



## Kunakekela kulesikhatsi se-CORONA

### Timphawu te-CORONA nalokumele ukwente

Letimphawu kungenteka ticale kubonakala ngemuva kwemalanga lamabili kuye kulamane kulandzela kutsi ube sendzaweni lenaleligciwane.

#### → Hlala ekhaya nangabe unaletimphawu. Kungenteka kube ligciwane le CORONA.

- Lizinga lekushisa kwemtimba lelisetulu. Loku kusho kutsi uyashisa nabakutsintsa esifubeni nasecolo.
- Luhlobo lolusha lwekukhwehlela lokungapheli
- Buhlungu emphinjeni

#### Kutinakekela ekhaya

Bantfu labanyenti batawukhona kuhlala ekhaya baze balulame. Kutawufanela kutsi uhlale ekhaya lokungenani emalanga lali-14.

- Sebentisa i-paracetamol (Panado) kwehlisa lizinga lekushisa kwemtimba wakho.
- Natsa kakhulu emanti.
- Hlalela khashane nalabanye bantfu labasendlini uma simo sikuvumela.
- Ungaphumeli ngephandle.
- Geza tandla takho ngensipho nangemanti njalo.
- Lahla itishu yakho ephaketheni. Livale lelo phakethe bese uyalilahla.

#### → Tfolo lusito lwetempilo uma unaletimphawu.

- Uphefumula kalukhuni
- Kubuhlungu esifubeni
- Unekudideka

#### → Lutfolakala kuphi lusito lwetempilo

Sebentisa lenye yaletindlela tekuchumana letingentansi kute utfole lusito neteluleko.

- Shayela ku 0800 029999 noma utfumele i-WhatsApp letsi "Hi" ku 0600 123 456



- Tfolo teluleko ta Dokotela MAHALA ku-internet. Ngena kule link kute utfole kabanti. <https://www.discovery.co.za/corporate/coronavirus-covid19-disease>

- Khuluma nadokotela elucingweni lwakhokucala ngaphambi kwekutsi uye emtfolamphilo noma esibhedlela. Dayela \*120\*394# kuMAHALA 24/7



Vakashela emtfolamphilo noma esikhungweni setempilo endzaweni yangakini

- Mbonyha likhala nemlomo nawuya esikhungweni setempilo kuyotfole lusito. Tama kumela khashane nalabanye bantfu, lokungenani emamitha lamabili.
- Nawufika lapho, ngaphambi kwekutsi ungene kuleso sikhungo setempilo yatisa sisebenti setempilo kutsi ute kutohlolwa i-CORONA.
- Sisebenti setempilo noma umhlengikati kumele akwehlukhanise naletinye tiguli. Loku kutawuphephisa impilo yakho netimphilo talabanye.

## KHUMBULA!

### TFOLA LUSITO LWETEMPHILO MASINYANE

Nangabe uphefumula kalukhuni, kubuhlungu esifubeni noma sewunekudideka tfole lusito lwetempilo MASINYANE.

