

# Izinqubo Neziqondiso Zokusebenza Ezijwayekile Zikahulumeni Zezinhlelo Ze-ECD: Okufinqiwe kanye nohlu lokuhlola

Lezi Yizinqubo Neziqondiso Zokusebenza Ezijwayekile ezifinqiwe ezimayelana nokuvulwa kabusha kwezinhlelo ze-ECD, ezikhishwe uMnyango Wezokuthuthukiswa Komphakathi. Senze la madokhumenti aba uhlu lokuhlola olulula ongalusebenzisa. Konke okudingeka ukwenza kukulolu hlu lokuhlola. Izinqubo Eziphelele Zokusebenza Ezijwayekile ziqukethe amanye amacebiso neziqondiso. Uma uthanda ukuzifunda, ungazithola kanye Neziqondiso ngaphandle kokusebenzisa idata ku-smartstart.org.za

## Izinqubo Zokusebenza Ezijwayekile ziqukethe izinhlobo ezimbili zezinyathelo:

- Izinyathelo okumelwe uzithathe ngaphambi kokuvula kabusha. Eziningi kulezi ziyafana nezinto ezisohlwini lokuhlola oluyiFomu Lokuzihlola, vele uphinde uzithikhe lapha ukuze uqinisekise ukuthi uzenzile.
- Izinyathelo okumelwe uzithathe nsuku zonke. Lezi yizinto okuzodingeka ukhumbule ukuzenza nsuku zonke. Kuzoba nzima ukukhumbula yonke into, ngapho gcina lolu hlu lokuhlola luseduze ukuze ukwazi ukuluhlola njalo.

**Khumbula, umqeqeshi wakho we-SmartStart ulapha ukuzosiza. Uma kukhona ongakuqondi noma okudinga ukuxhaswa ngakho, vele ubanikeze ucingo.**

## 1. Izinyathelo Ezivamile

Le ngxenye imayelana nezinyathelo eziyinhloko okudingeka uzithathe ukuze uhlelo lwakho lume ngomumo.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Gcwalisa Ifomu Lokuzihlola bese uyalithumela (cela uMqeqeshi wakho ukuba akusize uma udinga usizo)	
Phothula ukuqeqeshwa kwe-SmartStart kokuvula kabusha	
Sayina futhi ubonise obala Isimemezelo Sokuthobela (esitholakala kuwebusayithi ye-SmartStart)	
Sayina futhi ubonise obala Uhlelo Lokusebenza Lwe-Coronavirus (olutholakala kuwebusayithi ye-SmartStart)	
Uma unabasizi noma ezinye izisebenzi, yiba nomhlangano omfushane nazo uzichazele ngezinyathelo nezinqubo ezintsha (bhaka iNgxenye 2 ngezansi)	
Qikelela ukuthi nezinto zokuhlaza ezanele, insipho, izifonyo ezenziwe ngendwangu (ezimbili esisebenzini ngasinye, kanye nezinye ezingu-6 zezingane)	
Yihlanze ngokucophelela indawo yohlelo lwakho, amathuluzi namathoyizi	
Qikelela ukuthi unamanzi okuphuza ahlanzekile, okugeza izandla nawokuhlaza indawo	

## 2. Ukuqeqeshwa nokusekelwa kwezisebenzi

Le ngxenye imayelana nokusiza abasizi bakho nezinye izisebenzi ukuba ziqonde izinyathelo nezinqubo ezintsha okudingeka zizenze nsuku zonke. Kuzodingeka uhlele umhlangano okhethekile ukuze uzichazele ngaphambi kokuba uvule kabusha uhlelo lwakho – uhlu lokuhlola olungezansi luchaza lokho okufanele kufakwe kulewo mhlango.

Uma ungenabo abasizi noma izisebenzi, kudingeka uqikelele ukuthi ukuphuthulile ukuqeqeshwa kwe-SmartStart kokuvula kabusha.

