

IMIHLAHLANDELA YEZOKUPHEPHA KU-COVID19

MALUNGANA NABAKHIQIZI BOKUDLA

I-COVID-19 ithelelana khulu. Umulwana lo ungaphila ezintweni ezenziwe ngeengodo, ikhadibhodi, iplastiki nemalini. Nangabe umuntu othelelekileko athinta isafeyisi, bese wena uthinta isafeyisi leyo bese ithinta amehlo wakho, ipumulonofana umlomo, unga theleleka. Phepha: hlamba izandla begodu uhlwengise amasafeyisi njalo.



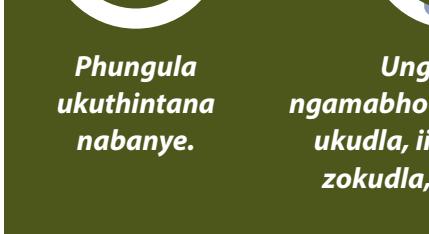
Abakhiqizi bokudla nabasebenzi – emaplasini, lapha kupakiwanofana kuthengiswa ukudla – **kufanele baphathe iphemidi yabasebenzi abenza umsebenzi oqakathelkileko**, i-ID kanye negunya lokusebenza iphemidi (enebizo nenomboro ye-ID) Malungana nephemidi yokurhweba ngokudla, iya kurhulumende wekhaya begodu mayelana nokusabalala iimpakana zokudla, iya emNyngweni wezoku Thuthukiswa kweHlalakuhle ephrovinsini yakho.



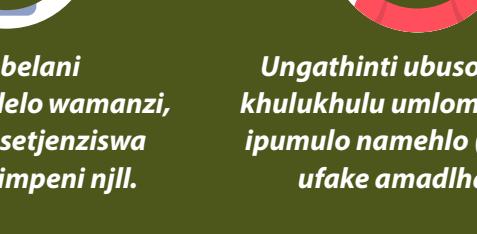
IMIHLAHLANDELA EMILAYO

OKUFANELE KWENZIWE

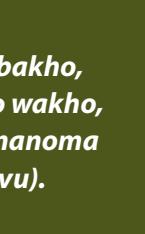
Sebenzisa ukuqhelelana kwabantu eplasini yakho, eemakethe kanye nemphakhathini wakho. **Okungasenani qhelelana nabanye ngebange eliyi-1.5-2m.**



Hlambisisa izandla ngesibha, isikhathi esimizuwana ema-20, njalo nge-iri.



Mbatha imaski ngamalanga. Ihlanze bewuyomise njalo ngemva kokuthi uyisebene ngazo zoke iinkhathi.



Vala ubuso bakho ngendololwani nawukhohlelako nofana nawuthimulako.

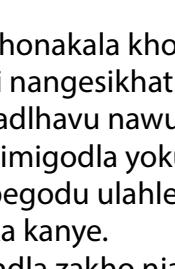
EKUFANELE BONA KUNGENZIWA



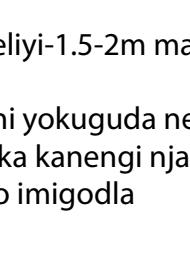
Phungula ukuthintana nabanye.



Ungabelani ngamabhodlelo wamanzi, ukudla, iisetjenziswa zokudla, iimpeni njll.



Ungathinti ubuso bakho, khulukhulu umlomo wakho, ipumulo namehlo (nanoma ufake amadlhavu).



Ungasebenzi kanengi amadlhavu weraba, alahle ngendlela efaneleko.

PHEPHA: INGADI NEPLASI

LOKHA NAWUVUNAKHO:



- Lapho kukghonakala khona, gina ibanga eliyi-1.5-2m malungana nomsebenzi nangesikhathi sokuphumula.
- Mbatha amadlhavu nawusebenza imitjhini yokuguda neenker.
- Sanithayiza imigodla yokuvuna esebezeneka kanengi njalo ngelanga, begodu ulahle ngokuphephileko imigodla esebezeneka kanye.
- Hlamba izandla zakho njalo nge-awa lokha nawusebenza ngokudla.



