IMIHLAHLANDLELA YOKUPHEPHA YE-COVID-19 YABALIMI

I-COVID-19 ithelelana kakhulu.TIgciwane likwazi ukuphila ebusweni bezinto ezifana nokhuni, amakhadibhodi, upulasitiki kanye nemali. Uma umuntu othelelekile ethinta ubuso bento, bese nawe uthinta ubuso baleyo nto bese uthinta amehlo akho, ikhala noma umlomo, ungase utheleleke. Phepha: geza izandla zakho njalo futhi uhlanze ubuso bezinto njalo.

Abalimi nabasebenzi – emapulazini, ekupakisheni noma ekudayiseni ukudla – **kumelwe baphathe imvume yokuba umsebenzi obalulekile**, i-ID kanye nokugunyazwa kokusebenzisa imvume (kunegama nenombolo ye-ID). Ukuze uthole izimvume, zokuhweba ukudla iya kuhulumeni wendawo futhi ukuze usabalalise amaphasela okudla, iya Kumnyango Wokuthuthukisa Umphakathi wesifundazwe sakho.

IMIHLAHLANDLELA EVAMILE

LOKHO OKUFANELE UKWENZE

Kwenzeni umkhuba ukuqhelelana kwabantu epulazini lakho, ezimakethe nasemphakathini wakho. **Qhelelanani okungenani ibanga elingu-1.5-2m komunye nomunye.**

Gezisisa izandla zakho kahle ngensipho, okungenani imizuzwana engu-20, njalo ngemva kwehora.

Gqoka imaski yobuso nsuku zonke. Yiwashe futhi uyomise ngemva kokuyisebenzisa ukuze uyigcine ihlanzekile ngazo zonke izikhathi.

Mboza ubuso bakho ngendololwane uma ukhwehlela noma uthimula.

OKUNGAFANELE UKWENZE

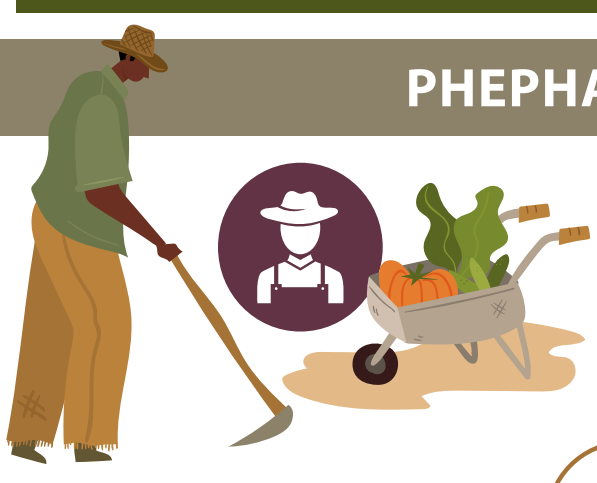
Ungasondelana kakhulu nabanye.

Ungabelani nabanye amabhodlela amanzi, ukudla, izinto zokudlela, amapeni njll.

Ungalokothi uthinte ubuso bakho, ikakhulukazi umlomo wakho, ikhala namehlo (ngisho noma ugqoke amagilavu).

Ungasebenzisi ama-latex afanayo, walahle kahle.

PHEPHA: INGADI NEPULAZI



LAPHO UVUNA:

- Uma kungenzeka, **gcina ibanga elingu-1.5-2m** lokusebenza nokuphumula.
- Gqoka amagilavu lapho usebenzisa izinto zokuncwela noma izikele.
- Khuculula izikhwama zokuvuna ezikwazi ukusebenziseka kabusha.
- Geza izandla zakho njalo ngemva kwehora lapho uphatha ukudla.

IMISHINI NAMATHULUZI:

(Izikhwama zokukha, amaladi, imigqomo yokufaka izinto/ amathreyila okukha, ogandaganda, izikele, izincweli, nezitsha)

- Isikhwama/isitsha sokuvuna umuntu ngamunye. Washa futhi ukomise elangeni maviki onke.
- Khuculula ubuso bezindawo namathuluzi, njengezikele nezincweli, njalo. (Iresiphi yesikhucululi esenziwe ekhaya ingezansi)

LAPHO UPAKISHA:

UKUPAKISHA UKUDLA

- Landela izinyathelo zenhlanzeko yomuntu siqu ezichazwe ngenhla ngazo zonke izikhathi.
- Bonke abantu abapakisha ukudla kufanele basebenzise amagilavu alahlwayo.
- Geza izandla zakho ngaphambi nangemva kokusebenzisa amagilavu.
- Lahla amagilavu ngokuphephile ngemva kokusebenzisa.
- Qhelelanani ngebanga elingu-1.5-2m.

UKUHLANZA

- Hlanza ngaso sonke zonke izindawo zakho zokusebenza.
- Khuculula noma yini efika endaweni yokupakisha.