Yini odinga ukuxoxa ngayo emhlanganweni nezisebenzi/lapho	Ngikwezile lokhu ✓
Sebenzisa amaphosta e-SmartStart eminingwane ukuze utshele izisebenzi ngalokhu: <ul style="list-style-type: none"> <li>Izinyathelo zokuvimba ukubhebhethaka kwegciwane</li> <li>Ukugeza izandla</li> <li>Ukuqhela izimpawu – nokusabela kuzo ngendlela efanele</li> <li>Ukufundisa izingane ngokubaluleka kokuziphatha ngendlela efanele ukuze zisize ekuvimbeni ukubhebhethaka kwegciwane</li> </ul>	
Xoxani futhi nivumelane nsuku zonke ngezinqubo zokuhlaza izindawo zokufunda, amathuluzi kanye nezindlu zangasese	
Sebenzisa amanothi e-SmartStart Eziqondiso ukuze utshele izisebenzi ngalokhu: <ul style="list-style-type: none"> <li>Ukuhlola nsuku zonke</li> <li>Ukufaka izifonyo</li> <li>Ukuqhela kwabanye abantu</li> <li>Ukukhuluma nezingane nge-Coronavirus</li> <li>Ushintsho lwezinqubo ze-SmartStart</li> </ul>	
Xoxani futhi nivumelane ngezinqubo zokushiya izingane nokuzilanda	
Xoxani futhi nivumelane ngokuthi izingane zizohlelwa kanjani zibe amaqembu amancane	
Uma unamakilasi angaphezu kwelilodwa, xoxani futhi nivumelane ngohlelo lwesikhathi sokudlala ngaphandle	
Tshela izisebenzi ukuthi amanothi e-SmartStart Eziqondiso azogcinwa kuphi ukuze zibhekisele kuwo	

## 3. Ukulungisa izindawo zokufunda (ngaphakathi nangaphandle)

Le ngxenye imayelana nezinto okufanele uzenze ukuze ulungiselele isikhala sokufunda ngaphambi kokuvula kabusha uhlelo lwakho.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Zonke izindawo, amathoyizi, izincwadi kanye nezinto zokufunda, ifenisha, impahla, izinto zokudlala eziphandle, izinto zokupheka, nezindlu zangasese kumelwe zihlanzwe ngokucophelela ngosuku olungaphambi kokuvulwa kabusha	
Amathoyizi athambile aqoqiwe avalelwa	
Umgodi wesanti ushiywe ungenalutho noma uvaliwe	
Kunezinqubo zokuhlaza nsuku zonke ezibekiwe	
Kunomoya ogelezayo endaweni yokufunda (amawindi/iminyango ivuliwe ukuze umoya ungene uphume)	
Indawo yokufunda ihlelwe ngendlela evumela ukuqhela kwabanye abantu (ngokwesibonelo, izimpawu phansi ezibonisa izindawo zokudlala nezindawo zokuhlala)	

#### 4. Ukuxoxa nabazali ngaphambi kokuvula kabusha

Le ngxenye imayelana nokunika abazali imininingwane abayidingayo ngaphambi kokuvula uhlelo lwakho.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Gcwalisa incwadi evamile yabazali (iyatholakala kuwebusayithi ye-SmartStart) bese unika umzali ngamunye nomnakekeli ikhophi yencwadi	
Qoqa kubo bonke abazali iziliphu ezisayiniwe ezisekugcineni kwencwadi evamile	
Qikelela ukuthi unenombolo yocingo kanye nenye inombolo yokuthintana nomzali noma umuntu onakekela ingane ngayinye	

#### 5. Ukusungulwa kwezinqubo zakho

Le ngxenye imayelana nezinqubo okumelwe zibe khona futhi uzichome odongeni.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Bonisa obala lezi zaziso ezisemthethweni: <ul style="list-style-type: none"> <li>• Isimemezelo Sokuthobela</li> <li>• Uhlelo Lokusebenza Lwe-Coronavirus</li> </ul>	
Bonisa obala la maphosta emininingwane: <ul style="list-style-type: none"> <li>• Indlela yokuvimba ukubhebhethaka kwe-Coronavirus</li> <li>• Indlela yokuqaphela izimpawu ze-Coronavirus</li> <li>• Iphosta yemininingwane yezingane yendlela yokugeza izandla eveza izindlela ezine ezibalulekile zokuziphatha</li> </ul>	

