



STAY
HOME

SAVE SOUTH AFRICA



WHAT YOU NEED TO KNOW ABOUT **CORONAVIRUS (COVID-19)**



REPUBLIC OF SOUTH AFRICA



On 31 December 2019, the World Health Organization (WHO) reported a cluster of pneumonia cases in Wuhan City, China. 'Severe Acute Respiratory Syndrome Coronavirus 2' (SARS-CoV-2) was confirmed as the causative agent of what we now know as 'Coronavirus Disease 2019' (COVID-19). Since then, the virus has spread to more than 100 countries, including South Africa.

COVID-19 is an infectious disease that is spread, directly or indirectly, from one person to another.

/// Infection:



An infected person can spread the virus to a healthy person through:

- » the eye, nose and mouth or through droplets produced on coughing or sneezing.
- » close contact with an infected person.
- » contact with contaminated surfaces, objects or personal items.

/// Symptoms:



The general symptoms include:

- » Fever
- » Cough
- » Trouble/difficulty with breathing
- » Sore throat.

/// Prevention:



To prevent the spread of the virus:

- » Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if you cannot wash your hands with water.
- » Keep a safe social distance by avoiding crowded areas or gatherings of more than 10 people.
- » Avoid close contact with people who are not feeling well.
- » Avoid touching your mouth, eyes and nose.
- » Keep at least a metre distance between yourself and anyone who is coughing or sneezing.
- » Use tissue paper when coughing and sneezing, then throw it in a bin.
- » Avoid running your hands on frequently touched surfaces such as hand rails.
- » Regularly disinfect your frequently touched objects such as cellphone, cards, car keys and keyboards.
- » Consult your doctor if not feeling well and stay at home to recover fully.
- » Use the flexed elbow, foot bump or wave to greet instead of a handshake.
- » Wear a face mask, especially the cloth face mask, when in public.

Ignore Fake News and obtain official information from:

**WWW.gov.za or
www.sacoronavirus.co.za**

or

**send the message
"Hi" to
0600 123 456 for
WhatsApp support**

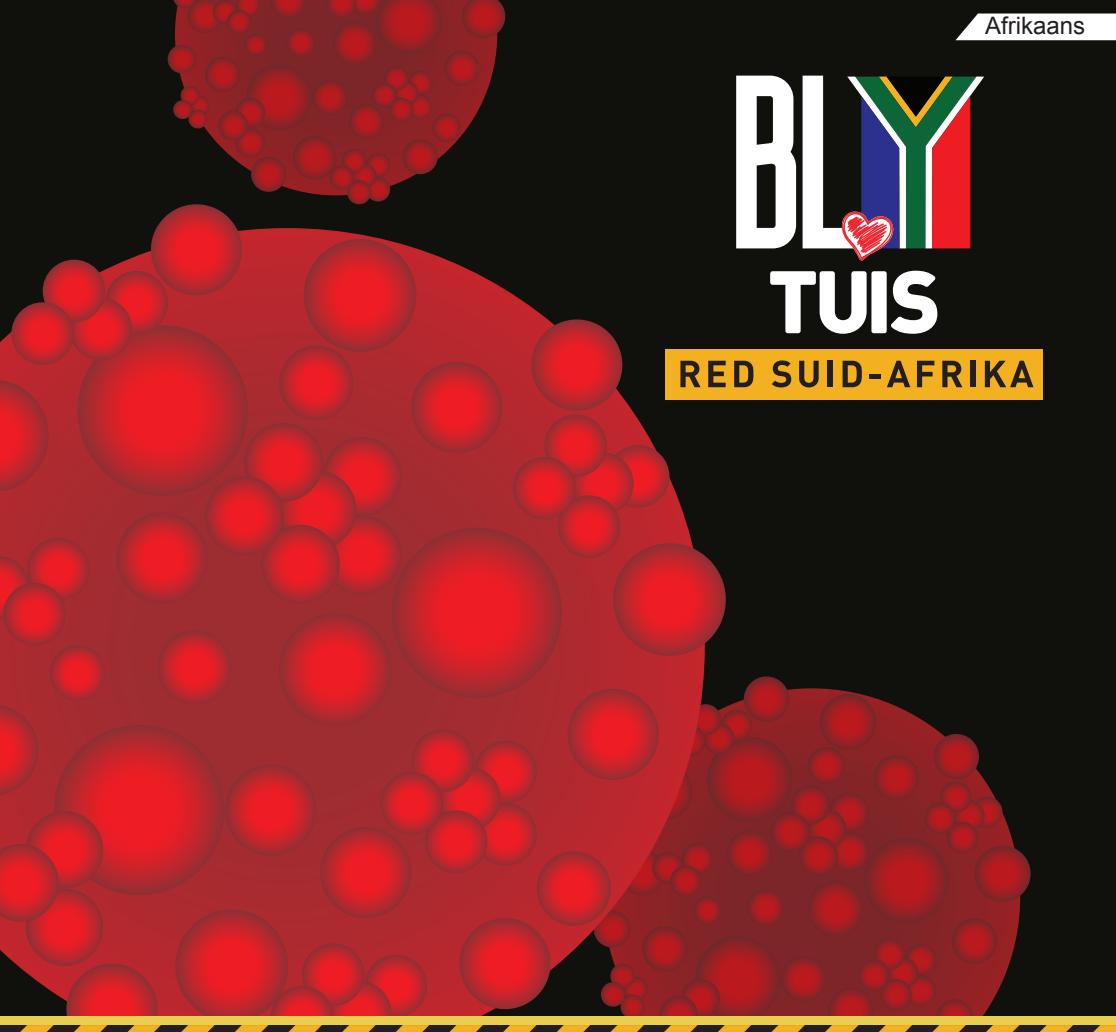
or

**call the 24-hour
toll-free hotline:
0800 029 999**





RED SUID-AFRIKA



WAT JY BEHOORT TE WEET OOR **KORONAVIRUS (COVID-19)**



REPUBLIC OF SOUTH AFRICA



Die Wêreldgesondheidsorganisasie (WGO) het op 31 Desember 2019 'n reeks gevalle van longontsteking in die stad Wuhan in China aangemeld. 'Ernstige akute respiratoriële sindroom Coronavirus 2' (SARS-CoV-2) is as die oorsaak van wat nou as 'Koronavirussiekte 2019' (Covid-19) bekend staan, bevestig. Sedertdien het die virus na meer as 100 lande, insluitend Suid-Afrika, versprei.