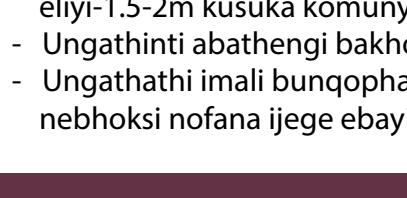
IINSETJENZISWA NAMATHULUSI

(Ukuthwala imigodla, iintepisi, imigcomu yeenzibi emikhulu/ iinkoloyana zokulayitjha, iintregere, iinkero, imitjhini yokuguda, iimumathi)

- Umuntu munye uphatha umgodla/isimumathi sokuvuna sinye. Ihlanze uyineke elangeni qobe ngeveke.
- Sanithayiza amasafeyisi namathulusi, afana neenker imitjhini yokuguda, njalo. (linthako zokwenza isihlanzekisi esenziwe ekhaya)

LOKHA NAWUPAKAKO:

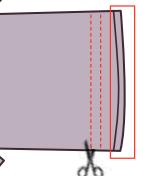
UKUPAKA UKUDLA



- Landela amagadango wokuhlanzeka komuntu ahlathululwe ngehla ngaso soke isikhathi.
- Boke abapaka ukudla kufanele basebenzise amadlhavu alahlwako.
- Bahlambe izandla ngaphambi nangemva kokusebenza amadlhavu.
- Balahle amadlhavu ngokuphephileko ngemva kokuwasebenza.
- Bagcine ibanga lokuziqhelelanisa eliyi-1.5-2m.

UKUHLWENGISA

- Hlala uhlwengisa zoke iindawo zokusebenza.
- Sanithayiza nanyana yini eza endaweni yokupakela.

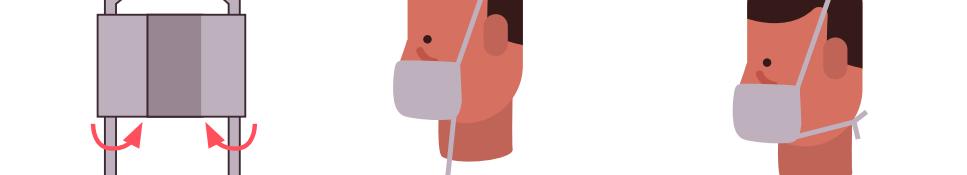


UKURHWEBA NGOKUDLA

IBANGA ELIYI-1.5-2M

Ulkoha: iinkere, irula kanye nesikhipa sakade.

- SIKA UMPHETHO WANGENZASI BESE USIKA IMITLETLANA EMBILI ILINGANE.
- SIKA IHLANGOTHI ELIKHULU ELIZOKUBA YIMASKI, BESE UYALITHIRIMA UKWENZELA BONA LINQOPHE.
- BEGA IMITLETLANA ELINGANAKO PHEZU KWETJHILA, KUBE NESIKHALA NGEMAHLANGOTHINI



- BHINCA ITJHILA BESE UBOPHA IHLANGOTHI LANGAPHEZELU
- UMTLETLANA WANGAPHE-ZULU UKHAMBA NGEHLA KWEHLOKO
- UMTLETLANA WANGENZASI UZOMBA NGEMVA KWEHLOKO BESE UYAWUBOPHA



- 5
- 6
- 7
- 8



YAZI AMATSHWAYO WAKHO:



Ukukhohlela, Ukutjhisa, Ukudinwa

Umphimbo obuhlungu, Ukuphelelwa mummoya

SAFSC

SOUTH AFRICAN FOOD SOVEREIGNTY CAMPAIGN

COPAC CO-OPERATIVE AND POLICY ALTERNATIVE CENTER

African centre for biodiversity

Malungana nokuthola isizo dosela: 080 002 9999

Nangabe unamatshwayo avezwe ngehla, bonana nodorhoderabegodu ungayi eplasini.

Hlala uphephile, tlhogomela abantu abadala nababuthakathaka, begodu sikufisela okuhle kilesi isikhathi.