



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CORONAVIRUS DISEASE 2019 (COVID-19)

IMIBUZO EVAMISE UKUBUZZWA



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1. Iyini I-COVID-19?

Lawa magciwane e-corona agcwele umhlaba wonke. Leli gama elithi corona lisuselwe kumqhele ngoba lawa magciwane amise okomqhele onezinto ezicijile uma uwabuka ngesibonikhulu (i-microscope). Kunezinhlobo eziningi ezahlukene zalawa magciwane ezihlonzwe ezilwaneni kodwa kulezi zinhlobo zimbaleka kakhulu ezingadala ukugula kubantu. Amanye alawa magciwane e-corona esingabala kuwo i-229E, i-NL63, i-OC43 kanye ne-HKU1 yiwona okuvamise ukuba adale ukugula, okubandakanya ukuba nenkinga yokuphefumula kubantu emhlabeni wonke. Kwesinye isikhathi, amagciwane e-corona ahlasele izilwane angavele abangele abantu bese kuba igciwane elisha i-corona uma selikubantu. Izibonelo zalokhu i-Middle East Respiratory Syndrome Coronavirus (MERS-CoV), esiqale ukubikwa e-Saudi Arabia ngonyaka wezi-2012, kanye ne-Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV), yona eqale yahlonzwa e-China ngonyaka wezi-2002. Ngomhla zizi-9 kuMasingana wezi-2020, iNhlango Yezempilo Yomhlaba ibike ukuthi e-China sekuhlonzwe isifo esisha esibizwa nge-corona esihambisana nokubheduka kwenyumoniya, (pneumonia), edolobheni i- Wuhan, esifundazweni i-Hubei. Lesi sifo sibizwa ngokuthi i-COVID-19. Iningi leziguli okuqale kwahlonzwa kuzo lesi sifo kube yilabo bantu abathengisa ngokudla ezimakethe zezinhlanzi, izinkukhu kanye nalabo abahweba ngezilwane zasendle eziphilayo (e-Huanan Seafood Wholesale Market) esifundeni i-Jiangnan khona esifundazweni i-Hubei. Lokhu kungasho ukuthi leli gciwane i-corona lisuka ezilwaneni. Nokho-ke ubungakaziwa kahle umnyombo walo.



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2. Obani Abasengcupheni Kakhulu Yokuhlaselwa Yi-COVID-19?

Basengcupheni kakhulu yokuhlaselwa yi-2019-nCoV labo bantu abavakashela e-Wuhan, e-China kanye nakwezinye izindawo ezithintekile zaseChina. Izivakashi eziphuma e-China bekungakabikwa ukuthi sezisabalalisele lesi sifo nakwamanye amazwe. Uyanxuswa ukuba uthole ulwazi oluqukethe imininingwane emisha emaqondana nokuthi yimaphi amazwe oseququbuke kuwo lesi sifo i-2019-nCoV. Le mininingwane ungayithola kulesi sizindalwazi <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>.

3. Abantu baseNingizimu Afrika basengcupheni kangakanani yokuhlaselwa yilesi sifo i-COVID-19?

Kusukela mhla zinhlanu kuMashi 2020 (5 March 2020) kubikwe ukuthi sebekhona abahlaselwe yilesi sifo i - COVID-19 eNingizimu Afrika. Kunezinhlelo ezinohlonze ezibhekele ukuhlonza lesi sifo uma kwenzeka kuba khona abangena kuleli benaso. Abantu abaqalwa izimpawu zokungakwazi ukuphefumula kubandakanya ukukhwehlela, imfiva kanye nephika ezinsukwini eziyi-14 behambebe emazweni lapho lesi sifo siqubuke kuwo kumele baphuthume baye kofuna usizo lwezempilo futhi babazise odokotela babo ngalo lonke uhambo lwabo.

4. Ithelelana kanjani i-COVID-19?

Nakuba izehlakalo zokuqala kungenzeka ukuba zidalwe ukusondelana nezilwane, lesi sifo manje sekubonakala nabantu sebethelana ngaso. Kucatshangwa ukuthi sithelelana ngamaconsana aphuma emakhaleni uma umuntu onalesi sifo ekhwehlela noma ethimula, ngokufanayo nokuthelelana komkhuhlane kanye nezinye izifo ezithelelana ngokuphefumula. Ngakho-ke iningi lezihlakalo ezibikiwe kube abantu abasondelane neziguli kanye nabasebenzi bezempilo abanakekela iziguli ezine-COVID-19.



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5. Yiziphi izimpawu nezinkombakugula ze-2019-nCoV eziba kubantu?

Izinkombakugula ezikhona kumanje ezibikiwe ezigulini ezineCOVID-19 zihlanganisisa ukuxineka ungakwazi ukuphefumula okuhambisana nemfiva, ukukhwehlela kanye nephika. Akukabi lula ukuqinisekisa impela ukuthi umuntu uphethwe yi-COVID-19. Abantu abagulayo abasabikiwe kusayilabo nje abanezinkombakugula ezimbalwa kanti abanye ababi nazo izimpawu yize bebe begula kakhulu futhi bagcina beshona. Labo bantu abavele benezifo abahamba nazo kanye nabantu abadala yibona okubonakala besengcupheni enkulu yokuhlaselwa yilesi sifo.

