

UMHLAHLANDLELA WECOVID-19 YABAHWEBI

(emigwaqeni, ezimakethe nakuma spaza shops)

Igciwane i COVID-19 lithathelana ngezinga eliphezulu.

Libhebhetheka ngokuthintana nabantu asebevele benalo ngisho nalabo abangakhombisi izimpawo zokuba nalo. Leligciwane leCOVID-19 lisabalala ikakhulukazi ngokuphefumula umoya onamaconsana aeligciwane. Uma umuntu ekhwehlela, ethimula noma ekhuluma kufafazeka lamanconsana ephuma emakhaleni noma emlonjeni.

Leligciwane lisabalala kakhulu lapho kunabantu abaningi nalapho umoya uvalelekile. Izinhlaiyana zaleligciwane zihlakazeka ngokushesha uma usendaweni evulekile futhi kunomoyana kunciphise amathuba okutheleleka.

Leligciwane leCOVID-19 liyasabalala futhi ngokuthinta izindawo ezivele zingcoliselikile ngalo bese uzithinta amehlo, umlomo noma ikhala. Leligciwane linamathela ezintweni futhi lingaphila isikhathi eside noma izinsuku, emalini engamaphepha, eyinsimbi, ezingubeni nakwezinye izinto.

Abantu asebekhulule (abangaphezulu kweminyaka ewu 60); abanesifo sikashukela, umfutho wegazi ophezulu, isifo senhliziyo, HIV/AIDS, umdlavuza, abesimame abakhulelwe basengozini uma bengatheleleka ngaleligciwane.

Kubantu abadala, abakhulelwe noma abanalezizifo ezibalwe ngenhla noma uhlala nomuntu onazo kumele uqikelele kakhulu.

Uma unalezi zimpawu ezilandelayo kungenzeka uneCOVID19, okusho ukuthi akuphephile kuthi ube semsebenzini futhi ungase uthelele nabanye:

Ukukhwehlela



Imfiva



Umphimbo obuhlungu



Ukungamukelana komoya



Imvamisa yabantu abatheleleke ngeCOVID-19 kuyenzeka balulame besemakhaya. Uma ukhwehlela, unemfiva, umphimbo obuhlungu futhi unenkinga yokuphefumula kumele uthole usizo lwezempilo. Ngolunye ulwazi ngezinkomba kanye nezimpawu [bheka lana.](#)

Uma wena noma ilunga lomndeni wakho likhombisa lezimpawu, shaya ucingo kulenombolo yamahhala etholakala zikhathi zonke 0800 029 999

UMA UMHLAHLANDLELA WEZOKUPHEPHA ULANDELWA, ABAHWEBI ABASAFUFUSA BANGAHEBA NGOKUPHEPHA NJENGOSOMABHIZINISI ABAKHULU:



1

Faka isimfonyo sendwangu esemboza umlomo namakhala. Gwema ukulokhu uthinta isimfonyo. Washa usi ayine isimfonyo zonke izinsuku emuva kokusisebenzisa. Uma ungakwazi yiba nezimfonyo ezimbalwa ukuze ube nesimfonyo esihlanzile njalo ngosuku. Qinisekisa ukuthi amakhasimende akho nawo ayazigqoka izimfonyo. Uma ungakwazi, gqoka isihenqo sokuvikela mehlo.



2

Gwema ukuzithinta ubuso –ikakhulukazi amehlo, umlomo nekhala. Uma ukhwehlela noma uthimula mboza ubuso bakho ngengaphakathi lendololwane.



3

Gwema ukuthinta abantu. Ungababingeleli ngokuxhawula. Shiya ibanga elingamamitha amabili phakathi kwakho nabanye. Uma kungenzeka qhela ngebanga elingangengalo kumuntu oseduze kwakho.

