



COMMUNITY HEALTH SCREENING DURING THE NATIONAL LOCKDOWN 01 APRIL 2020 @19H00

We are ramping up the fight.

- In the coming days and weeks, 10 000 Community Health Care Workers will be deployed across the country to conduct door-to-door screening in our most vulnerable communities.
- Community Health Care Workers will be provided with uniforms and identifiable tags which will make it easier for the community to identify them.
- The deployment will follow a phased and targeted approach and high-density areas such as Alexandra, Diepsloot and Khayelitsha will be visited in the first wave.
- Screening in other areas will be rolled out following the same phased and targeted approach.

Screening is essential in this fight.

- Screening is a way for health workers to find out if you may have COVID-19 or not. The health worker will ask you questions and scan your forehead to take your temperature.
- The health worker will ask if you:
 - Have travelled to a high risk country in the last 14 days
 - Have had contact with anyone with confirmed COVID-19 in the last 14 days
 - Have symptoms such as fever, cough and difficulty in breathing
- If you have travelled to a high risk country or have had contact with someone with COVID-19 you must self-quarantine.
- This means that you should stay at home for 14 days and monitor yourself for symptoms such as a dry cough, fever and difficulty breathing. Stay away from older people and people with a compromised immune system or underlying condition such as high blood pressure or diabetes.
- Community Health Care Workers will refer persons suspected of having Coronavirus to the nearest community health centre, clinic or hospital.
- Tests will only be conducted at health care facilities and mobile testing sites.
- Not everyone will be tested, health workers will use a formula by looking at how serious your symptoms are and what high risk factors you have.
- Testing includes collecting a biological sample from a patient such as a nasal swab or a blood sample, which is then tested by a laboratory for the virus or its antibodies.

The safety of frontline staff is a priority.

- We wish to reassure South Africans that field workers and frontline medical staff will be provided with adequate personal protective equipment.

- We have heard the concerns of our health care workers and wish to reassure them that their safety is paramount.
- We will do all we can to keep our health care professionals safe.

Together we can flatten the curve.

- South Africans have responded to government's call in great numbers. The majority have been playing their part to limit the spread of the virus.
- However, we must remain vigilant and cannot afford to let our guard down.
- Winter is coming and this could change the dynamics of the current situation.
- We know that lockdowns work from positive trends in other countries which have instituted similar restrictions.
- By observing the regulations, staying at home, observing good hygiene practices and by working together we have a real chance of containing the spread.
- We are, however, concerned about those who have not yet appreciated the seriousness of this disease.
- The disease is very real and it poses a great danger to every one of us and to our society.
- It infects the rich and the poor, the young and the old, black and white, those who live in the cities and those in the villages.
- Every time you violate the regulations, you are putting yourself and others at risk, and helping the virus to spread.



**NHLAHLUVO WA RIHANYU RA MIGANGA HI NKARHI WA KU PFALERIWA KA
RIXAKA
1 DZIVAMISOKO 2020 @19H00**

Hi le ku tlakuseni ka nyimpi.

- Emasikwini na le mavhikini lama taka, 10 000 wa Vatirhi va Nhlayiso wa swa Rihanyu ra Miganga va ta rhumeriwa etikweni hinkwaro ku ya endla nhlahluvo muti na muti emigangeni ya ka hina leyi nga sirhelelekangiki swinene.
- Vatirhi va Nhlayiso wa swa Rihanyu ra Miganga va ta nyikiwa tiyunifomo na tithege leti tivekaka leti ti nga ta endla swi olova swinene eka miganga ku va tiva.
- Ku rhumeriwa ka vatirhi lava swi ta landzelela endlelo ra swiphemuphemu na ku va leri pakanisiweke naswona tindhawu leti nga na ntalo wa le henhla to tanihi Alexandra, Diepsloot na Khayelitsha ti ta endzeriwa eka xiphemu lexo sungula.
- Nhlahluvo etindhawini wu ta simekiwa hi ku landzelela endlelo ra swiphemuphemu na ku va leri pakanisiweke ro fana.

Nhlahluvo wu na nkoka swonghasi eka nyimpi leyi.

- Nhlahluvo i ndlela ya vatirhi va swa rihanyu ku kumisisa loko u nga va u ri na COVID-19 kumbe u ri hava. Mutirhi wa swa rihanyu u ta ku vutisa swivutiso kutani a ku pompola mombo wa wena ku teka mahiselo ya wena.
- Mutirhi wa swa rihanyu u ta ku vutisa loko u:
 - Tekile rendzo ku ya etikweni leri nga na nxungeto wa le henhla eka 14 wa masiku lama nga hundza.
 - Khumbhanile na munhu wihi kumbe wihi loyi a nga na COVID-19 leyi tiyisisiweke eka 14 wa masiku lama nga hundza.
 - Ri na swikombeto swo tanihi ku hisa miri, ku khohlola na ku tikeriwa hi ku hefemula.
- Loko u tekile rendzo ro ya etikweni leri nga na nxungeto wa le henhla kumbe u khumbhanile na munhu un'wana loyi a nga na COVID-19 u fanele ku tihlambula.
- Leswi swi vula leswaku u fanele ku tshama ekaya 14 wa masiku kutani u tiveka tihlo eka swikombeto swo tanihi ku khohlola ko oma, ku hisa miri na ku tikeriwa hi ku hefemula. Tshamela ekule na vadyuhari na vanhu lava nga na sisiteme ya nsawuto leyi tsaneke kumbe xiyimo lexi tumbeleke xo tanihi ntshikilelo wa ngati kumbe vuvabyi bya chukela.
- Vatirhi va Nhlayiso wa swa Rihanyu ra Miganga va ta kongomisa vanhu lava ehleketeleriwaka ku va va ri na Khoronavhayirasi eka senthara ya swa rihanyu ya miganga ya le kusuhi, etlilini kumbe exibedhlele.
- Swikambelo swi ta endliwa ntsena eka miako ya nhlayiso wa swa rihanyu na tindhawu to kambela leti fambafambaka na miganga.
- A hi munhu un'wana na un'wana a nga ta kamberiwa, vatirhi va swa rihanyu va ta tirhisa fomula hi ku languta hilaha swikombeto swa wena swi tivikanaka

hakona na leswaku i swihlawulekisi swihi swa nxungeto wa le henhla u nga na swona.

- Ku kamberiswa swi katsa ku tekiwa ka sampulu ya le mirini kusuka eka muvabyi yo tanihi swabu ya le nhomphini kumbe sampulu ya ngati, leyi endzhaku ka swona yi kamberiwaka hi laboretari loko yi ri na xitsongwatsongwana kumbe swilwa-ni-switsongwatsongwana.

Vuhlayiseki bya vatirhi va le mahlweni i xirhangana.

- Hi navela ku tiyisisela maAfrika-Dzonga leswaku vatirhi va le vanhweni na vatirhi va swa vutshunguri va le mahlweni va ta nyikiwa switirhisiwa swo sirhelela swa vona vini.
- Hi twile hi swivileriso swa vatirhi va ka hina va nhlayiso va swa rihanyu naswona hi navela ku va tiyisisela leswaku vuhlayiseki bya vona i bya nkoka swonghasi.
- Hi ta endla hinkwaswo leswi hi nga swi kotaka ku endla vatirhi va ka hina va nhlayiso wa swa rihanyu va tshama va hlayisekile.

Hi ri swin'we hi nga yisa mpimo ehansi.

