

UNAKEKELO LWASEKHAYA

UMHLAHLANDLELA
WOKULWA NEGCIWANE
I-COVID-19



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



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AMAZWI OKUBONGA



Advancing community health worldwide.

Inhlangano yezeMpilo eyaziwa ngokuthi yi-“CORE Group” ihlanganisa abasebenzi bezempilo emhlabeni wonke jikelele ndawonye ukuze bacobelelane ngolwazi, ngobufakazi nangemisebenzi emihle abayenzayo bese kuthi konke lokhu okuhle abakwenzayo bayakuthatha ukuze beyokwenza emazweni abavela kuwo ngempumelelo.

Lo mhlahlandlela wonakekelo lwasekhaya uhlangekiswe ngokubambisana kwethimba longoti abavela emhlabeni wonke jikelele, elaziwa ngokuthi uNakekelo lobumbano lwe-“CORE Group”. Ababambe iqhaza kuleli thimba bavela ezinhlanganweni ezifana ne-“World Vision, i-“Curamericas Global, i-“Food for the Hungry”, i-“Hesperian Health Guides”, i-“Relief¹ International”, i-“PATH”, i-“International Federation of Red Cross” ne-“Red Crescent Societies”, i-“Save the Children”, i-“Nutrition International”, i-“IMA World Health”, i-“RTI”, i-“International Rescue Committee”, i-“FHI 360”, i-“Last Mile Health” kanye ne-“Clinton Health Access Initiative”.

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ISENDLALELO

Lo mhlahlandlela unikezela ngezincomo ezinhlanganweni ezingenzinzuzo, enhlanganweni i-Red Cross, i-Red Crescent network, kanye nasezinhlanganweni zomphakathi ezisungula izinhlelo nezinto eziphathekayo zokulwa nobhubhane i-COVID-19 emazweni anabantu abahola kancane nakulawo anabantu abahola ngokusezingeni eliphakathi nendawo nje. Lo mhlahlandlela wasungulelwa ukuze ube yinsizakusebenza yezinhlangano ezifundisa futhi zeseke imiphakathi mayelana nokuvikela nokulwa nobhubhane i-COVID-19 noma nalezo zinhlangano ezisebenzisana ngqo nonompilo (CHWs) (kubandakanya namavolontiya aqeqeshiwe omnyango wezempilo asebenza emphakathini) ukuze bahambe amalungu emindeni ukuze baweluleke futhi bawanike nolwazi bebonana nawo ubuso nobuso. (Ilokhu kubandakanya nokuthi lolu lwazi abanikezwa lona bangaphinde balusebenzise futhi nakwezinye izinhlelo ezifaka phakathi izeluleko zonakekelo olwejwayelekile nje lwasekhaya lwabahaqwe yigciwane i-COVID-19 belunikezwa ngabasebenzi bangaphakathi nabangaphandle, noma kwabaluthola uma beshayela izinombolo zamahhala mayelana nobhubhane i-COVID-19, noma uma benikeza imiyalelo yokukhishwa noma izincomo zonakekelo lwasekhaya. Izincomo ezibalulekile zibhalwe ngokugqamile phezulu kuleso naleso sigaba ukuze zisebenziseke kalula uma kuyiwa emphakathini, kwenziwa imihlahlandlela nasekuqeqesheni. Ukuzijwayeza lezi zincomo kulezo zimo ezinezinsizakusebenza ezinganengi kwenzeka kuwona wonke lo mhlahlandlela nasesithasiselweni sawo. Ulwazi olukulo mhlahlandlela lungathatheka futhi lusebenziseke njengoba lunjalo uma kunesidingo.

Lo mhlahlandlela ugxile ezintweni ezintathu ezibalulekile: ukuthi wesekwa kanjani umuntu isimo sakhe esidinga ukuthi anakekelwe esekhaya ngenxa yokuthi izimpawu zegciwane kazimqinisele kakhulu nakulowo ogunyazwe ngabezempilo ukuthi anakekelwe esekhaya; singakunqanda kanjani ukubhebhethaka kwegciwane i-COVID-19 emakhaya nanokuthi singaweseka kanjani ngokomoya amalungu emindeni yethu. Yize lo mhlahlandlela unikezela ngolwazi olumayelana nobungozi bobhubhane i-COVID-19 (noma izimpawu zalo), kodwa akumele bese usetshenziswa njengomnqamlajuqu wokulawula ukuthi umuntu osehaqwe yigciwane i-COVID-19 (noma izimpawu zalo) angaluthola nini futhi kanjani usizo lwezempilo. Lonke ulwazi olusetshenziswa emazweni ahlukahlukene kumele luhambisane nomhlahlandlela wenqubomgomo nezincomo zakulelo nalelo lizwe.

Ulwazi olukulo mhlahlandlela lwatholakala ezinhlanganweni ezinjengeNhlangothi YezeMpilo Emhlabeni wonke jikelele (WHO), inhlangano eyaziwa ngokuthi yi-'Center for Disease Control and Prevention', inhlangano i-UNICEF, kanye nezinye ezihamba phambili kwezempilo yomphakathi. Ngolwazi oluthe xaxa ungabheka imithombo yolwazi esetshenzisiwe.

Kuningi okusamele sikufunde mayelana nendlelakuziphatha, ngokulivikela nangokudluliseka kwaleli gciwane i-COVID-19. Ngakho-ke lo mhlahlandlela uzobuyekwezwa futhi uhlonyiswe ngolwazi olusha nyanga zonke. Sonke isikhathi uma kufakwa ulwazi olusha, izinguquko zizobhalwa ngokugqamile futhi zibekwe ekuqaleni kwawo umhlahlandlela.

Abahlanganisi balo mqulu/mhlahlandlela bakuqaphelile ukuthi ubhubhane i-COVID-19 seludale ingcindezi eyengeziwe yezomnotho, yangokomphfumulo nasemzimbeni kubantu bonke emhlabeni wonke jikelele. Iningi labantu lishiywe emhlabeni ngabathandiweyo babo ngenxa yalo leli gciwane kanti futhi baningi kakhulu abaphelelwe yimisebenzi abaziphilisa ngayo nebibaletela uzinzo empilweni. Sithemba ukuthi lo mqulu/mhlahlandlela uzonikezela ngezeluleko ezicacile, ezinembayo futhi ezizoba lusizo ezinhlanganweni naseminyangweni ekuphumeni kulesi sikhathi esinzima kangaka.

IZINGUQUKO KUSUKELA NGOSHICILELO LOKUGCINA

Ulwazi olusha loshicilelo lwangoNtulikazi July 16, 2020 (Issue #2)

- Isendlalelo: Kunolunye ulwazi olusha olwengeziwe kulo mqulu/mhlahlandlela olungasetshenziswa nayizinhlangano ezifundisa futhi zeseke umphakathi mayelana nokunqanda ukubhebhethaka kwegciwane i-COVID-19, imihlahlandlela okumele isetshenziswe ngabasebenzi bangaphakathi nalabo abafundisa ngonakekelo lwasekhaya nangezindlela zokudambisa ukubhebhethaka kwegciwane; uqeqesho lwabemukela izingcingo zabanezinkinga ezidalwa wubhubhane i-COVID-19 nanokunikeza igunya lokuphuma esikhungweni sezempilo noma lokunika izincomo zokuqhubeka nokunikwa unakekelo ekhaya.
- Izimpawu nozinzo lwesiguli: Ukungakwazi ukuvuka uzihlalele uqonde, nokushintsha kombala wezindebe noma wobuso kungezinye zezimpawu okumele zisukunyelwe ngokuphuthuma. Labo ababona ezinye zalezi zimpawu esezibaliwe kumele bayobonana nodokotela ngokushesha.
- Ukuphuma egunjini langayedwana emva kokuvela kwezimpawu noma kokuqinisekiswa ngokutheleleka nge-COVID-19: Ngokwezincomo zakamumva ezivela eNhlanguanweni YezeMpilo Emhlabeni wonke jikelele abantu abakhombise ukuba nezimpawu bangakhishwa emagunjini akade behlaliswe kuwo ngabodwana emva kwezinsuku eziyi-10 kusukela ngosuku okwahlonzwa ngalo izimpawu, bese kuhlanguaniswa nezinsuku okungenani ezi-3 zokwengezela; uma seziphelile izimpawu (kufaka phakathi ukuphela komkhuhlane nezimpawu zephika). Abantu abangasenazo izimpawu zegciwane bangaphuma emagunjini akade behlaliswe kuwo ngabodwana emva kwezinsuku eziyi-10 kwatholakala ukuthi sebetheleleke ngegciwane i-COVID-19.
- Izifonyo: Ngokomhlahlandlela wokugqokwa kwezifonyo weNhlanguano YezeMpilo eMhlabeni wonke jikelele (WHO) oshicilelwe ngenyanga kaNhlanguanulana mhla ziye-12 2020 safaka ulwazi olusha olumayelana nolimi olusetshenziswa uma kubuzwa ukuthi isifonyo sigqokwa ngubani, nini futhi kuba yisifonyo esinjani okumele sigqokwe, inhloso yokugqokwa kwezifonyo nesidingo sokufundiswa kokunakekelwa nokugqokwa kwesifonyo ngendlela efanele kanye nezinye izindlela zenhlanzeko okumele zihambisane nokugqokwa kwezifonyo.
- Ezinye zezindlela ezibalulekile zokuziphatha kwamalungu omndeni. Ulwazi olumayelana nesikhathi ubude baso nenani labantu abangaba sengcupheni yokutheleleka.
- Isigaba esisha sokuba nokudla okwanele nokondliwa komzimba

ISINGENISO

Ngabe luyini ubhubhane i-COVID-19?

Ubhubhane i-COVID-19 ludalwa yigciwane ikhorona oluyigciwane elincane (lincu kakhulu ukuthi lingabonakala ngaphandle kokusebenzisa isibonisakhulu) elisabalala ngokuthi lisuke kumuntu liye komunye. Igciwane i-COVID-19 ludala izimpawu ezifana nezomkhuhlane ezinjengokukhohlela, ukuphelelwa wumoya, ukuba nemfiva, ukubantekenteke nobuhlungu bomzimba (kunohlu olude lwezimpawu olufakwe kulo mqulu/mhlahlandlela). Igciwane i-COVID-19 lihlasela ikakhulukazi ugudu wokuphefumula. Yize iningi lemikhuhlane lingeyona ingozi kangako, kodwa lona ungadala isifo samakhaza /inyumoniya (okuyisifo esinamandla esihlasela amaphaphu), kanye nezinye izifo futhi nazo ezibulalayo uma zingaqashelwe.

Lisabalala kanjani igciwane i-COVID-19?

Igciwane ikhorona lingena emzimbeni wakho ngomlomo, ngamakhala nangamehlo. Ukutheleleka okuningi kukholakala ukuthi kwenzeka uma umuntu osehaqekile ephefumula, ekhohlela noma uma ethimula eduze kwakho bese lamaconsana ahambisana nomoya engena kuwe emzimbeni ngomlomo, ngamakhala noma ngamehlo. Kuyenzeka futhi ukuthi leli gciwane ulithole ngokuthinta izindawo esezinalo leli gciwane bese uzithinta amehlo, ikhala noma umlomo. Abukho ubufakazi obukhombisa ukutheleleka kwengane ngunina wayo, ngokuyincelisa, ngomchamo/ngendle, ezilwaneni zasekhaya noma ngamachaphazelo egazi. Iningi labantu elikhombisa izimpawu zaleli gciwane liqala ukugula emva kwezinsuku ezilinganiselwa kwezi-5 kuya kweziyisi-6 emva kokutheleleka kodwa igciwane ikhorona lingahlala, liphile emzimbeni izinsuku ezingaze zifike e-14 ngaphambi kokucela kwezimpawu zokugula. Abanye abantu, ikakhulukazi izingane, bayatheleleka ngaleli gciwane kodwa lingabagulisi. Abantwana bona kabakhombisi izimpawu ezifana nezabantu abadala uma bengenwe yileli gciwane. Abantu bayaba nalo igciwane lekhorona kodwa bona bengazi baze baledlulisele kwabanye.

Iqhaza lonompilo (CHW) – ukunakekela nokuxhumana nesiguli ngesikhathi sisavalelwe ngasodwana

Onompilo (CHWs) baneqhaza elikhulu okumele balibambe ngalesi sikhathi. Ngokuthi bazinze kuwo umphakathi abawusizayo bona banolwazi olukhulu mayelana nezidingo zamalungu omphakathi abakuwo.

• Ukufundisa

- o Ukufundisa abantu ngobhubhane i-COVID-19 noma ngezimpawu zalo baphinde bafundise amalungu omndeni ngalokhu okulandelayo:
 - Kumele balufune nini usizo lwezempilo
 - Inhlanzeko yekhaya neyomuntu ngamunye
 - Umnakekela kanjani umuntu okusoleka ukuthi usehaqwe yigciwane i-COVID-19 ngokunciphisa amathuba okuthi igciwane ledluliseleke kwamanye amalungu omndeni
 - Ukubaluleka kohlelo lokutholakala kwezinsiza zezempilo emphakathini
- o Ukuphendula imibuzo evela emalungeni omphakathi
- o Ukuqondisa noma ukulungisa izinto ezingamampunge nezingelona iqiniso ezikhulunywa emphakathini

• Ukuxoxisa

- o Xoxisana namalungu omndeni nsuku zonke futhi wenze isiqiniseko sokuthi ayakuthola uma ekufuna (isib: banike izinombolo zakho zocingo ukuze bakushayeke uma befuna ukuxoxa nawe) ukuze uwekeke futhi ubone nenqubekela phambili yalowo osehaqwe yigciwane i-COVID-19 noma izimpawu zalo.
- o Lekelela umuntu osehaqwe yigciwane i-COVID-19 noma osenezimpawu zalo ukuthi abonane nodokotela ngalesi sikhathi usamwakekela esekhaya.

• Ukuxhumanisa

- o Khulumisana nabaholi bomphakathi mayelana nokubhebbetheka kwegciwane i-COVID-19, unakekelo oludingekayo kanye nezindlela zokulivikela
- o Xhumanisa imindeni nezikhungo zezempilo okwedluliselwa kuzo asebegula wumnyango wezeMpilo kanye nanezinye izinhlangano ezibalulekile endaweni (njengalezo ezinikezela ngamaphasela okudla noma amavawusha, nalezo ezinikezela ngempahla yokuhlaza njengezinsizakuwasha, insipho nezibulalimagciwane, njll.).
- o Lekelela ngokuphathwa kwezinsiza zomphakathi ukuqinisekisa ukuthi izidingongqangi zomndeni uyazithola futhi uwelekelele umndeni ngesikhathi ilungu lawo lisahlaliswe ngalodwana (ngokuthi liyayithola imishanguzo yalo, amanzi okuphuza, njll.)

