

Wenza kanjani yenza ukuhlola kwegciwane leCorona nsukuzonke

Kungani kumele sihlole abantwana nabasebenzi zonke izinsuku?

Igciwane leCorona lithelana kakhulu ngezinsuku ezimbilwa zokuqala-lokhu kuchaza ukuthi nomangabe awuzizwa ugula kodwa ungakwazi ukudlulisa lesifo. Yizo lezizathu ezenza ukuthi kubaluleke ukuthi abantu abanezimpawu ezincane nje bahlale ekhaya bengahlangani nabanye.



Kusho ukuthini ukuhlola nsukuzonke?

Ukuhlola kwansukuzonke kuchaza ukuthi ubuza abantwana kanye nabasebenzi imibuzo efanayo ngempilo yabo, ngaphambi kokuba ubavumele ukuba bangene

kwiProgramme yakho zonke izinsuku. Umangabe unamaSession amaningi ngelanga elilodwa, Kumele ukwenze lokhu ekuqaleni kweSession ngayinye.

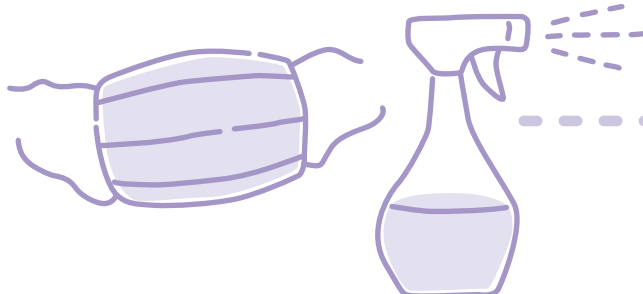
Ukuhlela indlela yokubamisa ngolayini

- Thola indawo ephephile lapho abazali nabantwana bengakwazi ukulinda khona ngolayini ukuze bahlolwe (Qinisekisa ukuthi akukho endaweni enesiminyamina sezimoto).
- Beka uphawu olukhombisa ukuthi kumiwa kuphi ngolayini.
- Sebenzisa izinduku, intambo, amatshe noma ungabeka umaka phansi emhlabathini olukhombisa ukuthi umakuphi mawubambe ulayini (Kumele lezimpawu ziqhelelane ngebanga eliyiMetre nohafu, lokho ungakukala ngamagxathu amabili amakhulu).

Ukuhlela ukubeka indawo ozohlola kuyona

- Thola indawo engasemnyango lapho kungenela khona kwiProgramme yakho, lapho ozokwazi ukuhlola khona njalo ngosuku. (Kuzodingeka ukuba nebanga elilingana neMetre nohafu eniqhelelana ngalo nabazal mawubabuza lemibuzo yokuhlola).
- Indawo yakho yokuhlola, kumele ibeseduze nendawo ekuhlanzelwa kuyo izandla lapho abantwana abazohlazela khona izandla ngaphambi kokuba bangene ngaphakathi kwiProgramme.
- Umangabe akekho omunye umntomdala kwiProgramme yakho, kumele kubenendawo ephephile ozokwazi ukubona abantwana osubahlolile ngalesikhathi usaqedela ukuhlola abanye.
- Ukusetha kahle indawo yakho yokuhlola ngaphambi kokuqala amaSession akho, uzodinga ukuthi:
 - Ufake isifonyo
 - Uhla lwemibuzo yokuhlola
 - Ubene Thermometer yakho engathinti omunye umuntu (umangabe unayo)

Khumbula, ukuhlola izingane nabasebenzi nsuku zonke kuzosisiza ukumisa ukusakazeka Kwe Coronavirus!



Imiqathango oyilandelayo umawuhlola nsukuzonke

- 1 Cella umzali nomntwana abasekuqaleni kwalayini, ukuba basondele.
- 2 Buza umzali ukuba ngabe umhlolile yini umntwana ekuseni. (Umangabe azange akwenze lokho, bakhumbuze ukuba kuya dingeka ukuba bakwenze lokho ekhaya ngaphambi kokuphuma endlini).
- 3 Umangabe unayo iThermometer, hlola izinga lokushisa komntwana.
- 4 Buza umzali lemibuzo yokuhlola ngayinye engenzansi (umangabe umntwana ulethwe omunye umuntu kwiProgramme, umzali kumele aqinsekise ukuba uyakwazi ukuphendula lemibuzo).

Imibuzo yokubuza umzali noma umuntu obambe umzali

- Ucabanga ukuthi umntwana wakho unezinga eliphezulu lokushisa noma izimpawu zeFever?
- Ngabe umntwana wakho uyakhwehlela?
- Ngabe umntwana wakho ukewakhala ngomphimbo obuhlungu?
- Ngabe umntwana wakho ukewakhombisa izimpawu zokuncisheka umoya noma ubunzima ekuphefumuleni?
- Ngabe umntwana wakho ukewakhombisa ukuhluleka ukuhogela noma ekunambitheni izinto ngokujwayelekile?
- Ngabe wena noma omunye wasekhaya ninazo na lezimpawu?
- Kulezinsuku ezingamashumi nanhlanu ezedlulile, ngabe wena noma umntwana wakho Nike nasondelana nomuntu osolwa noma osekuqinsekisiwe ukuthi unegciwane leCorona?

- 5 Umangabe umntwana enezinga lokushisa elingaphezulu **kuka38°C** noma umzali ephendula ngo **'Yebo'** kowodwa noma eminingi yemibuzo:
 - Cella umzali a that he ingane yakhe ayiyise ekhaya
 - Xwayisa umzali ukuthi wonke umndeni wakhe kufanele uhlale ekhaya
 - Tshela umzali ukuthi afonele umtholampilo oseduzane noma i-Emergency Hotline ku-**0800 029 999** ukuthola izeluleko.
 - Tshela umzali ukuthi ingane yakhe kungenzeka ingabuyeli kulolu hlelo ngaphandle kokuthi inencwadi kadokotela noma ubufakazi bohlobo olungeyona lweCoronavirus.
- 6 Umangabe umntwana unezinga lokushisa elingaphansi **kuka38°C** futhi nomzali uphendula ngo **'cha'** kuyona yonke imibuzo:
 - Cella umntwana ukuthi ayendaweni yokuhlaza izandla ahlanze izandla noma asanitise izandla zakhe (Abantwana abacane bengaludinga usizo ukwenza lokho).
 - Tshela umntwana ukuthi alinde kuphi (Qinisekisa ukuthi uyambona noma kukhona omunye umsebenzi omuqaphile ngalenkathi wena uqedela ukuhlola).

Umuntu oneFever noma onezinga eliphezulu lokushisa, uvamse ukuthi azizwe eshiselwa kakhulu noma egodola kakhulu. Kungenzeka aqhaqhazele, ajuluke noma akhononde ngamalunga omzimba aqaqambayo.