#### 6. Ukufika nokuhamba

Le ngxenye imayelana nezinqubo okumelwe zilandelwe yizisebenzi nabafundi lapho befika nalapho behamba ohlelweni lwakho.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Tshela abasizi kanye nezisebenzi ukuthi kumelwe zigeze izandla zazo lapho zifika	
Kunendawo yokugeza izandla emnyangweni wendawo yohlelo lwakho	
Kukhona indawo eseceleni yesisebenzi ngasinye nengane ngayinye ukuba igcine izinto zayo	
Uma kunezingane eziningi ohlelweni lwakho, hlela izikhathi ezihlukahlukene zokushiya nokulanda izingane bese uchazela abazali	
Izinduku, izintambo, amatshe noma izimpawu ezibhalwe phansi ezibonisa izindawo emgqeni ngaphandle (okungenani amamitha angu-1.5 noma amagxathu amabili amakhulu phakathi komuntu ngamunye emgqeni)	
Kunendawo lapho izingane zingalinda khona zibe zigadiwe ngesikhathi ezinye izingane zisahlolwa	

Yini okudingeka uyenze nsuku zonke?	Ngizokwenza lokhu ✓
Qikelela ukuthi izingane nezisebenzi zigeza izandla lapho zifika nangaphambi kokuba zihambe	
Veza iphosta yemininingwane ethi 'Sicela ume lapha'	
Yenza abazali nabanekekeli bafake izifonyo lapho beshiya izingane nalapho bezilanda	

## 7. Ukuhlolwa i-Coronavirus

Le ngxenye imayelana nezinqubo okumelwe zilandelwe nsuku zonke zokuhlola izisebenzi nezingane. Qikelela ukuthi uligcina liseduze inothi le-SmartStart Lesiqondiso elithi 'Indlela yokuhlola nsuku zonke' njengoba lichaza izinqubo okufanele uzilandele nsuku zonke.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Tshela zonke izisebenzi nabasizi ngemibuzo yokuhlola okumelwe bazibuze yona ngaphambi kokuza emsebenzini nsuku zonke	
Chaza inqubo yokuhlola kuzo zonke izisebenzi nabasizi	
Khetha indawo esangweni lohlelo lwakho okuzohlolwa kuyo abantu nsuku zonke	
Yenza irejista ozoyisebenzisa ukuze ugcine kuyo imininingwane yansuku zonke yokuhlolwa	

Yini okudingeka uyenze nsuku zonke?	Ngizokwenza lokhu ✓
Yenza indawo yokuhlola enerejista, kube nephosta ethi 'Indawo Yokuhlolwa' kanye nomshini ohlola izinga lomuntu lokushisa i-thermometer (uma unawo)	
Hlola zonke izingane nazo zonke izisebenzi njalo lapho kuqala ikilasi	

## 8. Ukuqhela kwabanye abantu

Le ngxenye imayelana nendlela ongasiza ngayo bonke abantu ukuba baqhelelane okungenani ngemitha elilodwa.

Khumbula, ukuqhela kwabanye abantu kuzoba nzima kakhulu ezinganeni ezisencane futhi kumelwe kwenziwe ngendlela enomusa nesekeleyo, akumelwe kwenziwe ngokhahlo. Funda inothi le-SmartStart Lesiqondiso elithi 'Indlela yokusiza abanye baqhelelane' ukuze uthole imininingwane eyengeziwe namacebiso.

