

INGCULAZI NEGCIWANE I COVID-19

KUNGANI KUBALULEKILE UKUHLOLELWA INGCULAZI MANJE KANYE NE COVID-19?

- Abantu abanamasotsha omzimba aphansi ngenxa yesifo sengculazi basesilinganisweni esikhulu ukungenwa iCoronavirus
- Amasotsha omzimba antengantengayo enziwa izifo ezingalapheki, njengesifo sokuphefumula ukubanenhliziyo eshayo ngamandla, ushukela kanye nesifo somhlaza
- Umangabe unaso esinye salezizifo hamba uyohlolela isandulela ngculazi namuhlanje uzoqala imishanguzo ngokushesha



YINI IMIHLOMULO KWIMISHANGUZO NGE COVID-19?

- Ukuthatha umshanguzo (iphilisi) ARV's ngosuku ngaphandle kokudlulelwa yisikhathi kuzokwehlisa igciwane nokuvikela ingculazi ukuziphindaphinda
- Ukubaningi kwengculazi emzimbeni kubangela ukuntengantenga kwamasosha emzimbeni
- Umangabe igciwane lengculazi lehlile emzimbeni, umzimba uthola ithuba lokwenza amasosha anamandla okunciphisa amathuba okungenwa iCOVID-19

UKULANDA IMISHANGUZO YAMI

- Uma uhlangabezana nezidingo ezithile, awudingi njalo ukuthola imishanguzo emtholampilo
- Ungathola emphakathini endaweni evumelana nawe
- Buza emtholampilo ngezinzuzo ezingakusiza ukunciphisa ukusondelana nomuntu osehaqwe yigciwane iCOVID-19
- Fonela ucingo lweAIDS ucele usizo kubona

ISIFO SOFUBA KANYE NECOVID-19

YINI EXHUMANISA ISIFO SOFUBA KANYE NE COVID-19?

- Uma unesifo sofuba maningi amathuba ukusuleleka ngegciwane iCOVID-19 uma unesifo samaphaphu, nesifo sofuba ukulimala emaphashini kuzokwandisa amathuba okuhlaselwa iCOVID-19
- Uma unesifo sofuba usengcupheni yokuthola izimpawu ezinkulu zegciwane iCOVID-19. Ingcuphe iphezulu uma unesandulela ngculazi noma unesifo sikashukela

NINGASULELEKA NGE GCIWANE LE COVID-19 NGIBE NGITHATHA IMISHANGUZO YOFUBA?

- Ngingasuleleka nge gciwane le COVID-19 ngibe ngithatha imishanguzo yofuba
- Kumele uhlele uhlanzekile izikhathi zonke ukuzivikela
- Ungaqala izimpawu ezintsha or izimpawu zingaba ziningi. Umangabe lokhu kwenzeka bika kunompilo wakho



YINI UMVUZO WOKUQEDA IMISHANGUZO YESIFO SOFUBA?

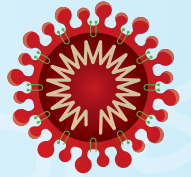
- Ukuthatha imishanguzo yofuba nokuyiqeda izokusiza ukulapha isifo sofuba. Umzimba uyakwazi ukulwa nokuthathelana kwesifo iCOVID-19 izoba nomehluko. **Lokho kuzokwehlisa ubungozi bokuthola isifo**

COVID-19

KNOWLEDGE IS POWER

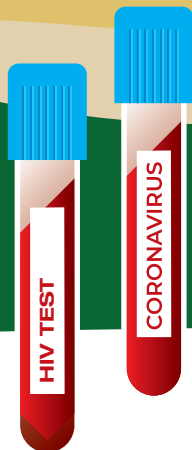


COVID-19 coronavirus



LIYINI IGCIWANE OKUTHIWA ICORONA NOMA ICOVID-19?

- Igciwane le Corona liwumndeni omkhulu ongenza ukugula ezilwaneni nasebantwini
- Ebantwini amagciwane abizwa nge Corona aziwa ngokudala inkinga ekuphefumuleni (emaphashini, emakhaleni, ukuvaleka kwamakhala) kusukela ekuphathweni umkhuhlane kuya kwizifo ezingalapheki
- Igciwane le Coronavirus lenza isifo se Corona noma iCOVID-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 KANJANI ICOVID-19?

- Umuntu angayithola iCOVID-19 kwabanye abantu asebenalo igciwane
- Umuntu ogulayo uma ekhwehlela, ethimula noma ehogela, ukhipha amaconsi amancane. Igciwane liyasabalala uma lamaconsi engena emlonyeni, ekhaleni nasemehlweni
- Amaconsi ayahlala ezintweni nasezindaweni, omunye umuntu angayithola iCOVID-19 ngokuthinta lezozinto noma kuleyondawo ebese ethinta amehlo, ikhala, nomlomo
- Amathe omuntu ogulayo ayingozi, akufanelekanga nibolekane isitsha esisodwa

INGABE WONKE UMUNTU OTHOLA LELIGCIWANE ANGAGULA KAKHULU?

- Cha
- Igciwane lingatholwa noma ngubani onamasosha omzimba angasenawo amandla, abantu asebekhulile ngokweminyaka kanye nabantwana abangaba sengcupheni yokuthola leligciwane ikakhulukazi abanekinga yokuphefumula
- Abanye liyabangena kodwa zingabi khona izimpawu bangakhombisi ukungaphili
- Iningi labantu (80%) bayalulama kulesisifo ngaphandle kokunikezwa imishanguzo ebalulekile
- Ngumuntu oyedwa kwabayisithupha othola iCOVID-19 ongagula kakhulu aqalwe inkinga yokuphefumula



KUMELE NGENZE NJANI UMA NGISOLA UKUBA SENGINGENWE YIGCIWANE?