- MaAfrika-Dzonga ma angurile eka xikombelo xa mfumo hi tinhlayo letikulu. Vunyingi byi tlangile xiphemu xa byona ku hunguta ku hangalaka ka xitsongwatsongwana lexi.
- Hambiswiritano, hi fanele ku tshama hi vekile tihlo naswona a hi nge swi koti ku tshama hi nga endli vulanguteri.
- Vuxika byi le ku teni naswona leswi swi nga cinca maendlekelo ya xiyimo xa nkarhi wa sweswi.
- Ha swi tiva leswaku ku pfalleriwa ku tirha kusuka eka maendlekelo lamanene ematikweni man'wana lama ya vekeke swipimelo swo yelana.
- Hi ku landzelela swinawana, ku tshama ekaya, ku landzelela maendlelo ya nsivelamavabyi lamanene na hi ku tirhisana hi na xivandlanene xo tiya xa ku kamanyeta ku hangalaka.
- Hambiswiritano, hi vilerisiwa hi mayelana na lavaya va nga si amukelaka ku tivikana ka vuvabyi lebyi.
- Vuvabyi lebyi i ntiyiso swinene naswona byi tisa khombo lerikulu eka munhu un'wana na un'wana wa hina na le rixakeni ra hina.
- Byi tlulela vafumi na lava pfumalaka, vantshwa na vadyuhari, vantima na valungu, vanhu lava tshamaka eka madorobakulu na lava tshamaka etindhawini ta le makaya.
- Nkarhi wun'wana na wun'wana loko u tlula swinawana, u veka wena na van'wana enxungetweni, naswona u pfuna xitsongwatsongwana lexi ku hangalaka.



GO LEKOLA MAPHELO A SETŠHABA KA NAKONG YA GO TSWALELA NAGA 01 MORANANG 2020 KA-19:00

Re oketša ntw

- Mo matsatšing le dibekeng tše di tlogo, Bašomi ba Tlhokomelo ya tša Maphelo ba go etela Setšhabeng ba 10 000 ba tla romelwa setšhabeng ka bophara go dira tekolo ya tša maphelo lapa ka lapa ka ditšhabeng tša rena tšeo di lego kotsing kudu.
- Bašomi ba Tlhokomelo ya tša Maphelo ba go etela Setšhabeng ba tla fiwa diyunifomo le ditheke tše di tsebišago maina a bona tšeo di tlogo dira gore go be bonolo gore setšhaba se ba tsebe.
- Go ba romela setšhabeng go tla latela mokgwa wo o beilwego ka magato le wo o nepišitšego batho ba itšego gomme mafelo ao a tletšego ka batho ba bantši a go swana le Alexandra, Diepsloot le Khayelitsha a tla etelwa ka legato la mathomo.
- Go lekola maphelo a setšhaba ka mefelong a mangwe go tla phethagatšwa ka go latela mokgwa wo o swanago wa magato le wo o nepišitšego batho ba itšego.

Go lekola maphelo a setšhaba go bohlokwa ka mo ntweng ye

- Go lekola maphelo a setšhaba ke mokgwa wo bašomi ba tša maphelo ba ka tsebago ge eba o na le *COVID-19* goba aowa. Mošomi wa Tlhokomelo ya tša Maphelo o tla go botšiša dipotšišo gomme a sekena phatla ya gago go tšea thempheretšha ya gago.
- Mošomi wa tša maphelo o tla go botšiša ge eba:
 - O kile wa etela nageng ye e lego kotsing kudu mo matsatšing ao a fetilego a 14
 - O kile wa ba kgauswi le motho ofe goba ofe yo go tiišeditšwego gore o fetetšwe ke *COVID-19* mo matsatšing ao a fetilego a 14
 - O na le maswao a go swana le go fiša ga mmele, go gohlola le go hema gaboima
- Ge e le gore o kile wa etela nageng ye e lego kotsing kudu goba o kile wa ba kgauswi le motho yo a fetetšwego ke *COVID-19* o swanetše go o ipeela thoko kgole le batho ba bangwe.
- Se se ra gore o swanetše go dula ka gae mo matsatšing a 14 gomme wa itlhokomela go bona ge eba o na le maswao a go swana le go gohlola gabothata, go fiša ga mmele le go hema gaboima. Tloga kgauswi le batšofadi le batho bao mašole a bona a mmele a gatelegilego goba bao ba nago le bolwetši bjo bo iphihlilego bja go swana le kgatelelo ya madi a magolo goba bolwetši bja swikiri.
- Bašomi ba Tlhokomelo ya tša Maphelo ba go etela Setšhabeng ba tla romela motho yo a gononelwago gore o na le *Coronavirus* lefelong la maphelo la kgauswi, kliniking goba sepetlele.

- Diteko di tla dirwa fela mafelong a tlhokomelo ya maphelo le mafelong a go dira diteko a go thetha.
- Ga se mang le mang yo a tlogo dirwa diteko, bašomi ba tša maphelo ba tla šomiša mokgwa wo itšego ge ba lebelela ka fao maswao a gago a lego kotsi ka gona le gore ke maswao afe a kotsi ao o nago le ona.
- Go dira diteko go akaretša go tšea sampole ya mmeleng go molwetši go swana le swapo ya ka nkong goba sampole ya madi, yeo ka morago ga fao e dirwago diteko ka laporathoring go nyaka go tseba ge eba o na le baerase goba dilwantšhammele.

Polokego ya bašomi bao ba šomago ka balwetši ke seo se tlogo pele

- Re rata go netefaletša maAfrika Borwa gore bašomi ba setšhabeng le bašomi ba tša kalafo bao ba šomago ka balwetši ba tla fiwa diaparo tša tšhireletšo tša maleba.
- Re kwele dingongorego tša bašomi ba rena ba tlhokomelo ya tša maphelo gomme re rata go ba netefaletša gore polokego ya bona e bohlokwa kudu.
- Re tla dira ka fao re ka kgonago ka gona go dira gore bašomi ba rena ba tša maphelo ba diprofešenale ba bolokegile.

Ge re šoma mmogo re ka fokotša go phatlalatšwa ga baerase

- MaAfrika Borwa a arabetše boipiletšo bja mmušo ka bontši. Bontši bja bona ba ralokile tema ya bona go fokotša go phatlalatšwa ga baerase.
- Le ge go le bjale, re swanetše go dula re ntšhitše mahlo dinameng gomme re ka se kgone go hlokomologa se.
- Marega a etla gomme se se ka fetošo seemo sa bjale.
- Re a tseba gore go tswalela naga go šoma fela ge maitshwaro e le a mabotse dinageng tše dingwe tšeo di hlomilego dikiletšo tša go swana le tša rena.
- Ge re latela melawana, re dutše ka gae, re latela mekgwa ye mebotse dijong le ge re ka šoma mmogo re na le sebaka se sekoane sa go laola go phatlalatšwa ga baerase.
- Le ge go le bjale, re tshwenyega ka bao ba sego ba hlwa ba lemoga bokotsi bja bolwetši bjo.
- Bolwetši bjo bo gona gomme bo kotsi go yo mongwe le yo mongwe wa rena le go setšhaba sa rena.
- Bo fetela bahumi le bahloki, bafsa le batšofadi, bathobaso le makgowa, bao ba dulago ka ditoropong le bao ba dulago ka dinagamagaeng.
- Nako ye nngwe le ye nngwe ge o tshela melawana, o ipea kotsing le ba bangwe, gomme o thuša baerase go phatlalala.



