

# Okufanele ngikwazi nge-COVID-19



Nelson Mandela  
CHILDREN'S FUND



CHANGING THE WAY SOCIETY TREATS ITS CHILDREN AND YOUTH

## ISETHULO

### AYINI AMAGCIWANE OHLOBO LWECORONAVIRUS?

Amagciwane ohlobo lwecoronavirus awumndeni omkhulu wamagciwane abangela izinkinga zokuphefumula ezihlanganisa umkhuhlane ovamile kanye nezifo ezimbi kakhulu njengesifo sokuphefumula okuthiwa yiMiddle East Respiratory Syndrome (MERS) neSifo Sokuvaleka Komgudu Womoya Emaphashini (SARS). ICoronavirus iyi-zoonotic, okusho ukuthi amagciwane athathelanayo phakathi kwezilwane nabantu. Ezinye izibonelo zezifo ezaziwa ngokuthi i-zoonotic isifo esihlanyisa izinja, i-brucellosis, i-anthrax nesifo sofuba sezinkomo.

### IYINI I-COVID-19?

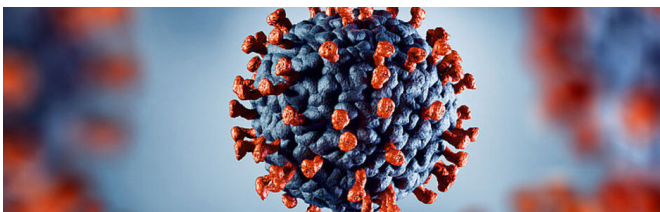
I-COVID-19 ukugula okungebucayi kuye kokukubucayi endleleni yokuphefumula okubangelwa amagciwane ecorona (isifo sokuphefumula kanzima 2; SARS CoV- 2). Iphinde yaziwe ngokuthi isifo se-coronavirus sika-2019.

U-'CO' umelela u-corona, u-'VI' umelela igciwane (virus), u-'D' umelela isifo (disease), no-'19' umelela u-2019.

**CO** — ICorona  
**VI** — Igciwane  
**D** — Isifo  
**19** — Sika-2019

### IBANGELWA YINI I-COVID-19?

Igciwane elisha elisanda kutholakala libangela i-COVID-19. Kungokokuqala ukuthi abantu baye bangenwa yileli gciwane le-corona ngakho asinawo umgomo (isivikelo) wayo. Amagciwane amaningi amuva e-corona ayengeyona ingozi kangako futhi ayebangela umkhuhlane ovamile.



## IZIMPAWU

### YIZIPHI IZIMPAWU ZE-COVID-19?

Ukutheluleka nge-coronavirus angeke kubangele izimpawu ezidinga ukwelashwa (akunazimpawu) noma kungase kube khona ezinye izimpawu (zikhona izimpawu). Izimpawu ezivame kakhulu ze-COVID-19 yilezi: **umkhuhlane, ukukhwehlela okomile, ikhanda, ukukhathala.**



umkhuhlane



ukukhwehlela okomile



ikhanda



Ukukhathala

### IZIPHI IZINKINGA ZE-COVID-19?

I-COVID-19 ingaholela ezinkingeni ezingabangela ukufa. Njengezinkinga ezihlanganisa ukwehluleka ukuphefumula (izimo lapho igazi lakho lingasenawo umoya mpilo noma linomoya ongcilile omningi), isifo sengcindezi ephathelene nenkinga yokuphefumula (ARDS, yenzeka lapho kwakheka uketshezi ezimbotshaneni ezincane zamaphaphu), i-sepsis ne-septic shock, ukuvimbeka kwehlule elisuke endaweni yalo (ukuvimbeka komthambo wegazi yizinhlayiya ezisukile endaweni yehlule lapho elakheka khona), noma ukuhluleka kwezitho eziningana ukusebenza, kuhlanganise ukulimala kwenhlayiyo, isibindi neziso.

## UKUHLOLWA KWESIFO ESIKUMUNTU

### ABANTU BAHLOLWA KANJANI UKUTHI BANAYO YINI I-COVID-19?

Ukuhlolwa kwenziwa ngokuthatha umlando wokukhwehlela, umphimbo obuhlungu, imfiva nokukala amazanga okushisa komuntu.