COVID-19 is 'n aansteeklike siekte wat, direk of indirek, van een persoon na 'n ander oorgedra word.

Infeksie:



'n Persoon wat met die virus besmet is, kan dit na 'n gesonde persoon oordra deur:

- » die oog, neus en mond of deur druppeltjies wat deur hoes of nies veroorsaak word.
- » noue kontak met 'n besmette persoon.
- » kontak met besmette oppervlakte, voorwerpe of persoonlike items.

Simptome:



Die algemene simptome sluit in:

- » Koors
- » Hoes
- » Probleme met of moeilike asemhaling
- » Seer keel.

Voorkoming:



Om die verspreiding van die virus te voorkom:

- » Was jou hande gereeld vir minstens 20 sekondes met seep en water. Gebruik 'n handontsmettingsmiddel met 'n alkoholbasis as jy nie jou hande met water kan was nie.
- » Hou 'n veilige sosiale afstand deur oorvol ruimtes of byeenkomste van meer as 10 mense te vermy.
- » Vermy noue kontak met mense wat siek voel.
- » Moenie aan jou mond, oë en neus raak nie.
- » Hou ten minste een meter afstand tussen jou en enigeen wat hoes of nies.
- » Gebruik 'n snesie wanneer jy hoes of nies, en gooi dit dan in 'n snippermandjie.
- » Vermy dit om aan oppervlakte soos handrelings, wat gereeld aangeraak word, te vat of te vryf.
- » Ontsmet voorwerpe waaraan jy gereeld vat, soos selfone, kaarte, motorsleutels en sleutelborde, gereeld.
- » Raadpleeg jou dokter as jy nie goed voel nie en bly huis om ten volle te herstel.
- » Gebruik jou gebuigde elboog, voetaanraking of wuif om te groet in plaas van 'n handdruk.
- » Dra 'n gesigmasker, veral die soort wat van lap gemaak is, in die openbaar.

Ignoreer vals nuus en kry amptelike inligting by:

Stuur 'n boodskap met die woord "Hi" aan
0600 123 456
vir WhatsApp-ondersteuning

of

Skakel die 24-uur tolvrye blitslyn:
0800 029 999

of

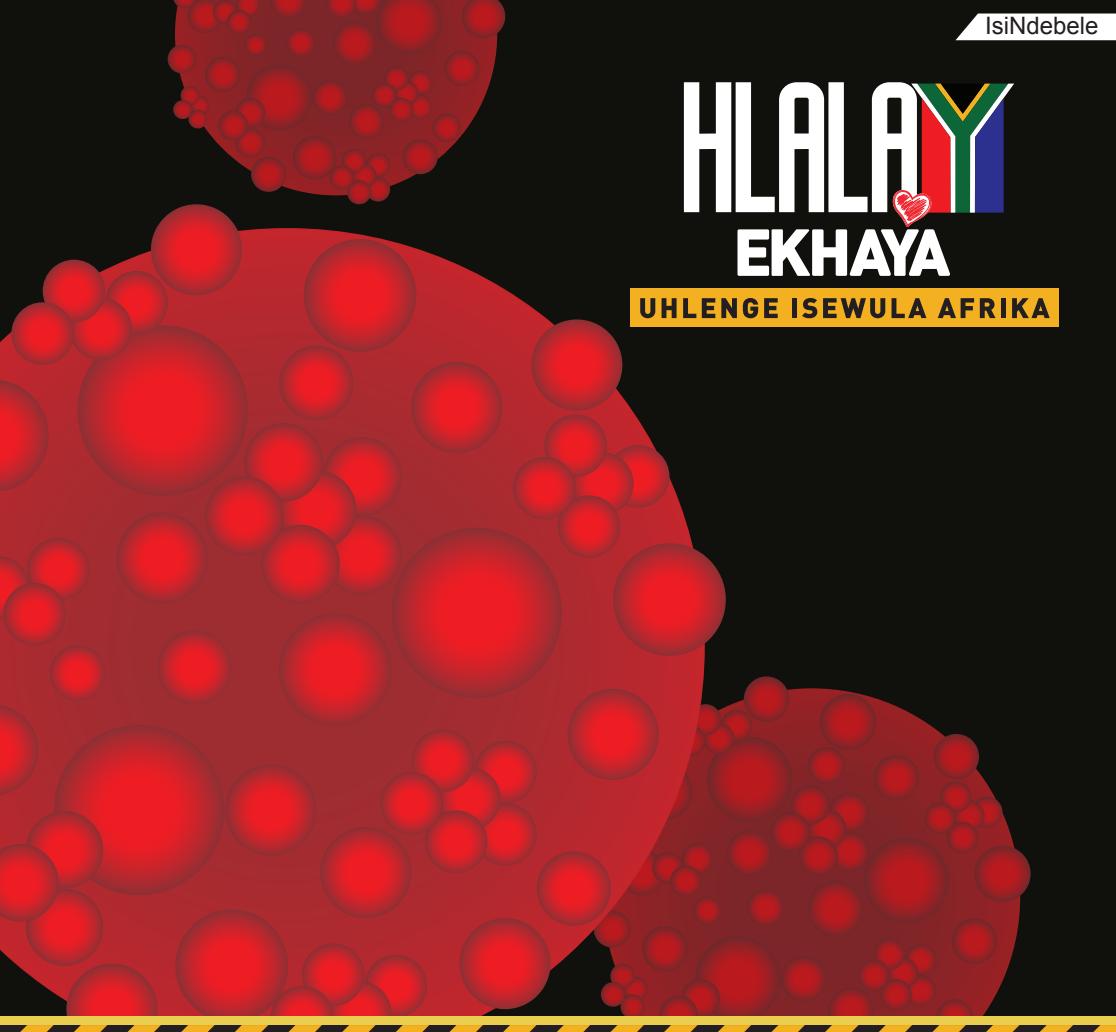
www.gov.za of
www.sacoronavirus.co.za



RED SUID-AFRIKA

HLALAYI EKHAYA

UHLENGE ISEWULA AFRIKA



OFANELE UKWAZI NGENGOGWANA **I-CORONA (I-COVID-19)**



REPUBLIC OF SOUTH AFRICA



Mhlana ama-31 kuNobayeni wee-2019, iHlangano yezamaPhilo yePhasiloke (i-WHO) yabika ngabantu abambadlwana ababehliwe yinyumoniya eDorobheni i-Wuhan ese-China. I-Severe Acute Respiratory Syndrome Coronavirus 2' (i-SARS-CoV-2) yafunyanwa bekwafakazeleka ukuthi ngyo egulisa abantu neyenza umuntu aphefumule kabudisi khulu namhlanje esele siyazi ngokuthi 'buLwele be-Corona 2019' (i-COVID-19). Ukusukela ngesikhatheso, ingogwana le seyirhatjhekele emazweni angaphezulu kwekhulu, nakubalwa hlangana neSewula Afrika.

