



UNKK NOMAGUGU SIMELANE-ZULU
UNGQONGQOSHE WEZEMPILO

UKUNAKEKELA ISIFO SAKHO ESIYISIMBELAMBELA

Isifo esiyisimbelambela siyisimo sempilo sesikhathi eside noma sempilo yonke. Uma singelashwa, singadala izinkinga ezingakugulisa bese ungabe usakwazi ukubhekana nempilo yansukuzonke. Uma unesifo esiyisimbelambela, ubungcuphe bokuphathwa wumkhuhlane onamandla i-COVID-19 bukhulu kakhulu, kodwa kungenzeka ukuthi kube wumkhuhlane nje omaphakathi nendawo. Inhloso yokwelapha isifo esiyisimbelambela wukusilawula nokuvikela izinkinga ezihambisana naso.

FEZEKISA IZIFISO ZAKHO NGESIFO SAKHO ESIYISIMBELAMBELA

Siqondisise kahle isifo sakho esiyisimbelambela:

Cela usizo kudokotela wakho uma unanoma yimuphi nje umbuzo.

Landela indlelakuphila ekhombisa ukuba ngumqemane:

Zivocavoce! Udle ukudla okunempilo

Nakekela isimomqondo sakho:

Chitha isikhathi nabangani abakwesekayo noma umndeni. Yenza imidladlwana yezobuciko noma leyo oyithokozelayo ukuyenza. Zivocavocise ngokuphefumulela ukuphumula zonke izinsuku.

Ungabhemi noma usebenzise uphuzo oludakayo noma izidakamizwa.

Cela usizo uma usufuna ukuziyeka lezi zinto.

Thatha imishanguzo yakho ngokwethembeka:

Thatha imishanguzo yakho ngendlela efanele ukuze izokusiza ukudambisa isifo esikuphethe futhi ivikele nezinkinga ezingahle zivele futhi ikugcine uphilile.

Ungazigeji izinsuku zakho zokuyobona abezempilo:

Hamba uye emtholampilo ngazo zonke izinsuku onqunyelwe zona. Cela omunye ukuthi ayokulandela imishanguzo yakho ngesikhathi ungavunyelwe ukuphuma ekhaya.

Thola usizo uma ulidinga:

Khuluma nodokotela wakho ukuze akweluleke ngokuthi ungabhekana kanjani nesifo sakho esiyisimbelambela. Xoxa nesihlobo noma nomngani. Thola ukuthi ungakwazi yini ukuthola isibonelelo sikahulumeni sokukhubazeka uma isifo sakho esiyisimbelambela sikwenza ukuthi ungakwazi ukusebenza.

Ungaba sengcupheni yokuphathwa wumkhuhlane onamandla i-COVID-19 uma:

uneminyaka engu-55 noma ngaphezulu. Udla imishanguzo yezinye zalezi zifo ezilandelayo futhi kungayi ngokweminyaka:

- isifo sikashukela, isifo sokuphakama komfutho wegazi noma izifo eziphathelene nenhliziyo
- isifo samaphaphu esingelapheki (isifo sofuba somoya, isifo sokuvala komgudu wokuphefumula esingelapheki)
- umdlavuza
- isifo se-TB
- isandulelangculaza futhi ingathathwa nemishanguzo yaso, ama-ARV.

24HR NICD HOTLINE : 0800 029 999 | PROVINCIAL HOTLINE : 033 846 6000

KUSEZANDLENI ZETHU



KWAZULU-NATAL PROVINCE
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