CHURCH IN ACTION
SACC with HEARTLINES

Unonophelo ngexesha le CORONA

Inwenwa njani I CORONA?

Intsholongwane iye ingene kuwe emzimbeni ngomlomo. Iimpumlo nangamehlo. Inwenwa lula kakhulu. Ubamnye nje umntu onayo kwizihlwele, ecaweni okanye ekhayeni ukuze inwenwe le ntsholongwane.

- Inganwenwa xa umntu onayo ekhohlela okanye ethimlela kufuphi nawe. Loomachaphaza xa engahlala emlonyeni, empumlweni okanye emehlweni kuwe uzakufumana ulosuleleko.
- Nathi singazifakela xa siphatha iindawo apho kuchiphizeleke khona amaqabaza e CORONA sakugqiba siziphathe ebusweni.
- Ukanti singalufumana ulosuleleko xa sithe saphatha umntu onayo sakugqiba siziphathe ebusweni.
- Intsholongwane iyakwazi ukuhlala ezintweni iiyure ezifikelela kweziyi 72.

Kunqandwa njani ukunwenwa kwe CORONA

Singazikhusela sikhusele nabanye ngococeko.

Izinto ezichanekileyo ezingenziwa zococeko.

- Khohlelela okanye uthimlele kwingaphakathi lomkhono wengqiniba okanye kwithishu. Loo thishu yilahle emgqomeni onesiciko.
- Zama kangangoko ukungaziphathi emehlweni, empumlweni okanye emlonyeni ngezandla ezingahlanjwanga.
- Izandla zihlambe ngamanzi nesepha okanye usebenzise isibulalantsholongwane imizuzwana eyi 20.
- Coca izinto eziphathwa okokoko nemiphezulu yezinto ngamanzi ashushu anesepha maxa onke. Usebenzise izibulala ntsholongwane xa unakho.
- I cell phone yakho yithathe njengesandla sakho sesithathu. Yosule ngelaphu. Ilaphu owosula ngalo lifake isibulalantsholongwane, xa ungenaso, sebenzisa isepha namanzi ashushu.

Umgama phakathi kwakho nabane

Umgama phakathi kwakho nabanye ubaluleke kakhulu ukunceda ukunqanda ukunwenwa kwentsholongwane ngendlela ezimbini. Inceda ukuyinqanda ingene kuwe isuka kumntu ogulayo one CORONA. Ukwanceda nokuba wena xa ngaba unayo iCORONA ungayifakeli abanye, kuba hleze ikanti unayo kwaye awuyazi lonto.

- Cutha amathuba okudibana nabantu kangangoko unako
- Landela imiqathango engqingqwa ebekwe ngurhulumente ngezinto ezingenziwa ngelixesha le lockdown.
- Zama ukugcina umgama we 2 mithas phakathi kwakho nabanye.
- Zama kangangoko ungadibani nabantu abagulayo.
- Kwezinye iindawo ukungadibani nabantu kunganzima. Kungenani qinisekisa ukuba uhlamba izandla UZIHLAMBISISE KANGANGOKO kwaye UNGAZIPHATHI UBUSO.

Kutheni sikwi lockdown?

Nge 26 ka March 2020 urhulumente waseMzantsi Afrika uye wamisela iintsuku eziyi 21 ze lockdown kazwelonke.

- Urhulumente oku ukwenzela ukwehlisa amandla okunwenwa kwalentsholongwane. (flatten the curve).
- Xa sihlala ezindlini, mancinci amathuba okuba lentsholongwane inwenwe ngokosulelana nangokufumaneka ezintweni/ezindaweni.
- I lockdown imiselwe ukuze inqande ukuba abantu bangaguli ngaxeshanye. Xa kungenzeka oko, inkqubo yethu yezempilo namaziko ethu ezempilo soze akakwazi ukukhongozela ubuninzi babantu abagulayo. Kungabhubha abantu abaninzi.