**TEKODISISO YA BOKUDI SETJHABENG NAKONG ENA YA HO KGINWA HA
METSAMAO LE DITSHEBELETSO TSEO E SENG TSA MANTLHA NAHENG YA
RONA
01 MMESA 2020 KA-19:00**

Re matlafatsa ntwā ya rona

- Matsatsing a tlang esita le dibekeng tse tlang, Basebeletsi ba Setjhaba ba Tlhokomelo ya Bophelo bo Botle ba 10 000, ba tla romelwa naha ka bophara ba ilo kena motse le motse ba lekodisa bokudi ho bao ba tlokotsing ka ho fetisisa setjhabeng sa habo rona.
- Basebeletsi ba Setjhaba ba Tlhokomelo ya Bophelo bo Botle ba tla fuwa diyunifomo le dikaretjana tsa boitsebahatso tse tla nolofaletsa setjhaba ho ba hlwaya.
- Ho romelwa hona ho tla latela mokgwa o kentsweng tshebetsong o bile o beilwe leihlo, mme dibaka tse teteang haholo tse kang Alexandra, Diepsloot le Khayelitsha di tla etelwa mokgahlelong wa pele.
- Tekodisiso ya bokudi dibakeng tse ding e tla nanabetswa ho ntse ho ipapisitswe le mokgwa o tshwanang o kentsweng tshebetsong o bile o beilwe leihlo.

Tekodisiso ya bokudi e a hlokeha ntweng ena

- Tekodisiso ya bokudi ke mokgwa oo basebeletsi ba bophelo bo botle ba fumanang ka wona hore na ebe o na le *COVID-19* kapa tjhe. Mosebeletsi wa bophelo bo botle o tla o hloma dipotso tse mmalwa a nto o hlahloba phatleng e le ho nka boemo ba motjheso wa hao.
- Mosebeletsi wa bophelo bo botle o tla o botsa hore na ebe:
 - O kile wa etela naheng e nang le manane a hodimo a tshwaetso matsatsing a 14 a fetileng
 - O kile wa teana le mang kapa mang ya netefaditsweng hore o na le *COVID-19* matsatsing a 14 a fetileng
 - O na le matshwao a kang mokgohlane, ho hohlola le ho hema ha boima
- Haeba o kile wa etela naha e nang le manane a hodimo a tshwaetso kapa o kile wa teana le motho e mong ya nang le *COVID-19*, o tlameha ho itsheka.
- Sena se bolela hore o tlameha ho dula lapeng ka matsatsi a 14 mme o itise hore na ebe o na le matshwao a kang ho hohlola empa ho sa tswe dihohlola, mokgohlane le ho hema ha boima. Bapalla hole le batho ba tsofetseng esita le batho ba fokollwang ke masole a mmele kapa ba nang le maemo a kang a kगतello e hodimo ya madi kapa lefu la tswekere.
- Basebeletsi ba Setjhaba ba Bophelo bo Botle ba tla fetisetsa batho ba belaelwang ba na le kokwanahloko ena ya *Corona* setsing se haufi sa kokelo, tleliniking kapa sepetlele.
- Diteko di tla etswa feela ditheong tsa bophelo bo botle le ditsing tsa diteko tsa hloma o hlomolle.

- Ha se bohle ba tla etswa diteko, basebetsi ba bophelo bo botle ba tla sebedisa tekanyo ya ho o sheba hore na matshwao a hao a mabe hakae, le hore na ke afe mathata a mang a o beang kotsing e mpe.
- Ho etsuwa ha diteko ho akga ho nkuwa ha lero le itseng mmeleng wa mokudi ka nkong kapa ho nkuwa ha mohlala wa madi ebe di ilo lekolwa laboratori hore na kokwanahloko kapa mahlomela a yona a teng kapa tjhe.

Polokeho ya basebetsi ba di hulang nthau ke ntho ya bohlokwa

- Re batla hore re boele re netefaletse Maafrika Borwa hore basebetsi ba kenang kahara setjhaba le basebetsi ba tsa bongaka ba di hulang nthau, ba tla fuwa disebediswa tse lekaneng tsa ho itshireletsa.
- Re di utlwile dingongoreho tsa basebetsi ba rona ba tlhokomelo ya bophelo bo botle mme re batla ho ba netefaletsa hore polokeho ya bona e bohlokwa haholo ho rona.
- Re tla etsa makgobonthithi ohle a hore re boloke baporofeshenale ba rona ba tlhokomelo ya bophelo bo botle.

Ha re sebedisana re ka fokotsa sekgahla sa tshwaetso

- Maafrika Borwa a arabetse ka bongata kgoeletsong ya mmuso. Boholo ba bona ba bile le seabo se seholo ho kgineng ho ata ha kokwanahloko ena.
- Leha ho le jwalo, re tlameha ho dula re fadimehile mme ha re ka ke ra panya.
- Nako ya mariha e a tla mme sena se ka fetola sebopeho sa maemo a renang jwale.
- Re a tseba hore ho kginwa ha metsamao le ditshebeletso tseo e seng tsa mantlha ho sebeta hantle moo boitshwaro ba batho bo le botle dinaheng tse ding tse kentseng dithibelo tse tshwanang le tsa rona tshebetsong.
- Ka ho ikobela melawana ya rona, ka ho dula malapeng, ka ho ipapisa le ditlwaelo tse ntle tsa bohloeki esita le ka ho sebedisana mmoho, re na le monyetla o motle wa ho kgina ho ata ha kokwanahloko ena.
- Leha ho le jwalo, re ngongorehile ka bao ba e so ka ba ananela kotsi ya bohloko bona.
- Bohloko bona bo fela bo le teng mme bo ka tlisa kotsi e kgolo ho e mong le e mong wa rona, esita le setjhabeng sa habo rona.
- Bo tshwaetsa barui le bahloki, batjha le metsofe, ba batsho le ba basweu, bao ba dulang ditoropong le bao ba dulang mahaeng.
- Nako le nako ha o thunthetsa melawana ena, o ipea kotsing ebile o bea le ba bang kotsing, mme o thusa kokwanahloko ena hore e ate.



**LETSHOLO LA GO LEKOLA BAAGI LA GO ITLHOLA FA BA SENA MOGARE
MO PAKENG ENO YA GO SEKEGA NAKWANA GA DITIRO TSA KA FA
NAGENG
01 MORANANG 2020 KA-19:00**

Re tlhohlheta ntw

- Mo dibekeng tse di tlang, Badiredi ba Setšhaba ba Tlhokomelo ya Boitekanelo ya Baagi ba le 10 000 ba tla romelwa go gasagana le naga go tsena ntlo le ntlo go lekola baagi ba rona ba ba leng mo tlalolong.
- Badiredi ba Setšhaba ba Tlhokomelo ya Boitekanelo ya Baagi ba tla bo ba apere yunifomo le dikarata tsa mainaitshupo tse di tla dirang gore go nne bobebe gore baagi ba ba supe.
- Letsholo leno le tla diragadiwa ka makgaokgao le go tota mafelo a a rileng mme mafelo a a kitlaneng a a jaaka Alexandra, Diepsloot le Khayelitsha e tla nna one a ntlha a go tla iwang kwa go ona.
- Letsholo leno kwa mafelong a mangwe le teng le tla latela thulaganyo ya mothale ono.