I-COVID-19 bulwele obuthelelano, oburhatjheka ngendlela enqophileko namkha ngendlela engakanqophi, busuka emuntwi-ni buye komunye.

Ukutheleleka:



Umuntu othelelelikeko angarhatjha ingogwana le iyokungena umuntu ophilileko:

- » Ngamehlo, ngeempumulo nangomlomo namkha ngamathosana wamanzi aphuma umuntu nakakhohlelako namkha lokha nakathimulako.
- » Ngokutjhidelana khulu nomuntu onengogwana le.
- » Ngokuthinta izinto ezicaphazekileko namkha ngezinto umuntu azisebenzisela yena siqu sakhe.

Amatshwayo:



Amatshwayo ajayelekileko ngila:

- » Ifiva
- » Ukukhohlela
- » Ukuphefumula kabudisi
- » Umphimbo obuhlungu.

Ukuvikela/Ukukhandela:



Ukukhandela ukurhatjheka kwengogwana le:

- » Hlamba izandla zakho ngamanzi nesibha imizuzwana ema-20 ubuncani bakhona. Sebenzisa isihlanzekisi sezandla esine-alkhoholi nayibe akukghonakali bona uhlambe izandla zakho ngamanzi.
- » Ungatjhidelani khulu nabantu; lokho kwenze ngokubalekela iindawo ezinesiminyaminya sabantu namkha ezinabantu abangaphezulu kwetjhumi ndawonye.
- » Balekela ukuba seduze nabantu abangaziza nanyana abangakaphili kuhle.
- » Balekela ukunande uthinta umlomo, amehlo nepumulwakho.
- » Ubuncani bakhona tjhiya ibanga eliyimitha hlangana kwakho nomuntu okhohlelako namkha othimulako.
- » Zisithe ngetjhijhu nawukhohlelako nalokha uthimulako, bese uyilahlha ngemqonyini weenzibi.
- » Balekela ukukhambakhambisa izandla zakho ezintweni eziphathwaphathwa babantu abanengi ezinjengeembabemele zeentepisi.
- » Vamisa ukuhlanzekisa ngesihlanzekisi izinto ovame ukuziphatha kanengenengi, njengeselifoni, amakarada, iinkhiya zomodoro kunele namakhibodi.
- » Bonana nodorhodere nayibe awuzizwa kuhle, uhlale ekhaya bewuphole.
- » Lotjhisa abantu ngendololwana evaliweko, ngokuthintanisa ingogoriyana namkha uphakamise isandla kunobanya uqhawule.
- » Zivale ngemaski yobuso, khulu khulu eyenziwe ngetjhila, nawuhlangana nabantu.

Ungaziyeleli iindaba ezingasilo iqiniso, uzitholele iindaba zamambala neziliqiniso ngoku:

Thumela umlayezo othi:
"Hi" enomborweni ethi:

0600 123 456 khona uzakuni-kelwa isekelo nge-WhatsApp

namkha

Fowunela inomboro
yesizo lasimahla
esebenza ubusuku nemini
ethi: 0800 029 999

namkha

www.gov.za namkha ku-
www.sacoronavirus.co.za





O BOLOKE AFRIKA BORWA

SE O SWANETŠEGO GO SE
TSEBA MABAPI LE
CORONAVIRUS (COVID-19)



REPUBLIC OF SOUTH AFRICA



Ka la 31 Manthole 2019, Mokgatlo wa Maphele wa Lefase (WHO) o begile ka ga seholpha sa balwetši bao ba fetetšwego ke yumonia ka Wuhan City, China. 'Coronavirus 2 ye e Mpefetšego Kudu ya go Palediša go Hema' (SARS-CoV-2) e tiiseditšwe bjalo ka seo se bakago phetetšo ye gomme mo lebakeng le re e tseba bjalo ka 'Coronavirus Disease of 2019' (COVID-19). Go tloga ka yona nako yeo, baerase ye e phatlalalago tsa go feta tše 100, go akaretšwa le Afrika Borwa.

COVID-19 ke bolwetši bja go fetela bjo bo phatlalalago thwii goba ka tsela ye nngwe, go tloga go motho go ya go yo mongwe.

Phetetšo:



Motho yo a fetetšwego ke baerase a ka e phatlalatša go motho yo a phetšego gabotse ka:

- » mahlong, ka nkong le ka ganong goba ka marotholodi ao a tšwago ge motho a gohlola goba a ethimola.
- » go ba kgauswi kudu le motho yo a fetetšwego ke baerase.
- » go swara mafelo, dilo goba diphahlo tše motho tše di feteditšwego.

Maswao:



Maswao a a tlwaelegilego a akaretša:

- » Go fiša ga mmele
- » Go gohlola
- » Go swara boima/bothata ge o hema
- » Megolo ya go ba bohloko.

Thibelo:



Go thibela go phatlalatšwa ga baerase:

- » Hlapa diatla tše gago kgafetšakgafetša ka sesepa le meetse bonyane metsotsvana ye 20. Šomiša sanithaesa sa go ba le alekhohole ge e le gore ga o kgone go hlapa diatla tše gago ka meetse.
- » Tlogela sekgoba seo se bolokegilego magareng ga gago le batho ba bangwe ka go efoga go ba mafelong ao a tletšego ka batho goba dikgobokanong tše batho ba go feta ba 10.
- » Efoga go ba kgauswi le batho bao ba babjago.
- » Efoga go kgoma molomo, mahlo le nko.
- » Tlogela bonyane sekgoba sa metara o tee magareng ga gago le motho yo mongwe yo a gohlolago goba a ethimolago.
- » Šomiša thišu ge o gohlola le ge o ethimola, gomme o e lahlele ka motomong wa ditlakala.
- » Efoga go bea diatla tše gago mafelong ao a kgomiwago ke batho kgafetšakgafetša a go swana le maswaro a boikokotelo.
- » Hlwekiša dilo tše o di kgomago kgafetšakgafetša tše go swana le disselefoune, dikanata, dikhii tše difatanaga le dikhiiptote.
- » Bona ngaka ya gago ge e le gore ga o ikwe o phetše gabotse o dule gae gore o fole ka botlalo.
- » Šomiša setšu seo se kobilwego, pompi ya leoto goba emiše seatla ge o dumediša sebakeng sa go dumedišana ka matsogo.
- » Apara maseke wa sefahlego, kudukudu wa lešela, ge o le bathong.

