

# IZIKHOKELO ZOKHUSELEKO ZE-COVID-19 KUBALIMI BOKUTYA

**I-COVID-19 yosulela kakhulu.** Intsholongwane inokuphila kwimiphezulu efana neplanga, ikhadibhodi, iplastiki nemali. Ukuba umntu owoseleleyle uphathe umphezulu wento, kwaye wena uphathe loo mphezulu uze uphathe amehlo akho, impumlo okanye umlomo, unokosuleleka. Khuseleka: hlamba izandla zakho uze ucoce imiphezulu rhoqo.



Abalimi bokutya nabasebenzi – ezifama, abapakisha okanye abathengisa ukutya – **kufuneka babe nemvume yabasebenzi eyimfuneko**, i-ID kune nogunyaziso lokusebenzisa imvume (enegama kune nenombolo ye-ID). Ngeemvume, ukurhweba ngokutya yiya kurhulumente wengingqi kwaye xa ufuna ukunikela ngokutya, yiya kwiSebe loPhuhliso loluNtu kwiphondo lakho.

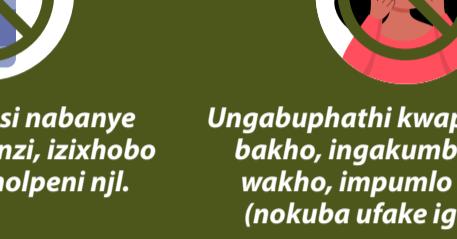


## IZIKHOKELO JIKELELE

### INTO OMAWUYENZE



Hlamba izandla kakuhle rhoqo ngesepha, ubuncinane imizuzwana engama-20, qho ngeyure.



Faka imaski yonke imihla. Yihlambe uze uyomise emva kokuyisebenzisa ngakunye ukuyigcina icoekile maxa onke.



Yogquma ubuso bakho ngengqiniba yakho ukuba uyakhohlela okanye uyathimla.

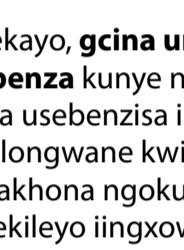
### INTO OMAWUNGAYENZI



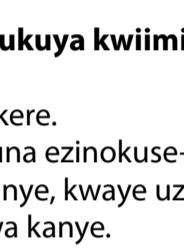
Yehlisa ukudibana kuboqu kubekubuncinane.



Ungasebenzisi nabanye iibhotile zamanzi, ixixhobo zokutya, iibholpeni njl.



Ungabuphati kwaphela ubuso bakho, ingakumbi umlomo wakho, impumlo namehlo (nokuba ufake iglavu na).



Ungazisebenzisi kwakhona iiglavu zerabha, zilahle kakuhle.

## KHUSELEKA: ISITIYA NEFAMA



### XA UVUNA:

- Apho kwenzekayo, **gcina umgama we-1.5 ukuya kwiimitha ezi-2 xa usebenza** kune naxa uphumle.
- Faka iiglavu xa usebenzisa iiklipa okanye izikere.
- Bulala iintsholongwane kwiingxowa zokuvuna ezinokuse-tyenziswa kwakhona ngokusebenzsa ngakunye, kwaye uzilahle ngokukhuselekileyo iingxowa ezisetyenziswa kanye.
- Hlamba izandla zakho ngeyure nganye xa uphethe ukutya.



### OOMATSHINI NEZIXHOBO

(lingxowa zokuqokela, iileli, imiqqomo emininzi/iitreyila zokuqokelela, iitrekta, izikere, iiklipa, nezikhongozelo)

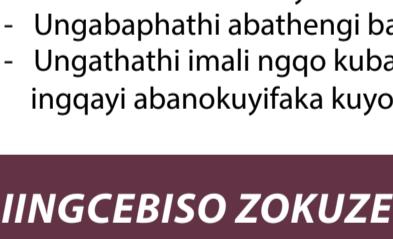


- Ingxowa/isikhongozelo esinye ngomntu. Zihlambe uze uzomise elangeni ngeveki.
- Bulala iintsholongwane kwimiphezulu nakwizixhobo ezifana nezikere neeklipa, rhoqo.

(Iresipi eyenziwe ekhaya yesibulala-ntsholongwane ngezantsi)

### XA UPAKISHA:

#### UKUPAKISHA UKUTYA

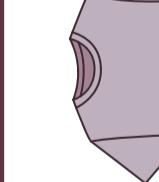


- Landela amanyathelo ezococeko obuqu achazwe ngasentla maxa onke.
- Bonke abapakishi bokutya mabasebenzise iiglavu ezilahlwayo.
- Hlamba izandla phambi kunye nasemva kokusebenzisa iiglavu.
- Lahla iiglavu ngokukhuselekileyo emva kokuzisebenzisa.
- Gcina umgama phakathi we-1.5 ukuya kwiimitha ezi-2.

#### UKUCOCA

- Coca rhoqo yonke imiphezulu yokusebenzela.
- Bulala iintsholongwane kuyo nayiphi na into eza kwindawo yokupakisha.

### URHWEBO NGOKUTYA



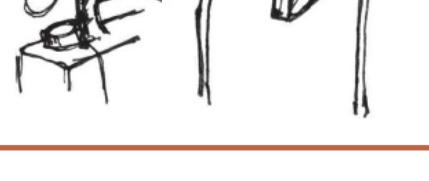
#### UKUSEBENZA NGABATHENGI

- Sebenzisa isibulala-ntsholongwane sezandla nesemiphezulu rhoqo.
- Coca iitafile, imiphezulu kune nemveliso ngesibulala-ntsholongwane.
- Nika abathengi isibulala-ntsholongwane ukuba kuyenzeka.
- Abathengi kufuneka bagcine umgama we-1.5 ukuya kwiimitha ezi-2 omnye komnye.
- Ungabuphati abathengi bakho, ungabaxhawuli.
- Ungathathi imali ngqo kubathengi, yiba nebokisi okanye ingqayi abanokuyifaka kuyo.

#### UMGAMA WE-1.5 UKUYA KWIIMITHA EZI-2



### IINGCEBISO ZOKUZENZELA:



INDLELA YOKWENZA ESAKHO ISIBULALA NTSHOLONGWANE.

#### IMASKI ENGATHUNWAYO NGEMIZUZU EMI-5.

Ufuna: isikere, irula nesikipa esidala.

- SIKA UMGODO OSEZANTSII UWUSUSE UZE USIKE IMITYA EMBINI YEZIBOPHO
- SICA ISIQWENGA ESIKHULU SIBE SESEMASKI, UZE USISIKE UKUSENZA SINGQALE ISENTIMITHA EZILI-18 UKUYA KWEZINGAMA-20
- BEKA IZIBOPHO KWILAPHU, USHIYA ISITHUBA EMACALENI