Go dira ditekolo le go itlhola go botlhokwa thata mo go lwantshaneng le mogare ono

- Go dira diteko ke tsela eo badiredi ba boitekanelo ba kgonang go bona fa o tshwaeditswe ke *COVID-19* kgotsa nnyaa. Badiredi ba boitekanelo ba tla go botsolotsa dipotso mme morago ba dirisa motšhini go go sekana mo phatlheng mo tlhogong go lekola maemo a mogote wa mmele wa gago
- Modiredi wa boitekanelo o tla go botsolotsa gore:
 - A o kile wa jela nala e nngwe ya dinaga tse di nang le palo e e boitshegang ya ditshwaetso tsa mogare ono mo matsatsing a le 14 a a fetileng
 - A o kile wa atlana le motho yo a setseng a neetswe dipholo tsa gore o na le *COVID-19* mo matsatsing a le 14 a a fetileng
 - A o na le matshwao a a jaaka go opiwa ke tlhogo, go gotlhola le go hupela mowa
- Fa e le gore o kile wa jela nala e nngwe ya dinaga tse di nang le palo e e boitshegang ya ditshwaetso tsa mogare ono kgotsa fa e le gore o kile wa atlana le motho yo a setseng a neetswe dipholo tsa gore o na le *COVID-19* o tshwanetse go itlhopha mme o nnele kgakala le batho ba bangwe.
- Seno se raya gore o tshwanetse o nne ka fa ntlong matsatsi a le 14 o iketse tlhoko go bona fa e le gore o itemogela matshwao a a rileng a a jaaka go gotlhola mme go sa tswa sehuba, go opiwa ke tlhogo le go hupela mowa. Netefatsa gore ga o atumelane le batho ba ba setseng ba godile le batho ba masole a bona a mmele a sa tlholeng a dira sentle ka moo go tlwaelegileng mmogo le bao ba nang le malwetse a a okobetseng a a jaaka bolwetse jwa kgatelelo ya madi a magolo kgotsa bolwetse jwa tshukiri.

- Badiredi ba Setšhaba ba Tlhokomelo ya Boitekanelo ya Baagi ba tla romela batho ba ba belaelwang ba tshwerwe ke Mogare wa *Corona* kwa maokelong a a gaufi, ditelining kgotsa kwa dipetlele.
- Diteko tseno di tla diriwa kwa maokelong le mo dijanageng tse di dirisediwa go direla diteko mo go tsona.
- Ga se batho botlhe ba ba tla diriwa diteko, badiredi ba boitekanelo ba tla dirisa lenaneo le le tla ba laelang gore ba sekaseke bogale jwa matshwao a o itemogelang ona mmogo le gore o na le kgonagalo e le kanakang ya gore o ka nna kotsi mo setšhabeng.
- Go diriwa diteko go tla tsenyeletsa go tsaya dikarolwana tse di rileng mo mmeleng wa molwetse tse di jaaka go kotula bontlhabongwe jo bo rileng ka fa phatlhaneng ya nko kgotsa go tsaya madi, mme dikarolwana tseno di tla diriwa diteko kwa laborating go bona fa o na le mogare oo kgotsa matshwao a a rileng a mogare ono.

Pabalesego ya badiredi ba ba di gogang kwa pele e beilwe kwa setlhoeng

- Re rata go netefaletsa maAforika Borwa gore badiredi ba ba tla bong ba ba lekola ba tla bo ba na le didirisiwa tse di lekaneng tsa pabalesego.
- Re utlwile selolo sa badiredi ba rona ba boitekanelo mme re batla go ba netefaletsa gore mo go rona se se kwa setlhoeng ke pabalesego ya bona.
- Re tla dira sengwe le sengwe se se mo matleng a rona go netefatsa gore badiredi ba rona ba tlhokomelo ya boitekanelo ba babalesegile.

Fa re dirisana re ka fokotsa bogale jwa mogare ono

- MaAforika Borwa ka bontsi a tsibogetse boikuelo jwa puso. Bontsi jwa bona bo tsweletse go tshameka karolo ya bona go kgaotsa go anama ga mogare ono.
- Le fa go le jalo, re tshwanetse go tswelela go ntsha matlho dinameng mme ga re a tshwanela go ineela.
- Mariga a mo tseleng mme seemo sa ga jaanong se ka gakala.
- Re a itse gore go sekega nakwana ga ditiro tsa ka fa nageng go na le mosola fa baagi ba itshotse sentle kwa dinageng tse dingwe tseo le tsona di diragaditseng dikgato tsa mothale ono.
- Ka go obamela melawanataolo, go nna kwa dintlong tsa rona, go ithokomela ka go tlhapa mmogo le go tshwarisana bothata jono re na le bokgoni jo bogolo jwa go ka thibela go anama ga mogare ono.
- Le fa go le jalo, re santse re tshwenngwa ke bao ba iseng ba lemoge gore bolwetse jono bo kotsi go le kanakang.
- Nnete ke gore bolwetse jono bo teng bo a tshela e bile bo kotsi mo go rona rotlhe le mo setšhabeng sa rona.
- Bo tshwaetsa mohumi le mohumanegi, ngwana le mogolo, mothomotsho le mosweu, bao ba nnang kwa diteropong le bao ba nnang kwa magaeng.
- Gangwe le gape fa o tlolaka melawanataolo e puso e e rebotseng o baya botshelo jwa gago le jwa batho ba bangwe mo kotsing le go thusa gore mogare ono o bone phatlha ya go anama.



GEMEENSKAPSGESONDHEIDSIFTING TYDENS DIE NASIONALE INPERKING 01 APRIL 2020 @ 19H00

Ons verskerp die stryd

- In die komende dae en weke word 10 000 gesondheidswerkers in gemeenskappe regoor die land ontplooi om deur-tot-deur-siftings in ons kwesbaarste gemeenskappe te doen.
- Gemeenskapsgesondheidswerkers sal uniforms en identifiseerbare naamkaartjies kry wat dit vir die gemeenskap makliker sal maak om hulle te identifiseer.
- Die ontplooiing volg 'n gefaseerde en doelgerigte benadering en gebiede met 'n hoë bevolkingsdigtheid soos Alexandra, Diepsloot en Khayelitsha sal in die eerste fase besoek word.
- Sifting in ander gebiede sal volgens dieselfde gefaseerde en doelgerigte benadering uitgevoer word.

Sifting is noodsaaklik in hierdie stryd

- Sifting is 'n manier vir gesondheidswerkers om vas te stel of jy Covid-19 het of nie. Die gesondheidswerker sal vir jou vrae vra en jou voorkop skandeer om jou temperatuur te neem.
- Die gesondheidswerker sal vra of jy:
 - o die afgelope 14 dae na 'n hoërisikoland gereis het
 - o die afgelope 14 dae kontak gehad met iemand wat bevestigde Covid-19 het.
 - o simptome het soos koors, hoes en asemhalingsprobleme
- As jy na 'n hoërisikoland gereis het of kontak gehad het met iemand wat Covid-19 het, moet jy jouself in kwarantyn plaas.
- Dit beteken dat jy 14 dae tuis moet bly en jouself moet monitor vir simptome soos droë hoes, koors en asemhalingsprobleme. Bly weg van ouer mense en mense met 'n verswakte immuunstelsel of onderliggende toestand soos hoë bloeddruk of suikersiekte.
- Gemeenskapsgesondheidswerkers sal mense wat vermoedelik die koronavirus onder lede het na die naaste gemeenskapsgesondheidsentrum, kliniek of hospitaal verwys.
- Toetse sal slegs by gesondheidsorgfasiliteite en mobiele toetsareas gedoen word.
- Nie almal sal getoets word nie; gesondheidswerkers sal 'n formule gebruik deur te kyk hoe ernstig jou simptome is en watter hoë risikofaktore jy het.
- Toetsing sluit in die neem van 'n biologiese monster by 'n pasiënt, soos 'n neusdepper of 'n bloedmonster, wat dan deur 'n laboratorium getoets word vir die virus of sy teenliggaampies.

