

# AMANYATHELO OKULUMKELA I-CORONAVIRUS

I-Covid-19 - Isisifo esosulelayo esisasazeka sisuka emntwini sisiya komnye kakhulu ngamathontsi avela emntwini owosulelekileyo xa ethetha, ekhohlela okanye ethimla kufutshane nomnye umntu. Intsholongwane yosulela ngokudibana ngqo nomntu owosulelekileyo

## UKUHLAMBA IZANDLA ZAKHO LUKHUSELO OLUGQWESILEYO



### Hlamba Rhoqo

- ✔ Sebenzise isepha namanzi
- ✔ Hlamba ubuncinane imizuzwana engama-20

### Sebenzisa isiBulala Ntsholongwane seZandla

- ✔ Xa ungena kwizakhiwo nomhlaba wazo
- ✔ Xa ukuhlamba kungenzeki
- ✔ Emva kokuphatha imiphezulu yeendawo zomntu wonke

## KUPHEPHE UKUDIBANA OKUSONDELEYO



### Kufuneka uphephe

- ✘ Ukuphuzana, ukwanga kunye nokuxhawulana
- ✘ Iindawo ezigcweleyo



### Kufuneka

- ✔ Sebenzisa umthetho wemitha e-2 kude
- ✔ Ziqhelanise nokuba kude

## INYANI MALUNGA NEZIGQUBUTHELO ZOBUSO ZOKUNQANDA IINTSHOLONGWANE



### Abo babonakalisa iimpawu

- ✔ Ukufaka isigqubuthelo sobuso sokunqanda iintsholongwane kuza kunceda ukuthintela ukusasazeka kwesifo



### Ukungabonakalisi zimpawu

- ✘ Kwabo baphilileyo kwaye besempilweni, ngeke ikukhusele ukuba wosulelwe sisifo

## YIBA NOVELWANO

- ✔ Hlala ekhaya ukuba uneempawu zomkhuhlane okanye zefu
- ✔ Tsalela umNxeba woNcedo we-Coronavirus woMzantsi Afrika ku-0800 029 999
- ✔ Zivalele uwedwa kwaye ukuphephe ukudibana nabanye
- ✘ **\*Ungazi emsebenzini!**
- ✘ **Ungatyeleli Ikliniki ye-Polyoak!**

*\*Landela iinkqubo eziqhelekileyo zekhefu lokugula xa ubuya*

## ZOGQUME XA UKHOHLELA OKANYE UTHIMLA

### Sebenzisa ithishu

- ✔ Uze ke uyilahle ithishu
- ✔ Hlamba izandla zakho okanye usebenzise isibulala ntsholongwane xa kungekho manzi okanye isepha efumanekayo



### Engqinibeni yakho

- ✔ Xa kungekho thishu ifumanekayo



## YEHLISA IMINGCIPHEKO YAKHO

- ✔ Kuphephe ukuhamba okungeyomfuneko
- ✔ Zirhoxise iintlanganiso ezingeyomfuneko nabeecontraki kunye nabaniki zinkonzo
- ✔ Sebenzisa iinkomfa zevidiyo
- ✔ Kuphephe ukudibana nabantu ebebeye kumazwe anangozi ephezulu
- ✔ Kuphephe ukuphatha ubuso bakho



*\*Uluhlu lwamazwe lunokuhlaziywa njengoko izinto zivela.*

## COCA KWAYE UBULALE IINTSHOLONGWANE RHOQO



### Ngemveliso yasendliri yokucoca, sula

- ✔ Rhoqo izinto ebeziphethwe
- ✔ Imiphezulu esetyenziswe rhoqo efana namaqhaga eengcango, iswitshi.

Zimanye neqela le-WhatsApp le-NDoH ngohlaziyo lwarhoqo ku-0600 123456

Ukunakekelana yindlela i-Polyoak Family eyenza ngayo izinto.

