

UKUNAKEKELA UMUNTU OGULELA — EKHAYA —

UNGAGONQA FUTHI
UZIHLALISE KANJANI
NGAWEDWANA USEKHAYA



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



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TOGETHER WE CAN BEAT THE CORONAVIRUS

**GROWING
KWAZULU-NATAL
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Iseluleko kulabo abanakekela abagulela ezindaweni ezingezona izikhungo zezempilo¹

Uma unakekela umuntu ohaqwe yigciwane le COVID-19 ekhaya noma esendaweni engesona isikhungo sezempilo, landela lesi seluleko ukuze uziphephise wena kanye nabanye. Funda ukuthi yini okumele uyenze uma kukhona onezimpawu zegciwane le COVID-19 noma uma kukhona osekuqinisekisiwe ukuthi usenalo leli gciwane. Lolu lwazi kumele lusetshenziswe ngisho kunakekelwa abantu osekutholakale ukuthi sebenalo leli gciwane kodwa bebebengenazo izimpawu zalo.

***Qaphela:** Abantu abadala ngokweminyaka noma-ke bekuyiphi iminyaka yobudala abanezinye izifo ezibucayi abaphila nazo basengcupheni enkulu yokuthi zibasheshise ngamandla izifo ezihambisana naleli gciwane le COVID-19. Abantu abasengcupheni enkulu yokuthi bahlaselwe yilezi zifo ezinamandla kumele babonane nodokotela ngokushesha uma beqala ukukhombisa izimpawu.

Ukweseka abanye



- Bekebelele ngokubanika izidingongqangi
- Qinisekisa ukuthi umuntu ogulayo unezinto ezanele zokuphuzwayo futhi uphumula ngokwanele
- Lekelela umuntu ogulayo ngokuthi alandele kahle imiyalelo kadokotela yokuzinakekela nokuthatha imithi yakhe.
- Kubantu abaningi, izimpawu zegciwane zibonakala izinsuku ezimbalwa bese bezizwa bengcono emva kwesonto.
- Mbheke ukuthi iyamsiza yini le mithi azithengele yona yomkhuhlane.
- Qinisekisa ukuthi umuntu ogulayo unezinto ezanele zokuphuzwayo futhi uphumula ngokwanele.
- Mlekelele ngokuyomthengela ukudla kwasendlini, ngokuyomtholela imithi kanye nazo zonke ezinye izinto angazidinga. Ungamhlelela nangokuthi lezo zinto azidingayo bamlethele zona, uma kwenzeka.
- Nakekela izilwane zakhe azifuyile ekhaya futhi uzame ukuthi angahlangani nazo, uma kungenzeka.

Qaphela izimpawu ezixwayisayo

- Hlala unenombolo yocingo lukadokotela wakhe.
- Sebenzisa lolu lwazi olukuleli bhokisana elilaphaya ngezansi ukuze likusize ekuthatheni isinqumo ngokuyobona udokotela.
- Shayela udokotela wakhe ucingo uma ukugula kuya ngokumqinisa. Abezimo eziphuthumayo ungabathola kule nombolo ethi 112 noma 10177 bese uyabachazela ukuthi lo muntu ogulayo kungenzeka ukuthi unegciwane le COVID-19.

Yinini la kumele uyofuna usizo oluphuthumayo kodokotela

Bheka izimpawu ezixwayisa ngegciwane *le COVID-19. Uma umuntu ekhombisa ezinye zalezi zimpawu, xhumana nodokotela ngokushesha:

- Inkinga yokuphefumula
- Ubuhlungu obungapheli esifubeni noma uma sicinene
- Izimpawu zokugula ezingajwayelekile
- Ukungakwazi ukuzivukela noma ukuzihlalela
- Izindebe noma ubuso obugqungqile

*Lezi zimpawu ezikulolu luhlu akusho ukuthi zoze zenzeke zonke. Bonana nodokotela wakho uma kukhona ezibonakalayo noma ezikukhathazayo.

Zivikele

Gwema ukuhlangana nabanye abantu



- Tholelani umuntu ogulayo igumbi azogezela kulo nazolala kulo yedwa.
- Igciwane le COVID-19 lidluliseleka kubantu abasondelene kakhulu ngamaconsana aphuma kumuntu uma ekhuluma, ekhohlela noma ethimula. Ukuhlala ngokuqhelelana nabanye abantu kusiza ukuthi kunqandeke ukusabalala kwaleli gciwane le COVID-19.
- Umuntu onakekela lo ogulayo, uma kwenzeka, kumele kungabi umuntu kwayena osengcupheni enkulu yokuhlaselwa yizifo ezinamandla ezihambisana nobhubhane i-COVID-19.