Iminwe ihlangene

4



Izithupa



Geza izandla ngokuvamile ngensipho namanzi:

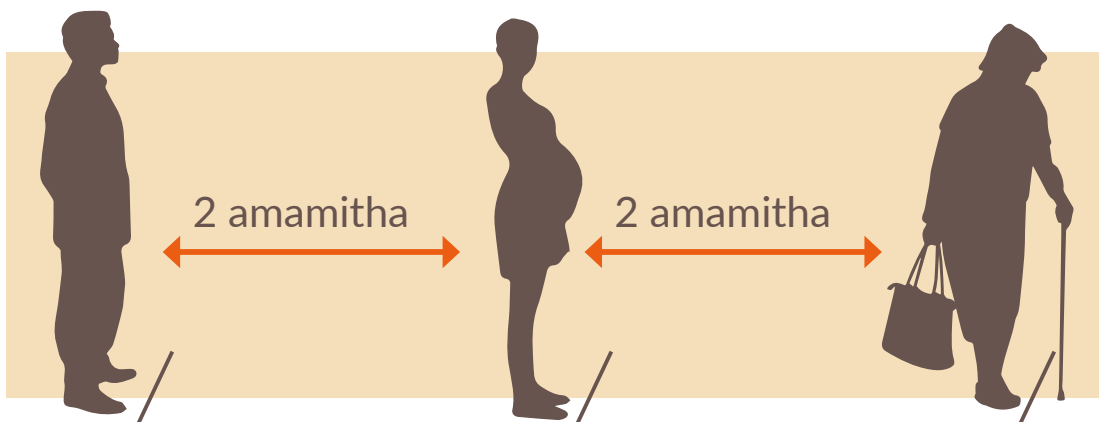
- Geza izandla zakho okungenani imizuzwana ewu20. Geza zonke izingxenye zesandla zakho, inqindi, geza phakathi kweminiwe nasemachophheni eminwe uze ugamanxe engalweni.
- Geza izandla zakho ngaphambi kokuba uqale umsebenzi wosuku, zikhathi zonke ikakhulukazi ngaphambi kokudla.
- Geza izandla njalo uma kade ukhwehlela noma uthimula.
- Geza izandla zakho uma kade usiza ikhasimende lakho ukushinthanisa impahla noma imali.
- Geza izandla zakho uma ufika ekhaya.

5

Abahwebi basemgwaqeni nabasezimakethi kumele baqhelelane ngebanga elingamamitha amabili ngaleoyondlela abasebenzi bohulumeni basekhaya kumele balekelel ngokubambisana nabahwebi ekwenzeni ukuqhelelana kube yimpumelelo.

6

Amakhasimende nawo kumele aqikelele ukuthi ayaqhelelana ngamamitha amabili ngokuthi ame emigqeni esalinde ukusizwa kungaza sezimakethe noma espaza. Ukudweba imigqa phansi elawulwa ukuthi amakhasimende kumele ame kanjani.



7

Amakhasimende asekhulile, nabanezimo zempilo ezingezinhle kanye nabakhulelwe kumele basizwe kuqala kunabanye.

8

Uma kungenzeka cela amakhasimende akho agweme ukuthinta impahla oyidayisayo.



9

Hlanza zonke izindawo ezivame ukuthintwa ngeSanitiser noma ngesibulali magciwane. Lokhu kuhlenganisa umakhalekhukhwini wakho izibambo zeminyango nezindawo zokubambelela.

Abahwebi basemgwaqeni kanye nabasezimakethe: Hlanza amatafula kanye nempahla engadliwa oyidayisayo ngesibulali magciwane.

Abanikazi bezipaza kanye nabasebenzi babo: Sula izindawo namakhawunta, izisefo zimali kanye nezibambo ngesibulali magciwane.

Futha izandla zabathengi bakho nge sanitiser.

10

Gwema ukubamba imali: Khuthaza amakhasimende akho ukuthi afake imali emvilophini, ebhokisini noma kujeke. Amaconsana egciwane leCOVID-19 angatholakala emalini eyinsimbi nengamaphepha. Qikelela ukuhlukanisa imali yosuku kweyayizolo.

