

Ulonwabo elangeni-ukhuseleko elangeni

IKapa liyaziwa ngeentsuku zalo ezishushu nto leyo eyenza ukuba ulwandle lonwabeleke ngakumbi. Kodwa, ilanga elishushu lithetha ukuba ukuzibeka konyukile kubushushu nakwimitha yelanga.

Ukutshiswa lilanga

Ukuziveza elangeni okuqhubekayo ngaphandle kokhuseleko olululo kungaba neziphumo ezikhawulezileyo ezifana nobuhlungu bolusu, ukuba shushu kakhulu nokuziva ugula. Umphumela wexesha elide ngumhlaza wolusu.

Ukoma

Ubushushu obudalwa lilanga bungabangela ukuba iqondo lobushushu bomzimba lonyuke kwaye usenokulahlekelwa ngamanzi ngokubila. Ukuba uba shushu kakhulu kwaye ungabi namanzi oneleyo emzimbeni wakho, uyoma. Iimpawu ezikhawulezayo zibandakanya iintloko ezibuhlungu nokudinwa

Khuseleka elangeni

Nxiba ihempe enemikhono emide ukwenzela ukufumana olona khuseleko kwimitha yelanga.

Qaba i-sunscreen ene-SPF30+ imizuzu eli-15 ngaphambi kokuba ube selangeni uze ungalibali ukuthambisa kwakhona rhoqo ngeeyure ezimbini emva koko

Nxiba umnqwazi onegaba elibanzi oya kuthi ukhusele intloko nobuso bakho ngendlela eyiyo

Funa indawo enomthunzi, ngakumbi phakathi kweye-10:00 neye-15:00 xa ilanga litshisa kakhulu

Nxiba iindondo zelanga ezine-UV elinganiselweyo

Sela amanzi amaninzi uze uzinxweme iziselo ezihwahlwazayo nezinxilisayo



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

ESI SIXEKO SISEBENZELA WENA



linkcukhaca zoqhagamshelwano zexesha likaxakeka

Ngazo zonke izinto ezibeka ubomi nepropati emngciphekweni

 **107** kwifowuni yakwa-Telkom okanye

 **021 480 7700** kwiselula

Ulawulo lwentlekele yomngcipheko luxanduva lomntu wonke

 **080 911 HELP (4357)**

 www.capetown.gov.za/disaster

3.2

UKHUSELEKO ELWANDLE



Ukhuseleko elwandle-iiflegi

Kukho iiflegi ezizodwa ezibekwe kwiilwandle ukuqaqambisa iindawo ezinobungozi kodwa eziphantsi kolawulo.

Iiflegi ezibomvu nezimthubi zibonakalisa ubukho beenkonzo zokukhusela ubomi babantu kwindawo leyo.

Ukungabikho kweflegi kuthetha ukuba akuvumelekanga ukuqubha.

Ukuze ulonwabele ulwandle ngokukhuselekileyo, khumbula:

Ukufumana iflegi ebomvu nemthubi uze uqubhe phakathi kwazo

Jonga, qonda uze uthobele iimpawu zokhuseleko

Cela iingcebiso kunogada wobomi okanye umsindisi wobomi ngaphambi kokungena emanzini

Fumana umhlobo oza kuqubha naye

Phakamisa isandla sakho, hlala uzolile ucele uncedo ukuba uzifumana usengxakini

Oonogada

Aba ngabantu abongamela abo baya elwandle kwaye banikezele iingcebiso ngezimo zeelwandle. Yithobele imiyalelo yabo ngawo onke amaxesha.



Sukusela utshone-Utywala nokuqubha

Utywala abuvumelekanga kwiilwandle kwaye buza kuthinjwa ukuba bufunyenwe. Abantu abaqubha benxilile okanye betye iziyobisi basemngciphekweni ophezulu wokufumana ingxaki kwaye izehlo ezininzi zokutshona zihambelana nalo mbandela

Eminye imiphumela yotywala nezinye iziyobisi ezifanayo (umzekelo, iziyobisi) ngelixa uqubha zibandakanya:

- **Ukungaboni kakuhle-** usengathatha imingcipheko emininzi kwaye ucinge ukuba unamandla emanzini
- **Ukungabi nathungelwano** nexesha lokuphendula-

kusengachaphazela imbonakalo, isandi nokubamba kwaye kuya kuthatha ixesha elide ukuphendula ukuba ufumanisa ubunzima



- **Ukungakwazi ukulawula iqondo lobushushu-** ukutsha kungakhokelela ekubeni wome nokungazi kokuzibeka elangeni

Beka iliso ebantwaneni

Abantwana bafuna isihoyo rhoqo kwakunye nokonganyelwa xa betyelele elwandle okanye kwindawo enamanzi amaninzi. Ukungajongwa kwabantwana rhoqo kungakhokelela ekulahlekeni kwabantwana okanye, kwiimeko ezimbi, ukufa ngokutshona.

Iingcebiso

Eyona ndlela yokujonga abantwana elwandle kukusebenzisana nabo ngokukhutheleleyo. Oku kuthetha ukuba abantwana kufuneka beseloko bekufutshane. Uku-bajonga kufuneka ibe yinto yokuqala xa bekufutshane namanzi.

- Sebenzisa iimpahla neempahla zokuqubha ezinemibala eqaqambileyo .
- Chaza indawo ekulula ukuyifumana elwandle abanokuthi baye kuyo abantwana ukuba bathe bohlukana (umzkl. Indlu kanogada).
- Ukujongwa ngenkuthalo yeyona ndlela iyiyo yokujonga kwaye iyonwabisa!

Ukuba umntwana wakho ulahlekile

- Sukuba nexhala.
- Khawuleza ujonge indawo okuyo uze wazise oonogada abasemsebenzini.
- Ukuba akukho nogada basebenzayo qhagamshelana namapolisa.
- Nikezela ngale ngcaciso ilandelayo:
 - Inkcazelo (oko kuthetha, iminyaka, impahla, igama, umbala weenwele)
 - Ixesha agqityelwe ukubonwa ngalo umntwana
 - Ingxaki zempilo asenokuba unazo umntwana

Abantwana abaninzi badla ngokufunyanwa ngokukhawuleza. Kodwa, ngamanye amaxesha kuye kufuneke uphando olubanzi, olunokubandakanya imoto, ikhaya/iyunithi neepaki/amabala akufuphi.



Iingcebiso zokhuseleko jikelele elwandle

- Qubha kufutshane nonogada
- Ungaze uqubhe wedwa
- Sukulwa nolwandle
- Qubha unganxilanga
- Fakela intambo kwibhodi yakho
- Sukudada phezu kwamanzi xa ungakwazi ukuqubha
- Sukuntywila ngentloko kuqala, khusela intamo yakho