IMININGWANE YEZINSIZA EZIBALULEKILE ENDAWENI

Kuyancomeka ukuthi ngaso sonke isikhathi onompilo (kubandakanya namavolontiya aqeqeshiwe) bahambe bephethe uhlu lwemininingwane yezinsiza ezibalulekile ezitholakala kuleyo ndawo ukuze kubelula ukuxhumana nazo nokubalayela uma kunesidingo. Izinhlangano ezingekho ngaphansi kukahulumeni (NGOs) zingagcwalisa lolu luhlu ngemininingwane yezinsiza ezibalulekile ezitholakala endaweni ukubeseka.

Izibonelo zezinsiza okumele zifakwe kulolu luhlu zibhalwe lapha ngezansi.

Uhlobo Lwezinsiza	Indawo	Imininingwane Yezokuxhumana
Inombolo Yamahhala Yehhovisi LikaMphathiswa WezeMpilo		
(Enye) Inombolo Yamahhala		
Indawo Yokuhlola Igciwane i-COVID-19		
Amavawusha Okudla Nokondliwa Komzimba		
Ukwesekwa kwabahlukunyezwa Emakhaya		
Abanikezela Ngempahla Yezenhlazeko		
Unakekelo Lwezingane		
Isiteshi Samaphoyisa		
Isikhungo SezeMpilo		
Isikhungo Okudluliselwa Kuso Abagulayo		

ISIGABA SOKUQALA: UKUQONDA IZIMPAWU

Izimpawu nozinzo lwesiguli

Imiyalezo esemqoka:

- Abantu abaningi abane-COVID-19 bazoba nomkhuhlane, isifuba esomile uma bekwekhwehlela, noma ukukhathala
- Abantu abaningi bazoba ngcono – izimpawu zivame ukuzinza izinsukwana bese ziyadamba emva kwesonto
- Uma umuntu eqala ukuba nezinye zalezi zimpawu, akafune ukunakekelwa ngokushesha
 - o Ukuphefumula kanzima noma iphika (yilokhu okuvame kakhulu)
 - o Ubuhlungu esifubeni noma ingcindezi
 - o Ukuqabuka ukudideka noma ukungakwazi ukukhuluma noma ukunyakaza
 - o Ukungakwazi ukuvuka noma ukuhlala uzihlalele
 - o Ukuba nembebevane noma ubuso obungachachambile

Izimpawu ezivamile ze-COVID-19 zibandakanya:

- o Umkhuhlane noma ukugodola
- o Isifuba esomile uma ukhwehlela
- o Ukukhathala/ukutubeka

Abanye abantu banokukodwa noma okuningi kwalokhu okulandelayo:

- o Ukuqaqanjelwa emsisheni noma emzimbeni nobuhlungu
- o Ubuhlungu emphinjeni
- o Ukuhuda
- o Ukucinana emankankeni noma ukuvimbana
- o Ukuba nesilungulela/ukucanuzelwa nokubuyisa/nokuhlanza
- o Uphenyane
- o Ukuqaqanjelwa yikhanda
- o Ukuqabuka ukungakwazi ukunambitha noma ukuhogela
- o Ukuqubuka esikhunjeni noma ukwebuza (ukushintsha umbala ezandleni noma ezinyaweni)

Uma umuntu eqala ukuba nanoma yiziphi zalezi zimpawu ezibaluliwe, kufanele afune ukunakekelwa ngokushesha

- o Ukuphefumula kanzima noma iphika
- o Ubuhlungu esifubeni noma ingcindezi
- o Ukuqabuka ukudideka, ukungakwazi ukukhuluma noma ukunyakaza
- o Ukungakwazi ukuvuka noma ukuhlala uzihlalele
- o Ukuba nembebevane noma ubuso obungachachambile

Ingozi ebucayi kakhulu ngobhubhane i-COVID-19 ukungakwazi ukuphefumula. Imishanguzo yokwelashwa kwalabo esebhelabeke kakhulu ibandakanya umoyampilo nomshini wokuphephethwa ngomoya, etholakala kuphela ezinsizeni zezikhungo zezempilo

Ukubheka ukuthi ngabe umuntu unenkinga yokuphefumula:

- o Ngokuqeqeshwa kahle, onompilo namalungu omndeni angakwazi ukubona isimo sokuphefumula kwabantu abane-COVID-19 noma izimpawu. Labo abaphefumula ngaphezu kokungama-20 ngomzuzu bangadluliselwa emtholampilo.

- o Onompilo namalungu omndeni bangaphosa le mibuzo elandelayo ekulekeleleni ukubheka ukuthi ngabe kuyadingeka yini adluliselwe emtholampilo:
 - “Ngabe unephika uma wenza umsebenzi obungawenza ngenye indlela uma ungenazo izimpawu zokwenzayo?”
 - “Ingabe ukuhamba ibanga elifishane kulukhuni kakhulu ukunalokhu obekungaba yikho enyangeni eyedlule?”
 - “Ngabe unephika uma uziphumulele uhleli?”
- Iseluleko sekhethelo kwabadala abaneminyaka engaphezulu kwengama-60 nabantu abanezifo ezingamahlalakhona

Izifo ezingamahlalakhona zibandakanya iGciwane leSandulela Ngculazi, isifo senhliziyo, iSifo soFuba, ukungondleki kahle, isimbela mbela sesifo samaphaphu, isifo sezinso, ukungasebenzi kahle kwezinsiza, isifo sesibindi, ukukhuluphala ngokweqile, izifo ezihlobene nemithambo yegazi, isifo esiyisimbela mbela ngokuphefumuleni, umdlavuza, nalabo abanamasosha abuthaka.

- o Abadala abangaphezulu kweminyaka engama-60 nalabo abanezifo ezingamahlalakhona basethubeni elikhulu lokuhlaleka kabucayi ezimpawini ze-COVID-19. Laba ngabanye kufanele badluliselwe emtholampilo uma bekhombisa ukuba nomkhuhlane noma lulunye uphawu lwe-COVID-19, ngisho ngabe lubukeka lungethusi.
- o Abantu abaneminyaka engaphezulu kwengama-60 abanezimpawu ezingethusi noma abanezifo ezingamahlalakhona noma labo abanezifo ezingamahlalakhona (njengesifo esihlobene nemithambo yegazi, isifo esiyisimbela mbela ekuphefumuleni, isifo sikashukela nesifo somdlavuza) kufanele baxhumane nezinsiza zezempilo. Uma kungenzeka, laba bantu kufanele banakekelwe ezinsizeni zezempilo hhayi banakekelwe ngabantu abakhona ekhaya.
- o Akubhekisiswe kakhulu abantu abakhona ekhaya abangamalungu aneminyaka engaphezulu kwengama-60, izimpawu zingashintsha ekubeni ngezingethusi zibe ngezibucayi.

• **Umuntu oneminyaka engaphansi kwengama-60 onezimpawu ezingethusi njengomkhuhlane, ukukhwehlela, ukuqaqanjelwa/ukuphathwa yikhandu nokukhathala ngeke adinge ukudluliselwa esibhedlela futhi kungenzeka alashwe ngokuphepha ekhaya. Bangabhekwa baphinde basizwe ngamalungu omndeni**

- o Iningi lalezi zifo ezibikiwe kungalulameka kuzo ngaphandle kobunzima; ngalokho-ke, uma isimo sishintsha uyacelwa ukuba ulandele iseluleko esingenhla.
- o Ukunakekelwa ekhaya kungabhekisiswa uma ogulayo enganakekelwa noma engaphephile (sibonelo, amandla anomkhawulo nezinsiza zingabeneli abadingayo ekuhlizekweni kwezempilo), umuntu ukulungele ukuthola usizo, izinsiza ezinjengokukwazi ukuthola ukudla, amanzi nezinye izidingo ezidingekayo, abanye abantu abakhona ekhaya abangamalungu omndeni bangakwazi ukwenza izindlela zenhlanzeko
- o Iminyaka nezifo ezingamahlalakhona kwabantu abakhona ekhaya abangamalungu kufanele kubandakanywe uma kubhekwa izincomo zokuthi bangasizelwa emakhaya noma ezinsizeni zokuhlala ngabodwana.

- Isinqumo sokuvunyelwa ukunakekelwa ekhaya sidinga ukuthathwa ngabezokwelapha futhi kufanele baziswe ukuhlolwa okwenziwa ngabezokuphepha endaweni eyikhaya lesiguli.

Ukuhaqeka nezincazelo zoke wasondelana nosehaqekile

Amazwe kungadingeka ukuthi azejwayeze izincazelo ezisetshenziswa ukuchaza lowo oke wasondelana nosehaqekile ngokwendlela yawo nangokubheka konke okunye okuhambisana nawo.

• Abasolisa ngokuhaqeka

- o Umkhuhlane + ukukhwehlela noma iphika; nokubhekana ubuso nobuso nabantu osequqinisekisiwe ukuthi bahaqekile yi-COVID-19 ezinsukwini eziyi-14 ngaphambi kokuba babe nezimpawu
- o Umkhuhlane + ukukhwehlela noma iphika; nomlando wokuhamba noma wokuba sendaweni osekubikiwe ngokuthelelana kwesifo se-COVID-19 ezinsukwini eziyi-14 zezimpawu; noma
- o Umkhuhlane + ukukhwehlela noma iphika; ukudinga ukudluliselwa emtholampilo; nokungakwazi ukuchaza ngokuphelele enye indlela yokubona uphawu

• Abasolisa ngokuhaqeka

- o Imiphumela engaphelele/engaqinisekisiwe yabasolisa ngokuhaqeka onemiphumela; noma
- o Ukungenziwa kokuhlolwa kwaloyo osolisa ngokuhaqeka

• Oke wasondelana nosehaqekile

Oke wasondelana nosehaqekile umuntu onesipiliyoni sanoma yikuphi okulandelayo ezinsukwini ezimbili ngaphambi kweziyi-14 emva kwezimpawu ezisolisayo ngokuhaqeka

- o Ukubhekana ubuso nobuso nomuntu osolisa ngokuhaqeka noma osequqinisekisiwe ukuthi uhaqekile ibanga elingaphansi kwegxathu eli0lodwa futhi imizuzu engaphezu kweyi-15;
- o Ukuthintana ngomzimba nomuntu osolisa ngokuhaqeka noma osequqinisekisiwe ukuthi uhaqekile;
- o Ukusizwa kwesiguli esisolisayo ngokuhaqeka noma osequqinisekisiwe ukuthi sinesifo se-COVID-19 ngaphandle kokusebenzisa izinsiza zokuzivikela ezifanele; noma
- o Ezinye izimo zivezwa ngokuhlolwa kwezindawo ezisolisayo

Isaziso: Osequqinisekisiwe ukuthi bahaqekile, babhekakala ezinsukwini ezimbili ngaphambi kwezinsuku eziyi-14 kusukela kwenziwa amasampuli/kwahlohlwa osekuholele ekuqinisekiseni.

ISIGABA SESIBILI: **UNAKEKELO LWASEKHAYA**

Abanakeleli balabo asebehaqwe yigciwane i-COVID-19 noma abanezimpawu zalo

Imiyalezo esemqoka:

- Qoka umsizi osesimweni esikahle sempilo nongenaso isifo esingamahlalakhona (okubandakandanya iminyaka) nozokwazi ukulandela indlela yokuzivikela kahle.
- Nciphisa isibalo sabasizi
- Qinisekisa ukuthi umuntu one-COVID-19 noma onezimpawu uyaphumula, uthola ukudla okunempilo futhi uphuza amanzi anele (amaningi)
- Umsizi kufanele njalo ahlale egqoke isifonyo uma ezothintana nomuntu (onezimpawu) ze-COVID-19

• Umkhetha kanjani umsizi?

- o Umsizi kufanele kube umuntu osesimweni esihle sempilo, ongenaso isifo esingamahlalakhona noma ongenawo amasosha njengokuba nehayihayi, iGciwane leSandulela Ngculazi, iSifo soFuba, isifo sikashukela, inkinga yamaphaphu noma yenhliziyo (bheka uhlu oluseSigabeni soku-1).
- o Nciphisa isibalo sabasizi. Okuhle, ukuthi abe yedwa umsizi ozohlinzeka usizo lomuntu one-COVID-19 noma onezimpawu zayo.
- o Kuhle ukuthi umsizi kube umuntu ohlala ekhaya, ongahlinzeka usizo olwenele nosebenzisa isifonyo sobuso.

• Ukubhekana nokuhlelwa okungekho bucayi

- o Umuntu one-COVID-19 noma onezimpawu zayo kufanele:
 - Aphumule kaningi ngendlela angakwazi ngayo.
 - Aphuze amanzi esitsheni esihlukile kunesisetshenziswa ngamalungu omndeni.
 - Adle ukudla okuningi okunempilo njengezithelo, imifino/izitshalo nenyama.
- o Imithi/imishanguzo yokunciphisa izimpawu ze-COVID-19. Yazi ukuthi lokhu akuyelaphi i-COVID-19.
 - **Umkhuhlane:** Sebenzisa izindwangu ezipholile uma kushisa kakhulu noma ingubo mayelana nokugodola. Sebenzisa iphilisi lezinhlungu (lohlobo obubizwa ngokuthi yi-acetaminophen) ukuze udambise ubuhlungu noma unciphise umkhuhlane. Abadala, banikezwe amamiligremu ayi-1000 njalo
 - Emahoreni ayi-6 kuya kwayi-8. Ungabaniki amamiligremu angaphezulu kwayizi-4000 ngosuku.
 - **Ukukhwehlela:** imithi yokukhwehlela ayikwelaphi ukukhwehlela kungcono ingwenywe. Kungasiza ukuxubha ngamanzi antukuntuku anosawoti amahlandla amaningi ngosuku. Kungasiza ukugquma, ukuphefumula istimu ebhavini enamanzi ashisayo nokufudumeza umoya.
 - **Ubuhlungu esifubeni:** Isipontshi sokufudumeza umziba noma izindlela zokugquma zobuchwepheshe (indwangu ifakwe emanzini ashisayo bese iyasontwa) esifubeni sakho kungabunciphisa ubuhlungu.
 - **Ukuqaqamba nezinhlungu:** Phuzisa amaphilisi ezinhlungu (ohlobo olubizwa nge-acetaminophen) nezinhlungu (isilinganiso esifana nesomkhuhlane), ikakhulukazi uma izinhlungu zikuphatha uphumule noma ulele.
 - **Ekuphefumuleni kanzima:** Istimu sokuphefumula (ukukhwehlela, bheka ngenhla) kungenzeka kusize ukuphuza uketshezi olushisayo ekuncipiseni amafinyila emaphashini kuphinde kuvule nezindawo zomoya. Kungenzeka isize ikhafeyini esenkomishini yekhofi noma kusize itiye elimnyama. Ungabhemi futhi ungabi seduze nentuthu.

