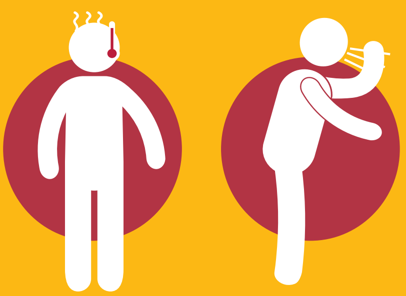
ISIFO SE-CORONAVIRUS 2019
(COVID-19)

YINTONI ISIFO SECORONAVIRUS 2019?

Iintsholongwane zeCorona liqela elikhulu leentsholongwane ezixhaphake kwizilwanyana. Ezi ntsholongwane zingabangela abantu ukuba bagule, babe neengxakana zeempumlo nokuphefumla, ezifana nengqele nje iqhelekileyo. I-Covid yintsholongwane entsha yecorona ebonwe eChina. Le ntsholongwane yayanyaniswa nokuqhambuka kwenyumoniya.

IIMPAWU ZAYO

Iimpawu ezipheleleyo malunga nentsholongwane i-Covid-19 azikacaci ncam, kodwa iimpawu zayo zibandakanya iingxakana ezingephi zokugula ezifana nefiva, ukukhohlela, ukuphefumla nzima nomqala obuhlungu.



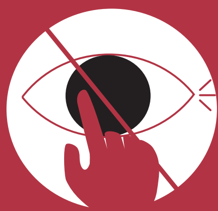
IZINTO EZENZIWAYO

- Ukujongwa kwabantu abanefiva kumazibuko okungena nakwizikhululo zeenqwelo-moya zamazwe ngamazwe
- Iinkqubo zokulungiselela ezo meko zithe zafunyanwa nokwenziwa koxilongo olukhawulezileyo, ukubekwa wedwa nokulawulwa kwezo meko
- Amaziko empilo akulungele ukujongana neemeko zezigulane ezirhanelwayo okanye ekuqinisekiweyo ngazo ukuze ezo zigulane zithunyelwe kwiindawo ezifanelekileyo, kunye
- nokulandelela abo banxulumene nesigulane esiqinisekisiweyo ukuqinisekisa ukuba intsholongwane ayisasazeki

Hlamba izandla.
Zama ungasondeli kakhulu ebantwini.

IINDLELA ZOKUYIKHUSELA

HLAMBA IZANDLA RHOQO.



MUSA UKUBAMBA NGEZANDLA EZINGAHLANJWANGA.

MUSA UKUSONDELA KUBANTU ABAGULAYO.

GQUMA UMLOMO WAKHO NGETISHU XA UKHOHLELA OKANYE UTHIMLA, WAKUGQIBA UYILAHLE.

Ukuba unokugulana okungephi, sela amanzi amaninzi, uhlale ekhaya kwaye uphumle.

Tsalela umnxeba wexesha likaxakeka ku-021 928 4102 ngawo onke amaxesha.

Ngeenkcukacha ezithe vetshe ngena ku-: www.capetown.gov.za/coronavirus

ISASAZEKA NJANI

Isasazeka ngomoya xa umntu onesi sifo ekhohlela okanye ethimla, ngokusondelelana nomnye umntu okufana nokubamba okanye ukuxhawula izandla kunye nokubamba izinto okanye umphezulu wezinto obudibene nale tsholongwane, emva koko ubambe umlomo, impumlo okanye amehlo ngaphambi kokuba uhlambe izandla zakho.

NGUBANI OSEMNGCI-PHEKWENI WOKUGULA KAKHULU?

Ngelixa sisafunda malunga nokuba iCovid-19 ibachaphazela njani abantu, abona bantu ababonakala ukuba baye bagule kakhulu kunabanye ngabantu abadala, abantu abeneemeko zokugula esele zikhona (ezifana ne-high blood pressure, isifo sentliziyo nemiphunga, umhlaza okanye iswekile).

UNYANGO

Akukho nyango lukhoyo okwangoku lokulwa ne-Covid-19.

Unyango luyanceda, umzekelo ukunika isigulane esinephika i-oxijini okanye unyango lwefiva. Ii-Antibiotics azizincedi iintsholongwane, kodwa zingasetyenziswa xa kunokuthi kuqhambuke inqanaba lesibini lwesigulo.

CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Senza inkqubela yenzeke. Sisonke.