



Sekusezandleni zethu ukuthi sisebenzisane ekunqandeni ukubhebhetheka

IMIBUZO EJWAYELWE UKUBUZWA MAYELANA NOBHUBHANE I-COVID-19

Liyini igciwane iKhorona?

Amagciwane eKhorona amaningi ajwayeleke ukutholakala ezilwaneni. Lawa magciwane angabaguliswa abantu, ngokweywayelekile ngezifo eziphathelele nokuvaleka kwemigudu yokuphefumula, ngendlela efanayo neyomkhuhlane lo ojwayelekile nje. Leli gciwane elisha elibizwa ngeKhorona laqala ukuhlonzwa e-China futhi lihambisana nokubheduka kwesifo samakhaza (inyumoniya).

Iyini i-COVID-19?

I-Covid-19 yisifo esisha esithathelwanayo esidalwa yigciwane elisaqeda ukutholakala ikhorona. Leli gciwane elisha nesifo salo bekungaziwa ngaphambi kokuthi liqubuke okokuqala e-Wuhan, e-China, ngenyanga kaZibandlela ngo-2019.

Ngabe ukhona yini umgomo, noma ikhambi lokwelapha i-COVID-19?

Awukabikhona umgomo nekhambi. Okwamanje, awukabikhona umgomo nekhambi eliqondene ngqo nokuvikela nokwelapha i-Covid-19.

Yiziphi izimpawu?

Isifo sokuvala kancane kancane komgudu wokuphefumula kuhambisana: nomkhuhlane, ukukhohelela – ngokujwayelekile kuba ngokomile, ukukhathala, ubuhlunguzicubu (ubuhlungu bezicubu/ bomzimba), ukuphefumula kanzima. Qaphela ukuthi ubuhlungu bomphimbo nokuphuma kwamafinyila omkhuhlane akujwayelekile ukuthi kuhambisane nesifo i-Covid-19 kanjengoba uma usuke uphethwe wumkhuhlane nje lo ojwayelekile noma uma unesifo esiphathelele nokuphefumula.

Ngabe isabalala kanjani i-COVID-19?

I-Covid-19 ngokujwayelekile isatshalaliswa wukuphuma kwamaconsana ahambisana nomoya kumuntu osehaqekile uma ekhohelela noma ethimula. Lawa maconsana-ke abe esedluliseka ngokusondelana nalona osehaqekile ngokuthintana naye noma ngokuxhawulana, noma ukubamba into noma indawo enamagciwane bese uthinta umlomo, amakhala noma amehlo ngaphambi kokuqeda izandla. Ngenxa yokuthi leli gciwane lisatshalaliswa ngamaconsana aphuma komunye kubalulekile ukuthi uqhele kumuntu osehaqekile ngebanga elingaphezulu kwamamitha angu-1,5 - 2.

Ngubani osengcupheni enkulu kakhulu yokuphathwa yisifo i-COVID-19?

Amanye amalungu ezakhamuzi zakithi asengcupheni enkulu yokuhaqwa yi-Covid-19. Abantu abangaphezulu kweminyaka engu-60, abakhuluphele ngokweqile, abangazivocavoci, abanengxubevange yezifo, abanezifo ezingalawuleki kahle kanye nabantu abanalezi zifo eziyimixantela: isifo sokuphakama komfutho wegazi, isifo sikashukela, isifo sezinsu esiyisimbela mbela, isifo senhliziyo namaphaphu, isifo somdlavuza, isandulelangculaza, isifo se-TB, isifo sokukhuluphala ngokweqile kanye nezinye izifo ezingamahlala khona kuba yibona esibangena kalula lesi sifo kunabanye abantu.

Liphila isikhathi esingakanani igciwane le-COVID-19 endaweni eliwela kuyo?

Akucaci kahle ukuthi liphila isikhathi esingakanani endaweni eliwela kuyo igciwane elidala isifo i-Covid-19, kodwa linokuziphatha njengamanye amagciwane eKhorona. Ucwangingo lweza ukuthi amagciwane eKhorona ahlala isikhathi eside endaweni lapho asuke ewele khona, ahlala amahora amaningi noma izinsuku ezimbalwa. Lokhu kungehlukahluka kuye ngesimo saleyo ndawo awele kuyo (isibonelo nje kungaba wuhlobo lwendawo awele kuyo, izingakushisa noma ukuswakama kwaleyo ndawo).

