

# IMPILO KWIXESHA LE COVID-19 IMIGAQO YABATHENGISI ABANGAMISELEKANGA (ezitratweni, emarikeneni nasezipaza)

## Intsholongwane yecorona yosulela kakhulu.

Yosuleleka ngokudibana nabantu abasebenayo lentsholongwane – noba abanazimpawu zokubanayo – okanye ngokubamba iindawo ezosulelekileyo ogqiba uphathe amehlo, umlomo okanye impumlo. Intsholongwane ye COVID-19 incamathela ezindaweni ezinje ngeplastikhi, iibhokisi, iintsimbi, emaplangeni nasemalini. Iyaphila iintsuku zide zibentlanu. Le, yimigaqo yokunqanda ukosuleleka nokosulela abanye ngalentsholongwane.

**Uphando lubonisa ukuba emazantsi ehlabathi jikelele, abathengisi abangamiselekanga babalulekile ekufumanekeni kokutya ebantwini abahlala emakhayeni anemivuzo ephantsi. UMzantsi Afrika ulwamkele oluphando, waze wenza isibhengezo sokuba abathengisi abangamiselekanga bokutya neempahla nabo bathengisa izinto eziyimfuneko eluntwini.**

Ukuba ubonakalisa ezimpawu kungenzeka ukuba unentsholongwane ye COVID-19, into ethetha ukuba akukhuselekanga ukuba semsebenzini ngoba ungosulela nabanye:



Isininzi sabantu abosuleleke yilentsholongwane ye COVID-19 siyakwazi ukuchachela ekhaya. Uba uyakhohlela, okanye unobushushu, umqala obuhlungu okanye kunzima ukuphefumla, funa unyango ngokukhawuleza. Funda [apha](#) xa ufuna ulwazi oluthe kratya lwempawu zokubanalentsholongwane.

Ukuba wena okanye omnye wosapho lwakho luneempawu, tsalela lomnxeba wamahala osebenza maxesha onke 0800 029 999.

## HLALA EKHAYA:

Oogqirha bacebisa kuhlalwe ekhaya ngabanako. Yilento kanye ke eyenze ukuba inxaso ngqo yongeniso mali esuka kurhulumente eya kubathengisi abangamiselekanga ibaluleke kakhulu.

- Abantu abadala ngabona basemngciphekweni xa bosulelwe yilentsholongwane. Ukuba ungumntu omdala okanye uhlala nabantu abadala (abangaphezulu kwe 60 yeminyaka), hlala ekhaya.
- Ukuba awuphilanga okanye unemeko ethile yempilo onayo, okanye ungaphezu kweminyaka eyi 60, cela omnye umntu akuqhubele ishishini lakho ngelishesha lalentsholongwane ye COVID-19 eyindyikitya yesifo esosulelayo.



## XA USEMSEBENZINI WEZIBONELELO EZIYIMFUNENKO ELUNTWINI:

► **Ukuba imigaqo yokhuseleko ilandelwa ngendlela, abasebenzi abangamiselwanga bangasebenza ngokukhuselekileyo.**

Iminwe idityanisiwe



izithupha



**1**

**Hlamba izandla zakho ngesepu nangamanzi rhoqo:**

- **Hlamba izandla zakho kangangemizuzwana eyi 20.** Cocisisa izandla zakho kunye namanqindi, uhlambisise phakathi kweminwe ukuya kwiinzipho, nokwenyukela ukuya ngasezingqinibeni.
- **Hlamba izandla zakho phambi kokuba uqale usuku lwakho lomsebenzi,** zihlambe rhoqo izandla usuku lonke, isikakhulu phambi kokuba utye.
- **Hlamba izandla zakho emva kokukhohlela okanye ukuthimla.**
- **Hlamba izandla zakho emva kokuphatha into ephathwa rhoqo ngabanye abantu.**
- **Hlamba izandla zakho kanye xa ufika ekhaya.**



