

## HIV NA COVID-19

### XANA SWINA NCONKA WO FIKA KWINI KU KAMBERIWA XITSONGWATSONGWANA XA HIV SWESWI KU NGA NA XITSONGWATSONGWANA XA COVID-19?

- Vanhu lava vanga na mashocha ya mirhi yale hansi hikokwalaho ka HIV vale ka khombo leri kulu ku hlaseriwa hi coronavirus
- Masocha ya mirhi yale hansi yanga vangiwa hi vuvabyi byo fana na vuvabyi byo tikela hiku hefemula, "high blood", chukele na mfukuzane eka byin'wana bya mavabyi
- Loko mi karhatiwa hi byin'wana bya mavabyi lama, kamberiwani xitsongwatsongwana xa HIV namunthla mi vhele mi sungula ku nwa maphilisi



### XANA HI WIHI MBUYELO WO NWA TI ARVS KA COVID-19?

- Ku nwa philisi yin'we ya ARV hi siku minga tlu swita hunguta xitsongwatsongwana hiku sivela HIV ku andza
- Loko HIV yi tele e mirhini, na mashocha ya mirhi ya ta kala matimba
- Loko HIV yiri hansi, mirhi wuta kuma nkarhi wo aka masocha ku pfuna mirhi ku lwa na switsongwatsongwana swo fana na COVID-19

## KUYA TEKA MAPHILISI YA MINA YATI ARVS

- Loko mova mi fikelela swilaveko swo karhi, aminge boheki ku tshama milandza ti philisi ta n'wina tati ARVs e kliniki
- Mingaha ti landza laha mingata kota ku fikelela kona e mugangeni waka n'wina!
- Vutisani vuxokoxoko hi mhaka leyi ku hunguta ku hlangana na vanhu lava vanga hlaseriwa hi xitsongwatsongwana lexi xa COVID-19
- Belani riqingo eka nomboro yo kuma ku pfuniwa ya AIDS ku kuma vuxokoxoko

## TB NA COVID-19

### XANA TB NA COVID-19 SWIHLANGANA KWINI?

- Vanhu lava nga na TB masocha ya vona ya mirhi yale hansi leswi vangaku ku vanga hlaseriwa hi COVID-19
- Loko mi hanya na vuvabyi bya TB mile ka khombo rikulu ro hlaseriwa hi COVID-19. Khombo i ri kulu ngopfu loko mi ri na xitsongwatsongwana xa HIV kumbe chukele

### NI NGA KUMA COVID-19 LOKO NI NWA MAPHILISI YA TB?

- Ina, ku nwa maphilisi ya TB a swi endli ku ri minga hlaseriwa hi xitsongwatsongwana xa COVID-19
- Mi fanele mi tshama mi bhasile kuti sirhelela
- Mi ngaha kuma swikombiso leswi ntshwa kumbe kuva swi nyanya swikombiso swa xitsongwatsongwana lexi. Loko swo endleka kumani ku pfuniwa e kliniki



### XANA MBUYELO WO HETA MAPHILISI YA TB IYINI?

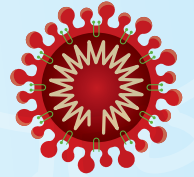
- Ku n'wa maphilisi ya TB mi ya heta swi horisa TB. Kutani vuswikoti bya mirhi ku lwisana na mavabyi yo fana na COVID-19 switava na matimba. **Leswi swita pfuna kuva mi hlaseriwa hi xitsongwatsongwana**

# COVID-19

KNOWLEDGE IS POWER



COVID-19 coronavirus



### XANA CORONAVIRUS KUMBE COVID-19 IYINI?

- Coronaviruses i ntlawa WA switsongwatsongwana leswi vangaku vuvabyi eka swihari na vanhu
- Eka vanhu, ntlawa wa ti coronaviruses leti tivekaku ku vanga ku tikeriwa hiku hefemula (mahawu, tinhompfu, vuvabyi bya tinhompfu (sinuses) ku suka ka mukhuhlwana wa ntolovelo ku fika eka mavabyi ma n'wana ya ngozi
- Coronavirus yi vanga vuvabyi bya Coronavirus kumbe 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