### KUFANELE NGIYE NINI UKUYOHLOLELA I-COVID-19?

Noma ubani onezimpawu kufanele ayohlola, noma nini uma kwenzeka. Abantu abaye basondelana nomuntu okungenzeka uthelelekile noma unalo igciwane, kufanele bakucabangele ukuhlolwa. Kuzodingeka futhi uhlolwe uma kudingeka uthathe uhambo uye kwelinye izwe noma uza kuleli.

**KUFANELE NGIYE KUPHI UKUZE NGIHOLOLELWE I-COVID-19?**

Uma ucabanga ukuthi uthole leli gciwane. Ungafonela i-NICD kule nombolo yosizo **(0800029999)** uzobe usucetshiswa ngezindawo ongayo kuzo ukuze uhlolwe.



**IYIPHI INTO EZOTHATHWA KIMI?**

Kuzothathwa amasampuli emakheleni nasemphinjani wakho kusetshenziswa induku encane enovolo.

**KUZOTHATHA ISIKHATHI ESIDE KANGAKANANI UKUTHOLA IMIPHUMELA?**

Isikhathi sokubuya kwemiphumela yokuhlola lokho esikuthathe kuwe siyahluka. Ngokuvamile, kufanele uthole imiphumela yakho phakathi nezinsuku ezimbalwa.

**UKUTHELELEKA**

**I-CORONAVIRUS ISAKAZEKA KANJANI PHAKATHI KWABANTU?**

Kunezindlela ezimbili ezibalulekile i-coronavirus esakazeka ngazo:



1. Indlela eyinhloko leli gciwane elisakazeka ngayo lisuke komunye liye komunye amaconsi aphumayo lapho umuntu onegciwane ekhwehlela, ethimula noma ekhuluma.

2. Lapho umuntu onaleli gciwane ekhwehlelela noma ethimulela ezandleni zakhe bese ethinta izinto ezithile ezifana nempompi, idesikhi, into yokuvula umnyango nefoni, i-coronavirus ingahlala kulezo zinto. Uma omunye

umuntu ethinta indawo efanayo bese ethinta ubuso (umlomo, ikhala noma amehlo), i-coronavirus ingangena kulowo muntu.

**UMUNTU ONGAGULI ANGAKWAZI YINI UKUSAKAZA I-CORONAVIRUS KWABANYE?**

Yebo. Umuntu othole i-coronavirus angakwazi ukuyisakaza ngisho noma engenazo izimpawu. Kusukela ngesikhathi sokuchayeka kuyi-COVID-19 kuze kube yilapho kuqala ukubonakala izimpawu, ngokwesilinganiso, ezinsukwini ezingu-5 kuya ku-6 futhi ingahamba ukusuka osukwini kuze kube oluka-14. Yingakho abantu abaye bachayeka kuleli gciwane bekhuthazwa ukuba bahlale ekhaya bahlukane nabantu izinsuku ezingu-14, ukuze kugwenywe ukusakazeka kwegciwane, ikakhulukazi endaweni lapho kungahlolwa khona.

**KUYINI UKUZIVALELA (I-QUARANTINE)?**



Ukuzivalela kusho ukungahlali nabanye abantu ngoba wena usuchayekile kuleli gciwane futhi kungenzeka unalo. Umuntu uyavalelwa endaweni ebekiwe noma ekhaya. Ngokwe-COVID-19, lokhu kusho ukuthi uzohlala kuleyo ndawo noma ekhaya izinsuku ezingu-14.

**KUYINI UKUZIHLUKANISA (I-ISOLATION)?**



Ukuzehlukana kusho ukuqhelelana nabantu, okufiselekayo ukuthi ube sesakhiweni sezempilo lapho ungathola khona ukwelashwa okudingekayo. Uma ungenakukwazi ukuzehlukanisela endaweni yezokwelashwa futhi awukho phakathi kwabantu abasengozini enkulu yokuba nesifo esibi, ungakwazi ukuzehlukanisela ekhaya. Uma unezimpawu, kuzodingeka uhlale uzehlukanisile okungenani izinsuku ezingu-10 kanye nezinsuku ezengeziwe ezingu-3 lapho ungasenazo izimpawu. Uma uthethelekile futhi ungenazo izimpawu, kufanele uhlale uzehlukanisile izinsuku ezingu-10 kusukela ngesikhathi uhloliwe kwatholakala ukuthi unalo igciwane.