**2**

**Ungabubambi ubuso bakho – ingakumbi amehlo, umlomo nempumlo. Xa ukhohlela okanye uthimla, gquma ubuso bakho ngelicala langaphakathi lwengqiniba.**



**3**

**Nxiba imaski yelaphu eyogquma umlomo nempumlo.**

Zama ukungayibambi imaski. Yihlambe uyiyayine imaski xa ugqiba ukuyisebenzisa into ethetha ukuba kufuneka ubeneemaski ezimbalwa ukwenzela ukuba ukwazi ukuzitshintshatshintsha xa enye imdaka. Khuthaza nabathengi ukuba banxibe imaski nabo.



**4**

**Ungabambi abantu. Ungabulisi abantu ngokubaxhawula okanye ukubonga nokubancamisa.**

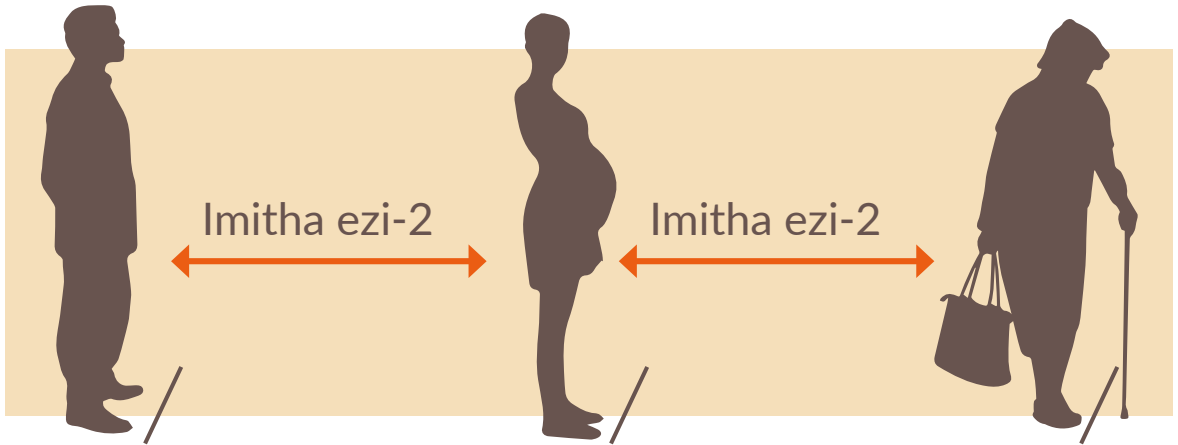
Hlala uthe qelele ebantwini kangangomgama weemitha ezimbini. Ukuba umgama weemitha ezimbini awukwazeki, zama ukuthi qelele kangangengalo eyoluliweyo.

5

**Abathengisi basezitatweni nasezimarikeni kufuneka babenomgama weemitha ezimbini phakathi kwabo,** ngokutsho ke urhulumente wengingqi kufuneka akwazi ukuvumela ubume beendawo zabathengisi abangamiselwanga zibe nalomgama.

6

**Abathengi kufuneka babenomgama wemiitha ezimbini phakathi kwabo noba bathenga esitratweni okanye esipaza.** Ukuzoba imigca phantsi luhlobo olulula lokubonisa abathengi ukuba baqaqelane kangakanani.



7

**Nceda kuqala abathengi abasemngciphekweni** (njengabo badla umhlala-phantsi, okanye oomama abakhulelweyo).

8

**Cela abathengi bangabambi izinto ezithengiswayo ukuba banokuzinceda.**



**9** **Coca zonke iindawo ezibanjwa rhoqo,** kunye ne cell phone yakho, amacango kunye neendawo zokubambelela.

**10** **Abathengisi basezitatweni nabasemarikeni:** Coca iitafle nezinto ozithengisayo ngesibulali-ntsholongwane.

**Abanikazi bevenkile zasemakhaya nabasebenzi:**

Sulisisani ngaphezu kwekhawuntari, ithili, kunye nendawo ekubanjelelwa kuzo ngesibulali-ntsholongwane. Bonelela abathengi ngesicoci zandla xa bengena na xa bephuma kwishishini lakho.