Inothi Lesiqondiso elithi 'Indlela yokuvumelanisa uhlelo lwakho' nayo inamacebiso awusizo emidlalo nemisebenzi engenziwa ngendlela evumela ukuqhela kwabanye abantu.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Tshela zonke izisebenzi nabasizi ukuthi ukuqhela kwabanye abantu kumelwe kwenziwe ngendlela enomusa nothando futhi akumelwe nanini ibe yisizathu sikushiya izingane zingenalutho ezilwenzayo	
Uma kunezingane ezingi ohlelweni, hlela izingane zibe amaqembu amancane angaba khona ekilasini ngalinye, ukuze ugweme ukuzixuba	
Ngesikhathi sokucambalala, beka uphawu ezipontshini nasezingutsheni ukuze ingane ngayinye isebenzise okufanayo isikhathi ngasinye	

Yini okudingeka uyenze nsuku zonke?	Ngizokwenza lokhu ✓
Khumbuzisa izingane ekuqaleni kosuku ngalunye ngokuqhela kwabanye abantu nangokuzihlukanisa (sebenzisa iphosta ye-SmartStart yemininingwane yezingane)	
Ngezikhathi zokudla nezokubambisa, qinisekisa ukuthi izihlalo ziqhelelene okungenani ngemitha elilodwa	
Ngezikhathi zokucambalala, qinisekisa ukuthi izipontshi ziqhelelene okungenani ngemitha elilodwa	

## 9. Izifonyo kanye nezingilavu zerabha

Le ngxenye imayelana nendlela yokusebenzisa izifonyo kanye nezingilavu zerabha ukuze uzivikele wena, izisebenzi nezingane. Izingane ezingaphezu kweminyaka emibili ubudala kufanele zikhuthazwe kodwa zingaphoqwa ukuba zifake isifonyo. Uma ingane iba nezimpawu ze-Coronavirus ngesikhathi isohlelweni, kufanele ifake isifonyo ngaso sonke isikhathi ngenkathi isalinde umzali ukuba azoyilanda. Funda inothi le-SmartStart Lesiqondiso elithi 'Indlela yokusebenzisa izifonyo' ukuze uthole imininingwane eyengeziwe. Asikho izisebenzi noma ingane okufanele iphoqwe ukuba ifake izingilavu zeplastiki. Nokho, kuyatuswa ukuba usebenzise izingilavu zerabha lapho uhlanza indawo bese uyaziwasha ngemva kwalokho.

## Yini okudingeka uyenze ngaphambi kokuvula kabusha?

Ngikwezile lokhu ✓

Qinisekisa ukuthi okungenani unezifonyo ezibili zesisebenzi ngasinye

Qinisekisa ukuthi okungenani unezifonyo ezingu-6 ezigciniwe zezingane

## Yini okudingeka uyenze nsuku zonke?

Ngizokwenza lokhu ✓

Qinisekisa ukuthi izisebenzi zifaka izifonyo nsuku zonke

Qinisekisa ukuthi izifonyo zisetshenziswa ngokuvumelana neziqondiso ezitholakala enothini le-SmartStart Lesiqondiso elithi 'Indlela yokusebenzisa isifonyo'

Shintsha futhi uwashe izifonyo lapho kuphela ikilasi ngalinye

Uma ingane ifika ingenaso isifonyo, yinike eyodwa

## 10. Ukuhlanzeka komuntu ngamunye

Le ngxenye imayelana nokugeza izandla, izinqubo zendlu yangasese kanye nezinye izinyathelo zokuhlazeka. Ngokwezinga okungenzeka ngalo, izingane kufanele zigeze izandla ngensipho namanzi agelezayo ahlanzekile kunokuba zisebenzise i-sanitiser. Uma esetshenziswa, ama-sanitiser kumelwe ngaso sonke isikhathi abe no-70% wotshwala.

## Yini okudingeka uyenze ngaphambi kokuvula kabusha?

Ngikwezile lokhu ✓

Makube nezinqubo zokugeza izandla njalo phakathi nosuku

Qinisekisa ukuthi unamathishu anele okusula amakhala ezingane

Qinisekisa ukuthi indawo yokushintsha inabukeni iqhelile endaweni okwenziwa kuyo ukudla

## Yini okudingeka uyenze nsuku zonke?

Ngizokwenza lokhu ✓

Qinisekisa ukuthi izandla zigezwa njalo phakathi nosuku yizisebenzi nezingane futhi zigezwa njalo ngaphambi nangemva a) kokuya endlini yangasese b) nokudla okokubambisa noma isidlo