Hlokologa ditaba tše Maaka o hwetše tshedimošo ya semmušo ka go:

romela molaetša wa
“Hi” go
0600 123 456
go hwetše thekgo ka
WhatsApp

goba

letšetša mogala wa
go se lefelwe wa go šoma
bošego le mosegare wa:
0800 029 999

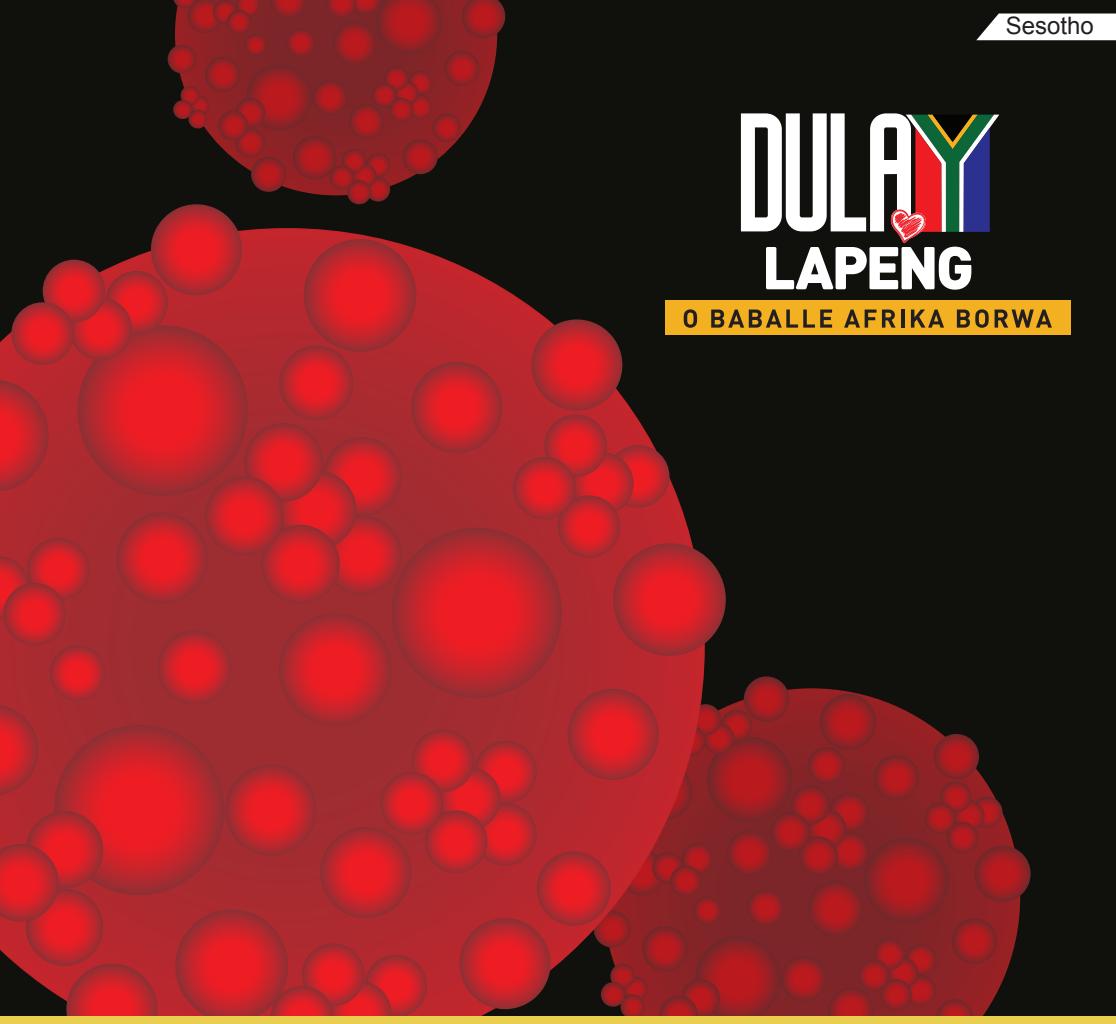
goba
etela

WWW.GOV.ZA goba
www.sacoronavirus.co.za





O BABALLE AFRIKA BORWA



SEO O TSHWANELANG HO SE TSEBA
KA KOKWANAHLOKO YA
CORONA (COVID-19)



REPUBLIC OF SOUTH AFRICA



Ka la 31 Tshitwe 2019, Mokgatlo wa Lefatshe wa Bophelo bo Botle (WHO) o ile wa etsa ditlaleho tse ngatanya-na tse amanang le bohloko ba nyumoniya Toropong e Kgolo ya Wuhan, China. 'Bohloko bo Mpefetseng ba ho Thatafallwa ke ho Phefumoloha ba Kokwanahloko ya Corona 2' (SARS-CoV-2) bo ile ba netefatswa e le bona sesosa sa seo re seng re se tseba e le Bohloko ba kokwanahloko ya Corona ba 2019' (COVID-19). Haesale ho tloha ka nako eo, kokwanahloko ena e nametse dinaheng tse kahodimo ho 100, ho akga le Afrika Borwa.

COVID-19 ke bohloko bo tshwaetsang bo atang ka kotlolohlo kapa e se ka kotlolohlo, ho tloha mothong e mong ho ya ho e mong.

Tshwaetso:



Motho ya tshwaetsehileng a ka fetisetsa kokwanahloko ena mothong e mong ka ho e kenya ka:

- » leihlo, tsebe le molomo kapa ka marothodinyana a tswang ha motho a kgohlela kapa a thimola.
- » ho atamelana haholo le motho ya tshwaetsehileng.
- » ho ama bokahodimo ba dibaka tse fapaneng, le dintho kapa disebediswa tse khenathetseng kokwana-hloko ena.

Matshwao:



Matshwao a tsebisahalang a akga:

- » Feberu
- » Ho hohlola
- » Ho thatafallwa ke ho hema
- » Mmetso o bohloko.