Die veiligheid van personeel in die voorste linies is 'n prioriteit

- Ons wil Suid-Afrikaners gerusstel dat voldoende persoonlike beskermende toerusting aan veldwerkers en mediese personeel wat in die in die voorste linies werk, voorsien word.
- Ons het gehoor gegee aan die kommer van ons gesondheidswerkers en wil hulle gerusstel dat hul veiligheid van die grootste belang is.
- Ons sal alles in ons vermoë doen om ons gesondheidsorgpersoneel veilig te hou.

Saam kan ons die kurwe afplat

- Suid-Afrikaners het in groot getalle op die regering se oproep gereageer. Die meerderheid werk saam om die verspreiding van die virus te beperk.
- Ons moet egter waaksaam bly en kan nie bekostig om ons waaksaamheid te verslap nie.
- Die winter kom nader en dit kan die dinamika van die huidige situasie verander.
- Ons weet dat inperkings werk, want ons het die positiewe neigings in ander lande wat soortgelyke inperkings toegepas het, waargeneem.
- Deur die regulasies na te kom, tuis te bly, goeie higiënepraktyke toe te pas en deur saam te werk, is die kans goed dat ons verspreiding kan stuit.
- Ons is egter besorg oor mense wat nog nie die erns van hierdie siekte insien nie.
- Die siekte is 'n werklikheid en hou 'n groot gevaar in vir elkeen van ons en ons samelewing.
- Dit besmet ryk en arm, jonk en oud, swart en wit, diegene wat in stede woon en dié wat in kleiner gemeenskappe woon.
- Elke keer as jy die regulasies oortree, stel jy jouself en ander in gevaar en help die virus om te versprei.



**UKUHLOLWA KOMPHEKATHI NGESIKHATHI SOKUQINTELISWA
KWAMAKHAMBO
01 KUSIHLABANTAKANA WEE-2020 NGE IRI YE-19:00**

Siqinisa Isandla Epini Le

- Emalangeneni ezako neemvekeni ezizako, kuzokusatjalaliswa abasebenzi abaqalelela zamaPhilo womPhakathi abaziinkulungwana ezilitjhumu kilo loke ilizweli kobanyana bangene umuzi nomuzi, bayokuhlola abantu bekhethu abanganabuyo ukuthi kghani abasele bangenwe yingogwana ye-COVID-19.
- Abasebenzi abaqalelela zamaPhilo womPhakathi bazokuphakiswa ijini fomu namathikithana wokuzihlathulula bona babobani, kobanyana kuzokuba lula emphakathini ukubazi.
- Umsebenzi lo uzokwenziwa ngeengaba ngeengaba nangendlela elungeleleneko, kanti-ke kuqothelwe iindawo eziminyene khulu ukuthi kuthonywe ngazo, njenge-Alexandra, i-Diepsloot neKhayelitsha.
- Ukuhlola keziye iindawo kuzakulandela ngendlela efanako yeengaba ngeengaba nelungeleleneko.

Kuqakathekile Ukuthi Abantu Bahlolwe Kilepi

- Ukuhlola abantu yindlela yabasebenzi bezamaphilo yokuthola ukuthi ngubani ongahle abe ne-COVID-19. Umhlengikazi namkha omunye umsebenzi wezamaphilo uzakubuza imibuzo ethileko, akubeke isipopolo ebandla ngomnqopho wokuthatha izinga lokutjhiswa komzimbakho.
- Umsebenzi wezamaphilo uzakubuza ukuthi:
 - Ukhe wavakatjhela elizweni elinobungozi obukhulu bokuthelelana nge-COVID-19 emalangeneni ali-14 adlulileko.
 - Ukhe waba seduze nomuntu esele kufakazelekile ukuthi une-COVID-19 emalangeneni ali-14 adlulileko.
 - Unamatshwayo anjengewefiva, uyakhohlela namkha uphefumulela ebunzimeni na.
- Nayibe ukhe wavakatjhela elizweni elinobungozi obuphezulu bokuthelelana nge-COVID-19 namkha nayibe ukhe waba seduze nomuntu osele angenwe ngiyo i-COVID-19, kuzakufuneka ukuthi uzikhethole ngeqadi.
- Lokhu-ke kutjho ukuthi kufuze bona uhlale ekhaya amalanga ali-14 uzitjheje ukuthi awukhohleli samuntu owome isifuba, awunafiva kunye nokuthi awuphefumuleli ebunzimeni na. Hlalela kude nabantu abadala kunye nabantu abangenwa magulo lula namkha ebantwini abanamanye amagulo anjenge-*high-blood pressure* kunye nabanetjhukela.
- Abasebenzi bezamaPhilo womPhakathi bazokuthumela abantu abasolelwa ukuba nengogwana ye-corona ezikweni lezamaphilo eliseduze, emtholapilo namkha esibhedlela.
- Ukuhlahlutjwa kuzokwenziwa emazikweni wezamaphilo nakibomakhambangendlwana kwaphela.

- Akusimuntu woke ozakuhlolwa, abasebenzi bezamaphilo bazokusebenzisa indlela ethileko ngokuqala ukuthi amatshwayo onawo mambi kangangani nokuthi wena ohlolwako yini okungakubeka engozini yokubanjwa kugula lula.
- Nakuhlolwako kungathathwa isampula enjengetlelezana eliphuma eempumulweni namkha isampula yeengazi, ezakuhlolwa elabhorathri ukuthi ayinangogwana ye-COVID-19.

Ukuphepha Kwabasebenzi Abahlola Umphakathi Kuliqalontanzi

- Sifisa ukuqinisekisa amaSewula Afrika ukuthi abasebenzi abathunywe ukukhambela bahlola abantu kunye nezazi zokwelapha ezithunyelwe ukuhlola abantu zizakuhlonyiswa ngokwaneleko ngepahla neensetjenziswa zokuzivikela ezifeni nazenza umsebenzi lo.
- Sizizwile iinlilo zabasebenzi bezamaphilo belizwe lekhethu, nje-ke sifisa ukubaqinisekisa ukuthi ukuphepha kwabo kuliqalontanzi.
- Sizakwenza koke esingakukghona ukuthi abosokghonofundwa bethu bezamaphilo bahlala baphephile.

Ngokusebenzisana Singakurhobhisa Ukurhatjheka Kukamabhuhisa oyi-COVID-19

- AmaSewula Afrika asilalele ngobunengi bawo isibawo sikarhulumende. Ubunengi bamaSewula Afrika ayalalela, ayakwenza lokho okukhonjelwe ngurhulumende ukuthi kwenziwe nakuzakukhandelwa bekuphungulwe ukurhatjheka kwengogwana le.
- Nokho-ke kufuze sihlale sitjhejile siyelele, singanyefisi imizamo yokuzivikela.
- Ubusika buseduze begodu ukufika kwabo kungatjhugulula okunengi kilobubujamo bagadesi.
- Siyazi bona ukuqinteliswa kwamakhambo kuwasebenzela kuhle amanye amazwe abeke lemilayelo yokuqinteliswa kwamakhambo.
- Ngokuhlonipha imilayelo le, ngokuhlala ekhaya nangokulandela ikambiso yokuhlazeka nangokusebenzisana sinethuba elihle lokukhandela ukurhatjheka kwengogwana le.
- Nokho-ke sitshwenyekile ngalabo abangakabukulimuka ukuthi isifesi simbi kangangani.
- Isifesi sifike mbala begodu size nengozi ekulu komunye nomunye wethu nemiphakathini yekhethu yoke.
- Sibamba iinjinga nabachakileko, abancani nabakhulu, abanzima nabamhlophe, abakhe emakhaya nabakhe emadorobheni.
- Keliye nelinye ihlandla nawephula umlayelo obekiweko, uzibeka engozini, ufake nabanye engozini, usize nengogwana le ukuthi irhatjheke iye phambili.