Ungazisuli izandla ngethawula - izandla zingomiswa umoya

Geza izimpompi kanye nemishini yamanzi njalo ngesibulala magciwane

Zigade njalo izingane lapho zisebenzisa i-sanitiser

Amabhakede okuzikhulula ezingane kumelwe aqhelelane ngemitha nohhafu futhi/noma utshela izingane ukuba kungene umuntu oyedwa ngesikhathi endlini yangasese

Khumbuza njalo izingane ngezinyathelo zokuhlazeka (zingathinti ubuso, zemboze umlomo ngengalo lapho zikhwehlela) nokugeza izandla (sebenzisa iphosta yemininingwane yezingane)

### 11. Ukuhlazeka okuvamile nokulawula ukutheleleka

Le ngxenye imayelana nokugcina indawo yohlelo lwakho ihlanzekile ingenawo amagciwane. Phawula ukuthi amaphepha nezincwadi akubhekwa njengokuyingozi ekubhebhethukeni kwegciwane futhi akudingeki kuhlazwe njalo.

Yini okudingeka uyenze nsuku zonke?	Ngizokwenza lokhu ✓
Qikelela ukuthi umoya ugeleza ngokwanele endaweni okufundelwa kuyo (vula amawindi/iminyango ukuze umoya uguleze)	
Hlanza isikhungo kanye nawo wonke amathoyizi namathuluzi njalo lapho kuphela ikilasi	
Ungavumeli amathoyizi nezinye izinto zomuntu ukuba kuziwe nazo zisuka ekhaya	
Ungaziceli izingane ukuba zikuncedise ngokuhlaza indawo	
Ungayiniki noma yini ingane (ngokwesibonelo, amathoyizi, izincwadi, izithombe) ukuba ihambe nayo ekhaya	
Hlanza omakhalekhukhwini kanye nemishini yezobuchwepheshe ngemva kokuyisebenzisa	

### 12. Indawo Evikelekile

Le ngxenye imayelana nokunciphisa izinga lokuthintana phakathi kwezingane nabanye abantu.

Yini okudingeka uyenze nsuku zonke?	Ngizokwenza lokhu ✓
Ungavumeli abazali noma ezinye izivakashi ukuba zingene endaweni yohlelo	
Uma abazali noma ezinye izivakashi (ngokwesibonelo, isisebenzi esizolungisa okuthile ngokuphuthumayo) kumelwe zingene ohlelweni kumelwe uzihlale bese uzicela ukuba zifake isifonyo	
Uma uhlelo lusekhaya, yenza isikhala sohlelo kuphela futhi ungavumeli abanye abantu ukuthi badabule noma basebenzise isikhala ngesikhathi sohlelo.	

### 13. Ukuvumelanisa okufundwayo nokuqulwe uhlelo nesimo

Le ngxenye imayelana nezinguquko okuzodingeka uzenze enqubweni ye-SmartStart ukuze unciphise izingozi zokutheleleka.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Bona ukuthi ungazifaka kanjani izindlela zokuhlazeka ezinjengokugeza izandla enqubweni yansuku zonke	
Funda futhi ucabange ngenothi le-SmartStart Lesiqondiso elithi 'Indlela yokuvumelanisa uhlelo lwakho'	
Uma kunezingane ezikhubazekile ohlelweni lwakho, qikelela ukuthi ziyakwazi ukuhilelwa	
Ezinganeni ezingakwazi ukubuyela kuhlelo lwakho, zabelana ngemibono nezinsizakusebenza nabazali bazo ukuthi bangakusekela kanjani ukufunda nokudlala ekhaya.	