- Xhumana nezinsiza zezempilo eziseduze nawe uma izimpawu ziya ngokudlana noma uma umuntu ekhombisa ukuba sesimweni esibucayi.

Ukuqhela ngebanga elanele nokuhlela igumbi

Imiyalezo esemqoka:

- Umuntu one-COVID-19 noma onezimpawu zayo kufanele ahlale ngayedwana egumbini elishaya umoya kahle (isibonelo, enamawindi avuliwe) aqhele kwabanye abangenazo izimpawu
- Umuntu one-COVID-19 noma onezimpawu zayo kufanele aqhele ibanga elingamagxathu amabili kwabanye (isilinganiso esincane igxathu eli-1 – kuya kwama-2 ngobude bamagxathu ezingalo ezimbili)
- Umuntu one-COVID-19 noma izimpawu zayo kufanele agqoke isifonyo uma eseduze kwabanye abantu
- Kufanele zibe khona izinsiza zokuwasha izandla nensipho (noma isihlanzamagciwane)
- Kugcinwe amagumbi eshaywa umoya kahle
- Uma isikhala endlini sisincane, beka eqhulwini ukugcina abaneminyaka engama-60 nabangaphezulu kwayo nalabo abanezifo ezingamahlalakhona ekutheni bahlale bodwana kulo muntu one-COVID-19 noma onezimpawu zayo

Abantu abasemakhaya ahlonzwe njengasengcupheni enkulu yokusabalala kwegciwane (isibonelo, abadala noma abantu abanezifo ezingamahlalakhona (bheka uhlu oluseSigabeni soku-1) kufanele bagweme ukuthintana nomuntu one-COVID-19 noma onezimpawu zayo nezinto azithintayo.

• Ikhaya nokuhlelwa kwegumbi logulayo

- o Umuntu onegciwane i-COVID-19 noma onezimpawu zalo kufanele ahlale yedwana egunjini elishaya umoya kahle (isibonelo, elinamawindi avuliwe) aqhele kwabanye abangenazo izimpawu zalo.
- o Bonke abantu abasemakhaya anabantu abane-COVID-19 noma abanezimpawu zayo kufanele bahlale bodwana egunjini elifanayo.
- o Umuntu one-COVID-19 onezimpawu zayo kufanele abe nokokulahla amathishu asewasebenzisile, izifonyo nenye imfucuza; imfucuza kufanele ilahlwe.
- o Qiniseka ukuthi izindawo ezisetshenziswa yiwo wonke umuntu (isibonelo, emaxhibeni, ezindaweni zokugezaba) zishaya umoya kahle (gcina amawindi evuliwe).
- o Sebenzisa ilineni nezitsha zokudlela ezikhethelwe umuntu one-COVID-19 noma onezimpawu zayo; lezi zinto zingaphinde zisetshenziswe uma sezihlanzwe ngensipho namanzi.

• Ukuqhela ngebanga elanele kwabanye nokugwema ukuba luvanzi

- o Umuntu one-COVID-19 noma onezimpawu zayo kufanele aqhele ibanga elingamagxathu ama-2 kwabanye (okungubude bezingalo ezimbili). Dweba amagxathu ama-2 ngoshoki noma ubeke into ezoba yisikhumbuzo emndenini.
- o Umsizi kufanele anciphise ubude besikhathi asichitha nomuntu one-COVID-19 noma onezimpawu zayo. Ukuba luvanzi kakhulu kungaholela ekunyuseni amathuba okuthelelana. Akunasikathi esiwumqamula quju sokuba kumuntu one-COVID-19 noma onezimpawu zayo.
- o Amalungu asekhaya angenazo izimpawu kufanele ahlale emagunjini ahlukenene noma uma kungenzeki, awazame ukuqhela ngebanga elingamagxathu ama-2 kumuntu one-COVID-19 noma onezimpawu zayo (isibonelo, lalani ngemibhede ehlukenene).
- o Umuntu one-COVID-19 noma izimpawu zayo kufanele agqoke isifonyo aphinde

aqhele ngebanga elingamagxathu ama-2 kwabanye uma eshiya igumbi “lokugulela” noma uma abanye bengena khona egunjini lokugulela.

- o Gwema ukunyakaza komuntu one-COVID-19 noma izimpawu zayo endlini bese wenza isilinganiso sokuba khona kwabo ezindaweni ezisetshenziswa yiwo wonke umuntu.

• **Izivakashi azingavunyelwa kuze kuba uyalulama ngokugcwele umuntu one-COVID-19 noma onezimpawu zayo futhi azisekho izinkomba noma izimpawu zayo i-COVID-19 (bheka imininingwane eminingi esigabeni esingezansi mayelana nokuthi uphuma nini ekuhlaleni yedwana).**

Uma indawo ekhaya incane/inesilinganiso

- Uma indawo ekhaya incane/inesilinganiso, kubeke eqhulwini ukugcina labo abaneminyaka engama-60 nangaphezulu bese labo abanezifo ezingamahlalakhona ubahlalisa ngabodwana kumuntu one-COVID-19 noma onezimpawu zayo
- Uma umuntu ene-COVID-19 noma onezimpawu zayo engenalo igumbi lokuhlala yedwana, myalele ukuba:
 - o Agqoke isifonyo
 - o Anciphise isikhathi namanye amalungu omndeni ngendlela angakwazi ngayo ukukwenza lokho
 - o Aqikelele ukugcina amagxathu ama-2 okuqhela kwabanye ekhaya
 - o Uma kukhona umbhede uwodwa futhi ingekho enye indawo yokulala engasetshenziswa, lalani ngokuphambana (ikhanda lomunye libheke lapho kubheke ngakhona izinyawo zomunye) ukuze kugwemeke ukuphefumula umoya owodwa nomuntu ogulayo
 - o Geza izandla kaningi ngensipho okungenani imizuzwana engama-20
 - o Gwema ukuthinta izindawo ezithintwa yiwo wonke umuntu (bulala amagciwane asezindaweni ezithintwa njalo kaningi – bheka iSigaba sesi-3 ngenhlanzeko yesigaba sasekhaya)
 - o Hlanza izindawo emva kokuphefumula/ukuthimula/ukukhwehlela noma ukuzithinta
 - o Zilahlele udoti wakho (isibonelo, amathishu) bese uwasha izandla masinyane
 - o Gcina amawindi nezivalo kuvuliwe ekunyuseni ukushaya komoya

Abake basondelana nasebehaqekile nokuphela kokuhlala ngawedwana ekhaya

Imiyalezo esemqoka:

- Abake basondelana nasebehaqekile kufanele bagonqe izinsuku eziyi-14 ngosuku lokugcina kuhlolisise isimo sabo sempilo
- Abantu abanezimpawu bangayekiswa ukuhlala bodwana emva kwezinsuku eziyi-10 beqalile ukuba nezimpawu, kwengezwe nezinsuku ezi-3 bengasenazimpawu (okubandakanya ukungabi namkhuhlane nokungabi nazimpawu zokuphefumula)
- Abantu abangenazimpawu bangayekiswa ukuhlala bodwa emva kwezinsuku eziyi-10 emva kokuba behlolwe batholakala benayo i-COVID-19

Abake basondelana nasebehaqekile nge-COVID-19

Bheka incazelo yoke wasondelana nosebehaqekile kwi-Covid-19 eSigabeni sokuqala: Ukuhaqeka nezincazelo zoke wasondelana nosebehaqekile

- Abake basondelana nasebehaqekile kufanele bagonqe izinsuku eziyi- 14 benabi luvanzi
- Abake basondelana nasebehaqekile kufanele balandele imithetho edingekayo ekwelashweni kwabanezimpawu

Izimisokuqeda ukuhlala ngawedwana “egunjini labagulayo”

- Kubantu abanezimpawu: ezinsukwini ezili-10 emva kokuba izimpawu ziqalile, kwengezwa izinsuku ezi-3 ungasenazimpawu (okubandakanya ukungabi namkhuhlane nokungabi nenkinga yokuphefumula)
- Kubantu abangenazimpawu: ezinsukwini ezili-10 emva kokuba uhlolwe watholakala une-COVID-19

Isibonelo, uma isiguli besinezimpawu izinsuku ezimbili, sesingakhululwa ekuhlaleni sodwa emva kwezinsuku ezili-10 kungezwe nezi-3 = zibe yili-13 kusuka ngosuku okuqale ngalo ukuba nezimpawu; isiguli esinezinsuku eziyi-14, sesingakhululwa (ezinsukwini ezili-14 kuhlanene nezi-3 =) kube yizinsuku eziyi-17 kusukela kwaba khona izimpawu; singakhululwa isiguli esesibe nezimpawu izinsuku ezingama-30, (izinsuku ezingama-30 zihlanganiswa nezi-3 =) kuba izinsuku ezingama-33 kwaba nezimpawu).

ISIGABA SESITHATHU: UKUNQANDA UKUBHEBHETHEKA KWEGCIWANE I-COVID-19 EKHAYA LAKHO

INHLANZEKO YASEKHAYA

Imiyalezo esemqoka:

- Bulala amagciwane ezindaweni ezintintwa kaningi ekhaya/ngosuku
- Umuntu one-COVID-19 noma onezimpawu zayo kufanele agweme ukusebenzisa izinto nabanye nokuthintana
- Umuntu onezimpawu ze-COVID-19 kufanele awashe amalineni namaduku akhe
- Noma ngabe yini esuka egunjini lohlala yedwana kufanele ithathwe njengesitheleleke ngegciwane

- **Bulala amagciwane ngephesenti eli-1 (1000 ppm) isibulalamagciwane esithakwe ngokusasawoti** (bheka isithasiselo soku-1: sifake emanzini ngelisinganiso sokubulala amagciwane ekhaya)
- **Inhlanzeko “egumbini logulayo”, igumbi lomuntu one-COVID-19 noma onezimpawu zayo**
 - o Hlanza kaningi izindawo egunjini lomuntu one-COVID-19 noma onezimpawu zayo ngensipho namanzi nsuku zonke uphinde ubulale amagciwane (isibonelo: ematafuleni aseceleni kombhede, izinhlaka zombhede nefenisha yasegumbini lokulala). Uma kungenzeka, noma yikuphi ukuhlanzwa kwamagciwane asegunjini kufanele kwenziwe umuntu one-COVID-19 noma onezimpawu zayo.
 - o Amagilavu, izifonyo nemfucuza edaleke kunakekelwa ohaqekile kufanele kubekwe emgqonyeni onesivalo egumbini lone-COVID-19 noma onezimpawu zayo. Imfucuza kufanele iye komunye udoti.

- **Hlanza uphinde ubulale amagciwane egunjini lokugezela nasendlini encane okungenani kanye ngosuku**

- o Uma umuntu onezimpawu esebenzisa igumbi nabanye, kufanele babulale amagciwane emva kokulisebenzisa, ukuze abazolandela bengahaqeki egciwaneni.
- o Insipho yasekhaya njalo kufanele isethenziswe ekuhlanzeni, bese kuthi emva kokuyakaza, sebenzisa isibulala magciwane (bheka isithasiselo soku-1).
- o Amagilavu nokokuzivikela (njengamaphinifa enziwe ngocwazi) kufanele kusetshenziswe uma kuhlanzwa izindawo. Noma kungasetshenziswa amagilavu alahlwayo emva kokusetshenziswa. Qinisekisa inhlanzeko ngaphambi kokugqoka amagilavu nasekuwakhumuleni.
- o Emva kokusebenza, ukusebenzisa amagilavu kufanele kuhlanzwe ngensipho namanzi afakwe iphesenti eli- 0.1 le-sodium hypochlorite (bleach) solution. Amagilavu asetshenziswa kanye kufanele alahlwe emva kokusetshenziswa (isibonelo, nitrile or latex).

- **Ukuwasha izingubo**

- o Hlanza izingubo, amalineni ombhede ugeze namathawula ezandla omuntu one-COVID-19 noma onezimpawu zayo ngokusebenzisa insipho yokuwasha namanzi antukuntuku bese uzomisa kahle.
- o Amagilavu nokokuzivikela (njengamaphinifa akhiwe ngolengiswayo) kufanele asetshenziswe ekuhlanzeni izingubo noma amalineni anoketshezi. Yenza inhlanzeko esandleni ngaphambi kokuba ugqoke noma ukhumule amagilavu.
- o Beka ilineni ethelekile esikhwameni noma uyilahle. Ungayinyakazisi impahla engcolile noma ugweme ukuthelelana okungenziwa ukuthintana kwezikhumba nezingubo.

- **Ezokuphepha kokudla**

- o Akufanele apheke ukudla umuntu one- COVID-19 noma onezimpawu zayo.
- o Uma kungenzeka, umuntu one-COVID-19 noma onezimpawu zayo kufanele adlele endaweni ehlukile, ngokukhethekile “egumbini agulela ” kulo. Uma bengeke bekwazi, kufanele baqhele okungenani ibanga elingamagxathu ama- kubantu basekhaya ngesikhathi sokudla noma edla ngesikhathi esehlukile kubantu basekhaya.
- o Ukuwasha izandla kusemqoka ekunciphiseni ukubhebhethaka kwe-COVID-19 futhi kufanele kwenziwe kakhulu ngaphambi kokulungiselela ukudla nokuphaka bese kwenziwa nangemuva.
- o Washa izithelo nemifino ukuze uphume engcupheni yokutheleleka.
- o Sula amabhodlela okudla namathini ngesibulalamagciwane ngaphambi kokuwavula noma ukuwagcina.
- o Hlanza wonke amabhodwe, izindishi, izitsha, nezintsha zokudlela ngensipho namanzi, bese uzigcina endaweni ehlanzekile nephephile.