## XANA COVID-19 YI TLULELA NJANI?

- Vanhu vangaha kuma xitsongwatsongwana lexi ku suka eka vanhu lava vanga na xona
- Loko vanhu lava nga na xitsongwatsongwana lexi va khohlola, entshemula kumbe ku ahlamula va huma marha. Xitsongwatsongwana lexi xi tlulela loko rithonsi ra marha riku tlulela e non'wini, tinhompfani kumbe e matihlweni
- Mathonsi lama ya wela na le henhla ka swilo kutani un'wana angaha tluleriwa hi xitsongwatsongwana lexi xa COVID-19 loko atshika a khome swilo leswi ivi ati khoma matihlo, tinhompfu na nomu
- Marha ya munhu loyi avabyaku, kutani minga tshuki mi tirhiselana swo dya hi swona

## XANA MUNHU UN'WANA NA UN'WANA LOYI A TLULERIWAKU HI XITSONGWATSONGWANA LEXI ULE KA KHOMBO LERI KULU KE?

- E-e
- Xitsongwatsongwana lexi xi nga tlulela munhu un'wana na un'wana kambe vanhu lava nga na masocha ya mirhi lawa ya kalaku matimba, vadyuhari na vana lavantsongo hi vona va nga ka khombo leri kulu kuva xitsongwatsongwana lexi xiva hlasela swinene
- Vanhu van'wana va tluleriwa hi xitsongwatsongwana lexi kambe va ngavi na swikombiso kumbe ku ka vanga ti twi kahle e mirhini
- Vanhu vo tala (ku fika ka makume nhungu wa ti percent) va hola eka vu vabyi lebyi swinga bohangi vtshunguri lebyo hlawuleka
- Un'we eka ntsevu wa vanhu lava va hlaseriweke hi COVID-19 angaha hlaseriwa swinene athela a va na ku tikeriwa hiku hefemula

## SWIKOMBISO SWA COVID-19

- Vanhu vo tala lava nga tluleriwa hi xitsongwatsongwana lexi va twa kuvava nyana ivi va hola, kambe swinga nyanya eka van'wana
- Swikombiso swin'wana swingava:
  - Ku hisa mirhi
  - Xikhohlola xo oma
  - Ku karhala, kumbe
  - Ku helela hi moya
- Van'wana va vabyi vangaha twa swivavi, ku pfaleka tinhompfu, ku huma marhimila, ku vava e nkolweni kumbe ku chuluka



## XANA NI FANELE KU ENDLA YINI LOKO NI EHLEKETA KURI NI TLULERIWILE HI XITSONGWATSONGWANA LEXI?

- Mi fanele ku ti pfalela. Leswi swi vula ku tshama kaya loko minga ti twi kahle mi tshama kule na vanhu vaka n'wina. Mingaha ti pfalela hiku hambana na vanhu va mughanga wa ka n'wina
- Loko mi ehleketa leswaku mi ti hlanganise kumbe ku tluleriwa hi xitsongwatsongwana lexi, ma lemukisiwa ku tshama kaya miti pfalela (mi sirhelela va le kaya) ku ringana khume mune (14) wa masiku
- Loko mi hisa mirhi, mi huma marhimila, mi khohlola kumbe mi tikeriwa hiku hefemula, kumani ku pfuniwa hi muongori hi xihatla
- Loko mi khohlola kumbe ku entshemula, ti pfaleni nomu na tinhompfu hi xikokolo kumbe tissue ivi mi lahla tissue e toilet kumbe aghodini
- Tirhisani ti mask loko miri na swikombiso swa COVID-19



## I VA MANI LAVA NGA LE KA KHOMBO NGOPFU KU TLULERIWA HI COVID-19?

- Vadyuhari
- Vanhu lava nga na vuvabyi byo fana na chukele, high blood, TB, HIV/AIDS kumbe lava masocha ya vona ya ngariku na matimba
- Khombo ri lawula hi la unga kona, na leswaku COVID-19 yi le ku haxekeni ku fika kwini