Uma kunendawo osala ukuthi inawo lawa magciwane, ihlanze ngesibulalimagciwane esijwayelekile nje ukuze ubulale igciwane ukuze uzivikele wena nabanye. Hlanza izandla zakho ngesibulalimagciwane esithakwe ngokusatshwala noma uzigeze ngensipho namanzi. Gwema ukuzithinta amehlo, umlomo, noma ikhala.

Kumele ngenzeni uma ngizisala ukuthi sengihaqwe yi-COVID-19? Ngingahlolwa kanjani? Futhi kubiza malini?

Kubalulekile ukuthola unakekelo ngendlela ezovikela ukuthi usabalalisele igciwane i-Covid-19 kwabanye: Uma usebenzisa izibhedlela ezizimele, kuzomele ushayele udokotela wakho ucingo. Ukuhlolwa kwenziwa endaweni evikelekile emalahorekthi azimele ngencwadi evela kudokotela wakho ozimele. Kunzima ukwazi ukuthi lokhu kungabiza malini njengoba yileyo naleyo lebhulwa ibiza imali eyehlukile kweyamanje. Lokhu kungabiza imali elinganiselwa ema-R900 kuya e-R1000.

Ungashayela futhi isiKhungo sikaZwelonke seziFo eziThathelwanayo (NICD) enombolweni yaso esebenza ubusuku nemini ethi 0800 029 999 noma inombolo yesifundazwe nayo esebenza ubusuku nemini ethi: 033 846 6000. Chaza izimpawu onazo, noma nalabo oke waxhumana nabo. Uzobe usuthola izeluleko ngokumele ukwenze. Uma ungeke ukwazi ukushaya ucingo, ungaya esikhungweni sezempilo esiseduze nalapho uhlala khona. Uyakwazi futhi ukuthi uyohlolwa mahhala ezikhungweni zikahulumeni kodwa kumele wazi futhi ukuthi akuwona wonke umuntu okumele ahlolwe.

Yilesa naleso sikhungo sezeMpilo sikahulumeni siyakwazi ukuhlolwa izimpawu zegciwane kulowo nalowo ongena kuso bese kuthi bonke labo okubonakala ukuthi bakhombisa izimpawu zokuba negciwane badluliselwe endaweni lapho bezohlolwa khona bengaphakathi kwaso isikhungo lesi. Laba ngabantu abakhombisa ukuba nezimpawu zegciwane i-COVID-19 kuphela. Lezi zimpawu kuba wukuba nomkhuhlane, ukukhohelela, umphimbo obuhlungu, ubuhlunguzicubu, ukufelwa yimizwa yokunambitha, ukufelwa yimizwa yokuhogela.

Lolu luhlu lwezimpawu luya lukhula kuhambisane nokukhula kolwazi mayelana naleli gciwane. Qaphela futhi ukuthi, ukuthi uke waba nokuxhumana ngandlela thile nosehaqekile akusho lokho ukuthi usuzovele uyohlolwa igciwane. Kumele isimo sakho siqashelwe izinsuku eziyi-10 kusukela ngosuku owagcina ngalo ukuxhumana nomuntu osewaziwa ukuthi limaqile leli gciwane. Uyohlolwa kuphela uma usuqala ukukhombisa izimpawu ngesikhathi kusaqashelwe isimo sakho. Uma usheshe kakhulu ukuyohlolwa igciwane ngaphambi kokuqalwa yizimpawu kungenzeka uthole imiphumela engelona iqiniso.

Indlela ephephe kunazo zonke yokuzivikela wena nabathandiweyo bakho ekutholeni leli gciwane i-Covid-19 ukuhlala ekhaya, ukuqeda izandla njalo nje, ukuvala ngendololwane egobile bese ugcina nebanga okungenani eliyimitha eli-1 noma ama-2 phakathi kwakho nabantu abakhohlelayo noma abathimulayo.

Kwenzekani uma ngishayela ucingo isiKhungo sikaZwelonke seziFo eziThathelwanayo (NICD)?

