

## HIV AND COVID-19

### GO BOTLHOKWA GO LE GOKAE GORE O DIRE TEKÔ YA MOGARE WA HIV MABAPI LE COVID-19?

- Batho ba masole a mmele a a gatelegileng ka lebaka la mogare wa HIV ba mo kotsing ya go tshwaetsega ka mogare wa Corona
- Kgatelelo ya masole a mmele e bakwa ke malwetse a a jaaka bolwetse jwa mafatla, jwa panyeletso ya madi a a tthatlogileng, jwa sukiri le kankere, go bala a mangwe
- Fa o na le mangwe a malwetse a, dira teko ya mogare wa HIV gompiano gore o simolole melemo gônê fêla foo

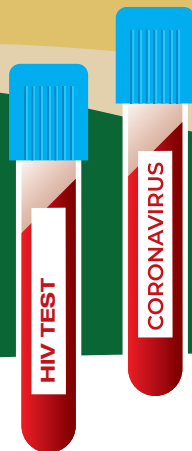


### MOSOLA WA MELEMO YA MOGARE WA HIV KE OFE?

- Mogare wa AIDS o a fokotsega mo mmeleng fa o nwa pilisi e le nngwe fela letsatsi lengwe le lengwe ka fa go tshwanetseng
- Fa mogare wa HIV o oketsega, o koafatsa masole a mmele
- Fa mogare wa HIV o fokotsega, masole a mmele a oketsega, ka moo mmele wa gago o kgona go lwantsha megare e e tshwanang le COVID-19

### KE AMOGELA JANG DI ARV TSA ME?

- Fa e le gore o nwa di ARV tsa gago jaaka go tshwanetse, ga go tlhokege gore o di amogele kwa kokelwaneng ka metlha yotlhe
- Botsa kwa kokelwaneng ya gago ka dituelo tsa go amogela di ARV tsa gago ka mokgwa mongwe gore menyetla ya go tshwaetsega ke mogare wa COVID-19 e fokotsege
- Fa o tlhoka thuso, letsetsa nomoro ya thuso ya HIV



## COVID-19 LE TB

### TB LE COVID-19 DI AMANA JANG?

- Batho baba nang le bolwetse jwa TB ba ka nna le masole a mmele a a gatelegileng, ka jalo bo mo kotsing ya go tshwaetsega ka mogare wa COVID-19
- Fa o nale bolwetse jwa TB, o mo kotsing ya gore o nne le matshao a a tseneletseng a mogare wa COVID-19. Kotsi e, e a oketsega fa o na le mogare wa HIV kana bolwetse jwa sukiri

### A NKA TSHWAETSEGA KA MOGARE WA COVID-19 KE NTSE KE NWA MELEMO YA TB?

- Ee, o ka tshwaetsega ke mogare wa COVID-19 o ntse o nwa melemo ya TB
- O tshwanetse go obamela melao ya phepafatso go iphemela
- O ka nna le matshao a maša kgotsa a o nang le one a tsenelela. Fa se se ka diragala, bolelela modiredi pholo mo tikologong ya gago ka bonako

