

U ita

U vhona tsumba dwadze dza Coronavirus



Kha vha ðivhe uri vha nga vhona hani tsumbadwadze dza Coronavirus

TSUMBA DWADZE KHULWANESA dza Coronavirus ndi:

- mufhiso
- u hoṭola
- u kundelwa u fema



DZINWE TSUMBA DWADZE dzi ngavha:

- mukulo u hwasaho
- u ṭutshelwa nga u kona u thetshelela zwiḽiwa kana u nukhedza
- u hvavha ha muvhili

Kha vha ðivhe zwine vha tea u ita

ARALI VHA NA TSUMBA DWADZE

- Kha vha dzule hayani vha awele.
- Arali ECD i tshi farelwa muḽini wavho kana hu vhone mufundedi vha vhoṭhe, kha vha kwame vhabebi vhoṭhe vha vha ðivhadze uri mveledzo yo vala.
- Vha vule fhedzi mveledziso musi dokotela o tsivhudza uri zwo tsireledzea unga vula.

U ṬOLA HA ḽUVHA ḽINWE NA ḽINWE

- Kha vha shumise muṭola mbalelano u ṭola vhana vhoṭhe na vhashumi u sedza tsumba dwadze musi vha saathu u THOMA mushumo.
- Arali ṅwana kana munwe wa vhashumi avha na ḽINWE ya dzi tsumba dwadze vha songo mutendela a tshi dzhena hune vha shumela hone.

MILANDU YO KHWATḽISEDZWAHO

- Arali vhone, mushumisani kana ṅwana a vha na mvelelo dza u kavhiwa nga tshitshili tsha Coronavirus, kha vha ðivhadze vhabebi vhoṭhe na zwenezwo.
- Kha vha kunakise hune vha shumela hone nga vhuronwane nga u shumisa mushonga wa u unakisa u vhlulayaho zwitshili (sa bleach).
- Kha vha kwamane na Diphathimende ya Social Development ya dzingu u wana tsivhudzo arali vha tshi nga vala hune vha shumela hone.

U VHONA DZI TSUMBA DWADZE

- Arali ṅwana a sumbedza uvha na tsumbadwadze vhukati ha ḽuvha, kha vha mu dzudze thungo na vhanwe, vha mu fhe masiki uri a ambare vha lidzele vhabebi vhawe vha ḽe vha mudzhie.
- Arali muṅwe wa vhashumi a sumbedza tsumba dwadze, kha vha muhumisele hayani na zwenezwo.
- Vha kunakise nga vhuronwane fhethu hoṭhe na hune vha shumela hone hune muthu o sumbed zaho tsumba dwadze a kwama hone, vha dovhe vha ðivhadze na vhabebi vhoṭhe nga ḽuvha ḽeneḽo.
- Vha songo tendela muthu ane avha na tsumba-dwadze a tshi vhuya kha tshumelo yavho nga nḽdani ha musi o fara luṅwalo lwa dokotela kana vhuṭanzi ha ndingo dza uri hana Coronavirus.

Vhahumbule, muṅwe na muṅwe ane a vha na tsumba dwadze u tea u dzula hayani navha muṭa wawe, a lidzele vha kiliniki ya tsini kana Hotline ya ndinda khombo kha **0800 029 999** u wana tsivhudzo ya uri vha nga ita mini.