Yini okudingeka uyenze nsuku zonke?	Ngizokwenza lokhu ✓
Yenza isikhathi ekuqaleni kwekilasi sokukhumbuza izingane ngezinqubo zokuhlazeka	
Khetha imisebenzi evumela ukuqhelelana kodwa evumela izingane ukuba zinyakaze	
Ungakuvumeli ukudlala ngamanzi noma imidlalo yeqembu ehilela ukuthintana	
Ningazikhiphi noma nithathe uhambo	
Uma kunezingane eziningi, mazishintshane ngokudlala ngaphandle ngamaqembu	

## 14. Ukwenza ukudla nokuphaka

Le ngxenye imayelana nokwenza nokuphaka ukudla, okokubambisa neziphuzo ngendlela ephephile nehlanzekile.

Yini okudingeka uyenze nsuku zonke?	Ngizokwenza lokhu ✓
Qinisekisa ukuthi noma ubani owenza ukudla ugeza izandla ngaphambi nangemuva kokukwenza	
Gcina indawo yokusebenza, amathuluzi nezitsha kuhlanzekile	
Gezisa izithelo nemifino	
Sula kahle izinto eziphethe ukudla okuthengile ngokushesha nje lapho ufika ngaphakathi	
Ungazivumeli izingane zidle futhi ziphuze ndawonye noma zisebenzise izitsha ezifanayo	
Geza kahle izitsha eziphethe ukudla izingane ezisuka nazo emakhaya lapho zifika nangemva kokuzisebenzisa	

## 15. Impilo yezingane

Le ngxenye imayelana nokuqaphela izimpawu ze-Coronavirus – nokusabela ngendlela efanele. Hlola iphosta ye-SmartStart ethi 'Indlela yokuqaphela izimpawu' ukuze uthole imininingwane eyengeziwe.

Yini okudingeka uyenze ngaphambi kokuvula kabusha?	Ngikwezile lokhu ✓
Cela umzali noma umnakekeli wengane enanoma yiziphi izinkinga zempilo ezilandelayo ukuba agcine ingane ekhaya, noma eze nencwadi kadokotela: <ul style="list-style-type: none"> <li>• Isifo esingamahlalakhona esihlela ukuphefumula (ngokwesibonelo, i-Cystic Fibrosis noma isifo samaphaphu)</li> <li>• Isifo senhliziyo</li> <li>• Isifo esibi esibulala amasosha omzimba (ngokwesibonelo, i-HIV/AIDS, umdlavuzo)</li> <li>• Ukuphazamiseka okubi kwengqondo</li> </ul>	

Yini okudingeka uyenze nsuku zonke?	Ngizokwenza lokhu ✓
Zinake izingane ukuze uqaphele kuzo izimpawu ze-Coronavirus	
Uma ingane ibonisa izimpawu ze-Coronavirus: <ul style="list-style-type: none"> <li>• Yihlukanise kwezinye izingane futhi uqikelele ukuthi ifaka isifonyo</li> <li>• Shayela abazali bayo noma umuntu oyinakekelayo futhi umcele ukuba eze azoyithatha ngokushesha</li> <li>• Bulala amagciwane ezindaweni nasezintweni ezisetshenziswe yileyo ngane</li> <li>• Ekuphetheni kosuku, tshela abanye abazali ukuthi kunengane ebonise izimpawu</li> </ul>	
Uma kusetshenziswa igumbi labagulayo, zigade njalo izingane futhi ubulale amagciwane ngokucophelela kulelo gumbi ngemva kokulisebenzisa	

## 16. Ukugcina amarekhodi

Le ngxenye imayelana namarekhodi okudingeka uwagcine.

Yini okudingeka uyenze nsuku zonke? Yenza loku	Ngizokwenza lokhu ✓
Gcina amarekhodi alandelayo: <ul style="list-style-type: none"> <li>• Amarijista okuba khona kwabasebenzi nezingane</li> <li>• Irijista yokuhlolwa kwansuku zonke</li> <li>• Amarekhodi emihlangano nezisebenzi/ukuqeqeshwa kwazo</li> <li>• Amarekhodi okubela kwe-Coronavirus (sebenzisa irijista Yesenzakalo/Ingozi esefayeleni lakho eliphephuli)</li> <li>• Ilogi yezivakashi (sebenzisa Irijista Yezivakashi esefayeleni lakho eliphephuli)</li> </ul>	