6. Ihlonzwa kanjani i-COVID-19?

I- COVID-19 ihlonzwa ngokuba ihlolwe elabhorethri, lapho kuhlolwa i- polymerase chain reaction (PCR), ngokuba kuthathwe amasampula emgudwini wokuphefumula (isb. isampula ekhaleni, emphinjeni noma esifubeni). Ukuze uthole imininingwane eqondile yokuthathwa kwesampula nokuhanjiswa kwawo uyacelwa ungene kusizindalwazi se-NICD esithi

<http://www.nicd.ac.za/diseases-a-z-index/novel-coronavirus-infection/>

7. Yelashwa kanjani i- COVID-19?

Ukwelapha ngokweseka (isb. ukuhlinzekwa nge-oksijini kweziguli ezinephika noma ngokwelashelwa imfiva).

Akukho ukwelashwa okuqondene ngqo nalesi sifo.

Izingqindimagciwane (antibiotics) aziselaphi lesi sifo. Nokho-ke izingqindimagciwane zingadingeka nje uma sekuqubuka esinye isifo esidalwe ukwelashelwa lokho obekukuphethe.



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8. Kunganqandwa kanjani ukutheleleka kwabantu nge- COVID-19?

Okwamanje awukho umgomo we-COVID-19. Abezempilo base-China sebenze izinhlelo ezinqala zokunqanda ukubhebhetheka kwalesi sifo. Okwamanje azikho izinyathelo ezishaya emhloeni ezinconywayo zokunqanda i- COVID-19 kodwa lokhu okulandelayo kungahlinzekwa ukuze kuvikelwe ukuthelelana ngalesi sifo kanye nezinye izifo eziningi ezidlangile eNingizimu Afrika:

- Ngaso sonke isikhathi geza izandla zakho ngensipho namanzi okungenani imizuzwana engama-20. Uma ingekho insipho namanzi, sebenzisa isihlanzizandla esinengxube ebulala amagciwane (i- alcohol-based hand sanitizer).
- Gwema ukuzithinta amehlo, ikhala kanye nomlomo ngezandla ezingageziwe.
- Gwema ukusondelana nabantu abagulayo.
- Hlala ekhaya uma ugula uphinde uzame ukungasondelani nabanye abantu.
- Zemboze ngokugobisa indololwane noma ngethishu uma ukhwehlela noma uthimula, bese ulahla leyo thishu emgqomeni.
- Hlanza izinto nezindawo obulokhu uzithinta.
- Gwema ukusondelana nezilwane ezifuyiwe noma zasendle (eziphilayo noma ezifile), izilwane ezisemakethe, kanye naleyo mikhqizo yazo lezo zilwane (okungaba inyama engaphekiwe).



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9. Yiziphi izinhlelo ezikhona eNingizimu Afrika zokunciphisa ubungozi bokusabalala uma kukhona ababuya kwamanye amazwe sebehaqwe yilesi sifo

Ezikhumulweni zezindiza zabaphuma kwamanye amazwe kuhlinzekwe izikhungo zokuhlolwa lesi sifo. Uma kukhona okusoleka ukuba nezinkombakugula, kunezinhlelo zokuba abe esegcinwa yedwa bese kuthathwa amasampula ahanjiswa aye kohlolwa ukuze kuhlonzwe isifo ngokushesha. Abantu abasolekayo bazokwelashwa ezibhedlela ezihlonziwe emagunjini avalekile. Kunezinhlelo zokuba kulandelelwe labo abaye basondelana nabagulayo ukuze kuqinisekiswa ukuthi lesi sifo asisabalali.

10. Ngingaya yini e-China manje?

- Ngokwemiyalelo evimbela ukuhambela ezifundazweni i-Hubei ne-Guangdong, konke ukuhambela kulezi zifundazwe okungekho semqoka kumele kuhlehliswe. Izakhamuzi zaseNingizimu Afrika zivumelekile ukuya e-China futhi kulesi sikhathi akukho miyalelo evimbela ukuhweba noma ukuya kule lizwe. Abantu abaya e-China noma ezindaweni lapho i- COVID-19 kubikwa ukuthi iqubuke khona kumele bakugweme ukuya ezimakethe zakhona zezilwane (gwema ukusondelana nezilwane ezifuyiwe noma zasendle), bagweme imikhiqizo yazo lezo zilwane (okungaba inyama engaphekiwe) futhi bagweme ukusondelana nabantu abagulayo.



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11. Ngingaxhumana nobani ukuze ngithole eminye imininingwane?

Ukuze uthole eminye imininingwane ungangena kusizindlwazi se-NICD esithi, **www.nicd.ac.za**.

Maqondana nemibuzo yokwelashwa ngabezempilo abagunyaziwe kuphela, ungashayela inombolo yakwa NICD ethi: **+27 (0) 82 883 9920** (esetshenziswa ngabasebenzi bezempilo kuphela).

Maqondana nemibuzo ephathelene nelabhorethri ungashayela ku-Centre for Respiratory Diseases and Meningitis kule nombolo **(011-555-0315/7/8 noma ku- 011-555-0488)**.

Umhlahlandlela kanye nezincazelo ngalesi sifo kuyatholakala kulesi sizindlwazi se-NICD

<http://www.nicd.ac.za/wp-content/uploads/2020/01/2019-nCov-Quick-reference-27-01-2020-Final.pdf>



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