

I-HIV NE-COVID-19

KUBAYINI KUQAKATHEKILE BONA UZIHLOLISELE I-HIV KUNYE NE-COVID-19?

- Abantu abanamasotja womzimba asibaga ngebanga le-HIV basemthubeni amanengi wokubanjwa yi-coronavirus
- Amasotja womzimba asibaga angabangelwa magulo angalaphekiko aphantelene nokuphefumula, okubalwa hlangan i-Hypertension, iTjhukela neKankere
- Nangabe unokhanye kwalokhu okubaliweko, zihlolisele i-HIV namhlanjisi bewuthome khonokho ngokusela imitjhoga



ZIYINI IINZUZO ZAMA-ARV NGE-COVID-19?

- N Ukusela ipilisi (ARV) eli-1 ngelanga ngaphandle kokweqisa kuzokuphungula umulwana ngokukhanda i-HIV bona isabalale
- I-HIV nayirhatjheka emzimbeni, amasotja wakho womzimba azokuba sibaga
- I-HIV nayiphungukileko, umzimba uba nethuba lokwenza amaseli amanengi angasiza ekuthuthukiseni ikghono lomzimbakho lokulwa nokutheleleka kwe-COVID-19

UKUYOKUTHATHA AMA-ARV WAMI

- Nangabe uhlangebezana neemfuneko, ngekhe kutlhoqeka bona qobe uyokuthatha ama-ARV wakho emtholapilo
- Ungayowathatha emphakathini endaweni esehlana kwakho!
- Buza umtholapilo wakho ngenzuzo ehle le engasiza nekunciphiseni ukuhlangana kwakho nomunye umuntu okungenzeka utheleleke nge-COVID-19
- Sibawa udosele i-AIDS Helpline nawuthoga isizo

I-TB NE-COVID-19

IHLOBANA NGANI I-TB NE-COVID-19?

- Abantu abane-TB bangaba namasotja womzimba asibaga begodu babe semathubeni wokutheleleka nge-COVID-19
- Nangabe unobulwelwe be-TB usengozini yokuba namatshwayo amambi we-COVID-19. Ingozi iba yikulu khulu nangabe une-HIV namkha itjhukela

KGHANI NGINGABA NE-COVID-19 KUKULAPHO NGILATJHELWA I-TB?

- Iye, ungatheleleka nge-COVID-19 kukulapho ulatjhelwa i-TB
- Kufuze uhlwengeke ngaso soke isikhathi begodu uzivikele
- Ungaba namatshwayo amatjha, namkha amatshwayo onawo abe mambi khulu. Nange lokhu kwenzeka, bikela umthogomeli wakho wezaphilo



ZIYINI IINZUZO ZOKUKULANDELA NGOKUZELEKO UKULATJHELWA I-TB?

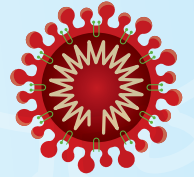
- Ukusela imitjhoga ye-TB nokukulandela ngokuzeleko ukwelatjha kuzobupholisa ubulwelwe be-TB. Umzimbakho uzokuthuthuka, ube namandla wokulwisana nokutheleleka okunjenge-COVID-19. **Lokhu kuzokuphungula amathuba wokutheleleka**

COVID-19

KNOWLEDGE IS POWER



COVID-19 coronavirus



IYINI I-CORONA VIRUS NAMKHA I-COVID-19?

- Ama-Coronavirus amndeni wemilwana engabangela ukugula eenlwaneni namkha ebantwini
- Ebantwini, ama-coronavirus aziwa ngokubangela ukutheleleka okukhambisana nokuphefumula (amaphaphu, ipumulo, amasinus) kusukela emgomani odayelekileko bekuyokufika kumalwelwe amambi khulu
- I-Coronavirus ibangela ubulwelwe be-coronavirus namkha i-COVID-19



CALL THE COVID-19 HOTLINE:

0800 029 999

SEND "HI" ON WHATSAPP TO COVID-19 CONNECT:

060 012 3456

AIDS HELPLINE - 080 001 2322

VISIT THE WEBSITE

WWW.SACORONAVIRUS.CO.ZA

80% RECOVER
without needing
special treatment



IRHATJHEKA NJANI I-COVID-19?

- Abantu bangaphathwa yi-COVID-19 evela kwabanye abanomulwani lo
- Umuntu ogulako nakakhohlela, athimula, akhulumama namkha aphefumula kunamathonsi aphumako kuye. Umulwana lo uyarhatjheka lokha amathonsi la angena kewakho umlomo, ipumulo namkha amehlo
- Amathonsi lawo athontela nezintweni omunye okungabangela bona omunye umuntu atheleleke nge-COVID-19 nakabamba izintwezo bese azibambe emehlweni, epumulweni namkha emlonyeni
- Amathe womuntu ogulako, ningahlanganyeli izinto zokudla

INGA-KGHANI WOKE UMUNTU ONOMULWANA LO UBANGWA NEENZIBI?