**UKUVIMBELA**

**YINI UMPHAKATHI ONGAYENZA UKUVIMBELA UKUSAKAZEKA KWE-COVID-19?**

Kunezinyathelo ezilula eziningi ezingathathwa ukuze kuncishiswe ukusakazeka kwe-coronavirus:



Ukuzigezisa izandla njalo ngensipho namanzi agelezayo



Ukusiza ekusakazeni ulwazi olunembile nge-COVID-19



Ukusekelana



Ukuvala umlomo ngendololwane noma ngethishu lapho ukhwehlela noma uthimula



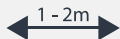
Sebenzisa isibulala magciwane esine-alcohol usihlikihle noma usifuthe ezandleni



Gwema ukuthinta ubuso bakho ngezandla ezingageziwe



Ukuzehlukana ekhaya



Ugcine ibanga elingangemitha kuya kwamabili ukusuka kwabanye abantu (ukuqhelelana ngebanga elithile)



Hlonipha Imigomo evimbelayo ebekwe uhulumeni.



Wonke umuntu afake isifonyo esivala ubuso



Sula njalo izinto ovame ukuzithinta njengomnyango, amafoni, amabhathini ekhompuyutha ngesibulala magciwane esine-alcohol

**KUFANELE NGISEBENZISE NINI ISIBULALA MAGCIWANE ESINE-ALCOHOL?**

Isibulala magciwane esine-alcohol obungu - 70% ungasisebenzisa ukukhulahlaha noma ukufutha izandla, ikakhulu uma insipho namanzi kungekho. Lokhu kuwusizo uma ungena noma uphuma esitolo noma ehhovisi.

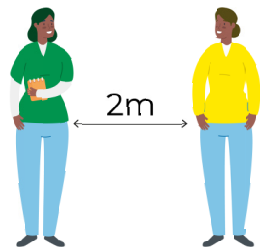
**ISIFONYO ESINJANI ESIKHUTHAZWA UKUBA SISETSHENZISWE?**

Isifonyo esenziwe ngendwangu ukuze sikuvikele emphakathini.



**KUYINI UKUQHELELANA NGEBANGA ELITHILE?**

Ukuqhelelana ngebanga elithile kusho ukungasondeli komunye ngemitha elilodwa noma amabili, ikakhulukazi uma ekhwehlela. Kuphinde kusho ukuthi ningaxhawulani, ningathintani, ningahagani noma niqabulane. Ukuqhelelana ngebanga elithile kubalulekile lapho uyothenga izinto ezibalulekile noma ume kulayini. Gwema isixuku noma imibuthano yokuzijabulisa. Lena indlela esebenza kahle kakhulu ekuvimbeleni ukusakazeka kwegciwane le-coronavirus. Gcina abantu behlukene.



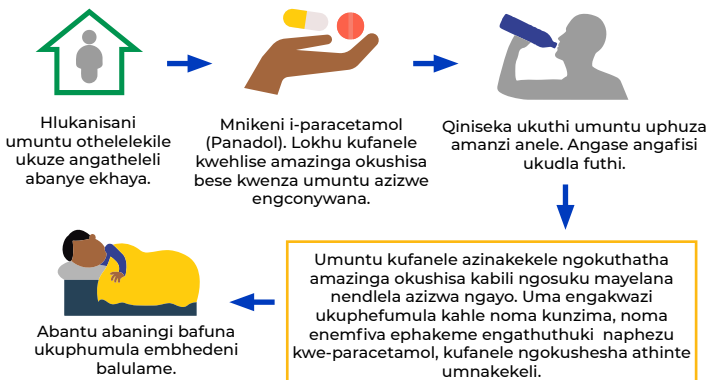
**UKWELASHWA NOKUNAKEKELA ABANE-CORONAVIRUS**

**LIKHONA IKHAMBILE LE-CORONAVIRUS?**

Okwamanje alikho ikhambi lokwelapha i-COVID-19. Nokho, ezinye izidakamizwa ezisahlolwa zinikeza ithemba futhi zisahlolwa njengamakhambi angase asetshenziswe ezindaweni ezahlukahlukene zokwelapha ezivivinywayo.