Umuntu ogulayo kumele ahlaliswe ngayedwana

Umuntu ogulayo kumele ehlukaniswe nabanye ekhaya. Funda ukuthi ukuhlaliswa ngawedwana kumele kwenziwe nini futhi kanjani.

- Uma kwenzeka lo muntu ogulayo, kumele nimtholele igumbi azogezela kulo nazolala kulo yedwa. Uma kwenzeka futhi ningamtholela lo muntu ogulayo igumbi okuzohlaliswa kulo “abantu abagulayo” bodwa futhi eliqhelile nalapho kuhlala khona abanye abantu. Zama ukuthi uhlale uqhele okungenani ngamamitha ama-2 kumuntu ogulayo.
- Uma nihlala ndawonye: Uma kumele nihlale ndawonye, qinisekisa ukuthi igumbi lelo enihlala kulo lingena umoya ngendlela efanele.
 - o Vula amafasitela ukuze kuzongena umoya omningi.
 - o Ukungena komoya omuningi kusiza ukuthi kuphume lawa maconsana ahambisana nomphefumulo aba semoyeni.
- Gwemani ukuthi nibe nezivakashi. Kugwemeni ukuthi nimane nivakashelwe yizivakashi nje ezingenasidingo, ikakhulukazi ukuvakashelwa ngabantu abasengcupheni enkulu yokuhlaselwa yizifo ezinamandla.

Abanakekeli kumele bagonqe

Abanakekeli nabo bonke abake basondelana nomuntu osetheleleke ngegciwane le COVID-19 kumele bahlale ekhaya. Funda ukuthi ukugonqa kumele kwenziwe nini futhi kanjani.

Kuphephe nini ukuthi lo muntu obekade egula asengahlangana nabanye abantu. Ukuthatha isinqumo sokuthi sekulungile ukuthi lo muntu obegula asengahlangana nabanye abantu akufani futhi kwenzeka ngaphansi kwezimo ezingefani. Thola ukuthi yinini lapho lo muntu obegula kuphephe khona ukuthi usengakuyeka ukuzihlalisa ngayedwana.

Dlanini emagunjini noma ezindaweni ezahlukene

- Hlalani ngokwehlukana: Umuntu ogulayo kumele adle noma (afunzwe) egunjini lakhe yedwa, uma kungenzeka.
- Geza izitsha nezinto zokudla ufake amagilavu asezandleni futhi uzigeze ngamanzi ashisayo: Faka amagilavu ezandleni uma uzophatha noma ngabe yiziphi izitsha, izinkomishi/izingilazi, noma ngabe yini nje ebiphethwe wumuntu ogulayo. Zigeze ngensipho nangamanzi ashisayo noma-ke usebenzise umshini wokuzigeza.
- Hlanza izandla emva kokukhumula amagilavu noma emva kokuphatha izinto ebeziphethwe ngogulayo.

Gwemani ukubolekana izinto

- Ungabolekisi: Ungabolekisi ngezitsha, izinkomishi/izingilazi, amathawula, izinto zokulala noma izinto ezisebenza ngogesi (njengeselula) kumuntu ogulayo.

Usigqoka nini isifonyo noma amagilavu

Umuntu ogulayo

- Umuntu ogulayo kumele agqoke isifonyo uma ephakathi kwabanye abantu ekhaya noma uma engaphandle kwasekhaya (ngisho nangaphambi kokungena ehhovisi likadokotela).
- Isifonyo sisiza ukuthi umuntu ogulayo angaledluliseli igciwane kwabanye. Sivimba ukuthi amaconsana angafinyeleli kwabanye abantu.

- Abantwana abangaphansi kweminyaka emi-2, akumele bafakwe izifonyo, nabantu abanenkinga yokuphefumula noma abantu abangakwazi ukuzikhipha ngaphandle kokucela usizo.

Umnakekeli wogulayo

- Faka isifonyo sakho futhi ucele nalona ogulayo ukuba naye afake esakhe ngaphambi kokungena endlini.
- Gqoka amagilavu uma uthinta umuntu ogulayo noma uma uthinta igazi lakhe, isihlalo sakhe, noma uketshezi olusemzimbeni wakhe, njengamathe, amafinyila nomchamo. Amagilavu lawo uwalahle ngokuwafaka emgqonyeni kadoti bese ugeza izandla zakho.
- Yenza izaba zokuzivikela nsukuzonke ukuze nawe ungazitholi sewugula: geza izandla zakho ngaso sonke isikhathi; gwema ukuzithinta emehlweni, emakhaleni nasemlonyeni bese ujoyayela ukuhlamba futhi ubulale amagciwane kuyona yonke indawo.