- Awa
- Umulwana lo ungatholwa nginyanya ngubani khulukhulu labo abanamasotja womzimba asibaga, abalupheleko nabantwana basemathubeni amanengi wokubanjwa mulwani lo obangela imiraro yokuphefumula namagulo
- Abanye bayatheleleka kodwana bangatjengisi amatshwayo wakhona begodu bazizwe bangaguli
- Abantu abanengi (amaphesenti angaba ma-80) bayalulama ebulwelwenobu ngaphandle kokuthoga itjejo elikhethekileko
- Umuntu oyedwa kwabasithandathu otheleleka nge-COVID-19 ugulela ukufa begodu uba namatshwayo wokubhalelwa kuphefumula

AMATSHWAYO WE-COVID-19

- Abantu abanengi abathelelekileko bazizwa babugulu begodu balulame, kodwana kwabanye kungabhebhedha
- Amatshwayo ajayelekileko naka:

- Umgomani
- Ukukhohlela okunganasikhohlela
- Ukudinwa, kunye
- Nokuphefumula kabuhlungu

- Ezinye iingulani ziba neenhlungu, zivaleke iimpumulo, zehle amathimila, zibe nomphimbo obuhlungu kunye nokuthulula



INDLELA YOKUFUNA ISIZO LEZOKWELAPHA NGE-COVID19

- Dosela umtholapilo namkha udorhoderakho ngaphambi kokuya kuye bese umtjele ngamatshwayo onawo, iindawo oye kizo namkha umuntu okhe waba naye okungenzeka une-COVID-19
- Nawuya emtholapilo, phuthela umlomo nepumulwakho ngesikhafu, ithawula namkha imaski bese utjele isisebenzi sezamaphilo ngamatshwayo wakho ngokurhabako nawufika
- Nakwenzekileko watholakala unayo namkha ubujamo bakho bungakaqinisekiswa, ungakhonjelwa bona uye endaweni lapho ongeke uvunyelwe khona ukhlangana nabanye abantu abangakatheleleki amalanga ali-14

KUFUZE NGENZENI NANGISOLA KWANGA NGITHELEKILE?

- Kufuze uzihlukanise. Lokhu kutjho ukhlala ekhaya nawungazizwa kuhle begodu ube kude nabanye abantu khona lapho ekhaya. Ungazihlukanisa nangokubalekela ukuba hlangana nabanye emphakathini
- Nawuzizwa kwanga uthelelekile ngomulwana lo ngebanga lokuthi khewaba lapho ukhona, kuhle uhlele ekhaya begodu uzihlukanise (balekela ukuba hlangana nabanye abantu ekhaya) amalanga ali-14
- Nawunomgomani, wehla amathimila, ukhohlela namkha ubhalelwa kuphefumula, funa isizo lezamaphilo ngokurhabako
- Nawukhohlela namkha uthimula, siha umlomakho nepumulo ngendololwana egobekileko namkha ngethithu bese uyilahla ngemgqonyini weenzibi namkha endlini encani
- Sebenzisa imaski nawunamatshwayo we-COVID-19



BOBANE ABASENGOZINI EKULU YE-COVID-19?

- Abantu abakhulileko
- Abantu abanemiraro yezepilo (itjhukela, i-hypertension, i-TB, i-HIV/AIDS) namkha abanamasotja womzimba asibaga
- Ingozi iya nangokuthi ukuphi, nangokuthi ukuqubuka kwe-COVID-19 kurhagele na endaweni leyo



UNGAKUBALEKELA NJANI UKUTHELELEKA? OKWANJE AWUKHO UMTJHOGA WOKUYIPHOLISA, KODWANA UNGAKUBALEKELA UKUTHELELEKA:

- Ngokuhlamba izandla zakho qobe imizuzwana ema-20 ngesibha namanzi; Uhlambe ipama nehlanakela, hlangana nemino nangaphasi kweenzipho. Hlamba izandla ngaphambi kokudla
- Sebenzisa isihlambi-zandla esine-alcohol engaba yi-60% nangabe amanzi nesibha akukho
- Ungazithinti amehlo, ipumulo namkha umlomo
- Ungabi hlangana nabantu abagulako, yiba kude ngemithara eli-1 kude nabo
- Ungabelani nabanye ngezinto zokudla njengombana ibhaktheriya lingadlulela bulula emikhweni, amaforogo, iingobho kunye namaphayiphu wokumunya
- Nangabe ucabanga bona indawo namkha into ithelelekile, ihlwengise ngesibulala-milwana ukuze ubulale umulwana loyo. Umulwana ungaphila ama-awara amalwa phezu kwezinto, ngitjho namalanga amalwa imbala
- Sebenzisa imaski nawuthogomela abantu abanamatshwayo we-COVID-19

UKUZINLJKANISA AMALANGA

ALI-14



ABAYI-80%

BAYALJLAMA ngaphandle kokwelatjiswa ngendlela ekhethekileko

KUTHATHA ISIKHATHI ESINGANGANI UKUFUKAMELEKA KWE-COVID-19?

- Lesi sikhathi esiphakathi kokubanjwa kwakho mulwana nokuthoma ukubona amatshwayo wobulwelwe
- Lokhu kuthoma hlangana namalanga ama-2-14, abantu abanengi bathoma ukutjengisa amatshwayo elangeni lesi-5



LIFUKAMELEKA AMALANGA AMA-2-14

IYE NAMKHA AWA NGE-COVID-19

IYE NAMKHA AWA NGE-COVID-19	IYE AWA
Inga-kghani ukuzithela nge-alcohol emzimbeni kungawubulala umulwana?	X
Inga-kghani ama-antibiotic alisizo ekukhandeleni nekulweni nomulwana lo?	X
Inga-kghani ukuhlamba ngamanzi atjhisako kungangivikela bona ngingatheleleki ngomulwana lo?	X
Kghani ubujamo bezulu obumakhaza bungawubulala umulwana lo?	X
Inga-kghani ukudla ikonofula kungangivikela bona ngingabi nomulwana lo?	X
Inga-kghani imitjhini yokomisa izandla ingawubulala umulwana lo?	X
Kghani umulwana lo ungathelelana na ubujamo bezulu nabutjhisana namkha buthumele?	X
Inga-kghani i-COVID-19 ingarhatjheka ngabonompopolaza?	X
Inga-kghani ukupula ipumulwakho ngamanzi anetswayi kungakuvikela ekubanjweni yi-COVID-19?	X
Inga-kghani isikhandela ngomani singangivikela ekubanjweni yi-COVID-19?	X