**ABANTU BANAKEKELWA KANJANI LAPHO BENE-COVID-19 ENGEBUCAYI?**

Iziguli ze-COVID-19 zingabonisa izimpawu okungenzeka azikho bucayi noma ezibucayi. Kuye ngokuba bucayi kwezimpawu, isiguli singanakekelwa ekhaya noma singeniswe esibhedlela ukuze sinakekelwe. Abantu abaningi abane-COVID-19 engebucayi bangakwazi ukuzinakekela ekhaya. Izinyathelo ezibalulekile yilezi:



**SINGAKANANI ISIKHATHI SOKUZEHLUKANISA?**

Isikhathi sokuzehlukana siyizinsuku ezingu-10 kusukela ngosuku owaqala ngalo ukubona izimpawu noma kusukela ngesikhathi owathola ngaso ukuthi unegciwane. Uma unezimpawu, kufanele uhlale uzehlukanisile okungenani izinsuku ezingu-10 kanye nezingu-3 ezengeziwe lapho ungasenazo izimpawu. Uma uthole igciwane kodwa ungenazo izimpawu, kufanele uzehlukanisile izinsuku ezingu-10 kusukela ngosuku owahlolwa ngalo kwatholakala ukuthi unegciwane.



**NGIFONELA BANI**

UMnyango Kazwelonke Wezempilo (NDoH) uye wahlela ukuthi kube nendlela yokuxhumana ukuze kutholakale usizo kanye nemininingwane yakamuva ngezibalo ze-COVID-19 eNingizimu Afrika.

**UCINGO OLUQONDILE**

Ngokudayela inombolo ehleliwe ocingweni lwasendlini noma ngefoni, abantu bangasizwa futhi bathole ulwazi mayelana nezinto ezihlobene ne-COVID-19 noma nini phakathi nosuku nasebusuku. Inombolo ayikhokhelwa; ngakho, akudingeki ukuthi ube ne-airtime ukuze ufonele le nombolo kunoma ngabe yiluphi ucingo.



**Inombolo Ye-COVID-19 Esebenza AmaHora Angu-24: 0800 029 999**

**UKUTHUMELA UMYALEZO NGO-WHATSAPP**

Umgudu wesibili abantu abangathola kuwo usizo nge-coronavirus nolwazi ukusebenzisa inombolo ehleliwe ka-WhatsApp.



Abantu kufanele balandele lezi zinyathelo ukuze baqalise ukuxhumana besebenzisa inombolo ka-WhatsApp:

1. Seyiva inombolo ebhukwini lakho lefoni ngegama elithi ngokwesibonelo, "COVID-19 Connect"
2. Bhala igama elithi "Hi" bese uthumela ukuze uqale ukushetha

**UMGOMO**

**UKHONA YINI UMGOMO WE-CORONAVIRUS?**

Ukugoma kuyindlela ephiphile nesebenzayo yokugwema lesi sifo futhi kusindiswe nezimpilo. Uma uthola umjovo,

uzovikeleka kangcono kulesi sifo. Ngesikhathi kuhlangukaniwa le ncwajana, mithathu imigomo eyabe isigunyaziwe ye-COVID-19 igunyazwa i-United States Food and Drug Administration ngemva kokuba ibonakalise ukusebenza okuphawulekayo ezindaweni zokwelapha ezivivinywayo.

Uhulumeni usebenzela ukutholela abantu baseNingizimu Afrika umgomo owodwa noma ongaphezulu. Lapho kufika umgomo eNingizimu Afrika, bazoyisakaza ngokwezigaba, kuqalwe ngezisebenzi zezempilo, abasebenzi ababalulekile nabantu asebekhulile ngaphambi kokugoma abantu abavamile.

### UKUQEDA IZINGANEKWANE NGE-CORONAVIRUS

#### UMA UNEMFIVA, ZIMBOZE NGENGUBO YOKULALA, PHUZA ISOBHO LIKAJINJA UKUZE WANDISE AMANDLA ENHLIZIYO. INGAKUVIMBELA UKUTHELELEKA.

Abukho ubufakazi obungokwesayensi bokuzimboza ngengubo yokulala lapho unemfiva ephakeme nokuphuza isobho likajinja ukuze ugweme i-COVID-19. Nokho, ngokuvamile, i-WHO ikhuthaza ukuba kudliwe izithelo eziningi zibe ukudla kwasikhathi sonke.

#### UMA SIDONSA UMOYA BESE SIWUBAMBA IMIZUZWANA ENGU-10 NGAPHANDLE KOKUKHWEHLELA, UKUNGAPHATHEKI KAHLE NOMA UKUQINA LOKHO KUBONISA UKUTHI AWULANO IGCIWANE. SINGAZIHLOLA NGALE NDLELA NJALO EKUSENI

Abukho ubufakazi bokuthi ikhono lokubamba umoya imizuzwana engaphezu kweyi-10 ngaphandle kokukhwehlela, ukungaphatheki kahle noma ukuqina kuyanquma ukuthi umuntu unalo yini noma akanalo igcinwane.