Ngeza izandla noma usebenzise isanitiser njalo ngaphambi kokusiza elinye ikhasimende. Sebenzisa izindlela zesimanje zokukhokha njengeSnapscan noma Zapper. Uma unomshini wokukhokha ngekhadi, isule ngengxube yebleach ngaphambi nangemuva kokuyisebenzisa.

11

Izikhwama zeplastiki esezike zasebenza zingaba naleligciwane. Uma amakhasimende akho efika nezikhwama zawo, kugweme ukuzithinta. Uma ubafakela ezikhwameni zeplastiki ungasebenzisi esezike zasebenza

Indlela yokuzenzela isibulali magciwane:

Uma ungenayo isanitiser, faka amateaspuni awu6 ebleach emanzini awu 1 litre, lengxube isebenza njengesibulali magciwane sokuhlaza izindawo zokusebenzela.



Ungazakhela kanjani indawo yokugeza izandla:

Uma ungenawo umpompi wamanzi lapho osebenzela khona, ungazikhandela indawo yokugeza izandla ngokulandela [lomfanekiso](#).



YAZI AMALUNGELO AKHO:

Noma sisengaphansi kwemiyalelo yokuvalwa kwezwe, zonke izisebenzi zikahulumeni kumele zilihloniphe ilungelo lokuphatha ngendlela enobulungiswa uma kukhishwa noma kuhoxiswa izimvume zokusebenza, noma kwenyuswa irent yokuhweba, kufakwa abantu ezindaweni zokuhweba, kushaqwa izimpahla zabahwebi noma kuqedwa ilungelo lokuhweba noma kususwa abahwebi beyiswa kwezinye izindawo zokuhwebela.

Noma isiphi isinyathelo esithathwa uMasipala noma amaphoyisa siyisinyathelo sezokulawula kumele kube esinobulungiswa ngokulawula komthetho. Lelilungelo livikelekile kumthothosisekelowezwe (isigatshana 33) saphinde sachazwa kabanzi kumthetho okhuthaza ukulawula ngokunobulungiswa phecelezi (PAJA) isigatshana 3 ka 2000.

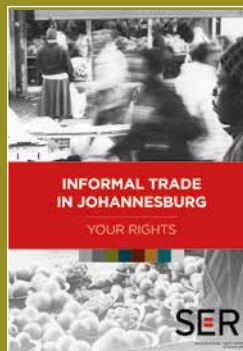
ISINYATHELO KUMELE SIBE NGESINOBULUNGISWA

- **SIBE NGESEMTHETHWENI.** Isisebenzi somkhandlu kumele konke esikwenzayo kuhambisane nokulawula komthetho, sibe ngesigunyaziwe ukuthi sithathe isinyathelo singasebenzisi amandla budedengu noma kuze kudlulele egunyeni elinikeziwe sngesemthethwe.
- **KUBE ISINYATHELO ESENZA UMQONDO.** Izinyathelo noma iziqu mo ezithathiwe kumele kube ezinza umqondo futhi zibe nenhloso yokulungisa.
- **KUBE KULANDELWE INQUBO ENOBULUNGISWA.** Kuhlangene nelungelo lokulalelwa kwecala, kuxoxiswane ngokugculisayo nabahwebi abathintekayo, nesiqu mo esithathwayo kumele kube esingachemile.

Ngolunye ulwazi mayelana nokusetshenziswa komthetho wezokuphatha, ukuvikela amalungelo abahwebi, funda **lelibhukwana likaWIEGO.**



Ngolunye ulwazi olujwayelekile labahwebi bheka **inqubo ka SERI.**



YAZI AMALUNGELO AKHO (iyaqhubeka)

UKUZIVIKELA, QINISEKISA UKUTHI:

- Ulandela inqubo yezempilo.
- Hlala ngaso sonke isikhathi uphethe imvume yokuhweba nezincwadi ezichaza ubuwena.
- Landela yonke imigomo emayelana nezidingo zemvume yokuhweba. Lokhu kungashintsha ngokuhlukahlukana kwezigaba zokuvalwa kwezwe.