Inombolo yamahhala yesiKhungo sikaZwelonke seziFo eziThathelwanayo yenzelwe ukuthi uthole ukwelulekwa. Kusamele uphinde uye esikhungweni sezeMpilo esiseduze ukuze uyohlolwa izimpawu uphinde uhlolwe uma kunesidingo bese welulekwa nangezinyathelo okumele uzilandele ukuya phambili.

Ngingalihlolwa kuphi igciwane i-COVID-19?

Ukuhlolwa igciwane i-COVID-19 kwenziwa kuzo zonke izikhungo zezeMpilo zikahulumeni okungaba yimitholampilo nezibhedlela. Akudingeki nokuthi uze ubekise ukuthi uzoza uzohlola. Kumele nje uye esikhungweni lesi sezempilo ukuze bakhohlele izimpawu zegciwane uma zitholakala bese usuyohlolwa. Uma zitholakala izimpawu (ngokulandela umhlahlandlela we-NICD), umtholampilo lowo uzobe usukwazisa bese usuyahlolwa. Asikho ngempela isidingo sokuthi ubekise noma wazise isikhungo lesi sezempilo ngaphambi kokusivakashela njengoba zonke iziguli zihlolwa izimpawu zegciwane uma zingena esangweni bese ziyayelwa la kumele ziyohlolwa khona. Ngakho-ke, selivele liyagcinwa ibanga phakathi kwethu nabanye, ziyagezwazwa izandla, wonke umuntu uyasifaka isifonyo ngoba njengezwe sesithatha ngokuthi wonke umuntu usenalo igciwane i-COVID-19 ngenxa yokuthi manje sesiyazi ukuthi abantu abanengi bazohaqwa yilolu bhubhane ngaphandle kokukhombisa izimpawu.

Ngubani ohlela isithuthi esizothatha lowo ozoyogonqa nozoyohlaliswa ngayedwana?

Uma kungenzeka kuyancomeka ukuthi abantu bazihlelele bona okuzobathatha. UMnyango wezeMpilo uyayikhipha imoto ethwala abantu asebanqwe yigciwane i-COVID-19 ukubahambisa ezindaweni abazohlaliswa kuzo ngabodwana noma abazogonqela kuzo. Yize kunjalo-ke, ngenxa yokungabi nezithuthi ezanele, kuyenzeka singaphumeleli ukukwenza lokhu kwezinye izikhathi. Isikhungo sezeMpilo esiseduze nalapho uhlala khona noma amalungu ethimba lalabo abathungatha abake baxhumana nosehaqekile liyokweluleka ngokumele ukwenze.

Yiziphi izisebenzi zezeMpilo ezigunyazwe ukuhlola abanegciwane i-COVID-19?

Abahlengikazi abaqeqeshiwe nabo bonke odokotela bagunyaziwe ukuhlolwa i-COVID-19.

Kumele ngilandelele kanjani ukuthola imiphumela yokuhlolwa kwami uma nginganikwa yona?

Uma usuhloliwe, lokhu kuchaza ukuthi kungenzeka ukuthi unalo igciwane. Kumele ngabe welulekwe ngokuthi uyozigongisa ekhaya noma uma kungelula ukwenza kunjalo, kumele uyogongiswa kwezinye zezikhungo zikahulumeni. Kubalulekile ukuthi ngesikhathi usalinde imiphumela yakho, uhlalo ugonqe izinsuku eziyi-10. Uma imiphumela yakho ingabuyi kuze kuphele izinsuku eziyi-10 akumele uqhubeke nokuba semgonqweni. Ngenxa yezinselelo ezahlukeneyo mayelana nokuhlolwa, kuyenzeka isikhathikulindela imiphumela sibe side kunesijwayelekile kwesinye isikhathi. Kodwa-ke uyakwazi nokuthi uxhumane nodokotela wakho wakuleso sikhungo ukuze akweluleke ngokumele kwenziwe ngoba kwesinye isikhathi kudingeka ukuthi ashayele ucingo abaselebhhu ukuze athole izizathu zokubambezeka kwemiphumela.

Ngabe Yini Isikhathikuzifihla kwegciwane i-COVID-19 futhi side kangakanani?