- **Ukusebenzisa izinto ezifanayo nokuthinta**

- o Gwema ezinye izindlela zokuba semagciwaneni ezinto ezithelelwe ngumuntu one-COVID-19 noma onezimpawu zayo (isibonelo, ningasebenzisi izixubho ezizoda, ugwayi, izitsha zokudlela, izindishi, ziphuzo, amathawula, izindwangu zokugeza noma ilineni yombhede).
- o Gwema ukuthintana (isibonelo, ukwangana, ukuxhawulana, njll.) namalungu omndeni amadala

IZIFONYO

Imiyalezo esemqoka:

- Ukusebenzisa isifonyo kuphela ngeke kukuphephise kwi-COVID-19. Inhlanzeko yezandla, ukuqhelelana ngebanga elanele kwabanye, ukuhlanza nesifonyo kuyabunciphisa ubungozi bokutheleleka
- Izifonyo ziyisiqalo sokuzama ukunqanda ukubhebhethaka kwe-COVID-19 kwabanye ukunokuzivikela kosigqokile. Ngamafishane, ukugqoka isifonyo, ukuvikela nabanye. Uma abanye begqoka isifonyo, bavikela nawe
- Izifonyo zezempilo zingagqokwa yinoma ubani one-COVID-19 nonezimpawu zayo, abasizi nabasemakhaya alabo abane-COVID-19 noma onezimpawu zayo, bese kuba abantu abadala abaneminyaka engama-60 nangaphezulu noma abanezifo ezingamahlalakhona. Uma kungekho zifonyo zezempilo ezikhona, isifonyo sendwangu singasetshenziswa. Izifonyo zendwangu zingagqokwa ezindaweni okwakwenziwe izincomo kuzo ngabaphethe izindawo noma ezindaweni okuthelelwana kuzo lapho ukuqhelelana okungeke kwenzeke
- Izingane ezineminyaka engaphansi kwemibili ngisho nanoma ubani akavunyelwe ukususa isifonyo nokungasifaki
- Izifonyo zobuso kufanele zimboze kokubili umlomo nekhala
- Uma kukhunyulwa isifonyo sobuso, kufanele sisuswe ngokuthinta amabhande kazinwebe noma izintambo nezidonswa ebusweni phambi kobude bengalo; ingaphambili nezingxenye ezingaphakathi esifonyweni kufanele kungathintwa (kucatshangwe ukuthi kuthelelekile)
- Washa izandla masinyane emva kokukhumula isifonyo
- Washa izifonyo zendwangu ngensipho namanzi emva kokuzisebenzisa. Lahla isifonyo sephepha emva kokuzisebenzisa kanye

• UKusebenzisa iSifonyo oKuvamile

- o Izifonyo kufanele zigqokwe futhi zibanjwe kahle ukuze kuncishishwe ubungozi bokutheleleka. Bheka iSithasiselo sesi-3 “Awusigqoki Kanjani isifonyo” nokuthi “Usigqoka kanjani/usikhumula kanjani iSifonyo soBuso”
- o Ukuwasha izandla nokuqhela ngebanga elanele kwabanye makukhuthazwe kanjalo nezincomo zezifonyo.
- o Kufanele abantu bagweme ukuthinta ubuso babo ngenkathi begqoke izifonyo
- o Izandla kufanele ziwashwe kahle futhi masinyane, emva kokukhumula isifonyo.
- o Izifonyo kufanele zihlale endaweni yazo, zingathintwa noma zingabanjwa ngesikhathi zisetshenziswa mayelana nezinhlayiye zegciwane ezingaphandle kwesifonyo ezizongena ekhaleni/emlonyeni/emehlweni uma zihamba.
- o Izandla kufanele ziwashiswe kahle ngensipho uma kuthinteka isifonyo noma sanyakaziseka
- o Uma isifonyo sesikhunyulwa, asikhunyulwe ngokususa amabhande kazinwebe noma izintambo zidonswe zisuswe ebusweni nasebudeni bengalo; iphambili nezingxenye ezingaphakathi akufanele zithintwe.
- o Susa isifonyo masinyane ngesikhathi siba nomswakama noma siklebhuka.
- o Ningablekani ngesifonyo namalungu omndeni wakini

- **Izifonyo zezempilo**

- o Bheka etafuleni elingezansi ukuthi ngubani okufanele afake izifonyo zezempilo nokuthi bazigqoke kuphi.
- o Umuntu one-COVID-19 nonezimpawu zayo okufanele agqoke isifonyo sezempilo ngendlela angakwazi ngayo ekunqandeni amaconsi okuphefumula nokujuza. Lesi sifonyo sidinga ukushintshwa okungenani kanye ngosuku.
- o Ungasiphindi isifonyo okungesona esikakotini/esikakotini, esisetshenziswa kanye, nezifonyo ezilahlwayo.
 - Uma uzophinde usisebenzise, sibeke eceleni esikhwameni saso esihlukile emva kokusisebenzisa. Shintsha ukusetshenziswa kwazo uma uzosebenzisa isifonyo kanye njalo ezinsukwini ezi-5 wenzele ukuba igciwane life ngaphambi kokusisebenzisa
- o Ividiyo emayelana nokuthi usifaka kanjani isifonyo sezempilo
https://www.youtube.com/watch?time_continue=9&v=adB8RW4l3o4&feature=emb_logo

- **Izifonyo zendwangu**

Izifonyo zezempilo zisebenza kakhulu ekunciphiseni ukuthelelana ngegciwane ukunezifonyo zendwangu. Ngenxa yezifonyo zezempilo ezinomkhawulo/ezincane, isifonyo sendwangu singasetshenziswa uma zingekho izifonyo zezempilo. Bheka eSithasiselweni sesi-2 ukuthi senziwa kanjani isifonyo sendwangu esingathungiwe.

- o Bheka etafuleni elingezansi ukuthi ngobani okufanele bagqoke izifonyo zendwangu futhi kufanele bazigqoke kuphi.
- o Izifonyo zendwangu ezivelele:
 - Yiba nendwangu enogqinsi oluphindwe ka-3. Kuhle, ugqinsi olungaphakathi esifonyweni lwenziwe ngomkhiqizo okwazi ukumunca amanzi njengendwangu noma njenganhlanganisela kakotini. Ugqinsi lwangaphandle lwenziwe ngendwangu evimba amanzi (njengephropholini, ipholiyesta). Akunconywa ukupenda isifonyo ngezinto ezinjengepholishi.
 - Indwangu yakhiwe ngendlela yokuthi inganwebeki (khetha indwangu enganwebeki kalula).
 - Ezenziwe ngendwangu ebizayo futhi ezingamelana namazinga okushisa aphakeme (angama-60°C noma ngaphezulu)
 - Ezikuthokomalisayo/ezikufudumezayo kahle ebusweni bakho.
 - Ezenziwe ngendwangu elugqinsi (inhloso yaleyo ndwangu ukuthi uma ibheke elangeni, ilinga lingakwazi ushaya ngemisebe yalo kulowo).
- o Washa isifonyo sendwangu ngensipho nangamanzi antukuntuku kanye ngosuku noma uma zibe manzi zingcolile.
- Uma engekho amanzi antukuntuku, washa isifonyo ngensipho/ngamanzi anezinga okushisa nensipho, kulandele ngabe: ukufudumeza/ukubilisa isifonyo umzuzu o-1 noma ukusicwilisa kwi-chlorine eliphesenti eli-1 umzuzu bese usomisa kahle.
 - o Uma kwenzeka, yiba nezifonyo eziningi ukuze uvumeleke ukuba nesikhathi sokuwasha/esokomisa.
 - o Ividiyo ikhombisa ukuthi sigqokwa kanjani isifonyo sendwangu
https://www.youtube.com/watch?v=ciUniZGD4tY&feature=emb_logo

ISIFONYO	UBANI: OKUFANELE ASEBENZISE	KUZIPHI: IZINDAWO
Isifonyo sezempilo (izifonyo zenqubo yokuhliza ziqondile noma zifingcizekile)	• Abasebenzi bezempilo	• Ezindaweni zezempilo ngaphakathi lapho kulashwa khona
	• Abantu abanakekela abasolisa noma osequqinisekisiwe ukuthi banayo i-COVID-19 ngaphandle kwenzindawo eziyizinsiza zezempilo	• Ezindaweni zasemakhaya ezinabantu abagulayo
	• Noma ngubani onezimpawu ezibalulwe kwi-COVID-19	• Noma yiyiphi indawo esemphakathini
	• Abantu abadala abaneminyaka engaphezulu kwengama-60 nangaphezulu	• Ezindaweni zemiphakathi lapho khona ukuqhelelana okungeke kwenziwe
Isifonyo okungesona esezempilo (sendwangu)	• Abantu abanezifo ezingamahlalakhona • Abantu absenzindaweni zomphakathi abangenamandla okuqalisa izindlela zokuzivikela, kubandakanya ukuqhelelana okungenani igxathu elilodwa • Abantu abayizixuku/abayizinkumbi kwezokuthutha	• Izindawo zemiphakathi • Izindawo zemisebenzi • Kwezokuthutha zomphakathi – amabhasi, izitimela, njll.

UKUGEZA IZANDLA NEZINDAWO ZOKUZIGEZA EZISEKHAYA

Imiyalezo esemqoka:

- Geza izandla ngensipho uma ufika ekhaya ngaphambi kokuthi uthinte ubuso. Uma unengciwane ezandleni, emehlweni, ekhaleni noma emlonyeni wakho ungazithelela.
- Geza izandla kaningi emva kokuthinta izindawo njengezibambo zezivalo, omakhalekhukhwini, izitsha, njll. njengoba zingatheleleka egciwaneni.
- Insipho ejwayelekile namanzi kuyizindlela ezivelele zokuhlaza isifo ezandleni zakho.

• Uzigeza nini izandla?

- o Emva kokuthintana noma kanjani nabantu abane-COVID-19 noma abanezimpawu zayo noma ukuba sendaweni yabo.
- o Ngaphambi noma ngemva kokulungisa ukudla, ngaphambi kokudla, emva kokusebenzisa indlu yangasese.
- o Emva kokukhwehlela noma ukuthimula/ukuthinta amathishu asesetshenzisiwe.
- o Emva kokuthinta izindawo noma izinto okuvamile ukuthi zisetshenziswe yinoma ngubani (izibambo zezivalo, omakhalekhukhwini, njll.).
- o Ngaphambi kokuba uthinte ubuso bakho emva kokusiza umuntu onayo i-COVID-19 noma onezimpawu zayo.
- o Ngaphambi kokubona abantu abadala noma labo abasengcupheni enkulu yokugula (bheka uhlu oluseSigabeni soku-1).

- o Ngaphambi nangemuva kokuncelisa noma ukuthinta umtwana.
- o Uma ubuyela ekhaya kade (usesitolo/emsebnzini, njll.).
- o Emva kokubamba izilwane noma udoti/imfucuza.
- **Uma izandla zingabonakali ukungcola, kungasetshenziswa okuthakwe ngotshwala (izibulalamagciwane) ukugeza izandla. Ekungcoleni okubonakalayo, sebenzisa insipho namanzi.**
- Uzigeza kanjani izandla? (buka izithombe esithasiselweni se-4)
 - o Cwilisa izandla emanzini ahlanzekile nagelezayo.
 - o Sebenzisa insipho nokuhlikihla izandla ensisheni. Qiniseka ukuthi uzihlikihla nangemumva, phakathi kweminwe nangaphansi kwezinzipho.
 - o Geza izandla okungenani imizuzwana engama-20 (ungahuba ingoma).
 - o Yakaza izandla emanzini ahlanzekile nagelezayo izandla.
 - o Yomisa izandla ngethawula elihlanzekile noma ngomoya.
 - Kuyancomeka ukusebenzisa iphepha elisathishu elilahlwayo uma womisa izandla. Uma lingekho, sebenzisa izindwangu zamathawula ezihlankile bese uzishintsha kaningi.
- Buka iSithasiselo-4 mayelana nokuthi uzigeza kanjani izandla ezindaweni ezinamanzi anemikhawulo/anemibandela.

EZINYE ZEZINDLELA EZIBALULEKILE ZOKUZIPHATHA KWAMALUNGU OMNDENI

Imiyalezo esemqoka:

- Hlala ekhaya ngokusemandleni akho. Wonke amalungu ekhaya kufanele agweme ukuhamba ekhaya. Uma uhamba ekhaya, gcina umyalelo wokuqhelelana ibanga elanele kwabanye nokugeza izandla
- Ungawathinti amehlo, ikhala nomlomo wakho ungakazigezi izandla
- Gwema izixuku/izinkumbi, kubandakanya noma ngabe yimiphi imibuthano
- Abantu kufanele banciphise isikhathi abasichitha nabanye - amathuba okuthetheleka ayanyuka uma uba seningini, isikhathi osichitha nabantu nebanga lokuthi nisondele kangakanani

Inhlanzeko yezandla nokuphefumula

- o Ungawathinti amehlo, ikhala nomlomo wakho ngezandla ezingageziwe.
- o Vala uma ukhwehlela noma uthimula. Uma ukhwehlela noma uthimula, vala umlomo nekhalo ngethishu noma usebenzise ingaphakathi lendololwane yakho.
- o Ungathinti kaningi izindawo ezisemphakathini njengezindawo zokuthengisa (amakhawunta) nezindawo zokubambelela.
- o Gqoka isifonyo sendwangu ekuzameni ukunciphisa ukubhebhethaka kwe-COVID-19.

Ukuqhela ibanga elanele kwabanye

- **Hlala usekhaya ngokusemandleni akho**
 - o Amalungu ekhaya kufanele akugweme ukuhamba ekhaya. Uma uhamba ekhaya, gcina umyalelo wokuqhela ibanga elanele, gqoka isifonyo bese uwasha izandla.
 - o Abantu kufanele banciphise isikhathi abasichitha nabanye – amathuba okuthetheleka ayanyuka uma uba seningini nesikhathi osichitha nabanye nebanga lokuthi nisondele kangakanani.

