TINKHOMBANDLELA TEBALIMI BEKUDLA TECOVID-19

I-COVID-19 isulelana kakhulu.TLeligciwane lingahlala ngetulu kwetintfo letinjengesigodvo, ikhadibhodi, iplastiki nemali. Uma umuntfu losulelekile atsintsa lelingetulu lalentfo, bese utsintsa emehlo, imphumulo noma umlomo wakho, ungasuleleka. Kuze uphephe: geza tandla takho ubuye uhlante lingetulu lwetintfo njalo.

Balimi bekudla nebasebenti – emapulazini, ekupakeni noma ekutsengiseni kudla – **kufanele baphatse imvume yebasebenti labetfula tinsita letibalulekile**,li-ID nesigunyato sekusebentsa imvume (lenelibito nenombolo ye-ID). Uma ufuna timvume, tekutsengisa kudla yani kuhulumende wasekhaya nekusabalalisa emaphasela ekudla, yani Etikweni Letekutfutfukiswa Kwetenhlalakahle esifundzeni sakho.

TINKHOMBANDLELA LETETAYELEKILE

YINI LEKUFANELE YENTIWE

Yenta kutsi bantfu bangasondzelani epulazini, etimakethe nasemmangweni wakho. **Mani emamitha cishe langu-1.5-2 kusuka kulabanye.**

Geza tandla takho kahle ngensipho nemanti, lokungenani imizuzwana lengema-20, onkhe emahora.

Gcoka sifonyo sebuso onkhe emalanga. Siwashe & usomise ngemuva kwekusisebentisa kute sihlale sihlantekile ngaso sonkhe sikhatsi.

Mbonya buso bakho ngengcoza uma ukhwehlela noma utsimula.

YINI LEKUFANELE UNGAYENTI

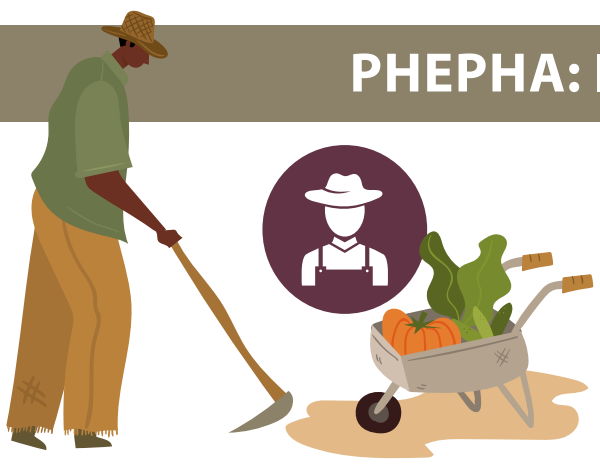
Nciphisa kutsintsana ngemtimba nalabanye.

Ungabolekani emabhodlela emanti, kudla, tisetjentiswa tekudla, emapeni njll.

Ungatsintsi buso bakho nakancane, ikakhulu umlomo, imphumulo nemehlo akho (nanoma ufake emaglavu).

Ungaphindzi emaglavu elatheksi, walahle ngalokufanele.

PHEPHA: INGADZE NELIPULAZI



UMA UVUNA:

- Uma kwenteka, shiya libanga lelingu-1.5-2m lekusebenta nekuphumula.
- Gcoka emaglavu uma usebentisa kwekujuba netikero.
- Bulala emagciwane etikhwameni tekuvuna letisetjentiswa kanyenti onkhe emalanga, bese ulahla tikhwama letisetjeniswa kanye ngalokuphephile.
- Geza tandla takho onkhe emahora uma uphatsa kudla.

