

Kwenziwa kanjani

Jonga iimpawu zeCoronavirus



Yazi indlela yokuchonga iimpawu zeCoronavirus

EZONA MPAWU zeCoronavirus zezi:

- umkhuhlane
- ukukhohlela
- ubunzima bokuphefumla



EZINYE IIMPAWU zibandakanya:

- umqala obuhlungu
- ukuphulukana nokunambitheka okanye ivumba
- intlungu yemisipha emzimbeni

Yazi into omele uyenze

XA UNEZIMPAWU

- Hlala ekhaya kwaye uphumle.
- Ukuba inkqubo ye-ECD iqhutywa ekhayeni lakho okanye nguwe kuphela ofundisayo, biza bonke abazali ukuba ubazise ukuba inkqubo yakho ivaliwe.
- Vula kuphela inkqubo yakho xa ugqirha ecebisa ukuba kukhuselekile ukwenza njalo.

UHLOLO LWEMIHLA YONKE

- Sebenzisa uluhlu lokutshekisha ukukhangela bonke abantwana kunye nabasebenzi kwiimpawu ekuqaleni **KWAZO ZONKE** iiseshini.
- Ukuba umntwana okanye umsebenzi unazo **NAZIPHI NA** iimpawu awabavumeli ukuba bangeza kwinkqubo yakho.

IIKHASI ZOKUXHASA

- Ukuba wena, umsebenzi okanye umntwana unesiphumo esivumayo sovavanyo kwiCoronavirus, bonke abazali mabazi kwangoko.
- Yicoca inkqubo yakho ngokufanelekileyo usebenzisa isicoci esibulala iintsholongwane (enje nge-bleach).
- Nxibelelana neSebe Lophuhliso Loluntu lePhondo ukuze ufumane ingcebiso malunga nokuba ungayivala na inkqubo yakho.

UKUJONGA I SYMITOMS

- Ukuba umntwana ubonakalisa iimpawu phakathi kwemini, bahlule kwabanye, mnike imaski yokunxiba kwaye ubize umzali wabo ukuba azobathatha.
- Ukuba umsebenzi uvelisa iimpawu, mthumele ekhaya ngoko nangoko.
- Coca ngokufanelekileyo naziphi na iindawo kunye nemiphuzulu ethe umntu onempawu waba kuzo, kwaye ubazise bonke abazali ngalo mhla.
- Ungavumeli nabani na oneempawu ukuba abuyele kwinkqubo yakho ngaphandle kokuba unencwadi kagqirha okanye ubungqina bovavanyo olu-negative lwe-Coronavirus.

Khumbula, nabani na ineempawu kufuneka ahlale ekhaya endluni yabo, kwaye babize i Ikliniki ekufutshane okanye Inombolo yoMnxeba engxamisekileyo kule nombolo **0800 029 999** angcetyiswe ngento ekufuneka eyenzile.