**11** **Zama ukungabambi imali:** Khuthaza abathengi ukuba bafake imali ebhokisini okanye esityeni. Imali engengomaphepha ingafakwa emanzini anesephu neblitshi kuqala. Hlamba izandla zakho ukuba ububambe imali. Sebenzisa uhlobo lokuhlalwula elingatshintshisani ngamali njengokubhanka nge-internet okanye i-cellphone apho kukwazeka khona.

**12** **Iplastikhi ezisetyenzisiweyo zinokubanayo lentsholongwane.** Ukuba abathengi baphethe ibhegi okanye iiplastikhi zabo, zama ukungaziphathi. Ukuba uyanikisa ngeplastikhi unganikisi ngezisetyenzisiweyo.

**Zenzele sibulali-ntsholongwane sakho kanje:**

Ukuba awunazo i-sanitisers, faka ikomityi ye blitshi enye ezikomityini ezintandathu zamanzi utsho ube nesibulali-ntsholongwane esisebenzayo.

**iblitshi**



+

**amanzi**



**Zakhele indawo yokuhlambela izandla kanje:**

Cinga ukwakha indawo yokuhlambela yakho nabathengi ukuba awunamanzi aphuma empompini okanye etankini kwindawo yeshishini lakho. Beka isitya phantsi kwebhotile sokukhongozela amanzi asetyenzisiweyo. Bona imiyalelo [apha](#).



## UMGAQO-NKQUBO:

Ngomhla we 2 April, urhulumente kazwelonke ubhengeze ukuba iivenkile ezisemakhaya nabathengisi abangamiselwanga bokutya (okungaphekhwanga) ukuba ngababoneleli bezinto eziyimfuneko eluntwini – jonga iphepha lesi 12 apha.

### UXINZELELO KWABANEGUNYA LOKUPHATHA LOKUBA:

- Banqande ukuhlukumeza ngokuthumela imiyalelo ecacileyo emapoliseni nasemajonini yokuba abathengisi abangamiselwanga ngababoneleli bempahla nezinto eziyimfuneko eluntwini.
- mabenze ukukhutshwa kweemvume zokushishina lula.
- baqinisekise ukuba abathengisi (njengemarike yemveliso yesibini) nabo bahambisa iimpahla zabathengisi bakwazi ukusebenza.
- benze iindawo zokuhlambela eziliqela ukwenzela ukuba abathengisi bakwazi ukuhlamba izandla zabo, nendawo abasebenzela kuzo kunye nezinto abazithengisayo rhoqo.
- babonelele abathengisi ngee-maski, ii-sanitisers kunye ne blitshi ngokungxamisekileyo.
- bakhulule abathengisi bokutya kuyo nayiphi na intlawulo yokuthengisa.
- bavume ukuba isimo sendawo zokuthengisela sitshintshe ukwenzela ukuqelelana kwabathengisi ngeemitha ezimbini kukwazeke.
- bachonge iindawo ezingasetyenziswayo – emabaleni, ezindaweni zokupaka iimoto – apho imariki zokutya zinokumiselwa khona.
- babonelele ngokhuseleko, futhi basebenzisane nezinye iinkonzo zokhuseleko, ezindaweni ekuthengiselwa kuzo nangasezivenkileni ezisemakhaya. Iyokunceda abantu bagcine iimitha ezimbini phakathi kwabo, iyakusose inceda ukujongana nomngcipheko wokuphangwa.

Ezizibonelo ziphuhlisewe yi WIEGO ngokubonisana neengcali kwezempilo yoluntu (Unjingalwazi Rajen Naidoo no Leslie London) kunye noqoqosho olungamiselekanga / iinqubo zokutya. April 2020.

