

# 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 iyure okanye neentsuku, emalini yephepha kunye neyinqekembe, 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 uhla nomntu onenye yezimeko, kufuneka uthathe amanyathelo ongeziweyo okuzikhusela kulentsholongwane.

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



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 ngamaxhesha onke 0800 029 999

## Ukuba imigaqo yokhuseleko iyalandelwa, abathengisi abangamiselekanga bangathengisa ngokukhuselekileyo njengabathengisi abamamiselekileyo:



**1 Nxiba imaski yelaphu evala umlomo kunye neempumlo. Zama ukungayiphatha-phathi imaski xa uyinxibile.** Hlamba imaski uyayine 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 ngeplastiki 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. Ungabalusi abantu ngokubabamba.** Gcina iimitha ezimbini kude nabantu. Apho oku kungenakwenzeka, okungenani ugcinane ubude bengalo phakathi kwakho nabanye abantu.



**4 Hlamba izandla zakho ngesepu nangamanzi rhoqo:**

- Hlamba izandla zakho kangangemizuzwana eyi 20. Cocisa izandla zakho kunye namanqindi, uhlambisele phakathi kweminwe ukuya kwiinzapho, nokwentyukela ukuya ngasezingqinibeni.
- Hlamba izandla zakho phambi kokuba uqale usuku lwakho lomsebenzi, zihlambela 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.

Iminwe isongene



Oobhontsi

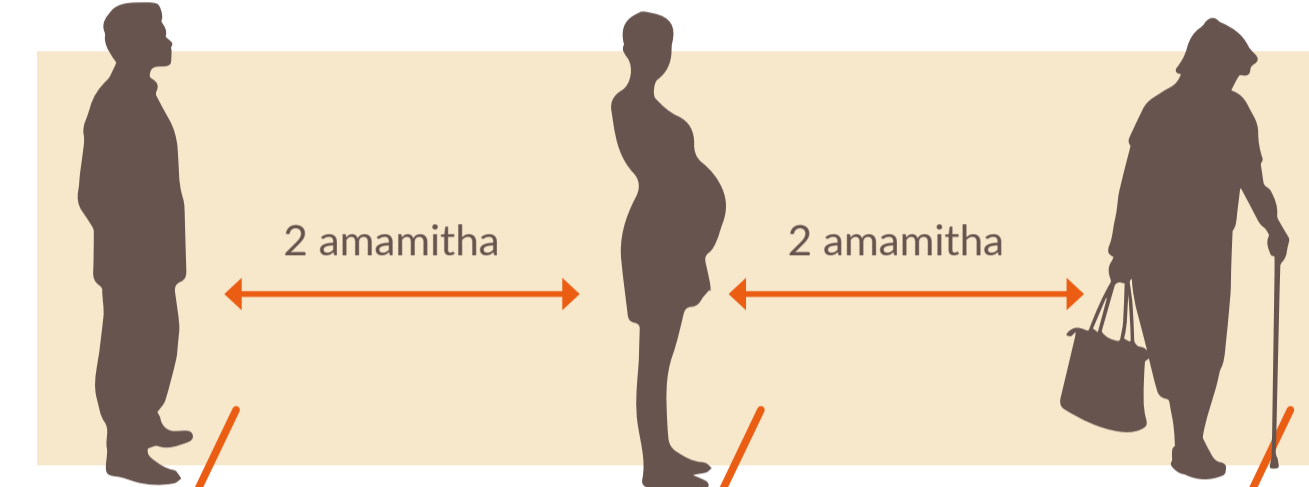


**5**

**Abathengisi basezitrateni nasezimarikeneni 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.**



## ABATHENGISI ABANGAMISELEKANGA BADINGA URHULUMENTE ENZE OKU:

### ANGENZAKALISI BANTU:

- Amapolisa namanye amagosa onyanzelisomthetho kufuneka ayeke ukhululumeza abathengisi.
- Athintele ukuthathwa kweempahla zabarhwebi ngelixa lokuvallelwa.

