

# COVID-19

## Unonophelo ekhaya

**Musa ukoyika.** Abantu abaninzi abaneCOVID-19 baba neempawu zentsholongwane ezingaxhalabisi kakhulu noko yaye zinganyangelwa ngokukhuselekileyo ekhaya. Abantu abaneempawu ezimandla zale ntsholongwane okanye abo bangenako ukuzihlalela bodwa bangadibani nabantu ekhaya baya kuthunyelwa kwindawo eliziko.

- Olu lwazi lubhekiswa:
  - Kumntu ekuqinisekisiweyo ukuba uneCOVID-19
  - Kumntu osalindele iziphumo zokuhlolwa intsholongwane
  - Kumntu ochazwe njengobekhe wasondelelana nomntu oneCOVID-19.
- Aba bantu kufuneka besusiwe babekwa kumagumbi awohlukeneyo okanye kwindawo ezohlukeneyo apha endlini. Kufuneka bangadibani nabanye apha endlini.
- Amakhaya anabantu abosulelekileyo ekufuneka bangahlali nabanye kufuneka aba bantu babekwe kwiindawo ezahlukeneyo. Ukuba oku akwenzeki, tsalela ugqirha wakho okanye iProvincial Hotline.
- Ukuba iziphumo zovavanyo zibuya zingqina ukuba abosulelekanga bavumelekile ukuba bangahamba ngokukhululekileyo.
- Ukuba iziphumo zovavanyo zibuya zingqina ukuba umntu lowo usulelekile kuya kufuneka ahlale yedwa angasondelelani nabanye abantu abakwelo khaya isithuba seentsuku ezilishumi elinesine. Abantu abakhe basondelelana nomntu osulelekileyo nabo baya kulandela le nkqubo.
- Ungaphumi ekhaya uhambe. Yenza amalungiselelo kunye nabahlobo bakho nabahlali ukuze uziselwe igrosari, ukutya, namayeza, zonke ezi zinto zibekwe emnyango. Ukuba akulungi oku, kuya kuthunyelwa umnonopheli mpilo oselungelweni lokuhambisa iinkonzo ezibalulekileyo kuphela, elandela

**Imigaqo emihlanu esiSiseko yoCoceko** anxibe nemaski.

### Unonophelo lwabantu ekhaya lulungiselelwe kuphela xa:

- Uneempawu ezingaxhalabisiyo
- Uhleli wedwa kwigumbi elilodwa
- Kufuneka umntu onecovid enomntu wokumnonelela
- Uza kuqhagamshelana nogqirha wakho

### Imigaqo emihlanu esiSiseko yoCoceko

1. Hlamba izandla
2. Sukuzibamba ubuso
3. Gcina umgama
4. Gquma umlomo xa ukhohlela
5. Uyagula? Hlala ekhaya

### Funa uncedo lonyango ngokukhawuleza xa umntu:

- Ephefumla nzima
- Eneentungu ezingapheliyo okanye ukuminxeka esifubeni
- Enokubhideka engqondweni naxa engakwazi ukuvuka

**Tsala umnxeba kuqala. Phepha ukuhamba ngesithuthi sikawonkewonke. Ukuba unako sebenzisa iambulensi.**



- 24 HOURS iNational Hotline: 0800 029 999
- 24 HOURS iProvincial Hotline: 021 928 4102
- 24 HOURS iNational WhatsApp: 0600 123 456



URhulumente  
weNtshona Koloni

**STOP**

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# Iingcebiso zononophelo ekhaya

## Wonke umntu

Hlamba izandla zakho iisekondi ezingamashumi amabini (20) ubuncinane ngesepha namanzi.



Yijonge impilo yakho ngokwasengqondweni. Ungancokola nosapho lwakho nabahlobo ngefowuni.

Khohlelela okanye thimlela kwithishu okanye engqinibeni. Yilahle ithishu emgqomeni ovalwayo.



## Umnonopheli mpilo

Yicoce rhoqo imiphezulu neendawo ezifikelelwa njalo zizandla.



Kubeke emnyango ukutya komntu ohlaliswe yedwa ngenxa yeCOVID-19. Ungamana ukumbuza rhoqo ukuba uziva njani na malunga neempawu zentsholongwane. Khupha inkunkuma nempahla emdaka



Sebenzisa izinto ezifana nezitya, iitawuli nezinto zokulala eziza kusetyenziswa ngulomntu ugulayo kuphela. Zihlambe ezo zinto emanzini ashushu. Ubushushu bunceda ukubulala iintsholongwane ezintweni. Apho kukho umatshini sebenzisa ubushushu obukwiqondo lama (60-100 digrizi) xa uhlamba impahla, uyomise kumatshini wokomisa impahla) wakugqiba uyi-ayine.



'Zoleke zibe mbini iingxowa' zenkunkuma uzigcine iintsuku ezintlanu (5) ngaphambi kokuzifaka emgqomeni ukuze zimke nabathuthi benkunkuma.



**Abanonopheli kwanabanye kufuneka bazijonge yaye bazigade nakubo iimpawu zentsholongwane.**

- Iimpawu ezifana nokukhohlela, ifiva, izihlunu ezibuhlungu, umqala obuhlungu nokuphefumla nzima.
- Ukuba uqaphela ukuba uba nezi mpawu, tsalela ugqirha okanye utsalele iProvincial Hotline.

## Abantu bahlaliswa bodwa ngenxa yeCOVID-19

Phumla, usele izinto eziselwayo kakhulu, utye ukutya okunempilo usebenzise iparacetamol xa unefiva okanye iintlungu.



Hlala wedwa kwigumbi elilodwa usebenzise igumbi langasese elilodwa ukuba kuyenzeka. Vula iminyango neefestile. Ukuba uziva ungcono noko, yondlula ibhedi yakho, bekela ecaleni inkunkuma nempahla efuna ukuhlanjwa



Nxiba imaski ngokwendlela akuyalele ngayo ugqirha.

Bhala phantsi iimpawu onazo zentsholongwane (ukuphefumla nzima, iintlungu esifubeni, urhudo)\_ nobushushu bomzimba (temperature) kube kabini ngemini. Ukuba ezi mpawu ziya zisiba mandundu zingaphaya kweentsuku ezisi-7, tsalela ugqirha okanye iProvincial Hotline.



**Uyeka ukuhlala wedwa kuphela wakuba ugqirha wakho ecebise oko okanye iProvincial Hotline.**



URhulumente weNtshona Koloni

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