Thibelo:



Ho thibela ho ata ha kokwanahloko ena:

- » Hatela matsoho kgafetsa ka sesepa le metsi ka bonnyane ba metsotswana e 20. Sebedisa sebolayadikokwanahloko sa matsoho se nang le alkhohole haeba o sa kgone ho hatela ka metsi.
- » Siya sebaka se seholwanyane dipakeng tsa hao le batho ba bang ka hore o qobe dibaka tse subuhlellaneng batho kapa dikgobokano tsa batho ba kahodimo ho 10.
- » Qoba ho atamelana haholo le batho ba kulang.
- » Qoba ho itshwaratshwara molomo, mahlo le nko.
- » Siya sebaka se ka etsang mithara dipakeng tsa hao le motho ofe kapa ofe ya kgohlelang kapa ya thimolang.
- » Sebedisa pampitshanabonojana ha o kgohlela kapa o thimola, ebe o e lahlela moqomong.
- » Qoba hore matsoho a hao a nne a tshwaratshware dintho tse tshwarwang kgafetsa tse kang tseo ho itshwareletswang ho tsona ka matsoho.
- » Dula o hlwekisa kgafetsa dintho tseo o di thetsang kgafetsa tse kang selefounu, dikarete, dinotlolo tsa koloi le di-keyboard.
- » Tsa mo bona ngaka ya hao haeba o sa ikutlwia hantle mme o dule lapeng ho fihlela o fola ka ho phethahetseng.
- » Sebedisa setswe se kobilweng, setshehetsadieta kapa o phahamise letsoho ha o dumedisa ho e na le ho tshwarana ka matsoho.
- » Kenya maske ya sefahleho, haholoholo maske e entsweng ka lesela, ha o le kahara batho.

Se tsotelle Ditaba tsa Mafosisa mme o fumane lesedi la semmuso ka ho:

romela molaetsa o reng
“Hi” ho
0600 123 456
bakeng sa tshehetso
ya WhatsApp

kapa

letsetsa mohala wa
mahala o sebetsang
bosiu le motshe:
0800 029 999

kapa
etela

WWW.GOV.ZA kapa
WWW.SACORONAVIRUS.CO.ZA



O BOLOKE AFORIKA BORWA

SENGWE LE SENGWE SE O TLHOKANG
GO SE ITSE KA MOGARE WA
CORONA (COVID-19)



REPUBLIC OF SOUTH AFRICA



Ka la bo 31 Sedimonthole 2019, Mokgatlho wa Lefatshe wa Merero ya Boitekanelo (WHO) o ne wa bega fa go ribolotswe setlhophpha sa batho ba ba fetetsweng ke bolwetse jwa nyumonia kwa Teropokgolong ya Wuhan, kwa nategeng ya China. 'Bolwetse jo bo Bogale jo bo Amang Dikarolo tsa go Hema jwa Mogare wa Corona 2' (SARS-CoV-2) go ne ga netefatswa gore ke jone setlhodisegolo sa bolwetse jo bo itsegeng thata ka gore ke 'Bolwetse jo bo Runtseng ka Ngwaga wa 2019 jwa Mogare wa Corona' (COVID-19). Go tloga ka motsi oo, mogare ono o setse o aname go ralala le dinaga di feta di le 100, go tsenyeletsat le naga ya rona ya Aforika Borwa.

COVID-19 ke bolwetse jo bo tshelanang jo bo anamang ka tshwaetsano ya batho, ka go kgomana kgotsa ka ditsela tse dingwe gape tse e seng tsa go kgomana.

Tshwaetsano:



Motho yo a fetetsweng ke mogare ono a ka tshela ba bangwe ba ba se nang ona:

- » ka go ba tsena ka leithlo, nko le molomo kgotsa ka go rothelwa ke marothodi a molwetse yo a gotlholang kgotsa yo a ethimolang.
- » ka go nna gaufi le motho yo a nang le mogare ono.
- » ka go kgoma dilo, mafelo, didiriswi kgotsa dilwana tsa gago tse di ka tswang di wetswe ke mogare ono.

Matshwao:



Matshwao a bolwetse jono a a tlwaelegileng a tsenyeletsat:

- » Go opiwa ke tlhogo
- » Go gotlhola
- » Go sokolela go hema
- » Mometso o o bothoko.

Thibelaketegelo:



Go thibela go ata ga mogare ono:

- » Tlhaba diatla tsa gago gangwe le gape ka metsi a sesepa sebaka sa disekone di le 20. O ka dirisa sebolayamegare se se nang le alekhohole fa e le gore metsi ga a yo.
- » Katoga batho ba bangwe ka go se nne mo mafelong a go nyeumang matšhwititšhwiti a batho kgotsa a go nang le batho ba ba kwa godimo ga palo ya ba le lesome.
- » Se nne gaufi le batho ba ba lwalang.
- » Se ikgome molomo, mathlo kgotsa nko.
- » Tlogela sekgala sa bokgakala jwa mitara o le mongwe magareng ga wena le motho yo a gotlholang kgotsa yo a ethimolang.
- » Ithibe ka thišu fa o gotlhola kgotsa fa o ethimola, mme fa o feditse o e latlhele mo motemeng wa ditlakala.
- » O seke wa tshwara dilwana tse di tshwarwang ke batho ba le bantsi tse di jaaka ditshipi tsa go ikokotela mo ditepeseng.
- » Gangwe le gape o nne o ntse o phepafatsa dilwana tsa gago tse o tlwaelegileng go di dirisa tse di jaaka mogala wa seatla, dikarata, dinotolo le didiriswi tsa go tlanya khomphiuitara.
- » Bona ngaka fa o sa ikuwlwe sentle mme o nne kwa gae go filtha o itharabologelwa.
- » Dirisa sekgono, leoto kgotsa o tataise ka seatla go dumedisa batho ba bangwe go na le go atlana ka diatla.
- » Apara maseke wa go hema, bogolo jang wa lesela, fa o le fa gare ga batho.

