

Umhlahlandlela we COVID-19 wabahwebi basemgwaqeni, ezimakethe kanye nezitolo amaSpaza

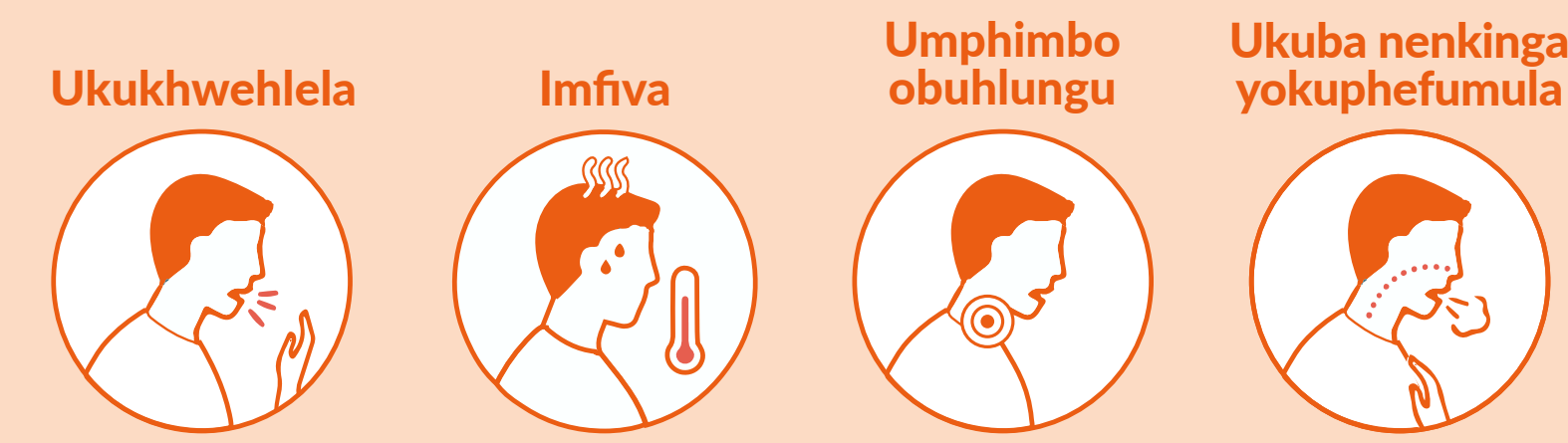
Ilgciwane i COVID-19 lithathelana ngezinga eliphezulu.

Libebhetheka ngokuthintana nabantu abavele sebenalo lelgciwane – kanti nalabo abangakhombisi izimpawu zokubano – noma ukuthinta izinto ezisulelwe ilelgciwane bese uzithinta amehlo, umlomo noma amakhala. Ilgciwane iCOVID-19 liyanamathela kulezizinto amakhlabhodi, amaplastiki ipulango, insimbi kanye nasemalini. Liphila kuze kube izinsuku ezinhlanu.

Ucwaningo luveza ukubaluleka kweqhaza elidlalwa abahwebi abasafufusa ekuzondleni kwemindenini ehola kancane. Izwe lase South Africa selikwamukelile lokhu laze lanquma ukuthi abahwebi abasafufusa abadayisa ukudla bangena ngaphansi kwabasebenzi abenza imisebenzi ebalulekile.

Uma ulandela imiyalelo yokuphepha, nahwebi abafufusayo bangahweba ngokuphephile njengabezitolo ezinkulu.

Izimpawu ezivame kakhulu ze-COVID-19 yilezi:



Uma ukhombisa lezimpawukungenzeka ukuthi usunalo lelgciwane le COVID-19, okusho ukuthi akusaphephile ukuthi ube sesemsebenzini futhi usungathelela nabanye. Iningi labantu abathelakile ngalelgciwane le COVID-19 belulama besemakhaya. Uma unalezizimpawu funa usizo lokwelashwa, bathinte ngocingo ukuze uhlele ukuthi bakubone. Ngeminye imininingwane mayelana nebika kanye nezimpawu buka [lapha](#).

Uma wena noma ilunga lomndeni likhombisa izimpawu, shayela lenombolo yamahala 0800 029 999.