UKUHWEBELANA NGOKUDLA:

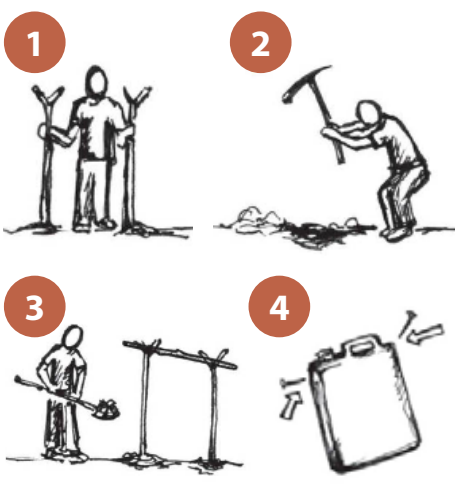
UKUBHEKANA NAMAKHASIMENDE

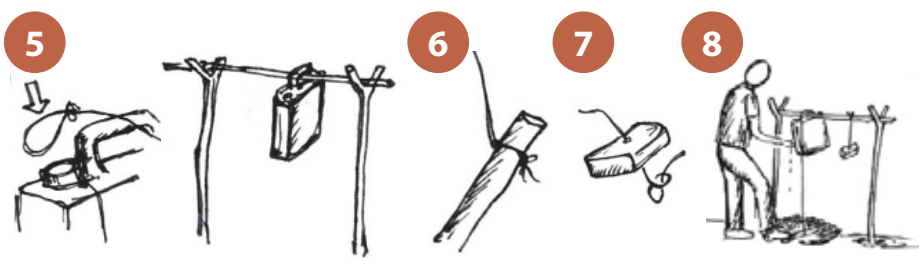
- Sebenzisa ngaso sonke isikhathi amasanithayiza ezandla nawokusula ubuso bezindawo.
- Hlanza amatafula akho, ubuso bezindawo kanye nemikhiqizo ngesikhucululi.
- Nikeza amakhasimende amasanithayiza uma kunokwenzeka.
- Amakhasimende kufanele aqhelelane ngebanga elingu-1.5-2m komunye nomunye.
- Ungawathinti amakhasimende akho, ningaxhawulani. Ungayithathi imali ngokuqondile emakhasimendeni akho, iba nebhokisi noma ujeke abangayifaka khona.

AMACEBISO OKUZENZELA NGOKWAKHO:

INDLELA YOKUZENZELA NGOKWAKHO ISIKHUCULULI.

INDLELA YOKUZENZELA INDAWO YAKHO YOKUWASHA.



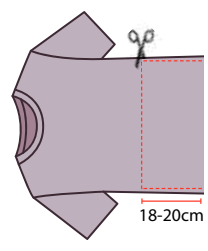


INDLELA YOKWENZA IMASKI ENGADINGI UKUTHUNGWA NGEMIZUZU ENGU-5.

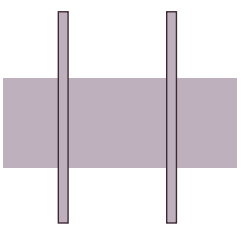
Udinga: isikele, irula nesikibha esidala.

1 SIKA UMPHETHO ONGEZANSI BESE USIKA IMICU EMIBILI OZOYISEBENZISELA UKUBOPHA

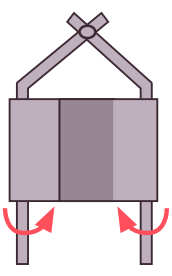
2 SIKA INGXENYE ENKULU EZOBA IMASKI, FUTHI UYINQUME UKUZE UYENZE IQONDE 18-20CM



3 BEKA IMICU YOKUBOPHA ENDWANGWINI, USHIYE ISIKHALA EMACELENI



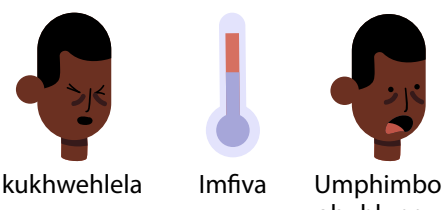
4 GOQA INDWANGU PHEZU KWAYO BESE UBOPHA UMUCU ONGAPHEZULU



5 UMUCU ONGAPHEZULU UBOSHWA PHEZU KWEKHANDA

6 UMUCU ONGEZANSI UBOSHWA NGEMUVA KWEKHANDA BESE UFASA IFINDO

YAZI IZIMPAWU ZAKHO:



SAFSC SOUTH AFRICAN FOOD SOVEREIGNTY CAMPAIGN

COPAC CO-OPERATIVE AND POLICY ALTERNATIVE CENTRE

african centre for biodiversity

Ukuze uthole ucingo losizo:

080 002 9999

Uma ubhekana nanoma yiziphi kulezi zimpawu, bona udokotela futhi ungayi epulazini.

Hlala uphephile, unakekele abantu asebekhulile nababuthaka, futhi sikufisela okuhle kule nkathi yonyaka.