### ALUNGISELELE UKURHWEBA OKUKHUSELEKILEYO:

- Anike iindawo ezinamanzi ezaneleyo ukuze abathengisi bahlambe izandla, neendawo zokusebenza zabo kunye neemveliso rhoqo.
- Anikise mahala ngeesanitiser kunye / okanye i-bleach ngokungxamisekileyo.
- Abe bhetyebhetye malunga nesakhiwo sentengiso ukwenzela ukuba abathengisi basesitratweni kunye nabathengisa emarikeneni bakwazi ukuqaqelana imizimba ngokufanelekiyo. Abanye abasemagunyeni babele abathengisi izitrato ekuhwebeni.
- 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 ngokungacwangciswanga baye bahlaselwa ngakumbi ngamanyathelo okuthintela ukwanda kwe-COVID-19 kwaye bafuna inkxaso ngqo yengeniso.
- Abarhwebi basebenzise ukonga kwabo kokugqibela ngelixa lolalelo kwaye bafuna izibonelelo zemali ukuze baqale ukuthengisa kwakhona.

### KUBE NEENTLANGANISO RHOQO NABARHWEBI NAMAGOSA ORHULUMENTE WENINGQI:

- Abarhwebi kufuneka babandakanyike kwangciso nakwimigaqo-nkqubo wezigqibo ezibachaphazelayo. Njengoko i-StreetNet International isitsho, akukho nto yethu ngaphandle kwethu.

## WAZI AMALUNGELO AKHO:

Naphantsi kokuvallelwa phantsi, onke amagosa akwarhulumente kufuneka ahlonene ilungelo lokuthathwa 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 sisenzo sokuphatha kwaye kufuneka "sibenobulungisa", ngokomthetho. Elilungelo likhuselwe kuMgaqo-siseko (S33) laza lacaciswa kuMthetho wokuKhuthaza uBulungisa kuLawulo (PAJA) 3 ka-2000.

### UKUZE "SIBENOBULUNGISA", LAMANYATHELO KUFUNEKA:

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

**Q APHELA:** Ukuba igosa lithimba iimpahla zakho, kufuneka likunike iphepha elisemthethweni elichaza ezonto zithathwayo. Le risithi kufuneka ibandakanye iinkcukacha zezompahla zithathwayo, iindleli apho ziya kugcinwa khona nokuba ziya kugcinwa ixesha elingakanani.

Ukuba amalungelo akho ayaphulwa, tsalela umnxeba kule nombolo ye-066 076 8845

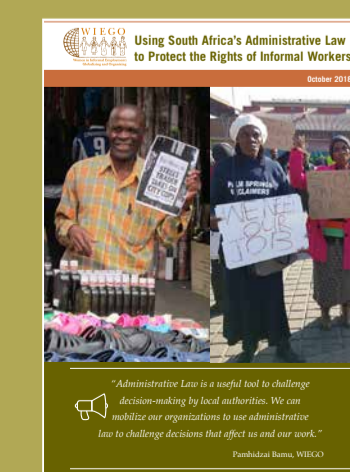
### UKUZIKHUSELA, QINISEKA UKUBA:

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

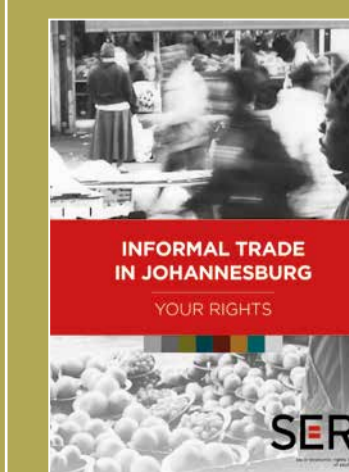
### UKUBA IGOSA LENZE ISIGQIBO ESUKHAPHAZELAYO:

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

Ukufumana ulwazi oluthe kratya ngokusebenzisa umthetho wolawulo okhusela amalungelo abasebenzi abasebenza ngokungamiselekanga kunye nabarhwebi, bona le ncedana ye-WIEGO.



Ngolwazi malunga namalungelo abathengisi ngokubanzi, jonga kwesi sikhokelo se-SERI.



## UKUFUMANA INKXASO YEMALI

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

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



**sassa**  
SOUTH AFRICAN SOCIAL SECURITY AGENCY

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