HLALA EKHAYA:

Odokotela baluleka ngokuthi uhlale ekhaya uma kungenzeka. Ingakho kubalulekile ukuthi kube noxhaso mali oluvela kuhulumeni kazwelonke ukulekelela abahwebi abasafufusa.

- Abantu asebekhulile ikakhulukazi ibona abasengcupheni enkulu uma besuleleka ngalelgciwane – uma sekukhulekile ngeminyaka noma uhlala nabantu asebekhulile (labo abangaphezu kweminyaka ewu 60), kumele bahlale ekhaya.

- Uma uzizwa ungaphilile noma uzizwa ukuthi unezimpawu zokuphathwa umkhuhlane noma ungaphezu kweminyaka ewu 60, kumele ucele umuntu ezokuqhubela ibhizinisi lakho ngalesikhathi sobhubhane lwe-COVID-19.



UMA KUPHOQA UKUTHI UYE EMSEBENZINI:



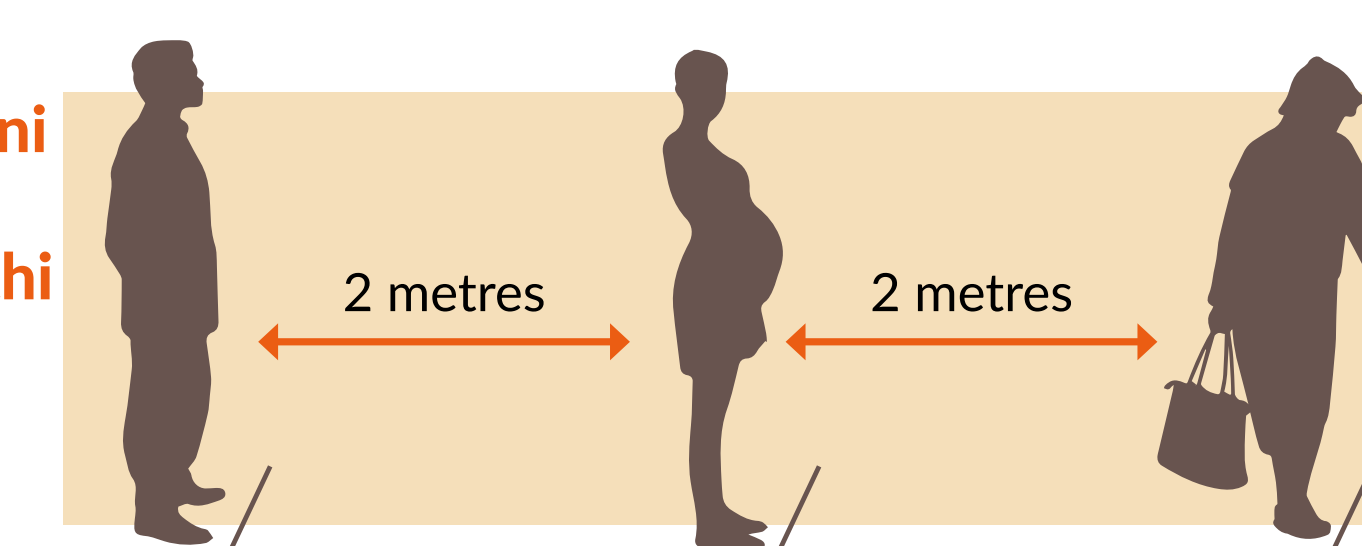
- Geza njalo izandla zakho ngensipho namanzi:**
 - Geza izandla zakho okungenani imizuzwana ewu 20, geza zonke izingxenye zezandla zakho, gezisisa naphakathi kweminwe kuze kufike ezingalweni.
 - Geza izandla zakho ngaphambi kokuqala umsebenzi wosuku, uqhubeke ukwenze usuku lonke ikakhulu ngaphambi kokudla.
 - Geza izandla zakho uma kade ukhwehela noma kade uthimula.
 - Geza izandla zakho uma kade uthinta noma yini ejwayele ukuthintwa abanye abantu.
 - Geza izandla zakho nangesikhathi ufika ekhaya.

QAPHEA: ingxube yokugeza izandla ayisebenzi uma izandla zakho zingcolile ngoba amagciwane anamathela ekungcoleni okusezandleni zakho. Qinisekisa ukuthi awuwuthinti umpompi ngezandla zakho ngaphambi noma ngemuva kokugeza izandla zakho sebenzisa iphepha bese uyalilahl.