Ikgatolose Dikgang tse di Senang Boammaruri mme o bone tshedimosetso ya boammaruri ka go:

romela molaetsa o o
reng "Hi" go
0600 123 456
go bona tshedimosetso
ka WhatsApp

kgotsa

o ka letsetsa gape le mogala
o o sa duelelweng o o dirang
bosigo le motshegare wa:

0800 029 999

kgotsa
etela

WWW.GOV.ZA kgotsa
WWW.SACORONAVIRUS.CO.ZA





USINDZISE ININGIZIMU AFRIKA

LOKUFANELE KUTSI UKWATI
NGELIGCIWANE

I-CORONA (I-COVID-19)



REPUBLIC OF SOUTH AFRICA



Mhlanga tinge-31 Ingongoni 2019, Inhlangano yeMhlaba yeTemphilo (i-WHO) yabika tehlakalo telicembu lesifo inyumoniya e-Wuhan, Lidolobhakati laseShayina. 'Timphawukugula Letimbi Kabi teSikhashana letiHlasela Titfo Tekuphefumula i-Coronavirus 2 ('i-SARS-CoV-2) yacinisekiswa njengembangela yaloku manje lesikubita ngekutsi 'Sifo Seligciwane i-Corona 2019' (COVID-19). Kusukela ngaleso sikhatsi, leligciwane selibhebhetske lahlasela emave langetulu kwala-100, lafaka ekhatsi iNingizimu Afrika.

COVID-19 ligciwane lelitsatselwanako lelibhebhetska, ngalokucondze ngco noma lokungacondzi ngco, lisuka kumunye liye kulomunye.

Kungenwa nguleligciwane:



Umuntfu longenwe nguleligciwane angalibhebhetskisa leligciwane lingene kumunfu lophilile nagaletindlela:

- » ngemehlo, ngemphumulo nangemlomo ngematfonsi ematse laphuma emlonyeni wemuntfu logulako uma akhwelhela noma atsimula.
- » kusondzelana kakhlulu nemuntfu losangenwe nguleligciwane.
- » kutsinta lingetulu letintfo letingenwe nguleligciwane, tintfo noma tintfo temuntfu.

Timpawu:



Timpawu letetayelekile tifaka ekhatsi:

- » Imfiva
- » Kukhwehlela
- » Kuba nenkinga/kuphefumula kabuhlungu
- » Umphimbo lobuhlungu.

Kuvikela:



Kuvikela kubhebhetska kwaleligciwane:

- » Vama kugeza tandla takho ngensipho nemanti lokungenani emasekhondi lange-20. Sebentisa sibulalimagicwane sekugeza tandla lesine-alkhoholi uma ungakhoni kugeza tandla takho ngemanti nensipho.
- » Ungasondzeli kulabanye, shiya libanga leliphephile ngekutsi uweme tindzawo letisiminyaminya noma imibutsano yebantu labangetu kwalaba-10.
- » Kwema kusondzelana kakhlulu neabantu labangaphili kahle.
- » Gwema kutsintsu umlomo, emehlo noma imphumulo yakho.
- » Shiya lokungenani libanga leliyimitha emkhatsini wakho nemuntfu lokhwehlelako noma lotsimulako.
- » Sebentisa ithishu ukhwehlelele noma utsimulele kuyo, bese uyihlala emgconyen'i wetibi lovalwako.
- » Gwema kuhambiswa tandla takho kulingetulu letintfo letitsintwa ngaso sonkhe sikhatsi njengetdzawo tekubambelela.
- » Vama kubulala emagicwane etintfweni takho lotitsinta kakhlulu njengamakhalekhikhini, emakhadi, tikhya temoto nemakhlybhodi.
- » Bonana nadokotela wakho uma ngabe utiva ungaphili kahle uphindze futsi uhiale ekhaya kute welulame ngalokuphelele.
- » Bingeelanani ngekushayisana ngetingcosa, noma ngetinyawo noma niphakamiselane tandla kunkutsi nichawulane.
- » Gcoka sifonyo sebuso, ikakhulu sifonyo sendvwangu, uma usetindzaweni temmango.

Ungatinaki Tindzaba letingeManga futsi tfola Iwatiso lolungilo lolusemtse-tfweni ku:

Tfumela "Hi" ku
0600 123 456
kusitwa
nge-WhatsApp

noma

Shayela lucingo lolusebenta
imini nebusuku loluphu-
tfumako Iwamahhala:
0800 029 999

noma

www.gov.za noma
www.sacoronavirus.co.za



DZULANDI
HAYANI

NI TSIRELEDZE AFRIKA TSHIPEMBE

ZWINE VHA TEA U DIVHA NGA HA
TSHITZHILI TSHA
CORONA (COVID-19)



REPUBLIC OF SOUTH AFRICA



Nga ja 31 Nyendavhusiku 2019, Dzangano ja Mutakalo ja Lifhasi (WHO) jo vhiga tshivhalo tsha zwiwo zwa nyumonia ngei Doroboni ya Wuhan, China. Tshitzhili tsha Corona 2' tsha Singiromu ya u Fhihamelwa lwo Kalulaho u tshi Fema (SARS-CoV-2) tsho khwathisedzwa sa zhendedzi ja tshivhangi tsha zwine zwazwino ra vhu divha sa Vhulwadze ha 'Tshitzhili tsha Corona 2019' (COVID-19). U bva zwenezwo, tshitzhili tsho no phaðalala u ya kha mashango a fhiraho 100, ho katela na Afrika Tshipembe.

COVID-19 ndi vhulwadze vhu pfukelaho vhune vhu phaðalala nga u bva kha muthu u ya kha muñwe, ho tou mu livha thwii kana vhu songo tou mu livha.



U kavhiwa:

Muthu o kavhiwaho a nga pfukisela tshitzhili kha muthu o takalahlo nga kha:

- » Jito, ninga na mulomo kana marotha ane a hasha musi muthu a tshi hojola kana u atsamula.
- » U vha tsinitsini na muthu o kavhiwaho.
- » U fara fhethu ha u shumela, zwishumiswa kana zwithu zwa muthu ene muñe zwo kavhiwaho.



Tsumbadwadze:

Tsumbadwadze zwadzo dici katele:

- » Mufhiso
- » U hojola
- » U fhihamelwa/kundelwa u fema
- » Zwilonda mukuloni.



