

UGAWULAYO NE COVID 19

KUBALULEKE NGANTONI UKUVAVANYELWA I HIV NGELIXESHA LE COVID-19?

- Abantu abangakhuselekanga kakuhle emzimbeni ngenxa ye HIV basemngciphekweni wokufumana intsholongwane ye Corona
- Ukhuseleko lomzimba olungomelelanga lungabangwa zingxaki zokuphefumla, i Hypertension, isifo seswekile okanye isifo somhlaza
- Ukuba unesinye sezizifo, vavanyelwa I HIV namhlanje uze uqalise ukuthatha unyango kwangoku

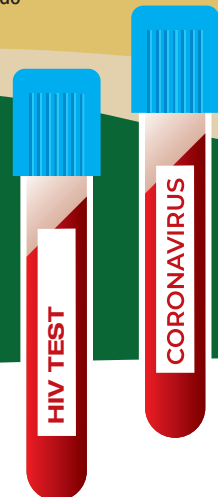


ZEZIPHI INZUZO ZE ARVS KWIXESHA LE COVID-19?

- Ukuthatha ipilisi enye ngemini (ARVs) ngaphandle kokuphosa kunqanda intsholongwane ingandi, kugqibele lehlile inani layo
- Ukwanda kwe HIV emzimbeni kwehlisa ukhuseleko lomzimba
- Xa I HIV yehlile, umzimba ufumana ithuba lokwakha amajoni anokwazi ukulwa nezifo ezifana ne COVID-19

UKULANDA I ARVS

- Ukuba ulungele imfuneko ezithile, kunokungafuneki ukuba ulande i ARVs zakho ekliniki
- Ungazilanda ekuhlaleni kwindawo efikelelekayo kuwe
- Buza malunga nalenzuzo ekliniki yakho ngoba inokukunceda unghlangani namntu one COVID-19
- Nceda utsalele kumnxeba we 'AIDS HELPLINE' ukuba ufuna uncedo



I TB KUNYE NE COVID-19

LUYINTONI UNXIBELELWANO PHAKATHI KWE TB NE COVID-19?

- Abantu abane TB banganokhuseleko lomzimba olunkenekene babesesichengeni sokosuleleka nge COVID-19
- Ukuba unesifo se TB usesichengeni sokuba neempawu ezinobungozi ze COVID-19. Isichenge singaphezulu ukuba unentsholongwane ye HIV okanye unesifo seswekile

NDIFUNYANISWE NDSULELEKE NGE TB KODWA NNDINGAZIMPAPU. INGABA NDISEMNGCIPHEKWE NI WOKUBA NE COVID-19?

- Ewe, ungosuleleka nge COVID-19 ngethuba uthabatha amayeza e TB
- Ziqhelise ukuhlala ucocekile ngamaxesha onke
- Ungaba neempawu ezintsha, okanye iimpawu obufudula unazo zingenelele. Ukuba kuyenzeka oku chazela unompilo wakho



ZIZIPHI IINGENOLO ENDINOKUZIFUMANA EKUTHATHENI UNYANGO LWE TB NGOKUPHELELEYO?

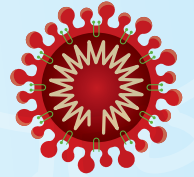
- Ukuthatha amayeza e TB ngokupheleleyo luyasinyanga isifo se TB. Ubuchule bomzimba ekulweni izifo ezifana ne COVID-19 buyakongezeleleka. **Oku kuyakuphungula ingozi yokwesuleleka**

COVID-19

KNOWLEDGE IS POWER



COVID-19 coronavirus



YINTONI NA INTSHOLONGWANE YE CORONA OKANYE COVID-19?

- Intsholongwane ye Corona ikwiqela elikhulu leentsholongwane ezingabangela izigulo kwizilwanyana nasebantwini
- Ebantwini, iintsholongwane ezilineni ze Corona zibanga usuleleko emiphungeni, nasezimpumleni
- Intsholongwane ye Corona ibanga isifo se Corona okanye 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



ISABALALA NJANI I COVID-19?

- Abantu bangafumana i COVID-19 kubanye abanayo
- Xa umntu ogulayo ekhohlela, ethimla okanye ephefumla amathontsana. Intsholongwane isabalala xa la mathontsana angena emlonyeni wakho, ezimpumleni okanye emehlweni
- Amathontsana angawela ezintweni okanye endaweni, aze omnye umntu obambe ezozinto okanye iindawo afumane i COVID-19
- Amathe omntu ogulayo, ningabelani ngezixhobo zokutya

INGABA WONKE UMNTO OFUMANA LE NTSHOLONGWANE UYE AGULE KAKHULU NA?



- Hayi
- Le ntsholongwane ingafunyanwa noba ngubani na onokhuseleko lomzimba oluphantsi. Abantu abadala nabantwana banethuba elikhulu lokuphatwa zingxaki zokuphefumla
- Abanye bayosuleleka kodwa bangabi nazimpawu futhi bangaguli
- Abantu abamalunga ne 80 kwikhulu (80%) bayachacha ngaphandle kokufumana unyango olukhethekileyo
- Umntu omnye kwabathandathu abafumana i COVID-19 ugula kakhulu abe nokuphefumla kanzima

NDENZE NTONI XA NDIRHANELA UKUBA NDSULELEKILE?

