

STOP UKUNWENWA KWALE NTSHOLONGWANE



I-Coronavirus (okanye i-COVID-19) ingabangela:



ubushushu



ukukhohlela



umqala obuhlungu,



iingqaqambo zomzimba

- Iqhele ukuba neempawu ezingephi kodwa ngamanye amaxesha ingaqatsela ize ibangele ukusokola ukuphefumla.
- Ukuba ungaphezu kweminyaka engama-60 ubudala, ukhulelwe okanye enesifo esinganyangekiyo, ngoko usemgciphekweni owongezelelekileyo wokuqatsela kwesi sifo.
- Sixilongwa ngokusebenzisa uvavanyo olongula ngomcinga onelatshana emqaleni: olu vavanyo uludinga kuphela ukuba uneempawu kwaye ubusanda kuthatha uhambo oluya kumazwe ngamazwe okanye ubukhe wadibana nomntu onale ntsholongwane.

Ngubani ekufuneka afune unakekelo:

- Ukuba ubusanda kuthatha uhambo oluya kumazwe ngamazwe waze waqalwa ziimpawu zesigulo sokuphefumla (ezifana nomkhuhlane).
- Ukuba uqalwa sisigulo sokuphefumla (esifana nomkhuhlane) emva kokuba ubudibene nomntu onale ntsholongwane.
- Ukuba awukhange uthathe uhambo oluya kumazwe ngamazwe kwaye awukhange udibane nomntu onale ntsholongwane kodwa unesigulo sokuphefumla kwaye imeko yakho iya iqatsela.

Qhagamshelana neMinxeba yoKuxela ukuze ufumane ingcebiso ngento elandelayo onokuyenza okanye ngokuba uyephi ukuze wenze uvavanyo ukuba ubonisa enye yezi zinto zichaziweyo.

24 Coronavirus National Hotline : 0800 029 999

24 Coronavirus Provincial Hotline : 021 928 4102

Zikhusele wena nosapho lwakho ekufumaneni i-COVID-19:



Hlala endlwini



Ukuba uyagula, hlala endlwini uze ufowune ukuze ufumane ingcebiso.



Gcina isithuba esingangemitha e-1.5 uthe qelele kwabanye.



Ziphephe iindibano.



Khohlelela kwaye uthimlele kwithishyu okanye kwikona yengalo yakho.



Yilahle loo thishyu ngokukhuselekileyo. Hlamba izandla zakho kangamizuzwana engama-20 rhoqo.

Zikhusele ukuba unesifo esinganyangekiyo Njengezi:



I-HIV



i-TB



isifo seswekile



iingxaki zemiphunga okanye zentliziyo

- Gcina amadinga akho kwaye uthathe amayeza akho ngokuchanekileyo yonke imihla.
- Ukuba uwayekile amayeza akho, yiya kwindawo yakho yonakekelo lwempilo ukuze uwaqalise kwakhona.



URhulumente
weNtshona Koloni

Awuqinisekanga ukuba une-Coronavirus?

Zihlale ngokwakho ukuze ufumanise ukuba ingaba udinga ukuhlolwa nangakumbi na. Tyelela iwebhusayithi yethu ku-www.westerncape.gov.za/coronavirus uze uphendule imibuzo ngokunyanisekileyo ukuze ufumane isikhokelo ngoko nangoko enoba udinga uvavanyo kusini na.



Zisuse ebantwini kangageentsuku ezili-14:

- Xa ubuya kuhambo uvela kumazwe ngamazwe.
- Hlala endlwini ukuba uqalwa ziimpawu kwaye uvavanyo luthi unale ntsholongwane okanye ulinde iziphumo.
- Musa ukuya emsebenzini okanye esikolweni.
- Ziphephe ezothutho zikawonkewonke kunye neendawo zikawonkewonke.
- Musa ukuba neendwendwe ekhayeni lakho.
- Cela abahlobo kunye nosapho okanye iinkonzo zokuhambisa izinto ukuba zikuncede ufumane igrosara namayeza



Tyelela ugqirha wakho okanye ikliniki:

- Ukuba uyasokola ukuphefumla, funa unakekelo lwezempilo ngokungxama.
- Fowuna kuqala okanye uyixelele ikliniki ngoko nangoko wakufika.



Ukuba iimpawu zakho zियाqatsela okanye uyasokola ukuphefumla, qhagamshelana nogqirha wakho okanye nekliniki ngokungxama okanye fowunela umnxeba wokuxela:

24 UMnxeba kaZwelonke woKuxela i-Coronavirus ku-0800 029 999

24 Umnxeba wephondo wokuxela i-Coronavirus ku-021 928 4102

MASINQANDE ukunwenwa kwale ntsholongwane Ngenkcazelo ethe vetshe yiya ku-: www.westerncape.gov.za/coronavirus

Thintela ukunwenwa ngeli xesha uzisusile ebantwini:



Hlamba izandla rhoqo.



Ziqqume xa ukhohlela naxa uthimla ngethishyu okanye ngekona yengalo yakho.



Coca imiphezulu yeendawo (iikhawuntara, iindawo zokubamba iingcango, njl.njl.) rhoqo – sebenzisa iitispuni ezi-4 zebilitshi yasekhaya kwilitha e-1 yamanzi.



Musa ukusebenzisa izitya ezinye, iikomityi, amacephe, iitawuli okanye amashiti neengubo nabanye abantu.



Zihlambe kakuhle ezi zinto.



Phepha ukusondelelana nabanye, nokuba uhlala kwindawo enabantu abaninzi



Musa ukwanga, ukubamba okanye ukuphuza.



Vula iifestile neengcango.



Ukuzisusa ebantwini kunganzima – siyayiqonda loo nto. Kodwa nceda uhlale endlwini. Yiba nobuntu uze uxhasane nabanye abantu ngeli xesha loxinzelelo.



URhulumente
weNtshona Koloni