U thivhela:

U thivhela u phaðalala ha tshitzhili:

- » Kha vha dzulele u ūamba zwanda zwavho nga tshisibe na mađi lwa mithethe i swikaho 20. Kha vha shumise sanithaiza ya zwanda i re na aljkhoholo arali vha sa koni u ūamba zwanda zwavho nga mađi.
- » Kha vha vhe kule na vharwe vhathu nga u ñillisa u vha fhethu hu re na tshigwada kana maguvhangano a vhathu vha fhiraho 10.
- » Kha vha ñilise u vha tsinitsini na vhathu vha sa khou ñipfaho zwavhuđi.
- » Kha vha ñilise u difara mulomo wavho, mađo na ninga.
- » Kha vha sie tshikhala tsha hanefha kha mithara vhukati havho na muthu a khou hojolahlo kana a khou atsamulaho.
- » Kha vha shumise thishu musi vha tshi hojola na u atsamula, vha i pose binini na zwenezwo.
- » Kha vha ñilise u dzulela u tshimbida zwanda zwavho fhethu hu no dzulelwa u farwa sa kha tsimbi dza u farelela nga zwanda.
- » Kha vha dzulela u phumula zwithu zwo doweleaho u farwa zwi ngaho thingothendeleki, dzikhadi, khii dza goloi na dzikhibodo.
- » Kha vha vhone dokotela arali vha sa ñipfi zwavhuđi na uri vha dzule hayani u swika vha tshi fholo tshođe.
- » Kha vha shumise lukuđavhvaha, u kuđa nga mulenzhe kana u tou imisa tshanđa musi vha tshi lumelisa nñhani ha u tou khađana.
- » Kha vha ambare masiki wa khofheni, nga maandža masiki wa labi, musi vhe vhathuni.

Vha dzhiele fhasi Mafhungo a si One na uri kha vha wane mafhungo lwa tshiofisi kha:

Kha vha rumele mulaedza
“Hi” kha
0600 123 456 u itela
thikhedzo ya WhatsApp

kana

Kha vha lidzele luđingo
lwa mahala lu shumaho
vhusiku na masiari:
0800 029 999

kana

www.gov.za kana
www.sacoronavirus.co.za





USINDISE UMZANTSXI AFRIKA



YINTONI ODINGA UKUYAZI MALUNGA
NENTSHOLONGWANE

I-CORONA (I-COVID-19)



REPUBLIC OF SOUTH AFRICA



Ngomhla wama-31 kweyoMnga 2019, uMbutho weHlabathi wezeMpilo (i-WHO) wazisa ngequbuliso lezehlo zokukrala kwemiphunga (i-pneumonia) kwisixeko sase-Wuhan, e-China. I-Severe Acute Respiratory Syndrome Coronavirus 2' (i-SARS-CoV-2) yaqinisekiswa njenge-arthente eyabangela oko ngoku sikhazi ngokuba siSifo seNtsholongwane i-Corona 2019 (i-COVID-19).

I-COVID-19 sisifo esosulelayo esisasazwa, ngokuthe ngqo okanye ngokungathanga ngqo, esisuka komnye umntu siye komnye.

Usulelo:



Umntu owoseulekileyo angasasazela intsholongwane kumntu osempilweni:

- » ngamehlo, ngempumlo nangomlomo okanye ngamathtonsana aphuma xa ekhohlela okanye ethimla.
- » xa esondelene nomntu owoseulekileyo.
- » echukumisa iindawo ezingcolisiweyo, izinto okanye izinto zakhe.

Impawu:



Impawu ngokubanzi ziukua:

- » Umkhuhlane
- » Ukhohlo-khohlo
- » Ingxaki/ubunzima zokuphefumla
- » Umqala obuhlungu.

Ukuthintela:



Ukuthintela ukusasaza intsholongwane:

- » Hlamba izandla zakho rhoqo ngesepha namanzi imizuzwana engama-20 ubuncikane. Sebenzisa isihlambi zandla esenzive nge-alkoholi ukuba awukwazi ukuhlamba izandla zakho ngamanzi.
- » Gcina umgama wentlalo okhuselekileyo ngokuthi uphephe iindawo ezinabantu abaninzi okanye iindibano zabantu abangaphezu kwe-10.
- » Kuphephe ukudibana nabantu abagulayo.
- » Kuphephe ukuchukumisa umlomo, amehlo nempumlo yakho.
- » Gcina ubuncikane umgama oyimitha phakathi kwakho nomnye umntu okhohlelayo okanye othimlayo.
- » Sebenzisa iphepha eliyacu-yacu (i-tissue paper) xa ukhohlela naxa uthimla, uze ulilahle emgqomeni.
- » Kuphephe ukubeka izandla zakho kwiindawo ezisoloko zibanjwa ezifana nentsimbi yokubambelela.
- » Hlala usebenzisa isibulala-ntsholongwane rhoqo kwizinto zakho ozichukumisayo ezifana neselula, amakhadi, izitshiko zemoto kune nekhibhodi.
- » Qhagamshelana nogqirha wakho ukuba awuziva kamnandi uze uhiale ekhaya ude uphile.
- » Sebenzisa ingqiniba egotyiweyo, ukungqbanisa unyawo okanye uphakamise isandla xa ubulisa endaweni yokubamba isandla.
- » Nxiba isigqubuthelo-buso, ingakumbi esenziwe ngelaphu, xa uphakathi kwabantu.

Musa ukuzihoya iiNdaba ezingeyoNyani uze ufumane iinkcukacha ezisemthethweni kwezi ndawo:

Thumela umyalezo othi
"Hi" kule nombolo ka-
WhatsApp yenxaso
0600 123 456

okanye

Tsaleta inombolo yo-
mnxeba engahlawulwayo
esebenza imini nobusuku:
0800 029 999

okanye

WWW.GOV.ZA okanye
WWW.SACORONAVIRUS.CO.ZA



TSHAMAY EKAYA

PONISA AFRIKA-DZONGA

LESWI U FANELEKE KU SWI TIVA
HI MAYELANA NA
KHORONAVHAYIRASI (COVID-19)



REPUBLIC OF SOUTH AFRICA



Hi siku ra 31 N'wendzamhala 2019, Nhlangano wa swa Rihanyo wa Misava (WHO) wu vike ntlawa wa timhangu ta nyumoniya eka Dorobakulu ra Wuhan. 'Severe Acute Respiratory Syndrome Coronavirus 2' (SARS-CoV-2) yi tiyisisiwile tanihi xigingiriki lexi vangaka leswi sweswi xi tivekaka tanihi 'Vuvabyi bya Khoronavhayiras 2019' (COVID-19). Kusukela nkarhi wolowo, xitsongwatsongwana lexi xi hangalakile eka kutlula 100 ra matiko, ku katsa na Afrika-Dzonga.

COVID-19 i vuvabyi byo tlulela lebyi byi hangalakaka, hi ku kongoma kumbe hi ku nga kongomi, kusuka eka munhu un'we kuya eka un'wana.