SISETJENTISWA & EMATHULUSI

(Tikhwama tekukha, titepisi, imigcomo lemikhulu/tincola tekukha, tigulumba, tikelo, kwekujuba netimumatsi)

- Sikhwama/simumatsi sinye umuntfu ngamunye. Siwashe usomise elangeni njalo ngeliviki.
- Hlanta tindzawo nemathulusi, njengetikero nekwekujuba, njalo. (Indlela yekwenta sibulalimagciwane sasekhaya ngentasi)

UMA UPAKA:

KUPAKA KUDLA

- Landzela tindlela tekuhlanteka temuntfu letingenhla ngato tonkhe tikhatsi.
- Bonkhe bapaki bekudla kufanele basebentise emaglavu lalahlwako.
- Geza tandla ngembi nangemuva kwekusebentisa emaglavu.
- Lahla emaglavu ngalokuphephile ngemuva kwekuwasebentisa.
- Shiya sikhala emkhatsini kwakho nalabanye lesingemamitha langu-1.5-2.

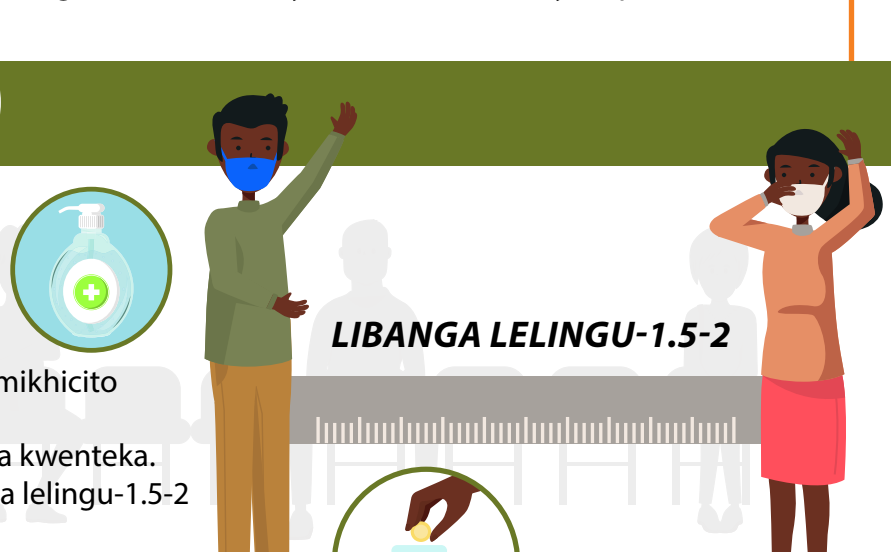
KUHLANTA

- Hlanta tonkhe tindzawo losebentela kuto njalo.
- Bulala emagciwane kunoma yini leta endzaweni yekupaka.

KUTSENGISA KUDLA

KUSEBENTA NGEBATSENGI

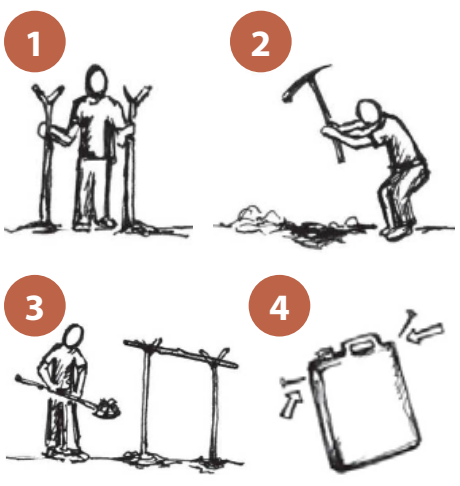
- Sebentisa tibulalimagciwane tesandla nelingetulu letintfo njalo.
- Hlanta ematafula, lingetulu letindzawo nemikhicito ngesibulalimagciwane.
- Nika emakhastama sibulalimagciwane uma kwenteka.
- Kufanele kutsi emakhastama ashiye libanga lelingu-1.5-2 kusuka kulelinye.
- Ungawatsintsi emakhastama akho, ungawachebuli.
- Ungatsatsi imali ngco kumakhastama akho, bani nelibhokisi noma libhodlela lekuyifaka kulo.