“Isikhathikuzifihla” kuchaza isikhathi esiphakathi kokungenwa yigciwane naleso sokuqala ukubonakala kwezimpawu zesifo. Iningi lihlawumbiselela isikhathikuzifihla segciwane i-Covid-19 ukuthi sisukela osukwini olu-1 kuya ezinsukwini eziyi-14, ngokweywayelekile kuba yisikhathi esibalelwa ezinsukwini ezinhlanu.

Kwenzekani uma ngithola ukuthi senginalo igciwane?

Uma kutholakala ukuthi usinalo igciwane, ilungu loMnyango wezeMpilo lethimba elithungatha laba abake baxhumana nawe liyokushayela ucingo ukuthola ukuthi ngobani oke waxhumana nabo futhi likwazi nokuzwa ukuthi uzokwazi yini ukuthi uzihlalise ngawedwana ekhaya. Uma kwenzeka ukuthi ngeke ukwazi ukuba sekhaya, bazokwelekelela ukuthi uhanjise kwenye yezindawo ezihlalisa abantu ngabodwana zikahulumeni noma-ke bakweseke ngendlela efanele.

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Ngingancelisa na uma ngingegciwane i-COVID-19?

Njengamanje abukho ubufakazi bezempilo obuqinisekisa ukuthi igciwane liyathelana ngobisi lwebele. Igciwane lingangena nasenganeni ngendlela efanayo kunanoma ngubani oseduze kwakho. Ukubaluleka kokuncelisa ibele kwedula zonke ezinye izindlela ezingaba nengcuphe yokudlulisela igciwane enganeni ngisho noma ukube seduze kwengane yakho.

Uma ufisa ukuncelisa, landela le migomo ukuze wehlise amathuba okudlulisela igciwane enganeni:

- Ukuqeda izandla ngaphambi kokuthinta umntwana, idamu noma ibhodlela lakhe
- Gwema ukukhohelela noma ukuthimulela enganeni ngesikhathi uyincelisa
- Hlanzisa isimuncabisi ebeleni njengokwemiyalelo yabakhigizi baso njalo emva kokusisebenzisa.
- Ungacela noma ubani ophile saka ukuthi ancelse ingane ubisi olumuncwe ebeleni lakho.

Uma uncelisa ingane ubisi lokuthengwa noma lolu olumuncwe kuwe, qinisekisa ukuthi uyazihlanzisa izinsizakuncelisa ngesibulalimagciwane njalo ngaphambi kokuzisebenzisa. Akumele ubolekise ngebhodlela lomntwana noma ngesimuncabisi ebeleni kwabanye.

Ngabe Iyini Indawo Yokugonqa na?

Uma ungumuntu oke waxhumana nalowo osehaqekile noma usoleka ukuthi unegciwane i-COVID- 19, uzohlolwa bese kuthi ngesikhathi usalinde imiphumela ukho kulindleleke ukuthi uzigonqise ekhaya. Kodwa uma isimo sasekhaya singakuvumeli ukuthi uzigonqise, ungahamba uyogonqa ezindaweni zikahulumeni ezaziwa ngokuthi yizindawo zokugonqa.

Kumele sikhumbule ukuthi ukuba semgonqweni akuchazi ukuthi usuhagqele ngegciwane kodwa kuchaza ukuthi uke waba sengcupheni. Ngesikhathi usemgonqweni kunemigomo eqinile yokulawula nokuvikela ukuthelana okumele ilandelwe ukuvikela ukuthelana kweziguli zizodwa noma ukuthelana phakathi kweziguli nabasebenzi. Lokhu kubandakanya ukulungiswa nokuhlanzwa kwemishini yokuwasha izimpahla. Uma usuphuma endaweni yokugonqa akumele ubuyele ekhaya usambethe lezi zimpahla owafika uzigqokile. Uma unaleyo nkinga kumele uyibike kusista ophethe kuleyo wodi.

Ngubani okumele ahlanze izindawo zokuhlala ezizimele (amaflethi/izindawo zokuhlala ezizimele ezibiyelwe) uma sekukhona asebehaqwe yi-COVID 19?