- **Qaphela ibanga lakho nelabanye uma ungekho ekhaya**
 - o Yiba okungenani amagxathu amabili (okuwubude bezingalo ezi-2) ukuqhela kubantu uma ungekho ekhaya.
 - o Gwema ukuthinta kaningi izindawo ezithintwa kakhulu njengezokubambelela nezezibambo zezivalo.
 - o Gwema izixuku/izinkumbi, kubandakanya noma ngabe yimiphi imibuthano.
- **Gwema ezokuthutha zomphakathi (ezinjengamaveni noma amabhasi). Uma usebenzisa ezokuthutha zomphakathi:**
 - o Gcina amagxathu amabili (okuwubude bezingalo ezimbili) okuqhela kwabanye abagibeli ngendlela ongakwazi ngayo.
 - o Hlala eduze kwewindi elivuliwe.
 - o Geza izandla noma usebenzise isibulalamagciwane sezandla masinyane emva kokwehla esithuthini somphakathi.
 - o Ungagibeli emotweni enamalungu ahlukene akweminye imizi.

ISIGABA SESINE: UKUNAKEKELA IZINGANE NOKULANDELA IZIYALO ZEZEMPILO EZIFANELE UKUNCELISA INGANE NGESIKHATHI SOKUGULA

UKUNCELISA INGANE NGESIKHATHI SOKUGULA

Imiyalezo Ewumgogodla:

- Onina bezingane abancelisa ibele kumele baqhubeke nokuncelisa
- Uma unina wengane enenkinga yokuphefumala noma ezinye izimpawu ze-COVID-19, kumele ahlambe izandla zakhe ngensipho namanzi ngaphambi nasemveni kokuthinta usana futhi asebenzise isifonyo uma elunikeza ukudla noma elunakekela
- Uma unina wengane ene-COVID-19 noma izimpawu zayo, ungamehlukenisi nengane yakhe, ngaphandle-ke uma engakwazi ukunakekela usana

- **Kubalulekile ukuvikela abantwana nezingane ezisencane ekutheni zingehlelwa yisisindo uma zigula, noma ngabe kwenzenjani:**
 - o Ukuncelisa ibele njalo.
 - o Qhubeka nokulandela iziyalelo eziphakanyisiwe zokunikeza usana nezingane ezincane ukudla.
 - o Izingane ezineminyanga ezingaphezulu kweziyisithupha, qhubeka nokuzihlinzeka ngokudla nokusaketshezi (okubandakanya ubisi lwebele).
 - o Yengeza okunye ukudla ngesikhathi sokululalama.
 - o Sebenzisa amasu okunikeza ukudla avumayo, ukuze ukhuthaze izingane ezigulayo ukuthi zidle futhi kube khona ezikuphuzayo.

Buka le linki mayelana nolwazi oluthe xaxa namakhadi okweluleka, okunika ingane ukudla uma kunezipawu ezisolisayo neziqinisekisiwe zokuhaqeka ze-COVID-19:
<https://www.advancingnutrition.org/news-events/2020/04/24/infant-and-young-child-feeding-recommendations-when-covid-19-suspected-or>

Ukuncelisa ibele ube une-COVID-19

- **Uma umame ene-COVID-19 noma izimpawu zayo, kumele aqhubeke ancise ibele**
 - o Kabukho ubufakazi obumile bokuphakamisa ukuthi igciwane liyadluliseka ezinsaneni ngobisilwebele
 - o Ubuhle bokuncelisa ibele buqhelelene kakhulu ebungcupheni bokutheleleka.
 - o Bukhona ubufakazi obuqinisekisiwe obukhombisa ukuthi ukuncelisa ibele bunciphisa izifo eziphathelene nezinsana ezisanda kuzalwa noma ezinyangeni zokuqala zizelwe, ukushona kwezinsana nezingane, ukwenza impilo ibe ngcono nokuthuthuka kuzo zonke izindawo ngokokuhlala nangokwezomnotho.
- **Onina bezingane abane-COVID-19 noma izimpawu zayo kumele bazejwayeze lezi zindlela ezilandelayo zenhlanzeko uma bancelisa ibele**
 - o Umame abancelisa ibele kumele bagqoke izifonyo ukuze benciphise ukuqhasha kwamathonsana ane-COVIDS-19 angathelela usana lwakhe.
 - o Omame njalo kumele behlanze izandla ngensipho nangamanzi ngezikhathi ezisemqoka, ezibandakanya ingaphambi nasemveni kokuthinta usana.
- **Ezimweni ezinzima zokugula kukamame one-COVID-19 noma ezinye izinkinga ezimvimbela ukuthi aqhubeke ancise ibele, omame kumele bakhuthazwe ukuthi bakhame ubisi**
 - o Ubisi olukhanyiwe lungagcinwa ngaphandle kokufakwa kwisiqandisi cishe amahora ama-4 nakwisiqandisi cishe izinsuku ezi-4.

Ukunakekela ingane nokulandela iziyalo zezempilo ezifanele ngesikhathi sobhubhane i-COVID-19

Imiyalezo Ewumgogodla:

- Uma unina wengane enegciwane i-COVID-19 noma izimpawu zalo, ungamehlukanisi nosana lwakhe, ngaphandle-ke uma engakwazi ukunakekela usana. Ngenkathi enakekela usana kumele agqoke isifonyo, bese ehlamba izandla ngensipho namanzi ngezikhathi ezisemqoka, ezibandakanya ingaphambi nasemveni kokuthinta usana.
- Ngesikhathi sombhedukazwe, kusemqoka ukuqhubeka nokuyoxukuza (ANC), ukubelethela ezikhungweni zezempilo, ukunakekela emveni kokubeletha, usana, izinsizakalo zokunakekela ngendlela efanele ingane (ukugoma nokubheka ukukhula) kwezempilo
- Ukufuna ukunakekelwa okuqhubekayo kwengane egulayo kumele kukhuthazwe ekutheni kuphathwe ngendlela izimbangela ezinkulu zokugula kwezingane njengezimqoka kwizinsizakalo ezigxile emphakathini, ezibandakanya umalaleveva, inyumoniya, ukuhanjiswa yisisu nokwehla kancanekancane emzimbeni
- Labo abangenazo izifo ezingamahlalakhona noma abangaphansi kweminyaka engama-60 kumele baqhubeke nokufuna izinsizakalo zezempilo ezifanele

- **Uma unina wengane enegciwane i-COVID-19 noma izimpawu zalo, kumele aqhubeke nokunakekela ingane yakhe uma ekwazi. Kumele ahambisane nalokhu okulandelayo:**

- o Hlamba izandla ngensipho nangamanzi njalo noma sebenzisa isihlanzimagciwane, ikakhulukazi ngaphambi kokuthinta ingane.
- o Ahlale ehlanza futhi asebenzise isihlanzimagciwane ezintweni.
- o Agqoke isifonyo sendwangu noma esilahlwayo uma efunza ingane (buka imiyalelo emayelana nesifonyo Esigabeni sesi-3).
- o Aqhubeke nokuqinisekisa ukuthi ingane yakhe ithola izinsizakalo ezisemqoka eziqhubekayo, ezifanele, zodokotela.
- o Umame nengane kumele agcine ukuqhelelana ngebanga elifanele kwabanye abantu (amamitha ama-2 noma angamagxathu amabili ubude).
- o Umame nengane kumele agweme ukuthinta amehlo, amakhala nomlomo.

Izinsizakalo zezempilo ezisemqoka nezilandelwayo

- **Ezempilo ziyalelwe ukuthi zisebenzise isihlanzimagciwane ezindaweni okulindwa kuzo nasemagunjini okusizakala futhi zibe nezindawo zokuhlaza izandla zabo bonke abantu. Ukuze uqhubeke nokuzivikela wena nabanye abantu ngenkathi uyodibana nodokotela:**

- o Gqoka isifonyo sendwangu noma esilahlwayo ngenkathi ufunza umntwana (buka ngenhla imiyalelo mayelana nokusetshenziswa kwesifonyo)
- o Hlamba izandla zakho ngaphambi nasemveni noma usuphuma kwezempilo
- o Gcina amamitha ama-2 (ubude obungamagxathu amabili) ubude
- o Yiya wedwa noma nedlanzana labanye abantu abangamalungu omndeni wakho uma kwenzeka

- **Kubalulekile kakhulu ukufuna usizo lodokotela kusenekhathi bese ulandela imiyalelo evela kwabezempilo uma ingane igula inezimpawu zomkhuhlane, ikhwehlela, inephika elijwayekelekile kwi-COVID-19 noma olunye uhlobo lokugula olunjengokuhamjiswa yisisu.**

- o Omame nemindeni bayakhunjuzwa ukuthi phakathi kokutheleleka okuqinisekisiwe kwesifo se-COVID-19 ezinganeni, iningi lakho ngelejwayekelekile noma elingaqondakali.

- **Izingane kumele ziqhubeke ziye kodokotela ngokwejwayelekile futhi zigcine imigomo nokubhekwa kokukhula kulandelwe. Lokhu kuzonciphisa amathuba okutheleleka ngamanye amagciwane. Izingane kumele ziqhubeke zi:**

- o Thole umgomo ofanele ngesikhathi se-COVID-19
- o Ye emtholampilo mayelana nezinsizakalo zokuphila kwengane okubalwa ukubheka ukukhula, ukuthola ivithamini A uma kufanele, nokuhushula iziklelemu.
- o Fune usizo lokunakekelwa lwezingane ezigulayo kumele kukhuthazwe ekutheni kuphathwe ngendlela efanele izimbangela ezinkulu zokugula kwezingane okubandakanya umalaleveva, inyumoniya, ukuhanjiswa yisisu nokwehla kancanekancane emzimbeni.
- o Qhubeke zilashelwe ukuhanjiswa yisisu kwezingane kumele kuqhubeke kwelashwe, nangesikhathi se-COVID-19.
 - Empeleni, abazali kumele bahlale benezinki/i-ORS emakhaya uma kuba esimweni lapho ingane ihamnjiswa yisisu. Uma kungenjalo, abanakekeli kumele bafune ukunakekelwa emtholampilo, futhi bengabambezeleki.

- **Abesifazane abakhulelwe kumele baqhubeke nokuyoxukuza (ANC), ukubelethela ezikhungweni zezempilo, ukunakekelwa kwengane emva kokubelethela, nezinsizakalo zezinsana kwezempilo ngesikhathi se-COVID-19**
 - o Ukunakekelwa ungakabelethi, ukubelethela, nokunakekelwa emveni kokubelethela, nokunakekelwa kwezinsana kuthathwa njengokusemqoka.
 - o Ngaphandle-ke uma kungenzeki ngempela, abesimame kumele bahambe kwezempilo ngabodwana futhi bengaziphathi izingane kwezempilo ngenxa yokuyofuna ukusizwa nge-ANC neFP.
 - o Ngesikhathi sobhedukane, ukuyoxukuza (ANC), ukubelethela, iPNC, nezinsizakalo zezinsana kwezempilo ziyoguqulwa ukuze kuqinisekise ezokuSphepha ngokuhambisana nokuqhela ngebanga elanele kwabanye abantu, ukuhlinzekwa kwezinsiza zokuzovikela, nokuqinisekisa izindlela zokuhlaza izandla.
 - o Ukugcina ukudla ngendlela enempilo nenomsoco ofanele ngesikhathi ukhulelwe, ukudla i-ayoni/ifolikhi esidi zonke izengezo ezandulela ukubelethela kubalulekile, ikakhulukazi ngalesi sikhathi.
 - o Abesimame abakhulelwe kumele baqwashiswe mayelana nokuthi ukubelethela kunobungcuphe obukhulu kumame nasenganeni.
- **Abantu abadala nezingane ezinezifo ezingamhlalakhona okubalwa kuzo i-TB ne-HIV basengcupheni enkulu yezimpawu ezinzima uma behaqwe yi-COVID-19, kumele behlise ukuya kwezempilo.**
 - o Labo bantu abanezifo ezingamhlalakhona kumele baqhubeke babhekwe besemajukujukwini ngonompilo (CHW) ukuze kuqinisekise ukuhambisana nokwelashwa, ukubhekwa kwezinkinga nokukhuthazwa ukuthi baqhubeke basebenzise imishanguzo.
 - o Uma kwenzeka, kumele bahlinzekwe ngemikhiqizo yemishanguzo eminingi ukuze kwehliswe isidingo sokuvakashela kwezempilo.
- **Labo bantu abangenazo izifo ezingamahlalakhona FUTHI abaneminyaka engaphansi kwengama-60 kumele baqhubeke bafune izinsizakalo zezempilo ezejwayelekile.**

Onompilo(CHWs) nokuya emakhaya ngokwejwayelekile

- **Uma onompilo befika ekhaya ngokwejwayelekile, kumele:**
 - o Ukuvakasha kwabo kube segcekeni uma kwenzeka.
 - o Uma onompilo (CHW) bengena ekhaya, okungenani kumele babekude ngamamitha ama-2 (ubude obungamagxathu amabili) ngesikhathi befikile.
 - o Onompilo (CHW) bayakhuthazwa ukuthi basebenzise amasu okuthinta kancane/okungathinti, noma kunjalo, uma kumele bethinte umuntu (isb. ukuze beklale ingane), kumele bagqoke isifonyo bese behlambisisa ngokwanele izandla ngaphambi nasemveni kokwenza lokhu.
- **Kubalulekile ukuthi abesifazane baqhubeke nokuthola izindlela zokuhlala ngesikhathi se-COVID-19**
 - o Onompilo kumele beluleke abesifazane mayelana nezindlela zabo zokuhlala umndeni ngalesi sikhathi futhi bahlinzeke amaphilisi aphuzwayo okuhlala kwabesifazane uma lokho kuyingxenye yalokho okulindeleke kubo.
 - o Onompilo bayakwazi futhi ukuthi baphinde bayalele owesifazane ngezempilo eziseduze uma efuna izindlela zokuhlala umndeni ngomjovo, okubalwa i-Depo noma i-Sayana Press. I-IUD ngeke yaba wuhlelo lwezempilo oluseqhulwini ngalesi sikhathi.
 - o I-CHW kumele iphinde yeluleke abantu ebasizayo ukuthi i-COVID-19 ingasabalala ngokuqabulana noma ngokuthintana.