UMA ISEBENZI SOMKHANDLU SITHATHE ISINQUMO ESITHINTA WENA UQOBO:

- Buza izizathu eziholele kulesosinqumo.
- Bubuze ukuthi umuphi loyomthetho obanikeza lelogunya lokuthatha lesosinqumo.
- Thatha izithombe noma umfanekiso oqoshiwe wokwenzekile (njengokushaqwa kwempahla).

QAPHELA: Uma abomkhandlu beshaqā izimpahla zakho zokuhweba, kumele bakunikeze irisidi ewubufakazi. Le risidi kumele kubhalwe yonke imininingwane yempahle eshaqiwe nekheli lalapho izobe igcinwe khona nokuthi izogcinwa isikhathi esingakanani.

UKUFINYELELA KUXHASO MALI

Uma ungakwazi ukusebenza ungabhalisela Uxhaso mali oluphuthumayo olubizwa ngokuthi **COVID-19 Social Relief of Distress Grant**, luka R350 ngenyanga. Abamazwe angaphandle ababhacile nabafuna ukuzokhoseliwe ngenxa yezinkinga emazweni abaqhabuka kuwo naba nezimvume zokuba kulelizwe ngokusemthethweni bangalubhalisela loluxhaso mali kuze kube sekupheleni kuka October, 2020.

Ngemininingwane bheka <https://srd.sassa.gov.za/>.



sassa
SOUTH AFRICAN SOCIAL SECURITY AGENCY

ABAHWEBI BADINGA LOKHU OKULANDELAYO K UHULUMENI:

UKUTHI UNGABALIMAZI:

- Amaphoyisa neminyango yokugcinwa komthetho kumele bayeke ukuhlukumeza abahwebi noma ngayiphi indlela.
- Akuvinjelwe ukushaqwa kwempahla yabahwebi ngalesikhathi kuvalwe izwe.

AKWENZIWE IZINDLELA EZIPHEPHILE ZOKUHWEDA:

- Makwaxhiwe izindawo eziningi lapho abahwebi bezokuthola amanzi ukuze bakwazi ukugeza izandla nemikhiqizo yabo ngokuvamile.
- Banikezwe izibulali magciwane noma ibleach ngokuphuthumayo.
- Kuxegiswe imigomo ebaphoqa ukuthi bendlale lapho kudwetshwe khona ukuze bakwazi ukulandela izindlela zokuthi bashiyelane ibanga phakathi kwamatafula ukugwema ukuthelelana ngoCOVID19.
- Kube nezindawo zokuhlola iCovid19 ezifinyelelekayo kubahwebi.

KUBELULA UKUTHOLA IZIMVUME KUMISWE NOKUKHOKHA:

- Kwenziwe kube lula ukuthola izimvume futhi kwenziwe ngendlela enobulungiswa.
- Kumiswe ukukhokha abahwebi baze babuyele esimweni ngokomnotho.

KUBE NOHLELO LOKUBALEKELELA NGEZIBONELELO:

- Abahwebi bashayeke kakhulu ngezinyathelo ezithathiwe ukuvikela ukusabalala kweCOVID19 ngokunjalo badinga ukulekelwa ukuze bakwazi ukondla imindeni.
- Abahwebi basebenzise izimali zabo zokugcina abebezongile ngaleyo ndlela badinga uxhaso lwemali ukuvuselela kabusha amabhizinisi abo.

KUMELE ABAHWEBI BEMINYANGO KAHULUMENI BABE NGEMIHLANGANO ABAYIBAMBA NGOKUVAMILE:

- Abahwebi kumele babambe iqhaza uma kuhlelwa noma kuhlangezwa inqubo mgomo ezobathinta. Njengokusho kwesiqubulo sikaStreetNet International esithi, 'Akukho lutho oluthinta thina oluyokwenziwa singabanga yingxenyey'.

Lenqubo mgomo yasungulwa Uwiego ngokusebenzisana nochwepheshe bomnyango wezempilo womphakathi (Professors Rajen Naidoo and Leslie London) and the informal economy/ food systems. July 2020.