**UVAVANYO LWEMPILO YOLUNTU NGEXESHA LOKUVALELEKA PHANTSI
KWEMIQATHANGO ETHILE KWESIZWE
UMHLA WOKU-1 KUTSHAZIMPUZI 2020 NGENTSIMBI YESI-7 MALANGA**

Sijongene ngamandla nalo mlo

- Kwiintsuku neeveki ezizayo, aBasebenzi boKhathalelo lwezeMpilo yoLuntu abangama-10 000 baza kuthunyelwa kwilizwe jikelele ukwenza uvavanyo kwindlu nendlu kwiindawo zethu ezisesichengeni kakhulu.
- ABasebenzi boKhathalelo lweMpilo yoLuntu baza kubonelelwa ngeeyunifomu kunye nezipeliti ezibhalwe amagama abo eziza kwenza kube lula ukuba uluntu lubaqaphele.
- Ukuthunyelwa kuza kulandela indlela eqingqiweyo kunye nejolise kwiindawo ezixinene kakhulu ezinjenge-Alexandra, i-Dieploot neKhayelitsha eziza kutyelelwa kuvavanyo lokuqala.
- Ukuvavanywa kwezinye iindawo kuya kuqaliswa emva kwendlela efanayo yokuqalisa nokujolisa

Uvavanyo ngundoqo kule mfazwe

- Uvavanyo yindlela abasebenzi bezempilo abathi bafumanise ukuba ungaba unayo kusini na i-COVID-19 okanye hayi. Umsebenzi wezempilo uza kubuza imibuzo aze askene ibunzi lakho ukuthatha iqondo lobushushu bomzimba wakho.
- Umsebenzi wezempilo uza kubuza ukuba:
 - Ubukhe watyelela kwilizwe elinobungozi obuphezulu kwiintsuku ezili-14 ezidlulileyo
 - Ubukhe wadibana nomntu ekuqinisekisiweyo ukuba une-COVID-19 kwintsuku ezili-14 ezidlulileyo
 - Uneempawu ezinjengomkhuhlane, ukukhohlela kunye nobunzima bokuphefumla
- Ukuba ubukhe watyelela kwilizwe elinobungozi obuphezulu okanye ukhe wadibana nomntu one-COVID-19 kufuneka uzivalele bucala.
- Oku kuthetha ukuthi kufuneka uhlale ekhaya iintsuku ezili-14 uze uzijonge iimpawu ezifana nokhohlo-khohlo olomileyo, ubushushu kunye nobunzima ukuphefumla. Hlala kude nabantu abakhulileyo kunye nabantu abanamajoni omzimba angomelelanga okanye imeko engaphantsi koxinzelelo lwegazi oluphezulu okanye isifo seswekile.
- ABasebenzi boKhathalelo lweMpilo yoLuntu baza kudlulisela abantu ekurhanelwa ukuba bane-COVID-19 kwiziko lezempilo loluntu elikufutshane, eklinikhi okanye esibhedlele.
- Uvavanyo luza kwenziwa kumaziko ezempilo kunye nakumaziko okuvavanya angoomahamba-nandlwana.
- Asinguye wonke umntu oya kuvavanywa, abasebenzi bezempilo baya

kusebenzisa ifomyula ngokujonga ukuba zinzulu kangakanani iimpawu zakho kunye nokuba zeziphi izinto onobungozi onazo

- Ukuvavanywa kuquka ukuqokelela isampuli yencindi yomzimba evela kwisigulana efana nokuthatha isampuli empumlweni okanye isampulu yegazi, ethi ke ihlolwe elabhoratri kujongwa le ntsholongwane okanye amajoni omzimba.

Ukhuseleko lwabasebenzi abasebenza ngqo noluntu lubalulekile

- Sinqwenela ukuqinisekisa abantu baseMzantsi Afrika ukuba abasebenzi abaphambili kunye nabasebenzi bezonyango abasebenza ngqo noluntu baya kubonelelwa ngezixhobo ezifanelekileyo zokuzikhusela.
- Siyivile inkxalabo yabasebenzi bethu bezempilo kwaye sifuna ukubaqinisekisa ukuba ukhuseleko lwabo lubaluleke kakhulu.
- Siza kwenza konke okusemandleni ukugcina abasebenzi bethu bezempilo bekhuselekile

Sibambisene singamlwa lo bhubhane

- Abemi boMzantsi Afrika baliphendule ikhwelo likarhulumene ngobuninzi babo. Uninzi luye lwadlala indima yalo ukucutha ukusasazeka kwale ntsholongwane.
- Nangona kunjalo, kufuneka sihlale siphaphile kwaye asinakho ukuyekelela umxakatho.
- Ubusika bufikile kwaye oku kungayitshintsha imeko yesi simo sikuso ngoku.
- Siyayazi ukuba ukuvaleleka phantsi kwemiqathango ethile kusebenza ngeendlela ezinomekayo kwamanye amazwe athabathe izithintelo ezifanayo.
- Ngokulandela imigaqo, ukuhlala emakhaya, ukujonga iindlela ezilungileyo zococeko kunye nokusebenzisana sinethuba elililo lokunqanda ukusasazeka.
- Nangona kunjalo, sinexhala malunga nabo bangekabuqapheli ubuzaza besi sifo.
- Esi sifo siyinyani kwaye sibeka umngcipheko omkhulu kuthi sonke nakwisizwe sethu.
- Sosulela abazizityebi nabangamahlwempu, abancinci nabadala, abantsundu nabamhlophe, abo bahlala ezixekweni nakwabo bahlala ezilalini.
- Ngalo lonke ixesha usaphula imigaqo, uzibeka wena nabanye ebungozini, kwaye unceda le ntsholongwane ukuba isasazeke.



**UKUHLOLWA KWEZEMPILO KOMPHAKATHI NGESIKHATHI SOKUVALWA
KWEZWE
01 MBASA 2020 @19H00**

Siyaqhubeka nokulwa.

- Ezinsukwini nasemavikini azayo, oNompilo abayizi-10 000 bazobekwa kulo lonke izwe ukuhlola umuzi nomuzi emiphakathini yakithi esengcupheni enkulu.
- ONompilo bazohlinzekwa ngemifaniswano nezigqebhezana ezizotshengisa ukuthi bangobani okuzokwenza kube lula ukuthi umphakathi ubabone.
- Lo msebenzi uzokwenzeka ngokulandela indlela ehlosiwe ngokwezigaba kanti nezindawo eziminyene kakhulu ezifana no- Alexandra, Diepsloot naseKhayelitsha zizovakashelwa ngehlandla lokuqala.
- Ukuhlolwa kwezinye izindawo kuzokwenziwa kulandelwa indlela ehlosiwe ngokwezigaba efanayo.

Ukuhlolwa kusemqoka kule mpi esibhekene nayo.