ISIGABA SESIHLANU: UKWESEKWA KWAMALUNGU OMNDENI NGOKOMOYA

Umyalezo Owumgogodla:

- Vuma ukuthi abantu abehlukene emndenini bazoba nokucindezeleka okungefani
- Uma kwenzeka, yehlisa izinto ezikwenzela ukhwantalala ngokuthi ufune ulwazi emithonjeni ethembekile nokwehlisa isikhathi osichitha ezindabeni (ka-1-2 ngosuku, kunehora ngehora)
- Ngenkathi ukuhlinzeka ngezindlela zokunakekela, ezinganeni kungaba nzima ngalesi sikhathi, ukuba nesikhathi sokuba nezingane, ukukhuluma nokudlala nazo kuzozisiza ekutheni zizizwe zithandwa futhi zivikelekile

Ukusiza abantu abadala

Yazi ukuthi ukwengeza ukucindezeleka ngenxa yokulahlekelwa ngeminye imithombo yengeniso (imali) nokungabi nakho ukulekelelwa kwengane, ukuhlaliswa ngawedwana, ukugonqa, ukuqhela ngebanga elanele kwabanye abantu kungakhinyabeza wena nempilonhle yezengqondo yomndeni wakho.

- Vuma ukuthi abantu abehlukene emndenini bazoba nokucindezeleka okungefani.
 - o Abantu asebekhulile, ikakhulukazi abahlaliswe ngabodwana nalabo abangasakwazi ukucabanga/abaxoveke ingqondo, kungenzeka baphatheke kabi kakhulu, babe nolaka, ukhwantalala, ukucunuka, bazizwe belahliwe, becabange kakhulu ngalesi sikhathi sobhedukane nangenkathi begonqile.
 - o Khuluma ngamaqiniso alula angephikiswe mayelana nalokho okuqhubekayo bese unikeza ulwazi olucacile mayelana nokuthi kwehliswa kanjani ubungcuphe bokutheleleka ngokuthi nje ukhulume nabantu asebekhulile abanenkinga/abanganayo inkinga yengqondo bengaqonda. Phinda ulwazi noma ngabe yinini uma kunesidingo.

• Uma uzizwa uba uyacasuka:

- o Bheka ukuthi yini imbangela yokucasuka kwakho
- o Qaphela isexwayiso sezimpawu zokucasuka kwakho
- o Hlonza lokho okukuthikamezayo
- o Funda ngezindlela zokwehlisa umoya
- o Thola izindlela ezikahle zokukhuluma ngokucasuka kwakho
- o Hlala ubeke umoya phansi ngokuzinakekela
- o Bona phela uma udinga usizo longoti

• Uma kwenzeka, yehlisa imithombo eyenza ukhwantalala ngoku:

- o Ukufuna ulwazi emithonjeni ethembekile nokwehlisa isikhathi osichitha ezindabeni (ka-1-2 ngosuku, kunehora ngehora).
- o Ukufuna ukwesekwa okuvela emndenini nakubangani ngocingo, umbikonyazi (i-imeyili), umbhalo, njll.
- o Hlela isikhathi usuku nokusuku ukuze wenze into emnandi – isb., ukukhuluma nomngani ocingweni,
- o Ukuzama ukwenza izinto zansukuzonke ezejwayelekile (okubandakanya ukungakweqi ukudla) nokuba nesikhathi somsebenzi wamandla ngokunjalo nokulala.
- o Ukucabanga ngokujulile noma ukukhuleka ukuze wehlise imicabango enokucindezeleka nemizwa.
- o Ukuba mdidimunye emisebenzini phambilini ebisiza ekumelaneni ngendlela efanele nobumpofu.

Ukusiza izingane

• Hlinzeka ngokwelekela okuthe xaxa ezinganeni zakho ngalesi sikhathi se-COVID-19

- o Ngezikhathi zokucindezeleka nezinkinga, kuvamile ukuthi izingane zifune ukuba seduze kwabazali futhi kube kuningi ezikufunayo kubazali.
- o Dingida i-COVID-19 nezingane zakho ngendlela enokwethembeka futhi ehambisana neminyaka yazo. Uma ingane yakho inezinto engaziqondi, ukukhuluma nazo zindawonye kungenzeka kwehlise ukukhathazeka.
- o Izingane zizobuka izindlela zokuziphatha zabazali nokuzwela kwabazali ukuze ukucaciseleka mayelana nokuthi zingamelana kanjani nokuzwela kwazo ngezikhathi ezinzima.
- o Ngenkathi ukuhlinzeka ngokunakekela okufanele kungaba nzinyana ngalesi sikahi, ukuba nesikhathi unezingane nokukhuluma ngokunjalo nokudlala nazo kuzosisiza izingane zizizwe zithandwa futhi zivikelekile.
- o Izingane eziningi zizothikanyezwa ukuvalwa kwezikole. Kubalulekile ukugcina izingane zinomdlandla futhi zifunda ngenkathi zisaqhelelana ngokwanele nabanye abantu.

Ezinye izinto eziyibonelo:

- o Hlola ukuthi yini ethanda ukudonsa amehlo noma ukuhlaba umxhwele ingane bese uyinikeza izinto eziningi zokudlala eziyilolo hlobo.
- o Izingane zichitha isikhathi esiningi endlini, ebaleni noma ngaphandle (uma indawo yangaphakathi noma yasegcekeni ingenayo indawo eyanele) futhi bengekho nabangani bayo.

• Fundisa ingane yakho mayelana ne-COVID-19, inhlanzeko ephathelene nokuphefumula nezandla

- o Mayelana negciwane: Xoxa nezingane nge-COVID-19 ukuze uqonde ukuthi yini eziyaziyo ngayo. Thola imizwa nokuzwela kwabo bese uyabavumela bazi ukuthi yonke imizwa ilungile ebese ubanikeza isiqiniseko sokuthi ekugcineni ubhubhane luzophela. Qondisa noma ngabe yiluphi ulwazi olungelona iqiniso bese uyabafundisa ngalesi sifo.
 - Dweba noma thola izithombe zegciwane/amagciwane angapendwa yizingane (isb. <https://www.chrichmond.org/blog/7-pages-of-fun-during-covid-19-a-kid-friendly-coloring-book>)
 - Funda nabo amabhuku noma amaphephabhuku. Lapha yiqoqo eliphakanyisiwe lezindaba ezimfishane ezingagaywa (ezingaprintwa) ukuze kuchazwe i-COVID-19 ezinganeni; <http://www.elsiestayshome.com> noma “My Hero is You, okuyincwadi yezindaba zezingane emayelana ne-COVID-19” ngokwe-Inter-Agency Standing Committee (IASC) Reference Group on Mental Health and Psychological Support in Emergency Settings (i-IASC MHPSS) futhi iyatholakala ngezilimi eziningi.
- o Ukuhlamba izandla: Fundisa izingane ukuhlamba izandla zazo. Chaza ukuthi ukuhlamba izandla kungabagcina benempilo futhi kumise ukusabalala kwegciwane. Siza ingane ukuthi yenze kube yinto ejwayelekile ukuhlamba izandla – isb., “sihlala njalo sihlamba izandla emveni kokufika ekhaya.”
 - Imidlalo yokuhlamba izandla enezimvumelwano. Yiba neculo elikhethekile noma isigqi esiba khona, ngaso sonke isikhathi uma kukhona okwenzayo. Lokhu kuyokwenza ukuhlamba izandla kube mnandi ezinganeni futhi kubenze bakhumbule ukuthi side kangakanani isikhathi okumele bahlambe ngaso izandla.

- o **Izifonyo:** Chaza ngokokuzivikela (iPPE)/isifonyo ezinganeni ukuze zingesabi ukusigqoka noma zingabesabi abantu abazigqokile,
 - Yazisa izingane ukuthi izifonyo zibalulekile njengokugqoka noma ukuhlamba izandla – kwenze kube yingxenywe yokujwayelekile kosuku nosuku. Ukuze wenze ingane ikhululeke mayelana nenkoleloze yokugqoka isifonyo, qala ugqokise unopopi noma udoli isifonyo bese ubiza ingane ukuthi nayo ayizame ukusigqoka.
- o Ukuqhelelana ngokufanele nabanye abantu: Dlala indima nengane, noma ngokusebenzisa udoli okanye onopopi ukuze uchaze ukuthi ukugcina kanjani ukuqhelelana ngokufanele nabanye abantu.
- o Sebenzisa isihlanzimagciwane ekhaya: Hlanza futhi usebenzise isihlanzimagciwane endlini njengomdlalo othakaselekayo.

ISIGABA SESITHUPHA: UKWESEKA LABO ABATHINTEKA ODLAMENI LWASEKHAYA NASEKUHLUKUMEZEKENI NGOKOCANSI

Imiyalezo Ewumgogodla:

- Uma ungumgilwa wodlame lwasekhaya: gcina ulwazi lokuthukwa okumayelana ngezocansi kolayini bezingcingo zamahhala, kosonhlalakahle, ukuvikelwa kwezingane noma esiteshini samaphoyisa esiseduzane, nakwezinye izindawo ezikhona ngokunjalo nasezinsizakalweni zokusizakala. Qapha ukuze umlingani wakho noma amalungu omndeni wakho engalutholi lolu lwazi.
- Yiya kumalungu omndeni akwaziyo ukulekelela noma umngani ongakusiza ngezinto ezejwayelekile (isb., ukudla, ukunakekela ingane) ngokunjalo nokumelana nokhwantalala
- Yakha uhlelo lwezokuphepha lwabo nokuphepha kwezingane zabo uma le ngxabano idlebeleka.

Siza abantu abadala

Umphakathi kumele waziswe mayelana nokukhula kobungcuphe bengxabano yasekhaya ngalesi sikhathi sobhubhane nesidingo sokuxhumana nalabo bantu ngokunjalo nokulekelela labo abazithole besezingxabanweni, nokuba ngolwazi mayelana nokuthi lutholakalaphi usizo lwabasinde kulezi zingxabano.

- o Kubalulekile ukuqikelela ukuthi kuphephile ukuxhumana nabagilwa bengxabano yasekhaya uma umhlukumezi esekhaya, nokuthi ukungenelela ngeke kuholele kokunye ukulimala komgilwa noma lowo muntu ongenelelayo.
 - o Qonda ukuthi izindlela ezintsha ezihlukomezayo zingahlobana nokhwantalala oludalwe wubhubhane i-COVID-19, ngakho-ke nomhlukumezi engabuye alufune usizo.
- **Umuntu obhekana nengxabano yasekhaya engathola kulusizo kakhulu uku:**
 - o Ukuya kumalungu omndeni akwaziyo ukulekelela noma angasiza ngokwejwayelekile (isb., ukudla, nokunakekela ingane) ngokunjalo nokumelana nokhwantalala.

- o Ukugcina ulwazi olumayelana nengxabano yasekhaya kolayini bamahhala bokusizakala, kosonhlalakahle, kwabezokuvikela izingane noma esiteshini samaphoyisa esiseduzane, nasezindaweni ezitholakayo zosizo ngokunjalo nasezinsizakalweni zokwelekelelwa ezikhona. Qaphela ukuze umlingani wakho noma ilungu lomndeni lingalutholi lolu lwazi.
- o Ukuqinisekisa ukuphepha kwabo nokwezingane zabo uma ingxabano ilokhu iqhubeka.
 - Lokhu kubandakanya ukugcina izinombolo zezingcingo zomakhelwane, abangani, nomndeni ongawufonela noma uye kuwo ukuze usizakale
 - Thola amaphepha abalulekile, yimali, nezinye izinto zakho ezincane ozohamba nazo uma ushiya ikhaya ngokushesha
 - Kanye nokuhlela ukuthi unganyenya kanjani endlini futhi uthole usizo (isb., isithuthi namakheli endawo oya kuyo)

Ukulekelela izingane ezibhekana nokulimala engqondweni nokuhlukumezeka

- o Dingida umthelela wokuhlalisana komphakathi nezomnotho we-COVID-19 nokuthi kusho ukuthini lokho emakhaya, okubandakanya nelakini (imizwa yokuphatheka kabi, ukuhlala ngawedwana, ukwesaba, njll.) nezingane zakho.
- o Chaza ukuthi abantu abehlukene babhekana ngezindlela ezingefani nezimo ezinzima kanti abanye bengaba nodlame nokuhlukumeza.
- o Bakhuthaze ukuthi babike noma ngabe yikuphi ukuhlukunyezwa, okwenzekile noma okusolisayo bese uyabaqinisekisa ukuthi lonke ulwazi uzoligcina luyisifuba sakho.
- o Uma usola ukuthi kunokuhlukumeza noma ingane ikhuluma ngokuhlukunyezwa, ungakushayi indiva lokho. Bhokana nakho ngokuthi ukudingide namalungu omndeni noku/noma ukubike kwiziphathimandla ezifanele. Qikelela ukucabanga kahle ngakho noma ukudingide nomuntu omethembayo ngaphambi kokuthi kube khona okwenzayo, kwazise isinyathelo osithathayo singaholela ekutheni ingane ilimala kakhulu.
- o Uma ukuhlukunyezwa kuyisimbelambela, abagilwa kumele basuswe kuleyo ndawo abahlukumezeka kuyo.

ISIGABA SESIKHOMBISA: UKUBA NOKUDLA OKWANELE KOMNDENI NOKONDLIWA KOMZIMBA

Imiyalezo Ewumgogodla:

- Yazi ngezindlela zokulekelelwa ngokudla, amanzi nokutholakala kwezinto emphakathini
- Uma abantu behlaliswe ngabodwana, siza ngokuhlonza omakhelwane noma abantu abangasiza ngokudla nokuthunyelwa kwamanzi
- Zama ukuba nomkhawulo wohambo lokuyothenga, futhi ungamthumeli umnakekeli womuntu one-COVID-19 noma izimpawu zayo
- Abantu badinga ukudla okunomsoco namanzi ukuze bagcine impilo, okubandakanya i-COVID-19
- Qhubeka nokuhlangabezana nezidingo ezehlukile zomsoco zalawo malungu omndeni, ikakhulukazi abesimame abakhulelwe nabancelisayo, nezingane ezincane
- Amalungu omndeni anezifo ezingamahlalakhona (okubalwa kuzo ihayihayi, isifo senhliziyo, isifo sikashukela, njll.) kumele agweme ushukela, usawoti, namafutha

Ukuba Nokudla Okwanele

Ukunakekela isiguli esine-COVID emndeni kungathinta ukutholakala kokudla kwawo wonke umndeni. Wonke umndeni udinga ukudla okuphephile, okunomsoco namanzi ukuze ugcine impilo yawo wonke umndeni.

