

# O dira jang

# Go bona matshwao a Coronavirus



## Itse le go tshaloganya go bona matshwao a Coronavirus

**MATSHWAO A A BOTLHOKWA** a Coronavirus ke a:

- letshoroma
- go gotlholo
- go hema bokete

**AMANG A MATSHWAO** ke:

- mogolo o o botlhoko
- go felelwa ke takatso ya dijo le monko
- mesifa e e botlhoko



## Itse gore o ka dira jang

### FA O BONA MATSHWAO

- Nna gae o ikhutse.
- Fa tlhokomelo ya bana le mo lolapeng lwa gago kgotsa ke wena fela morutabana, leletsa batsadi ba bana, o ba itsese gore tlhokomelo ya bana e tswetswe.
- Bulang tlhokomelo ya bana fela fa ngaka e lo boletse gore lo siametse go bula.

### GO TLHATLHOBA GWA LETSATSI LE LETSATSI

- Dirisa pampiri ya tlhatlhooba go tlhatlhooba bana botlhe le barutabana go bona matshwao, pele lo simolola tiro ya letsatsi.
- Fa ngwana kgotsa morutabana a bonagala matshwao, o seke wa dumela gore a tsene ka fa tlhokomelong ya bana.

### DITLHOMAMISO TSA BOLWETSE

- Fa ele wena, mongwe wa barutabana kgotsa ngwana, diteko di rile o nale Coronavirus, bolelela batsadi ka yona nako eo.
- Phepafatsa tlhokomelo ya bana sentle o dirise sebolaya ditwatsi (jaaka bleach).
- Leletsa department of social development gore ba go gakolole ka gore o ka tswa o tswaletse tlhokomelo ya bana.

### GO LEBELELA MATSHWAO

- Fa ngwana a nna le matshwao mo motshegareng, mo thaole mo teng ga bana ba bangwe, mo tsenye pipa molomo mme o letsetse motsadi gotla go mo tsaya.
- Fa ele morutabana, a na le matshwao, ga a boele gae ka nako yona eo.
- Phepafatsa phapusi le boalogodimo sentle foo mongwe yo o naleng matshwao, a kileng a tshwara teng, mme o bolelele batsadi ka lona tsatsi leo.
- O se dumelele motho ope o naleng matshwao go bowela mo lenaneong la gago gontle le tshupa lokwalo gotswa go mooki kgotsa bonnete ba tshupo e e bontshang gore o supilwe a sa tihole a nale Coronavirus.

Gakologelwa, mongwe le mongwe yo o nang le matshwao, o tshwanetse go nna gae, mme ba leletse tlileniki e e gaufi. Dinomoro tsa potlako ke

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