

# INTSHOLONGWANE ICORONA (COVID-19)



## YINTONI I ISIFO SECORONAVIRUS 2019?

Intsholongwane zeCorona ligela elikhulu leentsholongwane ezixhaphake kwizilwanyana. Ezi ntsholongwane zingabangela abantu ukuba bagule, babe neengxakana zeempumlo nokuphefumla, ezifana nefiva le iqhelekileyo.

Intsholongwane entsha icorona yaziwa ngokuba yiCOVID-19 ibonwe eChina nethe yayyaniswa nokuqhambuka kwenyumoniya.

## ISASAZEKA NJANI

Intsholongwane COVID-19 isasazeka ikakhulu ngamachaphaza ataka xa umntu onesi sifo ekhohlela okanye ethimla.

Intsholongwane COVID-19 isasazeka ngolu:

- Ngomoya ophuma xa umntu ekhohlela naxa ethimla.
- Ukusondelelana nomntu okufana nokubamba okanye ukuxhawulana izandla.
- Ukubamba into okanye umphezulu obudibene nalentsholongwane, emva koko ubambe umlomo, impumlo okanye amehlo ngaphambi kokuba izandla zakho uzihlambe



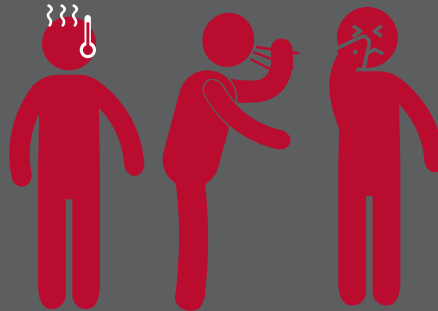
## IIMPAWU ZAYO

Ingxakana ezingephi zeempumlo nokuphefumla nezithi ziye ziqatsela.

- Ifiva
- Ukukhohlela
- ukuba nzima kokuphefumla
- Umqala obuhlungu

Unyango olupheleleyo malunga nentsholongwane COVID-19 alukacaci ncam

Izigulane esele zinezigulo nabantu abadala kubonakala ukuba basengxakini enkulu yokugula



## NGUBANI OSENGXAKINI ENKULU

Kutsha nje abakhenkethi abaya eWuhan, China nezinye iindawo ezichaphazelekayo zezona zaseChina zezona zisengxakini enkulu.

## UNYANGO

**Unyango luyanceda (umz.ukunika isigulane esinephika i-oxijini okanye unyango lwefiva).**

- Akukho nyango lukhoyo lokulwa nalentsholongwane.
- Ii-Antibiotics aziyincedi le ntsholongwane, nangona kunjalo, ii-antibiotics mhlawumbi zingafuneka kwinqanaba lesibini lentsholongwane.

## INDLELA YOKUYIKHUSELA

Okwa ngoku akukabikho chiza likhoyo ukukhusela nokuthintela abantu ekusulelweni yintsholongwane COVID-19. Ukunwena kwayo kuncitshiswa ngoku:



Ukuhlamba izandla rhoqo



Ukungawaphathi amehlo, impumlo okanye umlomo ngezandla ezingahlanjwanga



Ukungasondeli kubantu abagulayo



Gquma umlomo wakho ngethishu xa ukhohlela okanye xa uthimla, wakugqiba uyilahle emgqomeni.

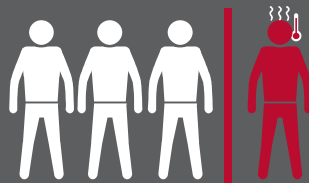
Ukuba unokugulana okungephi, zigcine ngokusela amanzi, uhlale ekhaya uphumle.

## IZINTO EZIFANELE UKWENZIWA

Ukujongwa kwabantu abanefiva kuyenziwa kwizikhululo zeenqwelo moya zamazwe ngamazwe.

- Iinkqubo zilungisiwe ukulungiselela ezo meko zithe zafunyaniswa, ukubekwa wedwa namalungiselelo okwenziwa koxilongo olukhawulezileyo.
- Onke amaziko empilo aya kukwazi ukujongana neemeko zezigulane ezirhanelwayo okanye ekuqinisekiweyo ngazo ezo zigulane zithunyelwe kwiindawo ezifanelekileyo okanye izibhedlele ezilungiselelwe oko.
- Imithetho elandelwayo ikhona ukulandelela abo banxulumene nesigulane ukuqinisekisa ukuba intsholongwane ayisasazeki.

IZIKHULULO ZENQWELO MOYA ZAMAZWE NGAMAZWE



**Ukufumana elunye ulwazi**  
[www.westerncape.gov.za/coronavirus](http://www.westerncape.gov.za/coronavirus)

**tsalela kule nombolo kawonkewonke ye-hotline 0800 029 999 maxesha onke**



URhulumente weNtshona Koloni  
EzeMpilo