public.



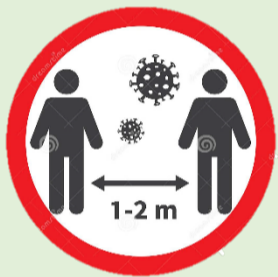
**Avoid Crowds
Worship at home**

Do not go to church or mosque. Avoid places where there are groups of people. Gatherings of more than 100 people are forbidden in South Africa at this time.



Wash hands regularly

Wash your hands regularly (for at least twenty seconds with soap and water).



Maintain distance from others

Please try to maintain a distance of 1-2 metres from other people, whenever possible.



Do not touch your face

Do not touch your face, especially your nose, mouth and eyes - with unwashed hands.



Do not shake hands

Do not shake hands or touch each other when greeting. You can touch elbows instead.



Cover if you cough or sneeze

If you cough or sneeze, cover it with a tissue and throw it away afterwards. If you do not have a tissue, cough or sneeze into your bent elbow.



Stay home

If you develop symptoms, call toll-free hotline on 0800 029 999.



COVID-19 is 'n aansteeklike siekte wat, direk of indirek, van een persoon na 'n ander oorgedra word. Sedertdien het die virus na meer as 100 lande, insluitend Suid-Afrika, versprei.

Infeksie



'n Persoon wat met die virus besmet is, kan dit na 'n gesonde persoon oordra deur:

- Die oog, neus en mond of deur druppeltjies wat deur hoes of nies veroorsaak word.
- Noue kontak met 'n besmette persoon.
- Kontak met besmette oppervlakke, voorwerpe of persoonlike items.

Simptome



Die algemene simptome sluit in:

- Koors
- Hoes
- Probleme met of moeilike asemhaling
- Seer keel

Voorkoming



Om die verspreiding van die virus te voorkom:

- Was jou hande gereeld vir minstens 20 sekondes met seep en water. Gebruik 'n handontsmettingsmiddel met 'n alkoholbasis as jy nie jou hande met water kan was nie.
- Hou 'n veilige sosiale afstand. Vermoed oorvol ruimtes of byeenkomste van meer as 10 mense.
- Vermoed noue kontak met mense wat siek voel.
- Moenie aan jou mond, oë en neus raak nie.
- Hou ten minste een meter afstand tussen jou en enigeen wat hoes of nies.
- Gebruik 'n snesie wanneer jy hoes of nies, en gooi dit dan in 'n snippermandjie.
- Vermoed om oppervlakke soos handrelings, wat gereeld aangeraak word, te vat of te vryf.
- Ontsmet voorwerpe waaraan jy gereeld vat, soos selfone, kaarte, motorsleutels en sleutelborde gereeld.
- Raadpleeg jou dokter as jy nie goed voel nie en bly tuis om ten volle te herstel.
- Gebruik jou gebuigde elmboog, voetaanraking of wuif om te groet in plaas van 'n handdruk.
- Dra 'n gesigmasker in die openbaar, veral die soort wat van lap gemaak is.

Ignoreer vals nuus en kry amptelike inligting by:

www.gov.za of
www.sacoronavirus.co.za

of

Stuur 'n boodskap met
die woord "Hi" aan
0600 123 456
vir WhatsApp
ondersteuning

of

Skakel die 24-uur
tolvrye blitslyn:
0800 029 999



As ons die regte voorsorgmaatreëls volg, kan ons die verspreiding van Covid-19 stop



**Dra 'n
gesigmasker**

Dra 'n gesigmasker, veral die soort wat van lap gemaak is, in die openbaar.



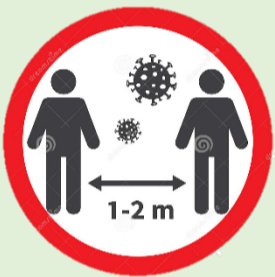
**Vermy 'n skare
Aanbid by die
huis**

Moenie dienste in die moskee of kerk gedurende hierdie tyd bywoon nie. Byeenkomste van baie mense is 'n gesondheidsrisiko. Byeenkomste van meer as 100 mense is tans in Suid-Afrika verbode.



**Was jou hande
gereeld**

Was jou hande vir ten minste 20 sekondes met seep en water. Was jou hande so gereeld as moontlik



**Hou afstand
van ander**

Behou 'n veilige afstand tussen jouself en ander persone. Waar moontlik, probeer om 'n afstand van tussen 1-2 meter van ander persone te handhaaf.



**Moenie jou
gesig
aanraak nie**

Moenie aan jou gesig raak, veral jou neus, mond en oë, met ongewaste hande nie.



**Moenie hande
skud nie**

Moenie hande skud of mekaar aanraak wanneer jy groet nie. In plaas van hand skud, groet mekaar deur met 'n elmboog te raak.



**Bedek jou neus
wanneer jy
hoes of nies**

As jy hoes of nies, bedek jou neus met 'n sneesdoekie (en gooi dit weg daarna). As jy nie 'n sneesdoekie byderhand het nie, hoes of nies in jou gebuigde elmboog.



Bly tuis

As jy simptome ontwikkel, bel Tolvry op 0800 029 999.