- Kufanele uzicine bucala ngokwakho. Oku kuthetha ukuba uyohlala ekhaya xa uziva ungaphilanga, uhlalele kude nabanye ekhaya. Usengazikhethela ukuhlala bucala ngokungadibani nabanye abantu basekuhlaleni
- Xa ukrokrela ukuba ubesesichengeni salentsholongwane okanye wesulelekile, ucetyiswa ukuba uhlale ekhaya kwaye uzicine bucala (ungahlangani nabanye abantu ekhaya) ithuba lentsuku eziyi 14
- Xa unesifuthu-futhu, iimpumlo ezivuzayo, ukhohlo-khohlo, ubunzima bokuphefumla, funa uncedo ngokukhawuezileyo
- Xa ukhohlela okanye uthimla, gubungela umlomo nempumlo yakho ngengqiniba oyigobileyo okanye i 'tissue' wandule ulahle i 'tissue' emgqomeni okanye ngasese
- Sebenzisa isigqubuthelo sobuso xa uneempawu ze COVID-19 xa ungenakho ukuzicina bucala



NGUBANI OSEMGQIPHEKWENI OMKHULU WOKOSULELWA YI COVID-19?

- Abantu ababukhula/abadala
- Abantu abanezinye izifo (isifo seswekile, i hypertension, i TB, intsholongwane ka gawulayo/ugawulayo okanye abanokhuseleko oluphantsi emzimbeni
- Ungcipheko luxhomekeka ekubeni undawoni na, ekubeni kukho i COVID 19 kweloxesha na. Qaphela imeko apho ukhoyo nalapho uzimesele ukuya khona

IIMPAWU ZE COVID-19

- Abantu abaninzi abosulelekayo baphathwa kukugula okugqhelekileyo baphinde babengcono, kodwa ukugula kungaba mandundu kwabanye
- Iimpawu eziqhelekileyo zezi:

- Ubushushu bomzimba
- Ukhohlo-khohlo olomileyo
- Ukudinwa
- Ukuphelelwa ngumoya

- Ezinye izigulane zingeva iintlungu, ukuxinana kweempumlo, ukuvuza kweempumlo, umqala obuhlungu okanye ukuhambisa kwesisu



UNGAKUTHINTELA NJANI UKOSULELEKA

AKUKABIKHO UKUGONYELWA ESISIFO KODWA, UGAKUTHINTELA UKOSULELEKA NGOKU:

- Hlamba izandla zakho rhoqo imizuzwana eyi-20 ngamanzi nesepha. Hlamba umphambili, umva, ngaphakathi kweminwe nangaphantsi kweenzipho. Hlamba izandla njalo ngaphambi kokuba utye
- Sebenzisa ulwelo olugutyulayo olune 'alcohol' engu 60% xa kungekho manzi nasepha
- Thintela ukuphatha amehlo, impumlo okanye umlomo wakho
- Lumkela ukuba kufutshane nabantu abagulayo ngokuba kude nabo nge 1.5 ukuya kwi 2 metres
- Ungabelani ngokutya nangezixhobo zokutya ngoba iintsholongwane zingagqithiselwa kwiimela, iifolokhwe, amacephe ne 'straws'
- Xa ucinga ukuba indawo okanye into yosulelekile, yicoce ngesibulala zintsholongwane. Le ntsholongwane iphila iqela leeyure okanye iintsuku endaweni
- Sebenzisa isigqubuthelo sobuso xa ulolonga abantu abaneempawu ze COVID-19

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IINTSUKU ZIZIGCINE BUCALA



80%

IYACHACHA ngaphandle kokufumana unyango olukhethekileyo

LINGAKANANI IXESHA LOKUQANDUSELA LE COVID-19?

- Eli lixesha ukusukela ekungeneni kwegciwane nasekuqaleni kokuvela kweempawu zokugula
- Ukusukela kwintsuku eziyi 2-14, abantu abaninzi baqala ukuvela iimpawu ngosulu lwesihlanu



2-14 IINTSUKU ZOKUQANDUSELA

PHENPULA 'EWE' OKANYE 'HAYI' MALUNGA NE COVID-19

	EWE	HAYI
Ingaba ukutshiza umzimba wam wonke nge 'alcohol' ungayibulala lentsholongwane?		X
Ingaba amayeza athintela intsholongwane angayithintela okanye ayinyange le intsholongwane?		X
Ingaba ukungena kwibhafu yamanzi ashushu kungandikhusela kule ntsholongwane?		X
Isimo sezulu esibandayo singayibulala na le ntsholongwane?		X
Ingaba ukutya i 'garlic' kungandikhusela ekufumaneni lentsholongwane?		X
Ingaba amatshini abomisa izandla bangayibulala na lentsholongwane?		X
Ingaba lentsholongwane ingagqithiswa sisimo sezulu esibandayo okanye esishushu?	X	
Iingcongoni zingayigqithisa na i COVID-19?		X
Ingaba ukuhlamba iimpumlo ngamanzi anetyuwa kungakhusela ekufumaneni i COVID-19?		X
Ingaba ukugonyelwa umkhuhlane kungandikhusela ekufumaneni i COVID-19?		X

UNGAYIFUMANA NJANI INGQALELO YEZEMPILO YE COVID19

- Tsalela ikliniki okanye uGqirha wakho ngaphambi kokuba uye, ubachazele ngeempawu zakho, iindawo okhe wazindwendwela okanye uqhagamshelwano lwakho nomntu one COVID 19
- Xa uya ekliniki, vala umlomo nempumlo nge sikhafu, itowel okanye isigqubuthelo sobuso, uxelele unompilo kwamsinyane xa ufika ekliniki ngeempawu onazo
- Ukuba ufuyenwe une COVID 19 okanye awuqinisekanga ngesimo sakho, ungacelwa ukuba uye kwiziko lempilo, apho ungenakuhlalanga namntu ongasulelekanga khona intsuku eziyi 14