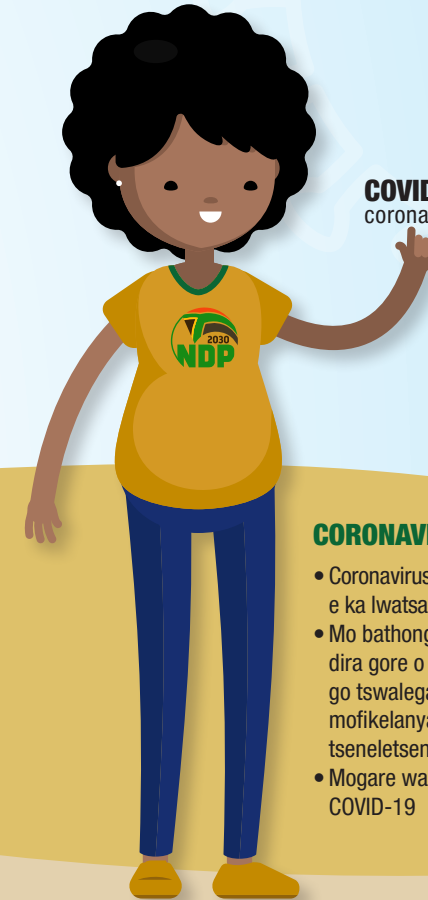


### MOSOLA WA GO NWA MELEMO YA TB GO FITLHA TUMELANO E FELA KE OFE?

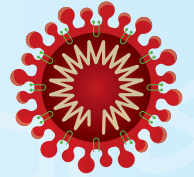
- Fa o nwa melemo ya TB go fitlhela tumelano e fela mosola ke gore TB e a fola. Bokgoni ba gore mmele o lwantshe megare e tshwanang le COVID-19 bo a oketsega. **Tse di tla fokotsa kotsi ya gore o tshwaetsega ka megare**

# COVID-19

## KNOWLEDGE IS POWER



COVID-19 coronavirus



### CORONAVIRUS KE ENG?

- Coronavirus ke karolo ya megare e mentsi e ka lwatsang diphologolo kgotsa batho
- Mo bathong, megare mengwe e ka dira gore o tshwarwe ke mafatla (le go tswalega dinko) E ka simolola e le mofikelanyana go ya go bolwetse bo bo tseneletseng
- Mogare wa Corona o baka bolwetse jwa 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



## COVID-19 E PHATLALLA JANG?

- Batho ba ka tshwarwa ke bolwetse ba tshwaetswa ke ba ba nang le megare e
- Fa motho o lwalang a gotlhola, a ethimola kgotsa a hema, gotswa dithanthanyane tsa mathe. Megare e ephatlalla fa dithanthanyane tse di tsena mo molomong, mo dinkong kgotsa mo matlhong a gago
- Fa dithanthanyane tse di ka wela mo lefelong mme motho mongwe a bo a tshwara lefelo leo, a bo a itshwara melomo, dinko kgotsa matlho, a ka tshwaetsega ke mogare wa COVID-19
- Mathe a motho o lwalang, o seke wa dirisa dijana tsa gage tsa gojela

## A MONGWE LE MONGWE O TSHWARWANG KE BOLWETSE O TLA LWALA NA?



- Nyaa
- Mogare o, o ka tshwara mang kapa mang fela ba masole a mmele a a bokowa, bagodi le bana ba na le sebaka se segolo sa go lwala thata
- Bangwe ba tshwaetsega fela, ga ba bontshe matshwao kgotsa go ikutlwa ba lwala
- Bontsi go fitlha go 80% bafola ba sa tloke kalafo ya bothokwa
- Mo gare ga baleng 6 ba tshwaetsegileng, mongwe wa bona o tla lwala thata a be a felelwe ke moya

## KE TSHWANETSE GO DIRA ENG FA KE BELAELA GORE KE TSHWAETSEGILE

- Ke tshwanetse go ithaola mo go ba bangwe go. E raya gore nna ko gae fa o sa ikutiwe sentle, le se ke la atamelana gaufi kwa gae. Ikgatolose mo go baagisane
- Fa o nagana gore okabe o upulegile mo mogareng mo eleng gore o kabe o tshwaetsegile, nna ko gae o be o ithaole mo bathong ko gae malatsi a le 14
- Fa o ikutlwa o fisa, o na le tshologo ya mamina, go gotlhola le go fellwa ke moya, batla thuso ya kalafi ka bonako
- Fa o gotlhola kgotsa o ethimola, khurumetsa molomo le nko ya gago ka sekono sa letsogo la gago kgotsa pampiri ya go mina. E lathele mo matlakaleng kgotsa mo ntlwaneng ya boithusetso
- Dirisa sesira-sefatlhego fa o na le matshwao a COVID-19 fa o sa kgone go ithaola



## KE BO MANG BA BA LENG MO KOTSING YA GO TSHWARWA KE BOLWETSE JWA COVID-19?

- Batho ba ba godileng
- Batho ba ba nang le malwetse a mangwe go tshwana le: (bolwetse jwa sukiri, panyeletso ya madi e e tthatlogileng, bolwetse jwa mafatla, kgotsa masole a mmele a a bokowa)
- Kotsi e e feteletswa go ke gore o kwa kae, bogolo fa o le mo bofelong jo bo nang le bolwetse teng. Tlhokomela maemo a kwa o batlang go etela teng pele o eta

