

Indlela yokuhlaluba i-Coronavirus

Kubayini kutlhogeka bona sikhahlube abentwana nabasebenzi woke malanga?

Kuhle kuhle i-Coronavirus iyasuleleka ngamalanga wokuthoma ambalwa - lokhu kutjho bona nanyana othileko ongazizwa agula khulu angadlulisela ubulwelwe lobu. Ngeenzathu lezi, kuqakathekile ukuqinisekisa bona abantu nanyana banamatshwayo alingeneko bahlale ekhaya begodu bangahlangani nabanye.

Kutjho ukuthini ukuhlalutjwa kwangamalanga?

Ukuhlalutjwa kwangamalanga kutjho ukubuza boke abentwana nabasebenzi imibuzo efanako mayelana nezepilo yabo, ngaphambi kobana ubavumele bangene ehlelweni lakho woke malanga. Nangabe wenza umhlangano oweqako kowodwa qobe ngelanga, lokhu kufanele ukwenze ekuthomeni komunye nomunye umhlangano.



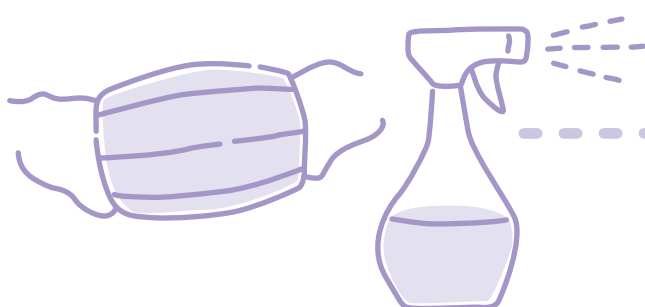
Ukuhlela irherho lokujama ilayini

- Thola indawo ephephileko kobana ababelethi nabentwana bajame khona ilayini ngaphandle kwehlelo lakho nabas jamele ukuhlalutjwa (yenza isiqiniseko sokobana ikude neenkoloji).
- Beka itshwayo elitjengisa lapho ekufanele kufolwe khona ilayini.
- Sebenzisa iingodo, iintambo, amatje namkha amatshwayo phasi ukutjengisa indawo elayinini (kufanele okungenani kube nemitha li-1.5 hlangana nendawo ngayinye, okufanako namaqha ama-2).

Ukuhlela isitetjhi sokuhlaluba

- Thola indawo esangweni lehlelo lakho lapho ozokuhlalubela khona ngelinye nelinye ilanga. (Kuzokutlhogeka ukuba nebanga lemitha li-1.5 hlangana nawe nombelethi nawumbuza imibuzo yokuhlaluba.)
- Isitetjhi sokuhlaluba kufanele sibe seduze nesitetjhi sokuhlamba izandla abentwana abazosisebenzisa ngaphambi kobana bangene ehlelweni lakho.
- Nangabe akekho umuntu omdala ehlelweni lakho, kufanele kube nendawo ephephileko lapho ozokghona ukubona khona abentwana abahlahlubiweko, nawusaqedelela ukuhlaluba abanye abentwana
- Ukuhlela isitetjhi sokuhlaluba ekuthomeni komunye nomunye umhlangano, uzokut hoga uku-:
 - Faka imaski
 - -Ba nerhelo lemibuzo yokuhlaluba lilunge
 - Yiba nethemomitha engathintwako ihlale ilungile (nangabe unayo)

Khumbula bona, ukuhlalutjwa kwangamalanga oke kwabentwana nababeregi kuzakusiza ukuvikela ukusabalalisa komulwana i Coronavirus!



Amagadango ekufanele alandelwe mayelana nokuhlaluba kwangamalanga

- 1 Bawa umbelethi wokuthoma kanye nomntwana elayinini kobana beze ngaphambili.
- 2 Buza umbelethi bona ingabe bamuhlahlubile umntwanabo ekuseni. (Nangabe uthi akakamuhlahlubi, mkhumbuze bona lokho kufanele akwenze ngaphambi kobana basuke ekhaya woke malanga.)
- 3 Nangabe unethemomitha engathintwako, thatha ithempheretjha yomntwana.
- 4 Buza umbelethi imibuzo yokuhlaluba ngamunye engenzasi. (Nangabe umntwana ulethwe ehlelweni ngothileko, umbelethi kufanele aqinisekise bona uyakghona ukunikela ilwazi leli.)

Imibuzo ekufanele uyibuze omunye nomunye umbelethi namkha umthhogomeli

- Ingabe ucabanga bona umntwanakho unethempheretjha ephezulu namkha umgomani?
- Ingabe umntwanakho uyakhohlela?
- Ingabe umntwanakho unghonghoyile ngomphimbo obuhlungu?
- Ingabe umntwanakho utjengise amatshwayo wokuphelelwa mummoya namkha ubudisi bokuphefumula?
- Ingabe umntwanakho ukutjele bona akakghoni ukunukelela namkha ukunambitha izinto ngendlela ejayelekileko?
- Ingabe wena namkha elinye nelinye ilunga lomndenakho linamanye wamatshwayo lawa?
- Emalangenali-14 adlulileko, ingabe wena namkha umntwanakho nithintene nothileko osolwako namkha aqinisekise nge-Coronavirus?

- 5 Nangabe umntwana unethempheretjha engehla **kwama-38°C** namkha umbelethi uphendula ngo-**'Iye'** umbuzo munye namkha eminengi:
 - Bawa umbelethi bona akhambane nomntwanakhe ekhaya.
 - Yeluleka umbelethi bona woke umndenakhe kufanele uhlale ekhaya.
 - Tjela umbelethi bona adosele umtholapilo oseduze naye namkha umTato wobujamo obuRhabekileko ku- **0800 029 999** mayelana nokwelulekwa.
 - Tjela umbelethi bona umntwanakhe ngeze abuyele ehlelweni ngaphandle kobana banencwadi kadorhoda namkha ubufakazi bomphumela onganayo i-Coronavirus.
- 6 Nangabe umntwana unethempheretjha engaphasi **kwama-38°C** begodu umbelethi uphendula ngo-**'Awa'** kiyo yoke imibuzo:
 - Bawa umntwana bona aye esitetjhini sokuhlamba izandla bese ahlambe namkha asanithayize izandla zakhe (abentwana abancani bangathhoga isizo ekwenzeni lokhu).
 - Tjela umntwana bona kufanele alinde kuphi (yenza isiqiniseko sokobana uyambona namkha sokobana utjhejwe ngelinye ilunga labasebenzi nawusaqedelela ukuhlaluba).

Othileko onomgomani namkha onethempheretjha ephezulu kanengi utjhisa khulu namkha umakhaza khulu nakathintwako. Kungenzeka uyaqhaqazela, uyajuluka namkha unghonghoyila ngobuhlungu bomzimba.