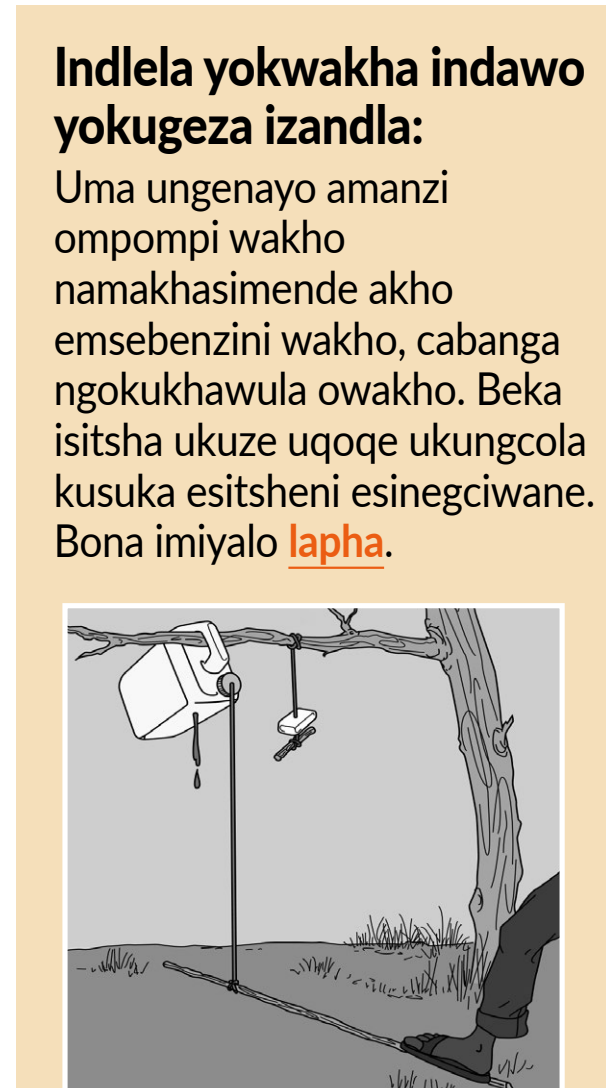
- Gwema ukuzithinta ebusweni – ikakhulu amehlo, umlomo namakhala.** Uma ukhwehela noma uthimula, yemboza ubuso bakho ngengaphakathi lendololwane.
- Gqoka isimfonyo sendwangu esemboza umlomo namakhala, gwema ukuthinta isimfonyo, siwashe usi-ayine emva kokusisebenzisa.** Kumele ubenezimfonyo ezimbalwa ukuze uhlale ugqoke esihlanzekile. Khuthaza abathenga kuwe ukuthi bazigqoke nabo.
- Gwema ukuthinta abantu, ungabingeleli abantu ngokubathinta.** Qhela ngamamitha amabili kubantu. Lapho ungeke ukwazi okungenani akube ibanga elingangengalo.

- Abathengi kumele baqhelelane ngamamitha amabili,** ngakho oHulumeni basekhyha kumele bathambise imithetho elawula ukwendlala amatafula nezindawo zokudayisela.
- Abathengi bakho kumele baqhelelane ngamamitha amabili ngokubamba ulayini phambi kwezindawo zokudayisela, ezimakethe nasezitolo ezibizwa ngokuthi iziphaza.** Ukudweba imigqa phansi kungaba yindlela elula ukulawula ukuqhelelana kwabathengi ngamamitha amabili phakathi kwabo kanjalo nesitolo sakho.
- Dayisela kuqala abathengi ababuthaka** (njengabantu abadala, abakhubazekile kanye nabesifazane abakhulelwe) ngokuthi bangawubamba ulayini beaslinde ukuthenga.
- Cela abazothenga ukuthi bagweme ukuthinta izimpahla (uma kungenzeka).**



- Sula izindawo ezijwayele ukuthintwa okuhlanganisa amaselula,** izibambo zeminyango nezindawo zokubambelela.
- Kwabadayisa emgwaqeni nabasezimakethe:** Hlanza itafula nezimpahla ozidayisayo ngesibulalimagciwane. **Abanikazi nabasebenzi baseziphaza:** Sula ingaphezulu lamatafula, izisefo zemali nezibambo ngesibulalimagciwane, ufuthe nabathengi bengena noma bephuma esitolo uma ngenzeka.