#### WONKE UMUNTU KUFANELE AQINISEKE UKUTHI UMLOMO NOMPHIMBO KUMANZI AKOMILE, NGISHO NOMA IGCIWANE LINGENA EMLONYENI LIWASHWA AMANZI LINGENE ESISWINI BESE LIBULAWA YI-ACID YESISU.

Abukho ubufakazi obubonisa ukuthi ukuphuza amanzi amaningi kukhuculula i-coronavirus noma i-acid yesisu iyalibulala igciwane. Nokho, ukuze babe nempilo enhle nje, kuyakhuthazwa ukuba abantu baphuze amanzi anele njalo ukuze babe nempilo enhle futhi bagweme ukuswela amanzi emzimbeni.

#### I-CORONAVIRUS IBANGELWA EZOBUCHWEPHESHE I-5G

Abukho ubufakazi obusekela lawo mahemuhemu okuthi i-5G ihlotshaniwa nesifo se-coronavirus naphezu kokusakazeka komyalezo ezinkundleni zokuxhumana nge-5G njengawo wonke amanye ama-network asebenza ngokuthumela imininingwane ngemisebe ye-radio. I-Coronavirus ithumeleka ngegciwane.

### IMIBUZO EVAME UKUBUZWA

#### NGINGAYITHUMELA INGANE YAMI ESIKOLENI?

Landela iziqondiso ezivela eMnyangweni Wezemfundo Eyisisekelo mayelana nokuya kwengane yakho esikoleni phakathi nalolu bhuhane. Uma ungaqiniseki noma ukhathazekile ngokuphepha kwengane yakho esikoleni, sicela uthinte uMnyango Wezemfundo Eyisisekelo ukuze uthole imininingwane eyengeziwe.t

#### INGABE KUPHEPHILE UKWAMUKELA IPHASELA NOMA KUPHI LAPHO KUBIKWA KHONA I-COVID-19?

Yebo. Amathuba okuthi umuntu onegciwane alishiye ezintweni aphantsi futhi ubungozi bokuthola igciwane le-COVID-19 kulelo phasela eseliye lathuthwa, lahanjiswa futhi lachayeka ezimweni ezingafani namazinga okushisa, aphantsi.

#### INGABE KUFANELE NGIYE EMSEBENZINI NOMA ESIKOLENI?

Noma ubani ogulayo noma obonisa izimpawu akufanele aye esikoleni noma emsebenzini. Uma uye wasondelana nomuntu oqinisekisiwe ukuthi une-COVID-19, kufanele uzehlukane izinsuku ezingu-10 kusukela ngosuku enasondelana ngalo. Uma ukhathazekile, thintana nodokotela wakho ukuze akucebise.

#### UNGAKHOHLWA IZINTO EZIYISEKELO ZENHLANZEKO



Zigezise futhi njalo izandla ngensipho namanzi noma nge-sanitizer ene-alcohol. Lokhu kubulala wonke amagciwane okungenzeka asezahlweni zakho.



Gwema ukuthinta amehlo, ikhala nomlomo. Izandla ezithinta izinto eziningi zingacoshisa amagciwane. Uma zingcolile, izandla zingahambisa amagciwane emehlweni, ekhaleni noma emlonyeni. Uma efika lapho, amagciwane angangena emzimbeni wakho futhi akugulise.



Vala umlomo namakhala ngendololwane noma ngethishu lapho ukhwehlela noma uthimula. Bese uma usuqedile ukuyisebenzisa uyilahle ngokushesha emgqonyeni ovaliwe, ugeze izandla. Ngokulandela lezi zinyathelo zenhlanzeko, ungavikela abantu abakuzungezile kuleli gciwane, elibangela umkhuhlane ne-COVID-19.



Zisule njalo izinto ovame ukuzithinta njalo, ezinjengezinto zokuvula umnyango, umpompi kanye ne-screen sefoni.

#### KHUMBULA:

Ukuzama ukuhlanzeka okwenzayo ukuze ugweme i-COVID-19 kungaphinde kukuvikele nakwezinye izifo ezifana nesifo sohudo.