Qaphela: Ngesikhathi salolu bhuhane i-COVID-19, izifonyo lezi ezitholakala ezikhungweni zezempilo bezibekelwe ukuthi zisetshenziswe ngabasebenzi bezempilo kuphela kanye nalabo abaxhumana neziguli kuqala.

Hlanza izandla zakho ngaso sonke isikhathi

- Geza izandla: Geza izandla ngaso sonke isikhathi ngensipho namanzi okungenani imizuzwana engama-20. Batshele bonke ekhaya ukuba nabo benze kanjalo, ikakhulukazi uma beze basondela eduze komuntu ogulayo.
- Isibulalimagciwane: Uma engekho amanzi nensipho ungasebenzisa isibulalimagciwane esithakwe ngokusatshwala okungamaphesenti angama-70. Sithele kuzo zonke izingxenyane zezandla zakho bese uyazihlikhla zize zome.
- Okumele ukugweme: Gwema ukuzithinta emehlweni, emakhaleni nasemlonyeni uma ungakazigezi izandla. Funda kabanzi ngokugeza izandla.

Hlanzisa uphinde ubulale namagciwane



Hlanzisa uphinde ubulale namagciwane ezindaweni nasezintweni “ezithintwa kakhulu” nsuku zonke.

Lolu Lwazi Luthathwe ku-: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Ngaphakathi endlini

- Hlanzisa uphinde ubulale namagciwane ezindaweni nasezintweni “ezithintwa kakhulu” nsuku zonke: Lokhu kubandakanya amatafula, izibambo zeminyango, izinkinobho zokulawula ukusebenza kukagesi, ezindlini ezincane, kosinki nasezintweni ezisebenza ngogesi.
- Hlanzisa yonke indawo nempahla ngensipho namanzi uma isingcolile. Bese usebenzisa nesibulalimagciwane sasendlini.
- Qinisekisa ukuthi uyilandela yonke imiyalelo ebhalwe ngaphandle komkhiqizo ukuze uzosebenza ngendlela ephephile futhi efanele. Imikhiqizo eminingi idinga ukuthi ike iyekwe imanzi imizuzu ethile ukuze iwabulale kahle amagciwane. Eminye futhi imikhiqizo incoma ukuthi uma isetshenziswa kugqokwe amagilavu, futhi kuqinisekiswa ukuthi kushaya kahle umoya bese usulwa kahle-ke umkhiqizo lowo obusetshenziswa.
- Izibulalimagciwane eziningi zasendlini zingasetshenziswa ngendlela efanele.
- Ukuhlanza nokubulala amagciwane ezintweni ezisebenza ngogesi, kumele ulandele imiyalelo ebhalwe ngabakhiqizi bazo. Uma ingabaliwe leyo mikhiqizo ukuthi kumele ihlanzwe kanjani, kumele usebenzise isibulalimagciwane esithakwe ngokusatshwala okungamaphesenti angama-70.
- Funda kabanzi ngokuthi ungalihlanzisa futhi uwabulale kanjani amagciwane ekhaya lakho.

Igumbi lokulala nelokugezela

- Uma umuntu ogulayo esebenzisa igumbi lakhe yedwa lokulala nelokugezela: Hlanza le ndawo ajwayele ukuhlala kuyo kuphela uma kunesidingo, njengokuthi nje uma inehlabathi. Lokhu kuzokusiza ukuthi ugweme ukusondelana kakhulu nomuntu ogulayo.
- Uma ethanda, lo muntu ogulayo angazihlanzela yena leli gumbi ahlala kulo. Ungamnika izinto angazisebenzisa yena yedwa ukuhlanza igumbi lakhe ezinjengethishu, amathawula ayiphepha kanye nayo yonke impahla yokuhlanza.
- Uma nisebenzisa igumbi lokugezela elilodwa: Umuntu ogulayo kumele alihlanzise futhi asebenzise isibulalimagciwane njalo emva kokulisebenzisa igumbi lokugezela. Uma engeke akwazi ukuzihlanzela yena, kumele ugqoke isifonyo bese ulinda isikhathi eside emva kokuba eselisebenzisile igumbi lokugezela ogulayo ngaphambi kokuba ningene kulo nizolihlanza noma nizolisebenzisa.