- Ukuhlolwa kuyindlela yoNompilo ukuthola ukuthi ungabe unayo noma cha i-COVID-19. Unompilo uzokubuza imibuzo bese ehlola izinga lokushisa kwakho ngokuhambisa umshini esiphongweni sakho.
- Unompilo uzokubuza ukuthi:
 - Uke wavakashela na izwe esilithatha ngengayingozi ezinsukwini eziyi-14 ezedlule
 - Uke wathintana na nanoma ubani okuqinisekise ukuthi une-COVID-19 ezinsukwini eziyi-14 ezedlule
 - Unazo na izimpawu ezifana nemfiva, ukukhwehlela kanye nokuphefumula kanzima
- Uma uke wavakashela izwe esilithatha njengeliyangozi noma uke wathintana nomuntu one-COVID-19 kumele uzivalele wedwana.
- Lokhu kusho ukuthi kumele uhlale ekhaya izinsuku eziyi-14 uzigade ngokubhekisisa izimpawu ezifana nokukhwehlela okomile, imfiva nokuphefumula kanzima. Ziqhelelanise nabantu abadala kanye nabantu ababuthaka empilweni noma abanokugula okufana nomfutho wegazi ophakeme noma abanesifo sikashukela.
- ONompilo bazodlulisela abantu abasolakala ngokuba negciwane le-corona esikhungweni somphakathi sezempilo, emtholampilo noma esibhedlela esiseduze.
- Ukuhlolwa kuzokwenziwa ezikhungweni zokunakekela kwempilo nakomahambangendlwana.
- Akuwona wonke umuntu ozohlolwa, onompilo bazosebenzisa indlela yokubala ngokubuka ukuthi ngabe izimpawu onazo zibucayi kangakanani nokuthi bungakanani ubungozi onabo.

- Ukuhlolwa kwenziwa ngokuthatha isampula emzimbeni wesiguli okufana nokudonsa uketshezi emakhaleni noma ukudonsa igazi, okuzobe sekuyohlolwa elebhu igciwane le-*corona* noma okunye okungadingeki emzimbeni.

Ukuphepha kwabasebenzi bezempilo kuseqhulwini.

- Sifisa ukuqinisekisa abantu baseNingizimu Afrika ukuthi abasebenzi abazobe besebenza ngaphandle kanye nalabo abasebenza phambili kwezempilo bazohlizekwa ngokokuzivikela okwanele.
- Sikuzwile ukukhathazeka kwabasebenzi bethu bezempilo futhi sifisa ukubaqinisekisa ukuthi ukuphepha kwabo kubaluleke kakhulu.
- Sizokwenza konke okusemandleni ukugcina abasebenzi bethu bezempilo bephephile.

Ngokubambisana singakuqeda ukusuleleka.

- Abantu baseNingizimu Afrika balisabelele ngobuningi ikhwelo likahulumeni. Iningi lilokhu liyidlala indima yalo ukuqeda ukubhebhetheka kwegciwane le-*corona*.
- Noma kunjalo, kumele sihlale siqaphele futhi ngeke sikwazi ukuyekelela nje.
- Ubusika buyeza futhi lokhu kungashintsha ubume besimo esikuso njengamanje.
- Siyazi ukuthi ukuvalwa kwezwe kuyasebenza ngokubona ukwenza kahle kwamanye amazwe athathe isinqumo sokubeka imikhawulo efanayo.
- Ngokulandela iminqubo-migomo, ukuhlala ekhaya, ukulandela izindlela zenhlanzeko nokusebenza ngokubambisana sinethuba elihle kakhulu lokunqanda ukubhebhetheka.
- Noma kunjalo, sikhathazekile ngalabo bantu abangakabuboni ubucayi balesi sifo.
- Lesi sifo sikhona ngempela futhi sinobungozi obukhulu kithina sonke kanye nomphakathi wakithi.
- Sihlasela ocebile nohlwempu, omncane nomdala, onsundu nomhlophe, labo abahlala emadolobheni nalabo abahlala ezindaweni zasemakhaya.
- Ngaso sonke isikhathi uma uphula iminqubo-mgomo, uzibeka wena nabanye engcupheni, futhi usiza ukubhebhethekisa igciwane.



**KUHLOLWA KWETEMPHILO YEMMANGO NGESIKHATSI SEKUHLALA
EMAKHAYA
01 MABASA 2020 NGENSIMBI YE-19:00**

Sikhuphula emasokisi ekulweni lemphi

- Kulamalanga nemaviki letako, Bosotemphilo beMmango labange-10 000 batawutfunywa kulo lonkhe lelive kute bangene emakhaya ngemakhaya bapopole bantfu emimangweni lengaba sengotini kakhulu.
- Bosotemphilo beMmango batawunikwa emanyifomu netigcebhezana letibakhombisako letitawenta kutsi kube lula kutsi ummango ukhone kubabona kutsi babobani.
- Lokutfunywa kwabo kutawulandzela indlela lehlelwe ngetigaba nalehlosile futsi tindzawo letinebantfu labanyenti njenge-Alexandra, Diepsloot neKhayelitsha titawuvakashelwa esigabeni sekucala.
- Kuhlolwa noma-ke kupotjolwa kuletinye tindzawo kutawentiwa ngekulandzela yona leyo ndlela lehlelwe ngetigaba nalehlosile

Kupotjolwa kubaluleke kakhulu ekulweni lemphi

- Kupotjolwa kuyindlela lesetjentiswa tisebenti tetemphilo kute batfole kutsi unayo yini i-COVID-19 noma ute. Sotemphilo utakubuta imibuto bese ukupopola esimongweni kute atfole lizinga lekushisa kwemtimba wakho.
- Losotemphilo utakubuta kutsi:
 - Kulamalanga la-14 landlulile uke waya yini eveni leliyingoti kakhulu (mayelana nekubhedvuka kwalesifo)
 - Kulamalanga la-14 lendlulile uke wahlangana yini nemuntfu locinisekiswe kutsi une-COVID-19
 - Unato yini timphawu letinjengemfiva, kukhwehla lokomile nekuphefumula kamatima.
- Uma ngabe uke watsatsa luhambo waya eveni lesengotini kakhulu noma-ke uke waba nemuntfu lone-COVID-19 ufanele kutsi utisuse kulabanye bantfu utivalele endzaweni tsite wedvwana.
- Loku kusho kutsi ufanele kutsi uhlale ekhaya emalanga la-14 utigadze timphawu letifanana nekukhwehla lokomile, imfiva nekuphefumula kamatima. Ungasondzeli kubantfu labadzala kanye nebantfu labanemasotja emtimba labutsakatsaka noma-ke labanetimo letifana nehayihayi noma sifo sashukela.
- Bosotemphilo beMmango batawendlulisela bantfu labasoleka kutsi baneligciwane le-corona esikhungweni setemphilo semmango lesidvute, emfolamphilo noma esibhedlela.
- Kuhlolwa kutawentiwa kuphela etikhungweni tekunakekelwa ngetemphilo nasetindzaweni tekuhlola letibomahambanendlwana.

- Akusiye wonkhe umuntfu lotawuhlolwa, tisebenti tetemphilo titawusebentisa indlela letsite ngekubuka kutsi timphawu takho timatima kangakanani nekutsi ngutiphi tintfo letiyingoti kakhulu lonato.
- Kuhlolwa kufaka ekhatsi kutsatfwa kwemasampuli etinshwana temtimba letiphilako letitsite, njengalokuhwaywe lapha emakhaleni, noma emasampuli engati, lebeso ihlolwa elabhorekthri kutsi ite yini leligciwane noma emasotja emtimba.

