



health

Department:

Health

PROVINCE OF KWAZULU-NATAL

UKUQWASHISA IZIVAKASHI

ZIGCINE UPHILILE UMA UVAKASHA

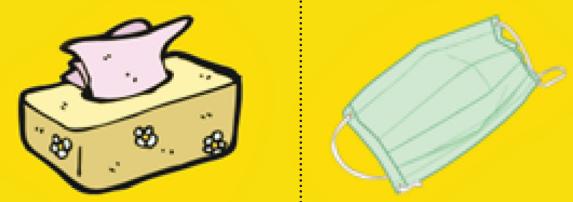
- Gwema ukuvakasha uma unomkhuhlane futhi ukhwehlela
- Uma unomkhuhlane, ukhwehlela futhi kungaphemfumuleki kahle, phuthuma uye kofuna usizo Iwezempi lo iwezempi lo umazise lowo okunikeza usizo Iwezempi lo ngako konke okumaqondana nohambo Iwakho oke waluthatha.



- 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 sewusifikile.
- Sisebenzise kanye kuphela bese usilahla - uhlanza izandla ngokushesha emva kokuba usikhiphile isifihlibuso



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



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



KwaZulu-Natal Department of Health



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