UKUDLULA EMHLABENI KOTHANDIWEYO WAKHO
NGENXA YE-COVID-19

Njengoba othandiweyo wakho esedlulile emhlabeni ngenxa ye-COVID-19, ukulahlekelwa kwakho nguye kuzokufakela usawoti esilondeni ngenxa yesidingo sokuvikela ukuthi igciwane ikhorona lisabalalele kwabanye.

THOLA IZINDLELA ZOKUMELANA NALESI SIMO SOKULAHLEKELWA

Ukudlula emhlabeni kothandiweyo kubathinta ngezindlela ezahlukene abantu, ayikho indlela yokuzizwa okungathiwa ngelungile noma ngengalungile. Ukuqonda nje ukuthi kwenzekeni kothandiweyo wakho kungasiza. Xoxisana nezisebenzi zezempilo ebezimnakekela noma-ke labo abanolwazi lobhubhane i-COVID-19.

Xoxa ngendlela ozizwa ngayo kumngani wakho, esihlotsheni noma kumeluleki wezengqondo.

Zinakekele ngendlela efanele. Lala ngendlela efanele futhi ugweme ukusebenzisa utshwala nezinye izidakamizwa ukudambisa ubuhlungu bokushonelwa.

THOLA USIZO LWEZINTO EZIBALULEKILE:

- Kubhalise ngokusemthethweni ukushona kothandiweyo wakho. Uzodinga umazisi wakhe nesiqinisekiso sokushona kwakhe esiphuma esibhedlela. Ungacela inkampani yabancwabi ukuba ikusize.
- Hlelela umncwabo. (kuyancomeka ukuncwatshwa ngokulothiswa komzimba kumuntu oshone ngenxa ye-COVID-19).

ZIVIKELE WENA NABANYE EKUHAQWENI YIGCIWANE IKHORONA.

- Imithetho evikela ukusabalala kwegciwane ikhorona kungenzeka ikunqabele ukubona umzimba wothandiweyo wakho. Uma kwenzeka uvunyelwa ukuwubona, ungalokothi uwuthinte noma uwuqabule. Kuvumelekile ukukhuluma nothandiweyo wakho ume eduze komzimba wakhe.
- Uma unikwa izimpahla obekungezothandiweyo wakho, geza izingubo nokuyizindwangu ngamanzi ashisayo anensipho. Hlanzisisa ezinye izinto ngesibulalimagciwane (ucingo, izibuko zamehlo, nempahla yokuzicwala). Emva kokuphatha izimpahla nezinto ezingageziwe, gezisisa izandla zakho ngendlela efanele.
- Uma uke wasondelana nalo othandiweyo wakho ezinsukwini ezi-10 ezedlule, kungenzeka ukuthi nawe walithola igciwane ikhorona. Kumele uzigonqise (kwenye indawo) uwedwa izinsuku eziyi-10 kusukela kumuntu wokugcina ukuxhumana naye ukuvikela ukulidlulisela kwabanye.

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KUSEZANDLENI ZETHU

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