- Kumele uzihlalele wedwa. Lokhu kusho ukuhlala ekhaya uma ungazizwa kahle emzimbeni, ungasondelani kakhulu namalunga omndeni. Ungazihlalele wedwa ungahlangani nabantu bomphakathi wakho
- Umangabe uzizwa ukuthi uke wabaseduzane nabantu abanaleligciwane kunokwenzeka ukuthi selikungenile
- Uma unomkhuhlane, nokuvuza kwamakhala, ukhwehlela, unenkinga yokuphefumula bonana nodokotela ngokushesha
- Uma ukhwehlela noma uthimula mboza umlomo kanye nekhala ngendololwane noma iphepha lokusula (tissue) ulilahle emgqomeni noma endlini encane
- Sebenzisa i mask uma unezipawu zegciwane iCOVID-19 uma ungeke ukwazi ukuhlala buqamama nabanye abantu



UBANI OSENGCUPHENI YOKUTHOLA ICOVID-19?

- Abantu abadala/asebekhulile
- Abantu abanezifo ezithile empilweni (ushukela, umfutho wegazi ophakeme, isifo sofuba, isandulela ngculazi/ingculazi noma amasosha omzimba asengozini)
- Ingcuphe yaloko ibasendaweni lapho ukhona nalapho igciwane leCOVID-19 selikhona. Qaphela isimo salapho uyakhona nalapho ufisa ukuyovakasha khona

14
IZINSUKU
eziyishuminane
uhlezi wedwa



80%
LULAMA
ngaphandle
kokudinga usizo
lwekhethelelo

ISIKHATHI ESINGAKANANI SOKUHLOLWA UBUKHONA BEGCIWANE EMZIMBENI?

- Lokhu kusho isikhathi esiphakathi kokuthola igciwane kanye nokuqala ukuthola izimpawu zaleligciwane
- Ukubonakala kwalo kuvela osukwini lokuqala kuya osukwini leshumi nane, abantu abaningi babonakala izimpawu osukwini lwesihlanu

2-14 IZINSUKU
ezimbili kuya
kweziyishuminane
zokufukanyelwa



YEBO NOMA CHA COVID-19

	YEBO	CHA
Ukufutha utshwala emzimbeni wakho wonke kuyalibulala igciwane?		X
Imithi elwa namageciwane iyasiza ukuvikela nokulapha igciwane?		X
Ukugeza ngamazwi ashisayo kungagwema ukungenwa yigciwane?		X
Ukubanda kwesimo sezulu kuyalibulala igciwane?		X
Ukudla uGarlic kuyagwema ukungenwa yigciwane?		X
iDryer yezandla lingasebenza ukubulala igciwane?		X
Igcwane lingasuleleka ekufudumaleni nasekushiseni kwezulu?	X	
Igcwane le COVID-19 lingasuleleka ngomiyane?		X
Ukugeza amakhala ngamanzi nosawoti kungavimbela ukuthola igciwane iCOVID-19		X
Ngabe ikhambi lokugomela umkhuhlane lingangivikela ekutheleleweni igciwane iCOVID-19		X

IZIMPAWU ZEGCIWANE ICOVID-19

- Abantu abangenwa igciwane baqalwa ukugula okuncane babuye balulame, kodwa kungenzeka kube kubi komunye umuntu
- Izimpawu eziywayelekile:
 - Umkhuhlane
 - Ukukhwehlela okomile
 - Ukukhathala
 - Nokunqamukelwa umoya uma uphefumula
- Ezinye iziguli ziyalunywa emzimbeni zibenezinhlungu, zivaleke emakhaleni, ukuvuza kwamakhala, zibenomphimbo obuhlungu noma ukuhanjiswa yisisu



UKUGWEMA KANJANI UKUSULELEKA?

OKWAMANJE ALIKHO IKHAMBI LOKULILAPHO KODWA UNGAKUGWEMA UKUTHELELEKA NGALO:

- Geza izandla kaningi isikhathi imizuzwana engamashumi amabili ngensipho namanzi. Geza ngaphandle nangaphakathi naphakathi kweminwe nangaphansi kwezinzipho. Geza izandla njalo ngaphambi kokudla
- Sebenzisa isivikelimagciwane esinotshwala sokugeza izandla okungenani inani elingu 60% lotshwala noma insipho namanzi umakukhona
- Gwema ukuthinta amehlo, ikhala nomlomo
- Gwema ukusondelana nabantu abagulayo okungenani ibanga eli 1 metre buqamama phakathi kwenu
- Gwema ukwabelana ngokudla nezitsha ngoba amagciwane angasulelana kwimi mese, ezimfolokweni, ezipunwini Kanye nama straws
- Uma ucabanga ukuthi ubuso bendawo bunamagciwane, buhlanze ngezibulali magciwane ukubulala igciwane
- Igciwane liphila endaweni amahora ambalwa noma izinsukwana
- Sebenzisa i-mask uma unakekela abantu ababonisa izimpawu zokuhawqa iCOVID-19

ULUFUNA KANJANI USIZO LWEZEMPILO NGALEGGIWANE?

- Shayela emtholampilo noma kudokotela ngaphambi kokuvakashela khona ubatshela ngezimpawu, ukuvakasha oke wabanakho noma ukusondelana nomuntu osehaqwe ileligciwane
- Umangabe uya emtholampilo, mboza umlomo namakhala ngesikhafu, ngethawula noma imask, wazise owezempilo ngokushesha uma ufika ngezimpawu onazo
- Uma imphumela iqinisekisa ukubakhona kwegciwane noma ingakaqinisekisi ungacelwa uye emtholampilo oseduzane lapho ungeke uvunyelwe ukuthintana nabantu abangakatheleleki igciwane okungenani izinsuku eziyishumi nane