## E TLHADLE MATSATSI A

14



80%  
ba fola  
ba sa tloke  
kalafo e e  
bothokwa

## GO TSAYA LEBAKA LE LE KAE GO ELAMA BOLWETSI JWA COVID-19?

- Go raya gore nako e o etsayang fa o tshwaetsega go fitlha o bontsha matshwao a bolwetse
- E ka tsaya nako ya 2-14 ya matsatsi, fela bontsi bo simolla go bontsha matshwao ka letsatsi la bo 5



GO TSAYA  
MALATSII A  
2-14  
GO ELAMA

## MATSHWAO A COVID-19

- Bontsi jwa batho ba ba tshwaetsegileng ba ka se ikutiwe sentlenyana go be go feta, fela bangwe ba ka lwala go tseneletse
- Matshwao a a tiwaelegileng ke:

- Phiso ya mmele
- Go gotlhola go go omileng
- Go lapa, le
- Go felelwa ke moya

- Ba bangwe ba ka tshwarwa ke ditlhabi tsa mmele, thibano ya dinko, go elela mamina, kgokgotso e bothoko le letshollo



## O IKGATOLOSA JANG GORE O SEKE WA TSHWAETSEGA? MO NAKONG YA JANONG GA GO NA MOENTO, FELA O KA ITSHIRELETSA MO TSHWAETSONONG KA GO DIRA TSE DI LATELANG:

- Tlhapa matsogo metsotswana e 20 o dirise sesepa le metsi. Tlhapa kwa morago ga letsogo, kwa pele, menwana, le ka motlase ga dinala. Tlhapa matsogo pele oja ka dinako tsotlhe
- Dirisa setlolo sa se diretsweng go go sireletsa mo mogareng fa sesepa le metsi di seyo
- Tlogela go itshwara nko, matlho le molomo
- Tlhokomela gore go nne le sebaka sa 1 mmithara gare ga gago le batho ba ba lwalang
- Fa o nagana gore lefelo kgotsa sengwe se tshwaetsegile, se phepatatse ka sebolaya-megare. Mogare o tshela fa lefelong diuranyana tse mmalwa kgotsa o ka tshela matsatsi a mmalwa
- Dirisa sesira-sefatlhego fa o tlhokometse mongwe o o naleng matshwao a COVID-19

## EE KGOTSA NYAA KA COVID-19

	EE	NYAA
Fa ke ikgasa ka sebolaya-megare mmele o tlohe, mogare wa COVID-19 o tla swa?		X
Melemo e e bolayang megare e a sireletsa le go alafa mogare wa COVID-19?		X
A go tlhapa mmele ka metsi a go tsa go bolaya mogare wa COVID-19?		X
A maemo a legodimo a tsididi a bolaya mogare wa COVID-19?		X
A goja kowofolo go ntshireletsa mo tshwaetsong ya mogare?		X
A motshine wa go omisa moriri o kgona go bolaya mogare?		X
A mogare o kgona go tshwaetsega fa maemo a legodimo a fisa le phefo e le bokgola	X	
A mogare wa COVID-19 o ka phatlalatswa ke monang?		X
A go tsokotsa nko ka metsi a letswai go sireletsa tshwaetso ya mogare		X
A moento wa moikela o sireletsa tshwaetso ya COVID-19		X

## O BATLA JANG THUSO YA LEFelo LA KALAFI

- Letsetsa kokelwano kgotsa ngaka o ba bolelele ka matshwao, kwa okileng wa etela teng kgotsa kopano le batho ba o nagang gore ba tshwaetsegileng ka mogare wa COVID-19
- Fa o ya kwa kokelwanong, tswalla molomo le nko ka sekafo, toulou kgotsa sesira-sefatlhego mme fa o fitlha, o bolelele modiredi wa boitekanelo gona fela foo ka matshwao a o nang le one
- Fa e le gore dipelo tsa gago di re o tshwaetsegile kgotsa ga o itse dipholo tsa gago, o ka kopiwa go re o ye kwa kokelwanong fa ba tla go tlaolang mo bathong matsatsi a le 14