- **Uma umndeni wakho udonsa kanzima ekutheni uthole ukudla okwanele namanzi okuphuza ahlanzekile, thola ukuthi ngabe zikhona yini izinhlelo zokusiza ekutheni kutholakale ukudla noma ukuhlanza amanzi emphakathini wangakini.**
 - o Uma umndeni wakho kumele uhlale ekhaya ngenxa yomgomo womgonqo wendawo, vele uxhumane nomakhelwane ukuze bakuthumelele ukudla kini.
 - o Onompilo, abaholi bomphakathi, namalungu omndeni siqu sawo kumele asebenze ukuze ahlonze imizi edinga ukulekelelwa ngokudla (okubandakanya ukuqhubeka nezinhlelo zezengezo ekudleni) nokusiza ekutheni kuhlelelwe ukudla, amanzi, nomthombo wokutholakala kwezinye izinto kuleyo mizi ehleli ngayodwana.
- **Uma uthenga ukudla:**
 - o Juba umuntu onganakekeli umuntu onezimpawu ze-COVID-19. Lo muntu kumele agqoke isifonyo bese egcina ukusondelana ngendlela efanele nabanye abantu uma engekho ekhaya.
 - o Uma kwenzeka, shiya izingane nabanye abangabalulekile uma nino hambo lwasekhaya lokuyothenga.
 - o Hlamba izandla ngaphambi noma emveni kokuthenga.
 - o Zama ukuba nokhawulo wokukuhlala njalo uyothenga.

Ukudla Okunomsoco

- **Ngenkathi usanakakekela umuntu one-COVID-19, cabanga ngezidingo zomsoco zawo wonke amalungu omndeni. Wonke amalungu omndeni kumele adle ukudla okunomsoco ofanele futhi aphuze kakhulu amanzi.**
 - o Abantu abadla ukudla okufanele baba namasosha omzimba aqinile, nobungcuphe obuncane bokugula okungamahlalakhona nezifo ezithelelelanayo, nempilo engcono jikelele.
 - o Ukudla okunempilo nokuphaka ukudla okuhambisana nezidingo zomsoco wawo wonke amalungu omndeni kungaba nesandla ekuphileni kwenyama nengqondo yamalungu omndeni wakho ngenkathi benakekela isiguli esine-COVID-19.
- **Beka eqhulwini ukudla okunempilo, umsoco kunokudla okunomsoco omncane. Gwema ukudla okugaywe kakhulu neziphuza ezihlohlolozelayo nemikhiqizo efohlolozelayo futhi enosawoti. Yidla inhlanganisela yokudla okungefani, okubandakanya:**
 - o Ukudla okuqinile (isb., amaseriyeli okungaba akakolweni, ubhali, urayi, ummbila noma irayisi, okanye izingxabo okubalwa kuzo amazambane, amadumbe amatharo noma umdumbulu). Sebenzisa ukudla okuqinile uma kwenzeka.
 - o Imidumba (isb. udali, ubhontshisi)
 - o Izitshalo nezithelo (hlanza zonke izithelo nezitshalo ezincwaba)
 - o Ukudla okuvela ezilwaneni (isb., inyama, inhlanzi, amaqanda, nobisi)

- **Qhubeka nokuhlangabezana nezidingo zalabo bantu abasekhaya. Lezi zingabandakanya:**

Omame abakhulelwe nabancelisayo kumele baqhubeke nezengezo ezigwema ukutheleleka njengokusho komyalelo wendawo (isb., i-ayoni nefolikhi esidi yansuku zonke).

Abesifazane abancelisayo kumele badle ukudla okwengeziwe oku-1-2 ngosuku. Abazali kumele baqhubeke nokuqinisa umsoco ngokusampushana bese khaya ukuze kutholakale umsoco omncane wezingane ezinezinyanga eziyisi-6-23 ubudala.

Izingane ezicathulayo ezingondlekile kahle nezingane eziyingxenye yohlelo lokondliwa kumele ziqhubeke zithole izengezo ekudleni kwazo.

Amalungu omndeni anezifo ezingamahlalakhona (ihayihayi, isifo senhliziyo, ushukela, njll.) kumele agweme ushukela, usawoti, namafutha.

- **Ukuphepha Kokudla: zejwayeze ukuphepha okuhle kokudla ukuze ugweme ukugula okutholakala ekudleni.**

- o Hlambisisa izandla ngaphambi kokwenza noma uphathe ukudla, uziphathela wena noma amalungu omndeni bese ugcina izindawo zokwenza ukudla, izitsha zihlanzekile futhi usebenzise isihlanzimagciwane.
- o Gcina ukudla kuhlanzekile (isb., hlanza izitshalo nezithelo ngamanzi).
- o Hlukanisa ukudla okuluhlaza nokuphekiwe.
- o Phekisisa ukudla okuluhlaza.
- o Gcina ukudla endaweni eshisa kahle (ngaphansi kuka-5°C noma ngaphezulu kuka-60°C).
- o Uma kungekho lula ukufaka kwisiqandisi, bheka ezinye izindlela okubalwa kuzo ukumba umgodi, ukusebenzisa amanzi abandayo, njll.

ISITHASISELO SOKU-1:

Ibhlishi (yenza mhlophe) emanzini ukuze uhlanze ekhaya

Qaphela: Le mikhiqizo ekleliswe lapha ngezansi yahlungwa yinhlangano eyaziwa ngokuthi yi-“US Army Public Health Command” ephepheni layo elithi: “Preparing and Measuring High Chlorine Concentration Solutions for Disinfection”. Yahlonzwa njengemikhiqizo evame ukusetshenziswa. Leli thebula kalivumeli le mikhiqizo.

Imikhiqizo Yebhlishi; Izwe ekhiqizwe noma esetshenziswe kulo	% Iklilorine Ekhona (Amandla okusasawoti ne-esidi)	Isilinganiso samanzi esifakwe engxenyeni eyodwa Yebhlishi ukuze ixutshwe i-1,000 ppm	Izibonbelo (Ithisipuni eyo-1 = 5mL; isipuni esi-1 =14.78mL)
I-JIK (eKenya, eLiberia), i-Ajax (eJamaica),	3.5%	1:34	Amathisipuni ama-3 ebhlishi emanzini awu-500mL isipuni esisodwa sebhilishi emanzini awu-500mL
i-Bref Javel (Senegal)	4%	1:39	Amathisipuni ama-5 e-1L yamanzi
Ibhlishi yasekhaya (e-USA, e-Indonesia, e-Canada; i-ACE (e-Turkey)	5.25%	1:52	Amathisipuni ama-2 ebhlishi emanzini awu-500 mL
i-Blanquedor, i-Cloro (e-Mexico)	6%	1:59	Ithisipuni eli-1 lebhilishi emanzini awu-250 mL
Ibhlishi yashekhaya (e-USA) (i-Clorox® neminye imikhiqizo)	8.25%	1:82	Amathisipuni awu-2.5 ebhlishi kwi-1 L yamanzi
i-Blanquedor (e-Mexico), i-Lavindina (e-Bolivia)	10%	1:99	Ithisipuni eli-1 lebhilishi ku-500 mL wamanzi
i-La Croix Eau (e-Guinea)	14%	1:139	Amathisipuni awu-1.5 e-1L lamanzi

ISITHASISELO SESI-2:

Usenza kanjani isifonyo ozosisebenzisa ekhaya?

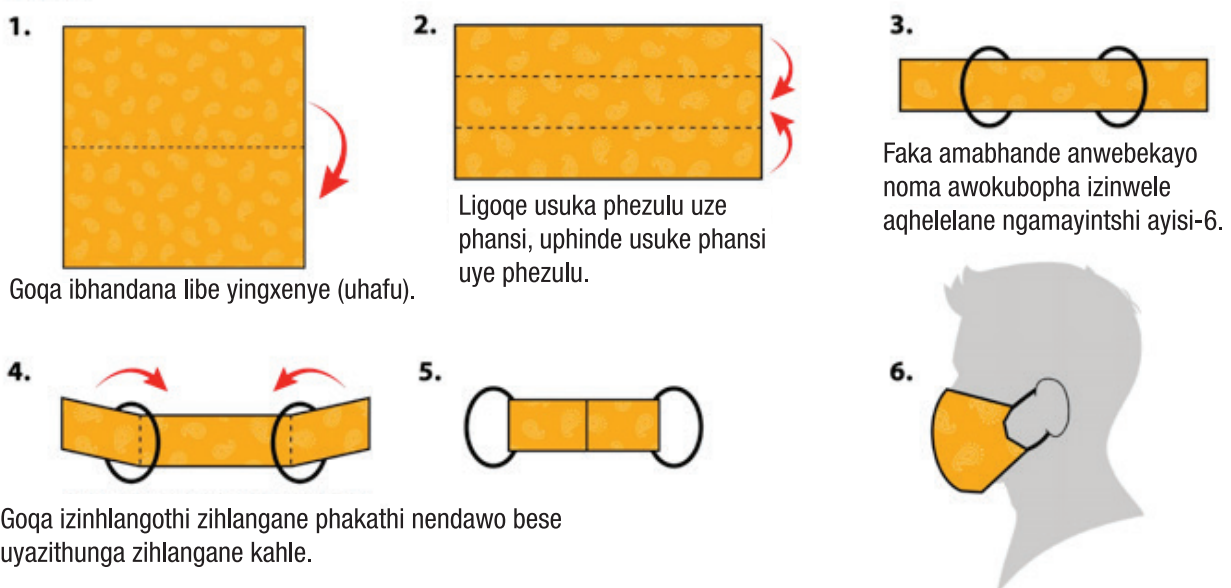
• Impahla yokwenza: Yenza ngesiqeshana swendwangu esiwunxane ewukotini sibe yi-50cm X 50cm (noma ama-intshi awu-20 x ama-intshi awu-20 ubude bube ngangezandla ezi-2). Ungasebenzisa indwangu kakotini: ishethi, ibhandana (iduku elinemibala ebukekayo), ithawula lesandla noma enye indwandu yokotini, kube amabhande erabha amabili noma izintambo eziyilastiki zokubopha izinwele. Sebenzisa indwangu, uma uselangeni ukukhanya elingahlukanisi ukugqakazeka kwayo.

- o Goqa indwamngu ibe wuhhafu
- o Igoqe kathathu, ngokuthi ugoqe ingaphezulu nengaphansi lihlangane phakathi nendawo
- o Beka le ndwangu egoqiwe emabhandeni erabha bese uwavula aze abe ngama-15cm phakathi kwamabhande erabha (ama-15cm avuleke ngangentende yesandla); igoqe ngaphakathi indwangu.
- o Beka amabhande erabha endlebeni, uhlangothi olugogiwe lwendwangu luvale ikhala umlomo
- o Xegisa ukuze ingene kahle ebusweni bakho

Ukumboza Ubuso Ngeduku Eliyi-“Bandana” (elingathungelwe ukuswenka) Izindwangu

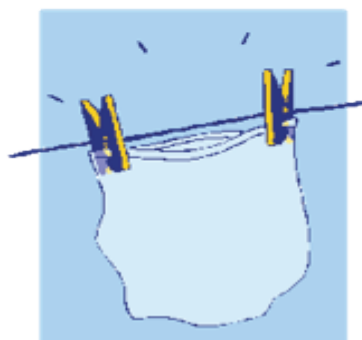
- Iduku le-“Bandana” (noma kube yindwangu kakotini ewubude nobubanzi obungama obulinganisela ema-20"x20")
- Amabhande anwebekayo asanjoloba (noma kube ngamabhande okubopha izinwele)
- Izikelo (uma uzosisikela eyakho indwangu)

Ukulenza



ISITHASISELO SESI-3:

Usigeza futhi usigqoke kanjani isifonyo?



Indlela ENGALUNGILE yokugqoka isifonyo



Ungasigqoki isifonyo sibe ngaphansi kwekhala



Ungasidonsi isifonyo sibe ngaphansi kwesilevu sakho ukuze sihlale entanyeni/emqaleni



Ungayeki isilevu sihlale ngaphandle



Ungagqoki isifonyo sizilengele nje, singavali ezinhlangothini



Ungagqoki isifonyo ngendlela yokuthi sithinte nje ekhaleni

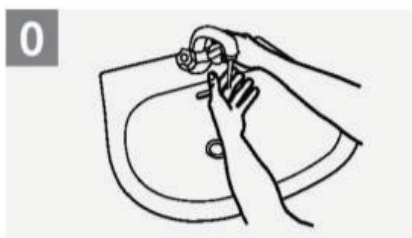


Ungasisusi isifonyo ebusweni bakho usibeke ekhanda noma esifubeni sakho

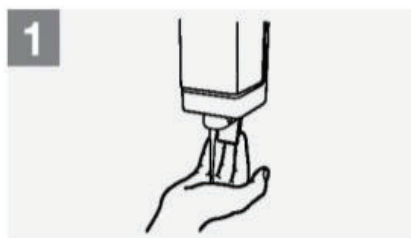
ISITHASISELO SESI-4:

Imiyalelo yokugeza izandla nokuzigeza ezindaweni ezinenkinga yamanzi

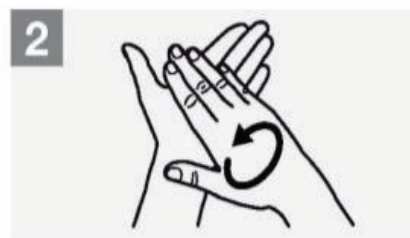
Ukugeza Izandla Ngendlela Efanele



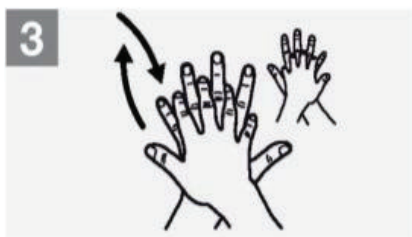
Manzisa izandla ngamanzi



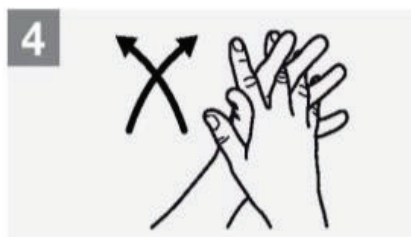
Faka insipho eyanele kuyo yonke indawo ezandleni



Hlikiza izandla zihlangene ngezimpama



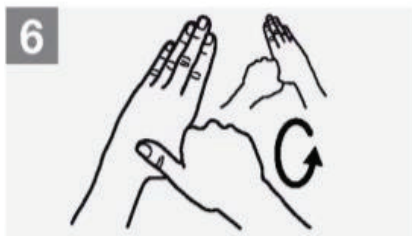
Hlikihla impama yesokudla phezu kwenhlanekela yesokunxele phakathi



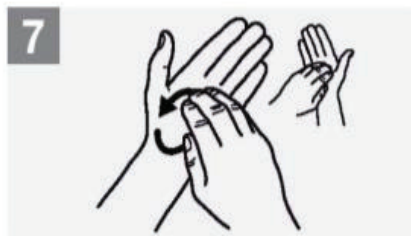
Hlikihla izandla zihlangene ngezimpama ziphambane



Hlikihla kuphambane izimpama usebenzisa ingemumva leminwe ehlangene



Hlikihla ngempama yesokudla uzungeze isithupha sesokunxele kushintshane



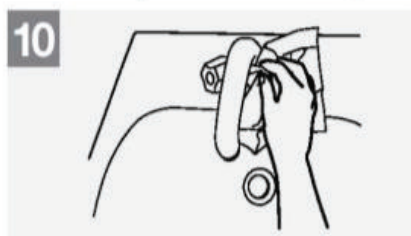
Hlikihla impama yesokunxele ngeminwe yesokudla iya phambili nasemumvaa sakuzungeza ushintshanise izandla



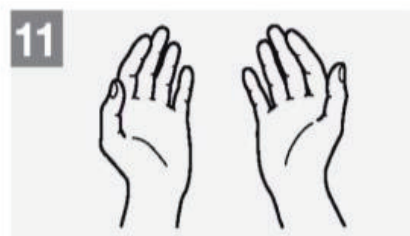
Hlambulula izandla ngamanzi



Yomisa izandla ngendlela efanele usebenzisa ithawula



Sebenzisa ithawula ukuvalisisa kahle impompi yamanzi



Izandla zakho sezihlanzeke kahle-ke manje

Imiyalelo yokuhlanza izandla uma amanzi emancane

IMIYALELO

Igxathu loku-1: Manzisa izandla zakho, emanzini ahambayo (afudumele noma abandayo), vala umpompi, bese ufaka insipho.

