



Unonophelo ngexesha le CORONA

Iimpawu ze CORONA nokuba ungenza ntoni

Ezimpawu zingabonakala emva kweentsuku ezimbini okanye ezine emva kokuba ungenwe yintsholongwane.

→ Hlala ekhaya xa ngaba unezimpawu. Hleze ithi kanti unentsholongwane ye CORONA.

- Ubushushu obuphezulu. Oku kuthetha ukuba ushushu esifubeni nasemqolo.
- Ukhohlokhohlo lwabumini, olungapheliyo.
- Umqala obuhlungu.

Unonophelo ekhaya

Unintsi lwabantu lunganakho ukuhlala emakhaya lubengcono. Kufuneka uhlale ekhaya iintsuku eziyi 14 ubuncinci

- Sebenzisa i paracetamol (Panado) ukwehlisa ubushushu.
- Sel`amanzi kakhulu.
- Hlalela kude nabanye abantu ekhayeni lakho.
- Ungaphumi.
- Hlamba izandla zakho ngamanzi nesepha kangangoko unakho.
- lithushu zakho zilahle eplastikini. Qhina loo plastiki ze uyilahle.

→ Hamba uye kufumana uncedo xa unezimpawu.

- Uminxene isifuba
- Unehlaba esifubeni
- Unendawo emane ilahlekelwa yingqondo

→ Ungalufumana phi uncedo lwezonyango.

Sebenzisa enye yezindlela zoqhakamshelwano ezingezantsi ukuze ufumane uncedo nengcebiso.

- Tsaela ku 0800 029999 Okanye u WhatsApp (e) u “Hi” ku 0600 123 456

- Ungathetha nogqirha SIMAHLA online.
Cofa kule link ukufumana iingcombolo ezibanzi.
<https://www.discovery.co.za/corporate/coronavirus-covid19-disease>



- Thetha nogqirha ngomnxeba phambi kokuba ubhekise kwiziko lezempilo okanye esibhedlela .
Dayela u *120*394# SIMAHLA ifumaneka iiyure eziyi 24 iintsuku ezisixhenxe



Tyelela kwiziko lezempilo elikufuphi kuwe.

- Gquma impumlo nomlomo xa usiya kwiziko lezempilo ukuya kufumana uncedo . nceda ugcine umgama ongangeemitha ezimbini phakathi kwakho nabanye.
- Xa ufika , phambi kokuba ungene chazela abasebenzi bakwiziko lezempilo okokuba uzele ukuza kuvavanyelwa i CORONA.
- Umongi okanye umongikazi kufuneka akohlule kwezinye izigulana. Oku kwenzelwa ukhuseleko lwakho nolwezinye izigulane.

UKHUMBULE!

FUMANA UNCEDO NGOKUKHAWULEZA

Xa ngaba uphefumla nzima uminxekile , kwaye unehlaba esifubeni okanye undendawo emane ilahlekelwa yingqondo , fumana uncedo ngokukhawuleza.