

CORONA VIRUS COVID-19

Bana lolwazi.

Dinga ulwazi. Qaphela!
Zivikele!

Kuyini i-COVID-19 njalo imemetheka njani?

I-COVID-19 ngumkhuhlane omutsha omemetheka masinyane, ubangelwa ligcikwane le-CORONA VIRUS. Wonke umuntu angawuthola lumkhuhlane kodwa abantu asebebadala labavele bephathekile ngeminye imikhuhlane enjenge-asthma, i-diabetes lokunye okunjalo yibo abasengozini enkulu yokuwuthola. Abatsha njalo bephilile bangathelela abavele bephathekile ngeminye imikhuhlane. Umuntu kufanele asize ukwenqabela ukumemetheka kwe-COVID-19 esigabeni.

Indlela yokuzivikela kumkhuhlane lo



Gcina izandla zihlanzekile ngokuzigeza usebenzisa isepa zikhathi zonke.



Ungabambi amehlo, umlomo kanye lamakhala ngezandla ezingahlanzekanga.



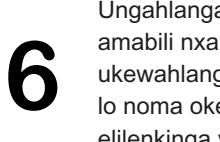
Ungaxhawuli muntu izandla njalo lingagonani.



Lingagadi imitshova lamabhasi agcwele kakhulu. Usebantwini, mela khatshana labanye utshiye isibanga se-1m phakathi kwenu.



Bikela abezempilakahle uma ungezwa kuhle emzimbeni.



Ungahlanganeli labanye okwamaviki amabili nxa ucabangela ukuthi ukewahlangana lomuntu olomkhuhlane lo noma okewayavakatsha elizweni elileninga yomkhuhlane lo.



Nxa ukhwehlela kumbe uthimula, vala umlomo lamakhala ngengalo kumbe usebenzise i-tissue ukukhwehlelela lokuthimulela. Lahla i-tissue esambuzini.

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Wanai ruzivo.

Tsvaka ruzivo, ngwarira,
zvidzivirire.


Chii chinonzi COVID-19 uye chinopararira sei?

COVID-19 chirwere chitsva chinokonzerwa neutachiwana hwe-CORONA VIRUS uye chinopararira munguva pfupi pfupi. Chirwere ichi chinobata munhu wese zvake asi chinonyanya kubata vakwegura neavo vane asthma, sugar nezvimwewo zvirwere. Vechidiki vane hutano vanokwanisa kutapurira chirwere ichi kune vasina hutano hwakakwana. Munhu wese anokurudzirwa kubatsira kuti chirwere che-COVID-19 chisapararire munzvimbo.

Munokwanisa kuzvidzivirira nekuita izvi:

1  Gezai mawoko muchishandisa sipo nemvura yakachena.


2  Musabata kumeso nemaoko, zvikuru sei maziso, mhino kana muromo.

3  Kana muchikosora kana kuhotsira vharai muromo nemhino negokora kana matishu moarasira muchimbuzi.

4  Regai kumhoresana zvekubatana maoko.

5  Zivisai vezveutano kana usiri kunzwa zvakanaka.

6 Garai penyu mega kwemavhiki maviri kana muchifunga kuti munogona kunge masangana nemunhu ane utachiwana uhwu kana kuti mabva kunzvimbo inechirwere ichi.

7  Musashanyira nzvimbo dzine vanhu vakawanda. Usakwire makombi kana mabhazi akazarisa. Kana uri paruzhinji, mira kure nevamwe usiye mita imwe chete (1 metre) pakati pako nevamwe nguva dzose.