Igxathu lesi-2: Yenza igwebu ezandleni zakho ngokuthi uzihlikihle ngensipho. Qikelela ukuthi wenza igwebu nakwimbebe yezandla zakho, phakathi neminwe, nangaphansi ezinzishweni zakho.

Igxathu lesi-3: Khuhla izandla zakho, okungenani imizuzwana engama-20. Kumele ube nendlela yokuklala isikhathi? Munguza kabili ingoma “yosuku lokuzalwa” kusuka ekuqaleni kuze kube sekugcineni.

Igxathu lesi-4: Hlambulula kahle izandla zakho, emanzini ahambayo.

Igxathu lesi-5: Yomisa izandla zakho usebenzisa ithawula elihlanzekile noma uzomise.

INCAZELO

Igxathu loku-1: Manzisa izandla zakho ngamanzi ahlanzekile, ahambayo (afudumele noma abandayo), vala umpompi, bese ufaka insipho.

- **Kungani?** Kungenxa yokuthi izandla zingangcola uma usinki noma indishi yamanzi amile engcole phambilini, kungasetshenziswa amanzi ahlanzekile, ahambayo. Noma kunjalo, ukuhlamba ngamanzi uma kufanele kusengenza ngcono impilo yakho. Izinga lokushisa lamanzi kalikuphazamisi ukususwa kwamagciwane; noma kunjalo, amanzi afudumele engenza ukuthi kube nokushoshozela esikhumbeni futhi kubiza kakhulu.

- Ukuvala ifawusethi emveni kokumanzisa izandla konga amanzi, futhi mincane iminingwane eveza ukuthi amagciwane amaningi adlula phakathi kwezandla nefawusethi.

- Ukusebenzisa insipho ukuze uhlambe izandla kusebenza kakhulu kunokusebenzisa amanzi wodwa ngoba ikhemikhali elisensishweni lisusa inhlabathi namagciwane asesikhumbeni, futhi abantu bayazikhuhlisisa izandla uma besebenzisa insipho, okuqhubeka nokususa amagciwane.

Igxathu lesi-2: Yenza igwebu ezandleni zakho ngokuthi uzihlikihle ngensipho. Qikelela ukuthi wenza igwebu nakwimbebe yezandla, phakathi neminwe, nangaphansi kwezinzipho zakho.

- **Kungani?** Ukwenza igwebu kwenza izandla zibhucungane kusuke ukungcola, amafutha, namagciwane esikhumbeni. Amagciwane akhona kuzo zonke zonke izingxenywe zesandla, ikakhulukazi ngaphansi ezinzishweni, ngakho-ke sonke isandla kumele sikhuhlwe.

Igxathu lesi-3: Okungenani khuhla izandla zakho imizuzwana engama-20. Kumele uklale isikhathi? Munguza kabili iculo “losuku lokuzalwa” kusukela ekuqaleni kuze kufike ekugcineni.

- **Kungani?** Ukuthola ubude obufanele besikhathi sokuhlamba izandla kunzima ngoba lusembalwa ucwaningo olumayelana nezimo zempilo eziguqula ukuhlanjwa kwezandla. Olunye lwalolu ucwaningo olukhona, cishe lonke lukalekise ukuthi kunokwehla kumagciwane jikelele, yingxenyana encane kuphela engadala ukugula, futhi kaluzange luklale umthelela empilweni. Kukodwa nje ukwehlisa izibalo zamagciwane asezandleni akhlobene nempilo engcono. Ubude besikhathi esanele sokuhlamba izandla nakho kuphinde kuthande ukweyama ezimweni eziningi, ezibandakanya uhlobo nobungako bomhlabathi osezandleni nendawo yalowo muntu osuke ehlamba izandla.

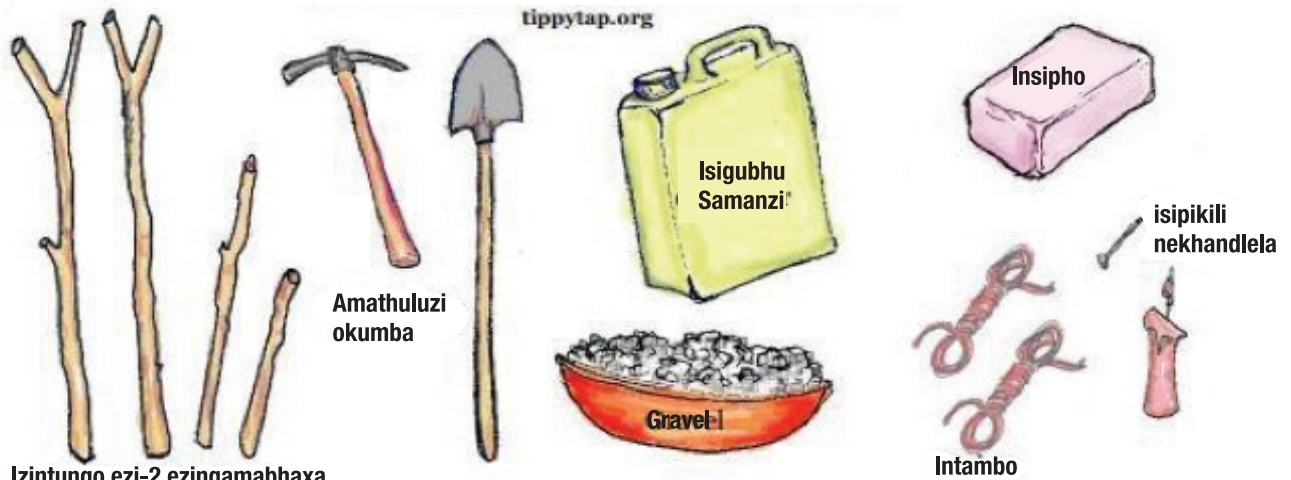
Igxathu lesi-4: Hlambulula kahle izandla zakho, ngamanzi ahambayo.

- **Kungani?** Insipho nokubhucungana kusiza ekususeni ukungcola, amafutha, namagciwane – okubandakanya izifo ezidala amagciwane – asesikhumbeni ukuz ahlanjululwe ezandleni. Ukuhlambulula insipho kuphinde kunciphise ukushoshozela esikhumbeni ngoba izandla zingangcola uma zihlanjwe esinkini noma endishini yamanzi amile asengcoliswe ukusetshenziswa phambilini, kumele kusetshenziswe amanzi ahlanzekile.

Igxathu lesi-5: Yomisa izandla zakho usebenzisa ithawula elihlanzekile noma zomise.

- **Kungani?** Amagciwane engadlula kalula kakhulu eya futhi esuka ezandleni ezimanzini; ngakho-ke, izandla kumele zonyiswe emveni kokuhlanjwa.

ZAKHELE EYAKHO IMPOMPI YAMANZI



Izintungo ezi-2 ezingamabhaxa eziwubude obungamamitha ama-2
Izintungo eziqondile ezi-2 eziwubude obuyimitha eli-1



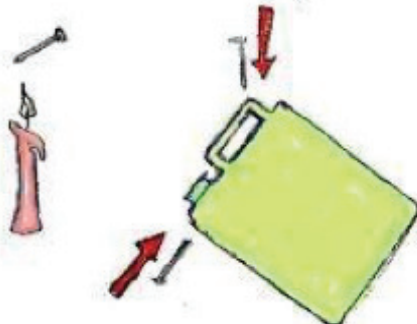
1. Yimba imigodi emibili ishone ngama-intshi ayi-18 bese iqhelelana ngamagxathu ama-2



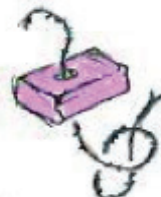
2. Faka izintungo ezingamabhaxa, Qinisekisa ukuthi zilingane



3. Qinisa izintungo ngokuthi uzigqishele ngenhlabathi nangamatshe ziqine



4. Shisisa isipikili ukuze uvule ngaso Izimbobo esigujini samanzi



5. Vula imbobo ensisheni bese uyibopha ngentambo
5. Lengisa isigubhu nensipho bese ufaka amanzi



6. Lengisa isigubhu nensipho bese ufaka amanzi



7. Bopha isigubhu samanzi ngentambo

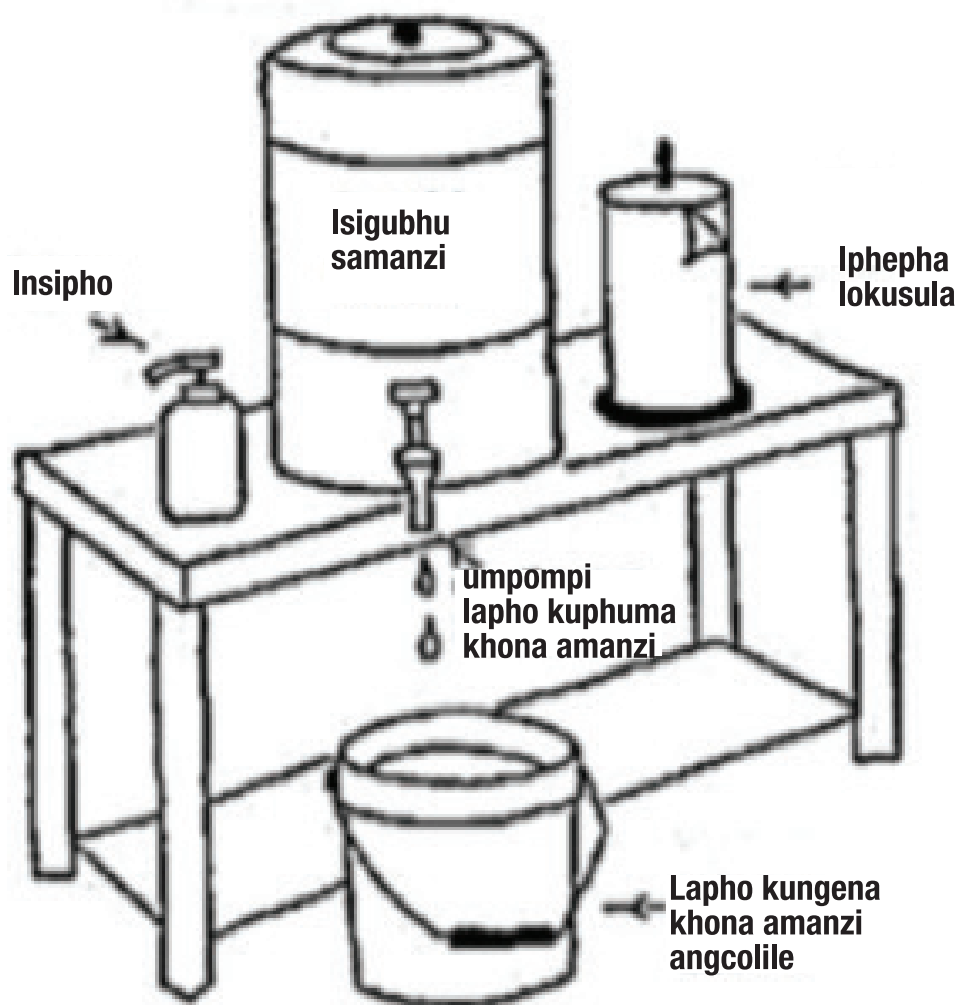


8. Uphinde uyibophele othini lokudonsa isigubhu ngonyawo

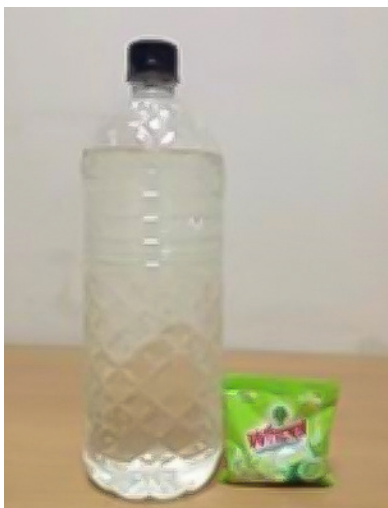


9. Sebenzisa inhlabathi engamatshe ukuze ibambe amanzi

Isibonelo se-stand sokuwasha izandla ongazenzela sona usebenzisa izinto onazo.



Amanzi Anensipho



Thola isigubhu seplastiki esiwu-1,5L nensipho ewu-30g



Thela insipho esigujini



Xukuza kahle



Bhoboza imbobo esivalweni sesigubhu



Sewunamanzi anensipho



Usungazigeza izandla

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