

NYENDEDZI DZA TSIRELEDZO DZA VHALIMI VHA ZWIŁIWA DZA COVID-19

COVID-19 i ya pfukela nga maanda. Vairasi i a tshila n̄ha ha zwithu zwine zwa nga thanda, khadibogisi, pulasički na tshelede. Arali muthu o kavhiwaho a fara fhethu, vhone vha fara hafho fhethu vha dovha vha fara mačo, ningo kana mulomo, vha nga pfukelwa. Kha vha tsireledzee: Kha vha tambe zwanda vha kunakise na n̄ha ha zwithu tshifhinga tshinzhzi.

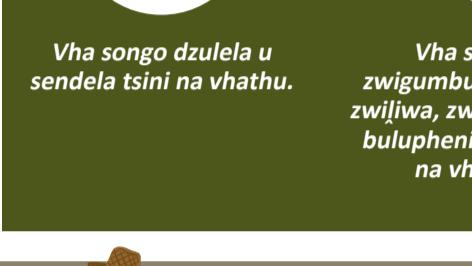


Vhalimi vha zwiłiwa na vhashumi-mabulasini, vhanne vha khou paka kana u rengisa zwiłiwa-vha tea u tshimbila na phemithi ya u sumbedza uri vho tendelwa uri vha shume, Bugundaula (ID) na ndaela ya u vha nea thendelo ya u shumisa phemithi (ine ya vha na dzina na nomboro ya ID). Kha phemithi, dza u rengisa zwiłiwa kha vhaye kha muvhuso wapo kha zwa u netshedza mabuto a zwiłiwa, kha vhaye kha Muhasho wa Mveledziso ya Matshilisano kha vundu javho.

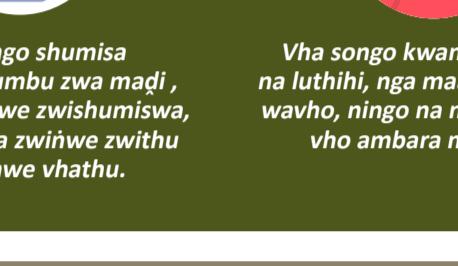


NYENDEDZI NYANGAREDZI

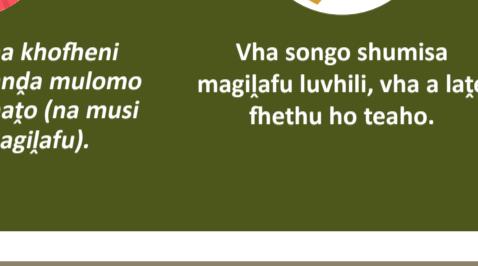
VHA TEA U ITA MINI



Kha vha tambe zwanda zwi bve nga tshisibe, lwa sekondo dza 20, awara iñwe na iñwe.



Kha vha ambare masiki khofheni. Kha vha u kuvhe vha u omise nga murahu ha musi vho no u ambara uri u dzule wo kuna tshifhinga tshothe.



Musi vha tshi ūoda u hotola kana u atsamula kha vha zwi itele kha lukugāvavha.

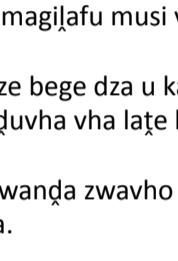
A VHA NGO TEA U ITA MINI



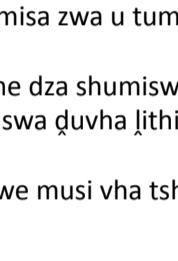
Vha songo dzulela u sendela tsini na vhatu.



Vha songo shumisa zwigumbukumbu zwa mađi, zwiłiwa, zwiłiwe zwishumisawa, bulupheni na zwiłiwe zwithu na vhañwe vhatu.



Vha songo kwama khofheni na luthihi, nga maanda mulomo wavho, ningo na mađo (na musi vho ambara magijafu).



Vha songo shumisa magijafu luvhili, vha a laže fhethu ho teaho.

KHA VHA TSIRELEDZEE: NGADENI NA BULASINI



MUSI VHA TSHI KHOU KAÑA:

- Hune zwa konadeza, kha vha vhe vha kule na vhañwe vhatu nga tshikhala tsha mitha ya 1.5-2 m.
- Kha vha ambare magijafu musi vha tshi khou shumisa zwa u tumulela na zwigero.
- Kha vha sanithaize bege dza u kanela khadzo dzine dza shumisawa luvhili duvha na duvha vha laže bege ine ya shumisawa duvha lüthihi fhethu ho teaho.
- Kha vha tambe zwanda zwavho awara iñwe na iñwe musi vha tshi khou fara zwiłiwa.



ZWISHUMISWA NA THULUSI

(bege dza u kanela, jeri, mabini/zwigariki zwa u kanela, materetere, zwigero, zwa u thukhulela, khontheina)

- Bege nthihi ya u kanela/khontheina nga/kha muthu muthihi. Kha vha i tanzwe vha i omise nga duvha vhege iñwe na iñwe.
- Kha shumise sanithaiza u kunakisa fhethu hune vha hu fara na thulusi, sa zwigero na zwa u thukhulela, tshifhinga tshothe.

(Resipi ya u ita tsha u vhulaya zwitzhili vhe hayani kheyo afho fhasi)

MUSI VHA TSHI KHOU PAKA

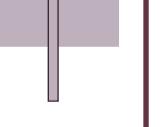
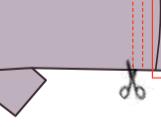
U PAKA ZWIŁIWA

- Kha vha tevhelele maga a u kunakisa o ḥalutshedzwaho afho n̄ha tshifhinga tshothe.
- Vhatu vhothe vhanne vha khou paka zwiłiwa vha tea u shumisa magijafu a sa dovhoholwi.
- Kha vha tambe zwanda phanda ha musi vha tshi shumisa magijafu na musi vho no a shumisa.
- Kha vha laže magijafu fhethu ho tsireledzeaho musi vho no a shumisa.
- Kha vha ime kule ha muñwe muthu nga tshikhala tsha 1.5-2m.

U KUNAKISA

- Kha vha dzulele u kunakisa fhethu hothe hune vha khou shumela hone.
- Kha vha kunakise nga sanithaiza tshinwe na tshiñwe tshiñwe tsha da afho fhethu ha u pakela.

U RENGISA ZWIŁIWA



U SHUMISANA NA VHARENGI

- Kha vha shumise sanithaiza ya zwanda na ya u phumula fhethu ho teaho tshifhinga tshothe.
- Kha vha kunakise ḥafula, fhethu ho teaho na zwibveledza wa nga mushonga wa u vhulaya zwitzhili.

- Kha vha fhe sanithaiza vharengi arali zwi tshi konadzea.

- Vharengi vha tea u ima kha vhukule ha 1.5-2m u bva kha muñwe murengi.

- Vha songo fara vharengi, vhasongo khađana.

Vha songo dzhiya tshelede tshandani tsha vharengi, kha vheye tshibogisi hune vha do panga hone tshelede.

VHUKULE HA 1.5-2M



Kha vha dzule vho tsireledzea, kha vha ḥogomele vhaaluwa na vhatu vhanne vha nga vha khomboni, mashudu mavhuya a khalañwaha.



U itela u wana thuso kha rwele lužingo:

080 002 9999

Arali vha nga vha na hedzi tsumbadzwadze, kha vha ye u vhona dokotela, vha songo da bulasini.



U hotola Mufhiso Maneto

Mukulo une wa khou vhavha

U kundelwa u fema