Ukuhlanzwa kwezindawo zokuhlala kungenziwa ngabahlali bakulezo zakhiwo ngokusebenzisa izindlela ezifanele ngokusebenzisa izibulalimagciwane namanzi. Ezindaweni ezihlalisa abantu abaningi endaweni eyodwa ebiiyelwe, njengoba lezo ndawo zizimele, abaphathi balezo zakhiwo njengoba kuba yibo ababhekelele inhlala kahle yalabo bahali kumele basungule umhlahlandlela wabaqashi babo. Akulula ukubekela izakhiwo ezizimele imigomo yokuthi ziziphathe kanjani, kodwa umhlahlandlela uhlezi ukhona kulabo abawudingayo otholakala ezikhungweni zezempilo esiseduze ongasetsenziswa emakhaya nasemabhinisini.

Okumele kwenziwe uma kutholakala isisebenzi esesihagqekile?

Umhlahlandlela wokumele kwenziwe uma kutholakala ukuthi kunesisebenzi esesihagqekile uyatholakala eMnyangweni wezemiSebenzi nabaSebenzi. Noma kunjalo, iziphathimandla zezikhungo zezempilo ziyakwazi ukweseka futhi zinike izeluleko ezimayelana nokuqubuka kwe-COVID-19 ezindaweni zokusebenza. Okumele kube seqhulwini wukuhambisa labo basebenzi asebehaqwe yi-COVID – 19 ezindaweni abazohlaliswa kuzo ngabodwana izinsuku eziyi-10, bahlonze bonke labo abake baxhumana nalowo osehaqekile okungenzeka ukuthi nabo sebehaqekile, bathumele bonke labo abasengcupheni yokuthi sebethelekile nabo ukuthi bayogonqa izinsuku eziyi-10 bese behlonza futhi zonke lezo zindawo ezizodwa ukuthi zivalwe okwesikhashana ukuze zihlanzisiwe. Kubalulekile ukuthi indawo yokusebenzela iyahlolwa ukuthi angeke yini kube yiyona engaba yizizinda sokusabalalisa igciwane i-COVID-19 ngokwephulwa kwemithetho Yokulawulwa nokuVikelwa kwezifo ezithathelwanayo. Lokhu kumele kwenziwe ngokushesha.

Yini okumele kwenziwe ukuvikela ukuthi izisebenzi zingathelelani zodwa ngegciwane i-COVID-19?

Emsebenzini, endleleni eya emsebenzini, emakhaya, ezitolo. Kumele silandele le miyalelo:

- a) Hlala ekhaya uma ungazizwa kahle
- b) Gcina njalo ibanga elifanele phakathi kwakho nabanye
- c) Ukuqeda izandla ngaso sonke isikhathi, ngisho kungabonakali ukungcola bese kuthi uma ungenawo amanzi nensipho, ungasebenzisa izibulalimagciwane esithakwe ngokusatshwala okungamaphesenti angekho ngaphansi kwangama-70.
- d) Uma ukhohelela, kwenze lokho ngendlela efanele ngokuthi ukhohelele kwithishu bese uyifaka ngokushesha emgqonyeni kadoti noma ukhohelele endololwaneni.
- e) Uma usola ukuthi usuvela izimpawu ze-COVID-19, kumele uhlolwe bese ulandela izeluleko ozozinikwa ngabasebenzi bezempilo.
- f) Gwema izindawo ezinesiminyamina sabantu
- g) Uma sekuqinisekisiwe ukuthi unalo igciwane, yazisa umqashi wakho ukuze ezothatha izinyathelo ezifanele ukuvikela ozakwenu osebenza nabo kanye nalabo abeza endaweni lapho usebenza

Ngabe kumele ngisigqoke yini isifonyo ukuze ngizivikele egciwaneni i-COVID19?

Yebo kumele ugqoke isifonyo sendwangu noma ozenzele kona ekhaya kokuvala amakhala nomlomo uma usendaweni yomphakathi, noma-ke kube yini nje engavala amakhala nomlomo. Ngeke uvunyelwe ukusebenzisa noma ngabe yisiphi isithuthi somphakathi , noma ukungena esakhiweni, endaweni noma egkeneni uma ungasigqokile isifonyo sendwangu noma ozenzele kona ekhaya kokuvala amakhala nomlomo uma usendaweni yomphakathi, noma-ke kube yini nje engavala amakhala nomlomo.