Isexwayiso ngokusebenzisa amagilavu: Isaluleko esvela kochwepheshe bempilo yomphakathi sithi –Uma usebenzisa amagilavu ukuzivikela, kumele alahlwe njalo ngemuva kokwenza umsebenzi ngamunye. Ilgciwane libambelela kuwona amagilavu futhi alilwasheki sanhlobo kanjengoba usuke ugeza izandla. Amagilavu asebenzile kumele athathwe njengesethelelekile. Kungcono ukuze izandla zakho ngensipho kanye namanzi kunokuthi usebenzise amagilavu.



- Gwema ukubamba imali:** Cela amakhasimende akho afake imali ebhokisini lemali noma kujeke, imali eyinsimbi ingafakwa esitsheni esinamanzi anensipho noma ibleach kuqala. Sebenzisa isibulali magciwane njalo uma kade uthengisela ikhasimende. Sebenzisa umshini wokukhokha ngekhadhi uma kungenzeka.
- Iplastiki yokufaka izimpahla esike yasetshenziswa ingaligcina igciwane.** Uma amakhasimende akho efika noplastiki bawo kugweme ukubathinta. Uma unikezela ngoplastiki gwema asebeke basetshenziswa.

EZIMAYELANA NENQUBOMGOMO:

Ngomhlaka 02 April uHulumeni kazwelonke wanquma ukuthi izitolo eziyiphaza kanye nabahwebi abasafufusa abahweba ngokudla okuphekiwe ukuthi bangena ngaphansi kwabasebenzi abaletha izidingo ezibalulekile – bheka ikhasi 12 [lapha](#).

INGCINDEZI KWABASEMANDLENI UKUTHI:

- Kumele ukuhlukunyezwa kwabahwebi ngokuthi bathumele imiyalelo eqondile kumaphoyisa nabezombutho wokuphepha wokuthi abadayisa ngokudliwayo nabo bangaphansi kwabasebenzi abenza umsebenzi obalulekile.
- Benze ukukhishwa kwezimvume zokuhweba kube lula futhi kube nobulungiswa.
- Baqikelele ukuthi labo abafakela abahwebi izimpahla zokudayisa njengezilimo nalabo abathuthela abahwebi izimpahla bayavunyelwa nabo ukuthi basebenze.
- Bafake izindawo eziningi zokuthola amanzi ukuze abahwebi bakwazi ukuze izandla, izindawo zokusebenzela kanye nezimpahla abazidayisayo ngokuvamile.
- Babanike izimfonyo zobuso, izibulali magciwane/noma i bleach ngokuphuthuma.
- Kuhoxiswe ukuthi abahwebi abadayisa ukudla bakhokhele izimvume zokudayisa.
- Bathambise imithetho ephoqa ukuthi abahwebi kumele bandlale kuphi ukuze emigwaqeni nasezimakethe bazijwayeze ukunikezana ibanga elamukelekile phakathi kwabo.
- Bahlonze izindawo ezingasetshenziswa kodwa ezikulungele ukuhweba njengezinkundla noma indawo evulekile yokupaka izimoto ukuze lombono wokushiya ibanga elamukelekile ube yimpumelelo.
- Kube nabaqaphe ukuphepha, ngokusebenzisana nezinye izinhlobo ezibhekele ukuphepha ezindaweni zokuhwebela kanye nasezindaweni ezizungeze iziphaza. Lokhu kuzolekela ekutheni abantu baqhelelane ngesikhala esingamamitha amabili, kugwemeke ingozi yokuthi abantu bazitapele ezitolo ngalesikhathi abantu bexakelile ngenxa yesimo esinzima izwe elibhekene naso.

lenqubomgomo yahlnganiswa u WIEGO ngokubambisana nongoti kwezokubhekelela impilo yomphakathi nomnotho osafufusa/ ukuhlelwa kokudliwayo (Solwazi Rajen Naidoo no Leslie London). April 2020.