## MINGA TI SIRHELELA NJANI E KU TLULERIWENI? AKUNA NSAWUTISO LOWU NGA KONA EKA NKARHI WA SWESWI, KAMBE MI NGA SIVELA KU TLULERIWA TINDLELA LETI:

- Hlambani mavoko nkarhi hinkwawo ku ringana makume mbirhi (20) wa ti sekeni hi xisibhi na mati, hlamba ni e mahlweni, ndzhaku, xikarhi ka tintiho na le xikarhi ka minwala. Hlambani mavoko hi nkarhi hi nkawo
- Hlambani mavoko hi sanitizer nay ova na makume ntsevu (60) wa ti percent ta byala (alcohol) loko xisibhi xi ngari kona
- Hambanani no khoma matihlo, tinhompfu kumbe nomu
- Hambanani no khomana na vanhu lava va vabyaku hiku yima kule ku ringana mitara yin'we
- Hambanani no dya swin'we kumbe ku tirhiselana swo dya tani hi loko xitsongwatsongwana xi ngaha tlulela eka mikwana, tiforoko, malepula na ti straws
- Loko mi ehleketa ku ndhawu yingava yi ri na xitsongwatsongwana, yi basiseni hiswo basisa ku dlaya xitsongwatsongwana.
- Xitsongwatsongwana xi hanya ehenhla ka swilo ku ringana ti awara kumbe masiku

**14**  
WA MASIKU  
KUTI PFALELA



## XANA INKARHI WO FIKA KWINI KU SUKA LOKO MI TLULERIWILE KU FIKA LOKO MI SUNGULA KU VONA SWIKOMBISO SWA COVID-19?

- Lowu inkarhi wo suka loko mi tluleriwile ku fika loko mi sungula ku vona swikombiso swa vuvabyi
- Nkarhi lowu wu sukele aka mbirhi (2) ku fika eka khume mune (14) wa masiku, vanhu van'wana swi va talele ku tikombisa eka nthanu (5) wa masiku

**80%**

wa vanhu va HOLA vanga lavangi vu ongori byo hlawuleka



**2-14**  
WA MASIKU

ku suka loko mi tluleriwile ku fika loko mi sungula ku vona swikombiso

## INA KUMBE E-E EKA COVID-19

	INA	E-E
Xana ku ti haxa hi byala mirhi hinkwawo swa dlaya xitsongwatsongwana?		X
Xana mirhi yo dlaya switsongwatsongwana (antibiotics) ya swikota ku sivela no horisa vuvabyi lebyi?		X
Xana ku hlamba hi mati yo hisa swa sivela ku tluleriwa hi xitsongwatsongwana?		X
Xana xirhami xa dlaya xitsongwatsongwana?		X
Xana kudya xinyalana (garlic) swa sivela ku tluleriwa hi xitsongwatsongwana?		X
Xana swo omisa mavoko swa dlaya xitsongwatsongwana?		X
Xana xitsongwatsongwana lexi xa tlulela la ku hisaku kumbe ku titimelaku?	X	
Xana tinsuna ta tlulerisa xitsongwatsongwana lexi?		X
Xana ku ti hlantswa tinhompfu hi mati ya munyu swa sivela ku tluleriwa hi COVID-19?		X
Xana nsawutiso wa mukhuhlwana wa sivela eka COVID-19?		X

## XANA MINGA KUMA KU PFUNIWA NJANI HI SWA VUONGORI EKA COVID-19?

- Belani riqingo e kliniki kumbe eka muongori wa n'wina mi ngasi ya fika kona ku va hlamusela hi swikombiso, maendzo, na ku va swigava swi endlekile ku va mihlangane na munhu loyi anga vaku a ri na xitsongwatsongwana lexi
- Loko miya kliniki, ti pfaleni nomu na tinhompfu hi mhofulana, thawula, kumbe mask ivi mi hlamusela muongori hi xihatla loko mi fika
- Loko mi kamberiwile swi kumeka ku mina xona xitsongwatsongwana lexi kumbe swi ehleketswiriwa ku mina xona, mingaha yisiwa e ndhawini leyi mingata ka minga hlangani na munhu loyi angariki na xona xitsongwatsongwana ku ringana masiku ya khume mune