



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

**UKUQWASHISA
IZIVAKASHI**

ZIGCINE UPHILILE UMA UVAKASHA

- Gwema ukuvakasha uma unomkhuhlane futhi ukhwehlela
- Uma unomkhuhlane, ukhwehlela futhi kungaphefumuleki kahle, phuthuma uye kofuna usizo lwezempilo ufike umazise lowo okunikeza usizo lwezempilo ngako konke okumaqondana nohambo lwakho oke waluthatha.

- Gwema ukusondelana nabantu abanomkhuhlane futhi abakhwehlelayo.
- Zijwayeze ukuhlanza izandla ngesihlanzizandla esinengxube ebulala amagciwane noma ngensipho namanzi.
- Gwema ukuzithinta amehlo, ikhala noma umlomo.

- Uma ukhwehlela futhi uthimula, mboza umlomo nekhala ngokugobisa indololwane noma ngethishu-ulahle leyo thishu ngokushesha bese uhlanza izandla.
- Uma ukhetha ukufaka isifihlibuso, qinisekisa ukuthi uyawemboza umlomo nekhala - gwema ukulokhu uthinta isifihlibuso uma sewusifakile.
- Sisebenzise kanye kuphela bese usilahla - uhlanze izandla ngokushesha emva kokuba usikhiphile isifihlibuso

- Uma uhlaselwa ukugula ngesikhathi umaphakathi nohambo, yazisa abasebenzi bakuleso sithuthi ucele usizo lwezempilo ngokushesha.
- Ngesikhathi ucela usizo lwezempilo, mazise lowo okunikeza usizo lwezempilo ngako konke okumaqondana nohambo lwakho olwedlule.

- Yidla ukudla okuphekisisiwe kuphela.
- Gwema ukuthimisela nanoma yikuphi.
- Gwema ukusondelana nezilwane ezifudukiswayo ezigulayo.

