



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



UNGQONGQOSHE WEZEMPILO  
UNKK NOMAGUGU SIMELANE-ZULU

# Siyayinqoba

## I-CORONA VIRUS

COVID-19

### NAKHU OKUMELE UKWAZI NGOKUSABALALA KWE-

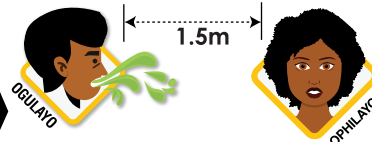
\*I-Coronavirus yiqeqebana lamagciwane adala izinkinga zokuphefumula okungabalwa kuwo umkhuhlane ojwayelekile kuya ezifweni ezibucayi ezifana ne-Middle East Respiratory Syndrome (MERS), okuyisifo esihlasela umgudu wokuphefumula isigubhukane esaqala emazweni ase-Middle East kanye ne-Severe Acute Respiratory Syndrome (SARS).

#### IGCIWANE LINGENA NGALEZI ZINDLELA EZILANDELAYO:



Ngakho-ke uma ubona umuntu onezimpawu ezilandelayo; ukukhwehlela/ ukuthimula/ ukugula, ungakhetha ukuba:

1. Ushiye ibangana ngo 1.5m.



(Ukuqhela kwakho kwenza uphephe emaconsini amakhulu)

2. Gwema izixuku



(Abantu abathelekile kungenzeka bangazikhombisi izimpawu ngaleso sikhathi yize bethelekile)

#### KUNGENZEKA AMATHE OMUNTU OGULAYO AFINYELELE EZINTWENI EZINJENGE...



ZANDLA



IMINYANGO



OMAKHALEKHUKHWINI



IZINTO ZOBUCHWEPHESHE



IZINKOMISHI



AMAPENI



IZINDAWO ZOKUBAMBELELA



IZITSHA ZOKUDLA

UMA KWENZEKA UTHINTA OKUNYE KWALOKHU NGENGOZI BESE UTHINTA UBUSO, UCIKICE AMEHLA, NOMA UBUSO BESIHLA, NINGAZITHOLA SENIGULA.

**GROWING  
KWAZULU-NATAL  
TOGETHER**

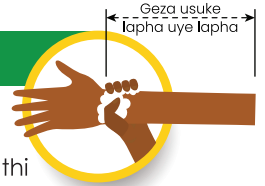


# 4 IZINTO EZINE OKUFANELE UZIQAPHELE UKUGWEMA UKUTHELELEKA



## 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

Igcwane lingadlulela ematafuleni, emakhabetheni, emimeseni, ezimfolokweni, 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 UNAKEKELE IMPILO KAHLE**  
Isimo silokhu siguquguquka, bheka okusha ku:  
[www.health.gov.za](http://www.health.gov.za) **naku** [www.nicd.ac.za](http://www.nicd.ac.za)



KwaZulu-Natal Department of Health



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