

IZINDLELA ZOKUZIVIKELA EGCIWANENI I-CORONA

I-Covid-19 - Yisifo esithelelanayo esisuka komunye umuntu siye komunye ngokuthelwa ngamathonsi aphuma lapho umuntu onalesi sifo ekhuluma ekhwehlela noma ethimula lapho usondelene naye kakhulu. Leli gciwane uyalithola futhi ngokuthintana nomuntu onalesi sifo.

UKUGEZA IZANDLA KUYINDLELA EBALULEKE KAKHULU YOKUZIVIKELA



Geza izandla Njalo

- ✔ Sebenzisa amanzi nensipho
- ✔ Geza isikhathi okungenani esiyimizuzwana engama-20

Sebenzisa Uketshezi Olunesibulala Magciwane Lokugeza Izandla

- ✔ Uma ungena ezakhiweni
- ✔ Uma kungekho lapho ongageza khona izandla
- ✔ Emva kokuthinta izindawo ezisetsenziswa ngumphakathi

GWEMA UKUTHINTANA NABANTU



Kumele ugweme

- ✘ Ukuqabulana nabanye abantu ukwanga kanye nokuxhawula abantu
- ✘ Izindawo eziphithizelayo



Kumele

- ✔ Usebenzise umthetho webanga eliyimitha elilo-2
- ✔ Ujwayele ukungasondelani nabanye abantu

IQINISO MAYELANA NEMASKHI YOBUSO



Abantu abanezimpawu ezibonakalayo

- ✔ Ukugqoka imaskhi kusiza ekuvimbeleni ukubhebhetheka kwesifo



Abantu abangakhombisi izimpawu

- ✘ Akusho ukuthi uma uphile kahle futhi ungaguli imaskhi izokuvikela ukuba ungatheleleki ngaleli gciwane

CABANGELA ABANYE ABANTU

- ✔ Hlala Ekhaya uma unezimpawu zemfiva noma zomkhuhlane.
- ✔ Shayela abakwa-South Africa Coronavirus Hotline ucingo ku-0800 029 999
- ✔ Gwema ukuhlangana nabanye abantu
- ✘ *Ungezi emsebenzini!
- ✘ Ungayi emtholampilo i-Polyoak!

**Landela izinyathelo zokuthatha ikhefu lapho ubuyela emsebenzini*

YEMBOZA UMLOMO WAKHO LAPHO UKHWEHLELA NOMA UTHIMULA

Sebenzisa ithishu

- ✔ Bese uyilahla
- ✔ Geza izandla zakho noma usebenzise uketshezi lokugeza izandla olunesibulala magciwane uma engekho amanzi noma insipho



Khwehlelela noma thimulela endololwaneni yakho

- ✔ Uma ungenayo ithishu



YEHLISA IZINGA LOBUNGOZI

- ✔ Gwema ukuthatha uhambo olungabalulekile
- ✔ Khansela ukubamba imihlangano engabalulekile nosonkontileka nabahlinzeki
- ✔ Bamba imihlangano ngokusebenzisa uhlelo lwe-video conferencing
- ✔ Gwema ukuthintana nabantu abebahambele *amazwe asengcupheni enkulu
- ✔ Gwema ukuthinta ubuso bakho



**Izinto kungenzeka ziguquke ohlwini lwalawo mazwe.*

HLANZA IKHAYA UBULALE AMAGCIWANE NJALO NGOKUPHINDELELA



Ngokusebenzisa umkhqiqizo wokuhlaza ikhaya, sula

- ✔ Izinto ezithintwayo njalo
- ✔ Izindawo ezivame ukusetshenziswa njengezibambo zeminyango, amaswishi...

Joyina iqembu le-WhatsApp ye-NDoh thola ulwazi lwakamuva ku-0600 123456

Ukunakekelana yindlela i-Polyoak Family eyenza ngayo izinto.

