

UMHLAHLANDLELA WE COVID-19 WABAHWEBI BASEMGWAQENI, ezimakethe kanye nezitolo amaSpaza

Igciwane i COVID-19 lithathelana ngezinga eliphezulu.

Libhebhetheka ngokuthintana nabantu abavele sebenalo leligciwane – kanti nalabo abangakhombisi izimpawu zokubanalo – noma ukuthinta izinto ezisulelwe ileligciwane bese uzithinta amehlo, umlomo noma amakhala. Igciwane iCOVID-19 liyanamathela kulezizinto amakhalibhodi, 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 ukhombisa ukuba nalezizimpawu, kungenzeka ukuthi unegciwane le COVID 19, okusho ukuthi akuphephile ukuthi ubesemsebenzini futhi usungathelela nabanye.

Ukukhwehlela



Imfiva



Umphimbo obuhlungu



Ukuba nenkinga yokuphefumula



Ezinye izimpawu kungaba, ubuhlungu bomphimbo, ikhanda, umzimba kanye nokuvuza amafinyila amaningi. Bheka [lapha](#) – Ngeminye imininingwane ngezimpawu.

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 ngaleligciwane – 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:

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

Iminwe ihlukaniswe



izithupha



1

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 ukhwehlela noma kade uthimula.
- Geza izandla zakho uma kade uthinta noma yini ejwayele ukuthintwa abanye abantu.
- Geza izandla zakho nangesikhathi ufika ekhaya.



2

Gwema ukuzithinta ebusweni – ikakhulu amehlo, umlomo namakhala. Uma ukhwehlela noma uthimula, yemboza ubuso bakho ngengaphakathi lendololwane.



3

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.

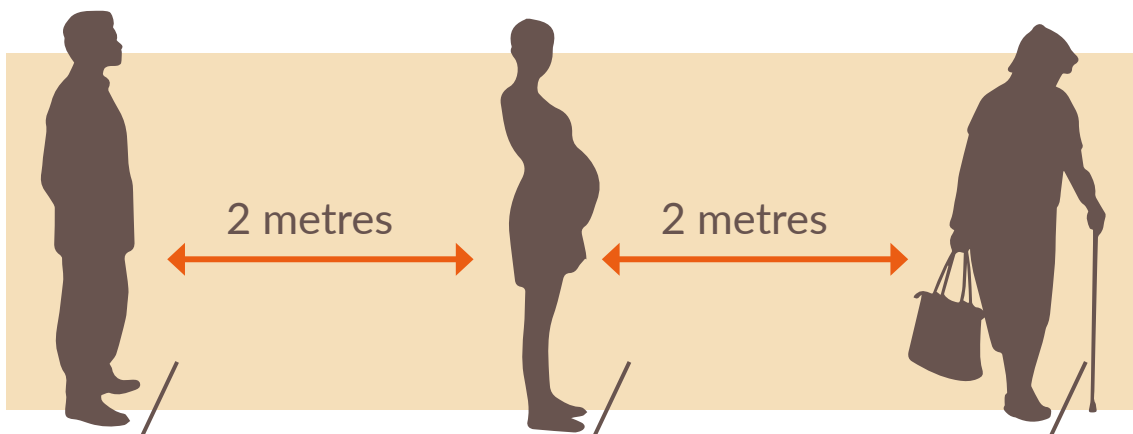


4

Gwema ukuthinta abantu, ungabingeleli abantu ngokubathinta. Qhela ngamamitha amabili kubantu. Lapho ungeke ukwazi okungenani akube ibanga elingangengalo.

5 Abathengi kumele baqhelelane ngamamitha amabili, ngakho oHulumeni basekhya kumele bathambise imithetho elawula ukwendlala amatafula nezindawo zokudayisela.

6 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.



7 Dayisela kuqala abathengi ababuthaka (njengabantu abadala, abakhubazekile kanye nabesifazane abakhulelwe) ngokuthi bangawubambi ulayini beaslinde ukuthenga.

8 Cela abazothenga ukuthi bagweme ukuthinta izimpahla (uma kungenzeka).



9

Sula izindawo ezijwayele ukuthintwa okuhlanganisa amaselula, izibambo zeminyango nezindawo zokubambelela.

10

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.

11

Gwema ukubamba imali:

Cela amakhasimende akho afake imali ebhokisini lemali noma kujeke, imali eyinsmbi ingafakwa esitsheni esinamanzi anensipho noma ibleach kuqala. Sebenzisa isibulali magciwane njalo uma kade uthengisela ikhasimende.

Sebenzisa umshini wokukhokha ngekhadi uma kungenzeka, uma kwenzeka zama izindlela zesimanje zokukhokha njenge [Snapscan](#), Yoco, iKhokha, FLASH, nemishini yokukhokha yase bhange, hlanza lemishini ngengxube ye bleach ngaphambi nangemuva kokuwusebenzisa.

12

Iplastiki yokufaka izimpahla esike yasetshenziswa ingaligcina igciwane.

Uma amakhasimende akho efika noplastiki bawo kugweme ukubathinta. Uma unikezela ngoplastiki gwema asebeke basetshenziswa.

Ungasenza kanjani esakho isibulali magciwane:

Uma ungenaso isihlanzi (sanitizer), faka inkomishi eyodwa ye-bleach ezinkomishini eziyisithupha zamanzi lengxube iyasebenza ukubulala amgiwane.

bleach



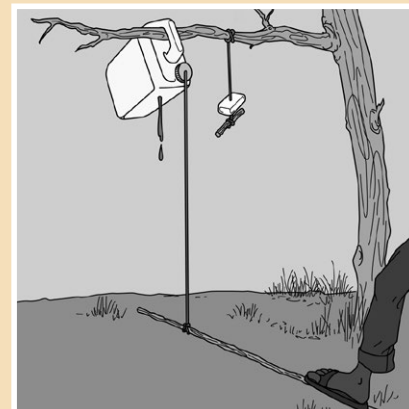
+

amanzi



Indlela yokwakha indawo yokugeza izandla:

Uma ungenayo amanzi ompompi wakho namakhasimende akho emsebenzini wakho, cabanga ngokukhawula owakho. Beka isitsha ukuze uqoqe ukungcola kusuka esitsheni esinegciwane. Bona imiyalo [lapha](#).



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:

- Kume ukuhlukunyezwa kwabahwebi ngokuthi bathumele imiyalelo eqondile kumaphoyisa nabazombutho 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 ukugeza izandla, izindawo zokusebenzela kanye nezimpahla abazidayisayo ngokuvamile.
- Babanike izimfonzo 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 kuzolekelela ekutheni abantu baqhelelane ngesikhala esingamamitha amabili, kugwemeke ingozi yokuthi abantu bazitapele ezitolo ngalesikhathi abantu bexakekile ngexa yesimo esinzima izwe elibhekene naso.

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

