

COVID-19 – Imigaqo yabathengisi abangamiselekanga (ezitratweni, emarikeneni nasezipaza)

I-COVID-19 yosulela ngokubalaseleyo.

Yosuleleka ngokudibana nabantu abasebenayo lentsholongwane noba abanazimpawu zokubanayo. I-COVID-19 isasazeka ikakhulu ngokutshizwa ngamachaphaza omphefumlo. Xa umntu ekhohlela, ethimla okanye ethetha, kusasazeka amathontsi amancinci aphuma empumleni okanye emlonyeni.

Lentsholongwane isasazeka kwiindawo ezinabantu abaninzi nezinomoya omncinci. Amachaphaza omphefumlo aphela msinyane xa uphandle, ingakumbi xa kukho umoya, loonto yenza ukuba ukosuleleka kubenzima.

I-COVID-19 yosulela nangokubamba iindawo ezosulelekileyo ogqiba uphathe amehlo, umlomo okanye impumlo yakho. Intsholongwane ye COVID-19 incamathele naphezu kweendawo futhi iphila iiyure okanye neentsuku, emalini yephepha kunye neyingqekembe, ezimpahleni nakwezinye izinto.

Abantu abadala (ngaphezulu kweminyaka eyi-60); abantu abanesifo seswekile, uxinzelelo lwegazi oluphezulu, isifo sentliziyo, i-HIV / AIDS okanye umhlaza; nabasetyhini abakhulelweyo basengozini enkulu yokubamba i-COVID-19.

Ukuba umdala, ukhulelwe okanye unenye yezimeko, okanye uhlala nomntu onenye yezimeko, kufuneka uthathe amanyathelo ongeziweyo okuzikhusela kulentsholongwane.

Ukuba ubonakalisa ezi mpawu zilandelayo, unokuba ne-COVID-19, okuthetha ukuba akukhuselekanga ukubasemsebenzini kwaye unokwenza nabanye bagule:

Ukukhohlela



Umkhuhlane



Umqala obuhlungu



Ukuqhawukelwa ngumphefumlo



Uninzi lwabantu abosulelwe yi-COVID-19 bayakwazi ukunyangeka ekhaya. Ukuba uyakhohlela, unomkhuhlane, unomqala obuhlungu kunye nobunzima bokuphefumla, funa unyango. Jonga **apha** ngolwazi oluthe kratya ngeempawu zokubanalentsholongwane.

Ukuba wena okanye usapho lwakho lubonisa iimpawu zayo, tsalela umnxeba kule nombolo yamahala evulwe ngamaxeshane onke 0800 029 999

Ukuba imigaqo yokhuseleko iyalandelwa, abathengisi abangamiselekanga bangathengisa ngokukhuselekileyo njengabathengisi abamiselekileyo:



1

Nxiba imaski yelaphu evala umlomo kunye neempumlo. Zama ukungayiphatha-phathi imaski xa uyinxibile. Hlamba imaski uyiayine yonke imihla emva kokuyinxiba. Yiba neemaski eziliqela ukuze ube nemaski ecocekileyo yonke imihla. Nyanzela ukuba abathengi banxibe iimaski nabo. Cinga ngokunxiba i-visor (eyogquma namehlo yenziwe ngeplastikhi elubala) ukuze ukhusele namehlo akho.



2

Zama ukungabuphathi ubuso bakho ingakumbi amehlo, umlomo kunye neempumlo. Xa ukhohlela okanye uthimla, gquma ubuso bakho ngaphakathi kwengalo yakho.



3

Zama ukungabambi abanye abantu. Ungabulisi abantu ngokubabamba. Gcina iimitha ezimbini kude nabantu. Apho oku kungenakwenzeka, okungenani ugcine ubude bengalo phakathi kwakho nabanye abantu.

Iminwe isongene



Oobhontsi



4

Hlamba izandla zakho ngesephu nangamanzi rhoqo:

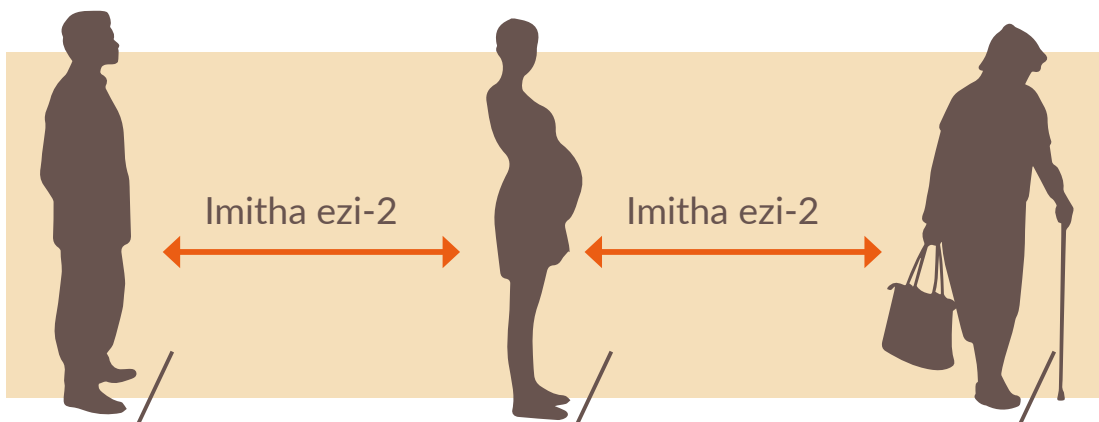
- Hlamba izandla zakho kangangemizuzwana eyi 20. Cocisisa izandla zakho kunye namanqindi, uhlambisise phakathi kweminwe ukuya kwiinzopho, nokwenyukela ukuya ngasezingqinibeni.
- Hlamba izandla zakho phambi kokuba uqale usuku lwakho lomsebenzi, zihlambe rhoqo izandla usuku lonke, isikakhulu phambi kokuba utye.
- Hlamba izandla zakho emva kokukhohlela okanye ukuthimla.
- Hlamba izandla zakho emva kokuphatha into ebiphethwe ngabathengi (iimpahla nemali).
- Hlamba izandla zakho xa ufika ekhaya.

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 nokuba babekude kangakanani kunendawo othengisela kuyo.



7

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

8

Cela abathengi bangabambi izinto ezithengiswayo.



9

Coca zonke iindawo ezibanjwa rhoqo

ngesanitiser okanye isibulali-ntsholongwane, kunye ne cell-phone yakho, iingcango kunye neendawo zokubambelela.

Abathengisi basezitatweni nabasemarikeeni:

Coca iitafle nezinto ozithengisayo ezingekokutya ngesibulali-ntsholongwane.

Abanikazi bezipaza nabasebenzi: Sulisisani ngaphezu kwekhawuntari, ithili, kunye nendawo ekubanjelwa kuzo ngesibulali-ntsholongwane.

Tshiza izandla zabathengi ngesanitiser.

10

Zama ukungayibambi imali:

Khuthaza abathengi ukuba bafake imali emvlophini, ebhokisini okanye esityeni. Amachaphaza e-COVID-19 anokubakho kwiingqekembe zemali nakwimali engamaphepha. Cinga ngokugcina imali yanamhlanje yahlukene kuneyayizolo. Hlamba izandla zakho okanye usebenzise ii-sanitiser phakathi kokunceda abathengi.

Sebenzisa iindlela zokuhlalula ngaphandle kobuqu bemali uba kunokwenzeka. Cinga ukubhalisa kwi-Snapscan okanye iZapper. Ukuba unomtshini wamakhadi, ze uwucoce ngesisombululo se-bleach ngaphambi nasemva kokusetyenziswa.

11

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-sanitiser, faka amatispuni eblitshi amathandathu kwilitha yamanzi enye utsho ube nesibulali-ntsholongwane esisebenza kuzo zoonke iindawo zokuthengisela.



Zakhele indawo yokuhlambela izandla:

Ukuba awunamanzi aphuma empompini okanye etankini kwindawo yeshishini lakho, cinga ukwakha indawo yokuhlambela yakho nabathengi. Jonga imiyalelo apha.



Wazi Amalungelo Akho:

Naphantsi kokuvallelwa phantsi, onke amagosa akwarhulumente kufuneka ahlonene ilungelo lokuthatha amanyathelo olawulo xa ekhupha okanye ehlutha amaphepha-mvume, etshintsha umrhumo wentengiso, esaba indawo yokuthengisa, ethimba iimpahla, egxotha okanye ehambisa abarhwebi.

Nawaphi na amanyathelo athatyathwe ngumasipala okanye ligosa lokunyanzelwa komthetho sizenzo sokuphatha kwaye kufuneka “sibenobulungisa”, ngokomthetho. Elilungelo likhuselwe kuMgaqo-siseko (S33) laza lacaciswa kuMthetho wokuKhuthaza uBulungisa kuLawulo (PAJA) 3 ka-2000.

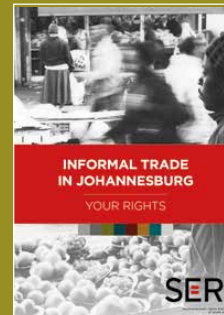
Ukuze “sibenobulungisa”, lamanyathelo kufuneka:

- ABESEMTHEHWENI. Amagosa kufuneka asebenze ngaphakathi kwemithetho; bagunyaziswe ukuba bathathe inyathelo kwaye bangahlukumezi okanye baye ngaphezulu kwegunya labo.
- ABENENGQONDO. Izenzo / izigqibo ezithathiweyo mazibenengqondo kwaye zidibane neenjongo.
- ABE NENKQUBO ELUNGILEYO. Kufuneka babandakanye ilungelo lokumamela, ukuthethathethana okunokuba luncedo kunye nabarhwebi abachaphazelekayo, kunye nokwenza izigqibo kufuneka kungabinamkhethe.