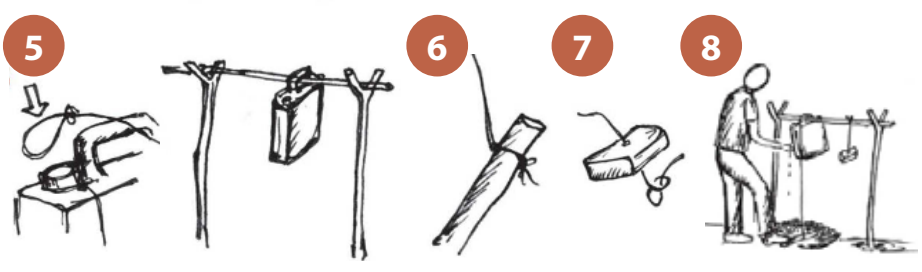


EMASU EKUTENTELA:

UNGASENTA NJANI SIBULALIMAGCIWANE SAKHO.

UNGASENTA NJANI SITESHI SEKUGEZA SAKHO.

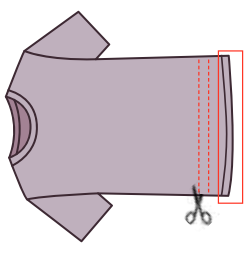




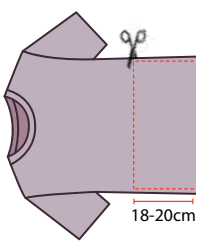
SIFONYO LESINGAKATFUNGWA NGEMIZUZU LESI-5.

Udzinga: sikero, irula nesikibha lesidzala.

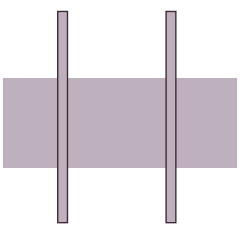
1 JUBA LINGAPHASI LEMPHETFO BESE UJUBA TINTSAMBO TEKUBOPHA



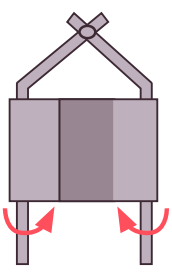
2 JUBA SICEPHU LESIKHULU SESIFONYO, BESE UYASINCOLA KUTSI SICONDZE EMASENTIMITHA LANGU-18-20



3 BEKA TINTSAMBO ENDVWANGWINI, USHIYE SIKHALA EMACELENI



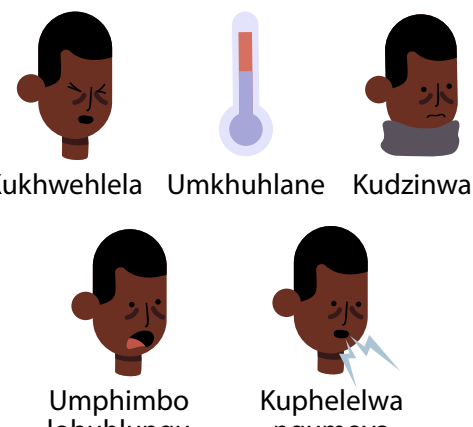
4 GOCA INDVWANGU & UBOPHA LINGETULU



5 INTSAMBO LENGENHLA IHAMBA NGETULU KWENHLOKO

6 INTSAMBO LENGENTASI IHAMBA NGEMUVA KWENHLOKO BESE WENTA LIFINDVO

YATI TIMPHAWUSIFO TAKHO:



SAFSC SOUTH AFRICAN FOOD SOVEREIGNTY CAMPAIGN

COPAC CO-OPERATIVE AND POLICY ALTERNATIVE CENTRE

african centre for biodiversity

Uma ufuna lusito shayela:

080 002 9999

Uma ubona noma nguluphi lunye lwaletimphawusifo, bonana nadokodela bese uyahlala ungayi epulazini.

Hlala uphephile, nakekela labakhulile nalabangaba sengotini, sikufisela inhlanhla ngalesikhatsi semnyaka.