Umqashi wakho kumele ahlanzele sonke isisebenzi esingahlangana ngqo namalungu omphakathi uma senza umsebenzi waso ngesifonyo sendwangu ukuvale amakhala aso nomlomo noma-ke kube yini nje eyenzele ekhaya engavala amakhala nomlomo uma sisendaweni yomphakathi, noma yini-ke nje efanele ekwazi ukuvale amakhala nomlomo. Izifonyo ezingomasetshenziswakanye zisetshenziswa kanye kuphela bese ziyahlwa.

Iyiphi indlela efanele nephephile yokulahla amagilavu asezandleni nezifonyo esezisetshenzisiwe ukwehlisa amathuba okubeka abathuthi bakadoti engcupheni?

Ezibhedlela noma emitholampilo, lokhu kuba yingxeny yemfucuzo ebeka unakekelo lwezempilo engcupheni (imfucuzo eyimithi) ethathwa futhi iyochithwa ngosonkontleka. Ekhaya noma endaweni yokusebenzela, ungawalahla amagilavu nezifonyo ngendlela nje ejwayelekile yokulahla udoti , kodwa ungawagoga amagilavu nezifonyo lezo ngephephandaba ngaphambi kokuba ukufake emgqonyeni kadoti. Uma ngabe uke waxhumana nomuntu osehaqekile, kumele udoti wakwakho ugoqwe ngokuphindaphindekile bese ubekwa elangeni isikhathi esiyizinsuku ezi-3 kuya kwezi-5 ngaphambi kokuyihlanganisa nanye imfucuzo esilinde ukuthathwa iyolahlwa wumasipala.

Emsebenzini Yini noma Ngubani onegunya lokuvala ibhizinisi noma isikhungo noma isakhiwo?

Emva kophenyo lokuthi bangakhi abantu asebeke baxhumana nesisebenzi esesihagqekile futhi abasengcupheni yokuthi nabo kungenzeka yokuthi sebehaqekile futhi osekdungeka ukuthi bayogonqiswa izinsuku eziyi-10. Kuba yilolu phenyo nokuhlonzwa kokuthi yiziphi izindawo emsebenzini okumele zivalwe ukuze zihlanzisiwe. Lesi sinqumo kumele sithathwe ngokubambisana phakathi kwabaphathi bebhizinisi kanye neziphathimandla zezempilo. Isinqumo sizoncika ekutheni ukuhlanzisiwa kwendawo leyo kuzothatha isikhathi eside kangakanani, nanokuthi nezindawo ezingathintekanga kanye nabasebenzi abangachaphazelekanga bangakwazi yini ukuqhubeke nokusebenza ngokuphepha.

Kungumsebenzi kabani ukuhlanzisiwa kwendawo?

Lona wumsebenzi wabaphathi benkampani. Umhlahlandlela wokuthi indawo luyo kumele ihlanzisiwe kanjani uyatholakala kumhlahlandlela woMnyango wezeMpilo ngokwaseMnyangweni wezemiSebenzi nabaSebenzi.

Kwenzekani uma ngihlala endaweni eyimikhukhu noma endaweni lapho sisebenzisa impompi yamanzi eyodwa nezindlu yangasese sibaningi?

Ungalokothi uthinte impompi, indlu yangasese noma isivalo ngesandla sakho esinqunu nje. Bamba impompi, isibambo somnyango noma isivalo sendlu yangasese ngephephandaba. Ungasebenzisa futhi unyawo noma ihlombe lakho ukuvula umnyango wendlu yangasese bese uphakamisa isivalo. Yima uqhele ngamagxathu ayisi-6 kwabanye abantu uma nime umugqa wokuyosebenzisa indlu yangasese noma wokuyokha amanzi. Uma usuedile ukusebenzisa indlu yangasese noma impompi yamanzi – ungabe usabuthinta ubuso bakho, amehlo, amakhala noma umlomo kuze kube uyogeza izandla zakho ngensipho namanzi. Hlanza indlu yangasese noma impompi yamanzi ngelitha lamanzi afakwe izinkezo ezine (4) zejikh/zebhishi (kodwa uqikelele ukuthi le ngxube yebhishi uyayiqhelisa ezinganeni).