Ukufumana ulwazi oluthe kratya ngokusebenzisa umthetho wolawulo okhusela amalungelo abasebenzi abasebenza ngokungamiselekanga kunye nabarhwebi, bona le [ncwadana ye-WIEGO](#).



Ngolwazi malunga namalungelo abathengisi ngokubanzi, jonga [kwesi sikhokelo se-SERI](#).



Wazi Amalungelo Akho (iyaqhubeka):

Ukuzikhusela, qiniseka ukuba:

- uLandela izikhokelo zempilo.
- uSoloko uphethe ikopi yemvume namaphepha akho
- uHlala unolwazi malunga neemfuno zepemithi. Oku kunokutshintsha namanqanaba ovaleleko phantsi.

Ukuba igosa lenze isigqibo esikuchaphazelayo:

- Babuze izizathu.
- Babuze ukuba ngowuphi umthetho obanika igunya lokuthatha amanyathelo.
- Thatha iifoto okanye ividiyo zamanyathelo anjengokuthimba iimpahla.

QAPHELA: Ukuba igosa lithimba iimpahla zakho, kufuneka likunike iphepha elisemthethweni elichaza ezonto zithathiweyo. Le risithi kufuneka ibandakanye iinkcukacha zezompahla zithathwayo, iidilesi apho ziya kugcinwa khona nokuba ziya kugcinwa ixesha elingakanani.

Ukufumana Inxaso Yemali

Ukuba awukwazi ukusebenza, unokufaka isicelo sesibonelelo esikhethekileyo **se-COVID-19 soNcedo lweNtlupheko yoNxunguphalo**, eyi-R350 ngenyanga. Abafuduki abasemthethweni, abantu abafuna indawo yokukhosela kunye nabantu abaneemvume ezizodwa zomsebenzi banokufaka izicelo kude kube sekupheleni kuka-Okthobha, 2020.

Iincukacha zibone apha: <https://srd.sassa.gov.za/>.



sassa
SOUTH AFRICAN SOCIAL SECURITY AGENCY

Abathengisi Abangamiselekanga Badinga Urhulumente Enze Oku:

Angenzakalisi bantu:

- Amapolisa namanye amagosa onyanzelisomthetho kufuneka ayeke ukuhlukumeza abathengisi.
- Athintele ukuthathwa kweempahla zabarhwebi ngelixesha lokuvallelwa.

Alungiselele ukurhweba okukhuselekileyo:

- Anike iindawo ezinamanzi ezaneleyo ukuze abathengisi bahlambe izandla, neendawo zokusebenza zabo kunye neemveliso rhoqo.
- Anikise mahala ngeesanitizers kunye / okanye i-bleach ngokungxamisekileyo.
- Abe bhetyebhetye malunga nesakhiwo sentengiso ukwenzela ukuba abathengisi basesitratweni kunye nabathengisa emarikeneni bakwazi ukuqaqelanisa imizimba ngokufanelekiyo. Abanye abasemagunyeni babele abathengisi izitrato ekurhwebeni.
- Anikeze uhlobo lwezempilo kwiindawo zokurhweba.

Enze lula ukufuma ilayisensi futhi amise imirhumo:

- Enze ukukhutshwa kweemvume kubelula kwaye kulungeleke.
- Amise imirhumo yokurhweba ngelixa abathengisi bezama ukuzimisa kwakhona.

Anike inkxaso yengeniso kunye nezibonelelo:

- Abasebenzi abasebenza ngokungacwangciswa baye bahlaselwa ngakumbi ngamanyathelo okuthintela ukwanda kwe-COVID-19 kwaye bafuna inkxaso ngqo yengeniso.
- Abarhwebi basebenzise ukonga kwabo kokugqibela ngelixesha lovalelo kwaye bafuna izibonelelo zemali ukuze baqale ukuthengisa kwakhona.

Kube neentlanganiso rhoqo nabarhwebi namagosa orhulumente wengingqi:

- Abarhwebi kufuneka babandakanyeke kucwangciso nakwimigaqo-nkqubo wezigqibo ezibachaphazelayo. Njengoko i-StreetNet International isitsho, 'akukho nto yethu ngaphandle kwethu'.

Lemigaqo iphuhlise yi WIEGO ngokubonisana neengcali kwezempilo yoluntu (Unjingalwazi Rajen Naidoo no Leslie London) kunye noqoqosho olungamiselekanga / iinqubo zokutya. August 2020.