Ntluletavuvaby



Munhu loyi a tluleriweke hi vuvabyi a nga hangalasa xitsongwatsongwana lexi eka munhu loyi a hanyeke kahle hi:

- » le thiwlensi, enhompfini na le non'weni kumbe hi swithonsana leswi humesiwaka hi ku khohlola kumbe ku entshemula.
- » ku khumbana swinene na munhu loyi a tluriweke hi vuvabyi.
- » ku khumba swivandla leswi tluriweke hi vuvabyi, kumbe michumu ya munhu yena n'wini.

Swikombeto:



Swikombeto swo angarhela swi katsa:

- » Ku hisa miri
- » Ku khohlola
- » Ku tikeriwa hi ku hefemula
- » Ku pfimba mikolo.

Nsiveloo:



Ku sivela ku hangalaka ka xitsongwatsongwana lexi:

- » Hlamba swandla swa wena nkarhi na nkarihi hi xisibi na mati hi mpimohansi wa 20 wa tisekondi. Tirhisa xibasisaswandla lexi nga na xihoxo loko u nga hlambi swandla swa wena hi mati.
- » Siya mpfhukanya wo hlaiyiseka hi ku papalata tindhawu leti nga tala vanhu kumbe tinhlengeletano ta 10 ra vanhu kumbe kutlula.
- » Papalata ku khumbana na vanhu lava va nga titwika kahle.
- » Papalata ku khumba nomu, mahlo na nhompfu ya wena.
- » Siya mpfhuka wa mitara exikarhi ka wena na munhu un'wana loyi a khohlolaka kumbe a entshemulaka.
- » Tirhisa thixu loko u khohlola kumbe u entshemula, kutani u yi chela ebini.
- » Papalata ku fambisa swandla swa wena ehenhla ka swivandla leswi tshamelaka ro khumbakhumbi swo tanihi swikhomeleriwa.
- » Tirhisa xidlayawitsongwatsongwana nkarhi na nkarihi eka michumu leyi tshamelaka ro khumbakhumbi yo tanihi tiselfoni, makhadi, makhya movha na tikhibodo.
- » Vonana na dokodela wa wena loko u nga titwi kahle kutani u tshama ekaya ku hola hi ku hetiseka.
- » Tirhisa xikokola lexi petsiweke, ku bananisa mikondzo kumbe ku hahayita ku xeweta ematshan'weni yo qhavulana.
- » Ambala xipfalaxikandza, ngopfungopfu xipfalaxikandza xa lapi, loko u ri evanhwini.

Honisa Mahungu lama nga riki Ntiyiso kutani u kuma vuxokoxoko bya ximfumo kusuka eka:

Rhumela xihungwana
“Hi” eka
0600 123 456
ku kuma nseketelo wa WhatsApp

kumbe

Fonela eka nomboro
ya riqingho ra mahala
ra 24 wa tiawara:
0800 029 999

kumbe

WWW.GOV.ZA kumbe
WWW.SACORONAVIRUS.CO.ZA

TSHAMA EKAYA
PONISA AFRIKA-DZONGA

HLALA Y
EKHAYA

UVIKELE ININGIZIMU AFRIKA



OKUDINGEKA UKWAZI NGEGCIWANE
LE-CORONA (I-COVID-19)



REPUBLIC OF SOUTH AFRICA



Ngomhla wama-31 kuZibandlela 2019, Inhlangano Yomhlaba Yezempilo (I-WHO) yabika ngeqoqo lezigmameko zenyumoniya edolobheni lase-Wuhan, e-China. 'Isifo Esinzima Esiphathelene Nokuphefumula segciwane le-Corona 2' (SARS-CoV-2) saqinisekiswa njengembangela yalokhu esikwazi ngokuthi 'Isifo Segciwane Le-corona 2019' (COVID-19). Kusuka lapho, igciwane selibhebhethetekile emazweni angaphezu kwe-100, kubandakanya neNingizimu Afrika.

I-COVID-19 isifo esithelelanayo esisabalala, ngqo noma ngenye indlela, sisuka kumuntu oyedwa siya komunye.

Ukutheleleka:



Umuntu othelelekile angadlulisela igciwane kumuntu onempilo ngale zindlela:

- » ngamehlo, amakhala nomlomo noma ngamathonsana aphuma uma ukhwehlela noma uthimula.
- » ngokuthintana nomuntu othelelekile.
- » ngokuthintana izindawo, izinto ezinegciwane noma izinto zakho.

Izimpawu:



Izimpawu eziwayelekile zibandakanya:

- » Imfiva
- » Ukukhwehlela
- » Ukuphefumula kanzima
- » Umphimbo obuhlungu.

Ukuvikela:



Ukuvikela ububhebhethetka kwegciwane:

- » Hlanza njalo izandla zakho ngensipho namanzi okungenani imizuzwana engama-20. Sebenzisa isibulalimagciwane sezandla esine-alkhoholi uma ungeke ukwazi ukuhlanza izandla zakho ngamanzi.
- » Ziqheelanise nabantu ngokugwema izindawo ezicwele abantu noma imibuthano yabantu abangaphezu kwe-10.
- » Gwema ukuthintana nabantu abangaphilile kakhe.
- » Gwema ukuzithinta umlomo, amehlo nekhala.
- » Shya okungenani igebe elingangemitha phakathi kwakho nanoma ubani okhwehlelayo noma othimulayo.
- » Sebenzisa iphepha lokufinya uma ukhwehlela futhi uthimula, bese ulilahla emgqonyeni kadoti.
- » Gwema ukubeka izandla zakho ezindaweni ezithintwa njalo njengezindawo zokubambelela.
- » Hlala njalo ubulala amagciwane ezintweni zakho ozithinta njalo njengomakhaikhukhwini, amakhadi, izikhiye zemoto nezinkinobho zokucofa ikhompyutha.
- » Bonana nodokotela wakho uma ungazizwa kahle bese uhlala ekhaya ukuze welulame ngokugcwele.
- » Sebenzisa indololwane efinyeziwe, ukushayisana ngonyawo noma uphakamise isandla ukubingelela esikhundleni sokuxhawula ngesandla.
- » Gqoka isifonyo sobuso, ikakhulukazi isifonyo sobuso esenziwe ngendwangu, uma uphumela ebantwini.

Ziba Izindaba Ezingelona Iqiniso bese uthola ulwazi oluyilo ku:

Thumela umyalezo othi
“Hi” ku
0600 123 456
uzothola ukwesekwa
nge-WhatsApp

noma

Fonela inombolo yosizo
lwamahhala esebezenza
ubusuku nemini:
0800 029 999

noma

www.gov.za noma
www.sacoronavirus.co.za