Ziwashe bese uyazomisa izimpahla

- Ungazithintithi izimpahla ezingcolile.
- Gqoka amagilavu alahlwayo emva kokusetshenziswa uma uzophatha izimpahla ezingcolile.
- Izimpahla ezingcolile zomuntu ogulayo ningaziwasha nezinye izimpahla zabanye abantu.
- Izimpahla niziwashe ngokulandela imiyalelo ebhalwe kuzo. Niziwashe ngamanzi ashisayo.
- Khumula amagilavu, bese ugeza izandla, uqeda nje ukuwakhumula.
- Yomisa izimpahla, zome zithi qha, ngokuzishisisa, uma kwenzeka
- Geza izandla emva kokufaka izimpahla emshinini wokuzomisa.
- Zihlanze uphinde usebenzise nesibulalimagciwane izinto ofaka kuzo izimpahla zakho. Geza izandla emva kwalokho.

Sebenzisa umgqomo kadoti



Gqoka amagilavu uma uzophatha imfucuza (Uma ungenawo amagilavu, gezisisa izandla zakho ngensipho namanzi bese uzomisa ngethawula elihlanzekile emva kwalokho).

- Faka amagilavu alahlwayo emva kokusetshenziswa nenye imfucuza emgqonyeni kadoti.
- Faka amagilavu uma usuthutha udoti uyowulahlala. Geza izandla emva kwalokho.
- Faka wonke amagilavu asesetshenzisiwe, izifonyo nemfucuza emgqonyeni kadoti.
- Uma kwenzeka umuntu ogulayo kumele abe nomgqomo wakhe yedwa wokufaka udoti/imfucuza.

Nakekela impilo yakho

- Abanakekeli beziguli kumele bahlale emakhaya bazinakekele ukuthi kabavelwa yini yizimpawu zegciwane le COVID-19 ngesikhathi besanakekela umuntu ogulayo.
- Izimpawu zifaka phakathi ukuhlaselwa wumkhuhlane, ukukhohlala, nokuphelelwa wumoya kodwa zikhona nezinye izimpawu ezingavela futhi. Ukuba nenkinga uma uphefumula yilona phawu oluxwayisa ngokuphelele ukuthi udinga ukuyobona udokotela ngokushesha.
- Abanakekeli beziguli kumele baqhubeke nokuhlala emakhaya ngisho sebeqedile ukunakekela iziguli zabo. Abanakekeli beziguli bangaqala ukuphuma emakhaya abo uma sekuphele izinsuku ezili-10 emva kokusondelana nomuntu ogulayo (kuye nangesikhathi esithatheke ngesikhathi egula) noma emva kwezinsuku ezili-10 emva kokuthi umuntu ogulayo esevumelekile ukuyeka ukuhlala ngayedwana.
- Indlela ehamba phambili kunazo zonke yokuzivikela wena kanye nabanye wukuhlala ekhaya izinsuku ezili-10 uma uke wasondelana nomuntu osetheleleke ngegciwane le COVID-19. Bheka isizindalwazi somnyango wakho wezempilo ukuze uthole ulwazi ngokuthi yiziphi izindlela ongazilandela endaweni yangakini ezizokwenza ukuthi usheshise isikhathi sokugonqa.
- Uma unenkinga yokuphefumula, shayela udokotela wakho ucingo noma abezimo eziphuthumayo bese ubachazela izimpawu onazo ngaphambi kokuthi uziyele wena mathupha khona. Bazokweluleka ngokumele ukwenze.

Ngubani osengcupheni yokuhlaselwa wumkhuhlane onamandla kakhulu uma eke watheluleka ngegciwane le COVID-19?

- Abantu asebebadala ngokweminyaka (abangaphezulu kweminyaka engama-60 ubudala)
- Abantu abakhuluphele ngokweqile
- Abantu abanesifo sikashukela
- Abantu abanesifo sokuphakama komfutho wegazi nalabo abanezifo eziphathelene nenhliziyo
- Abantu abanesandulelangculaza
- Abantu abanamasosha omzimba abuthaka, isib. Abanomdlavuzi
- Abantu abanezinye izifo eziyisimbelambela

NB: If you are not able to receive the support you need to quarantine or isolate safely at home or feel that your home is unable to provide a safe space to do so, please let your healthcare worker know so that they can arrange a safe place for you. This way you protect your loved ones from getting infected.

1. Centres for Disease Control and Prevention. Caring for Someone Sick at Home. Advice for caregivers in non-healthcare settings. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>2020.

