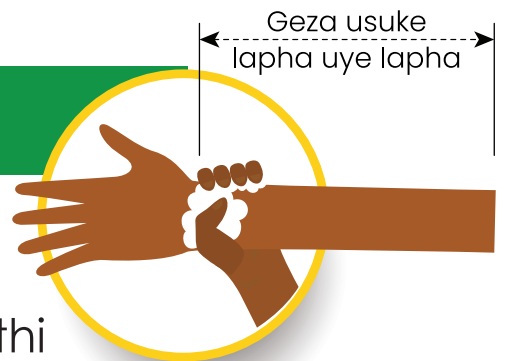


4 IZINTO EZINE OKUFANELE UZIQAPHELE UKUGWEMA UKUTHELELEKA



1 GEZA IZANDLA ZAKHO

Gezisa izandla zakho ngensipho. Geza ingemuva lezandla, phakathi neminwe, nangaphansi kwezinzipho. Ngaso sonke isikhathi geza izandla ngensipho ngaphambi kokudla nasemveni kokuhlangana nomphakathi.



2 UKUNAKEKELA NGOKWEMPILO OKUHLA

Vala umlomo ngethishu uma ukhwehlela noma uthimula. Gwema ukuthinta ubuso bakho ngezandla ezingcolile ngaso sonke isikhathi. Kufanele uqinisekise ukugeza izandla zakho ngaso sonke isikhathi.



3 MUSA UKWABELANA NGOKUDLA NANGEZITSHA

Igciwane lingadlulela ematafuleni, emakhabetheni, emimeseni, ezimfologweni, ezipunini, nakuma-straw. Sebenzisa kuphela izitsha ezihlanzekile futhi ningabelani ngeziphuzo. Geza izandla ngaphambi kokudla ngaso sonke isikhathi.



4 BONANA NODOKOTELA UMA UNGAPHILILE

Izimpawu kuba wukukhwehlela, ukujuza ekhaleni, nokuphelelwa wumoya. Uma uzwa olunye lwalezi zimpawu, thola usizo lokwelashwa masinya. Thinta umtholampilo noma udokotela ngaphambi kokuthi uye kubo ubazise ngezimpawu nangomlando wokuhamba kwakho (njengokuvakashela phesheya kwezilwandle).

**UCINGO OLUVULWE UBUSUKU NEMINI
(24 HRS) U 0800 029 999**

HLALA UQAPHILE FUTHI UHLALE UNAKEKELA IMPILO KAHLE
Isimo silokhu siguquguquka, bheka okusha ku:
www.health.gov.za naku www.nicd.ac.za

Siyayinqoba

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