Kuphepha kwetisebenti letisembili kubekwa embili

- Sitsandza kucinisekisa bantfu baseNingizimu Afrika kutsi tisebenti letisebenta ngaphandle kwemahhovisi noma letihambela imimango kanye netisebenti tetekwelapha letisembili titawunikwa tisetjentiswa tekutivikela.
- Sikuvile kukhatsateka kwetisebenti letinakekela ngetemphilo futsi sifuna kucinisekisa kutsi kuphepha kwato kubaluleke kakhulu.
- Sitawenta konkhe lokusemandleni etfu kutsi sigcine tingcweti tetfu letinakekela ngetemphilo tiphephile.

Sisonkhe singakuvimba lokubhebhethseka kwalesifo

- Bantfu baseNingizimu Afrika basigcinile sicelo sahumende ngebunyenti babo. Linyenti liloku lidlala indzima yalo kute kutsi kuncishiswe kubhebhethseka kwaleligciwane.
- Nanoma kunjalo, sifanele kutsi sihlale sicaphele futsi angeke sikhone kuhlala singacapheli.
- Busika buyeta futsi loku kungasigucula lesimo lesikhona kwamanje.
- Siyati kutsi kuhlala ekhaya kusebenta ngobe kubonwe kulamanye emave lakusebentisile kusebenta.
- Ngekugcina lemitsetfomgomo, kuhlala ekhaya, kugcina tindlela letikahle tekuhlanteka nekusebentisana sinelitfuba lelihle mbamba lekulawula kubhebhethseka.
- Nanoma kunjalo, siyakhatsateka, ngalabo labangayiboni ingoti yalesifo.
- Lesifo silicinisile futsi siyingoti lenkhulu kitsi sonkhe nasemmangweni wetfu.
- Sihlasela labanjingile nalabaphuyile, labancane nalabadzala, labamnyama nalabamhlophe, labahlala emadolobheni nalabahlala emaphandleni.
- Ngaso sonkhe sikhatsi uma wephula lemitsetfomgomo, utifaka wena kanye nalabanye engotini, uphindze futsi usite leligciwane kutsi libhebhethseke.



**THATHUVHO YA MUTAKALO TSHITSHAVHANI NGA TSHIFHINGA HETSHI
TSHA NYILEDZA YA U BVA HAYANI YA LUSHAKA
01 LAMBAMAI 2020 @19H00**

Ri khou khwaṭhisa u lwisa kha heyi nndwa.

- Kha maḍuvha na dzivhege dzi ḍaho, Vhashumela Ndongola Mutakalo Tshitshavhani vha 10 000, vha ḍo rumelwa u ya kha shango loṭhe nga vphuphara u dzhena muḍi nga muḍi uri vha ṭhathuvhe vashaesatsireledzo zwitshavhani zwashu.
- Vhashumela Ndongola Mutakalo Tshitshavhani vha ḍo fhiwa yunifomo na dzithege dza vhufaedzi dzine dza ḍo leludzela tshitshavha uri tshi kone u vha ṭalusa.
- U rumelwa uho hu ḍo tevhela maitete a u shuma hu tshi khou sedzwa vhupo nga vhupo na uri fhethu ho tsitsikanaho hu nga ho sa Alexandra, Diepsloot na Khayelitsha hu ḍo dalelwa kha luṭa lwa u thoma.
- U ṭhathuvha kha vhuṅwe vhupo hu ḍo phadaladzwa nga u tevhedza maitete anea a fanaho a u sedza vhupo nga vhupo.

U ṭhathuvha ndi ha ndeme kha hei nndwa.

- U ṭhathuvha ndi ndila ine vhashumeli vha mutakalo vha i shumisa kha u kona u wana uri vha na COVID-19 kana a vha nayo. Mushumeli wa mutakalo u ḍo vha vhudzisa mbudziso na u ṭola hafha kha phanda yavho u dzhia themphetsha.
- Mushumeli wa mutakalo u ḍo vhudzisa arali:
 - Vho dalela shango line la vha na tshutshedzo khulwane kha maḍuvha a 14 o fhiraho.
 - Vho vha na vhukwamani na muthu ane zwo khwaṭhisedzwa uri u na COVID-19 kha maḍuvha a 14 o fhiraho.
 - Vha na tsumbadwadze dzi no nga mufhiso, u hoṭola na u fhihamelwa vha tshi fema.
- Arali vho dalela shango line la vha na tshutshedzo khulwane kana vho vha na vhukwamani na muthu ane zwo khwaṭhisedzwa uri u na COVID-19, vha tea u ḍikhetha vha ḍivalela thungo.
- Hezwi zwi amba uri vha tea u dzula hayani maḍuvha a 14 na u dilavhelesa arali vha na tsumbadwadze dzi nga ho tshihotola tsho omaho, mufhiso, u hoṭola na u fhihamelwa vha tshi fema. Kha vha dzulele kule na vhaaluwa na vathu vhane sisiteme dzavho dza maswole a muvhili dzi vho kundelwa kana vha re na maṅwe malwadze a no nga mutsiko wa malofha na vhwadze ha swigiri.
- Vhashumela Ndongola Mutakalo Tshitshavhani vha ḍo fhirisela vathu avho vhane vha khou humbulelwa u vha vhe na tshitzhili tsha Corona kha senthara ya mutakalo ya tshitshavha, kiliniki kana tshibadela tsha tsinisa.

- Ndingo dzi do itwa fhedzi kha zwiimiswa zwa ndondola mutakalo na fethu thendeleki ha dzindingo.
- A si muñwe na muñwe ane a do itwa ndingo, vhashumi vha mutakalo vha do shumisa fomula nga u sedza uri tsumbadwadze dzavho dzo hulela u swika ngafhi na uri vha na zwifhio zwine zwa vhesa tshutshedzo.
- Ndingo dzi katela u dzhiiwa ha tsumbotopolwa kha muvhili wa mulwadze i nga ho tshiludi tsha ningo kana tsumbotopolwa ya malofha, hune ha kona u itwa ndingo laborothari dza tshitzhili kana bakitheria dzi sa faneli u vha muvhilini.

Tsireledzo ya tshifafu tshashu tshi shumaho phanda ndi ya vhuṭhogwa.

- Ri khou tama u dovha ra fulufhedzisa maAfrika Tshipembe uri vhashumi vhashu vha shumaho nnda na vha re phanda vha tshifafu tsha zwa mishonga vha do netshedzwa tshomedzo dzo teaho dza u tsireledza muthu ene muñe.
- Ro thetshelisa mbilaelo dza vhashumi vhashu vha ndondola mutakalo na uri ri tama u dovha ra vha fulufhedzisa uri tsireledzo yavho i da phanda.
- Ri do ita zwoṭhe nga hune ra kona u itela uri vhoraphurofesheni vhashu vha ndondola mutakalo vha dzule vho tsireledzea.

Nga kha u shumisana ri nga kona u tsitsela fhasi tshikalo tshi re nṭha.

- MaAfrika Tshipembe vho fhindula nga tshivhalo tshihulwane kha khuwelelo ya muvhuso. Vhunzhi ha vhatu vha khou ita tshavho tshipida kha u fhungudza u phadalala ha tshitzhili.
- Fhedziha, ri tea u dzula ro fhatuwa na uri ri nga si kone u dzula ra digeda.
- Vhuria vhu khou dzhena na uri vhu nga di dovha ha shandukisa mashumele kha ane a vha zwone zwino.
- Ri a zwi divha uri nyiledza dza u bva hayani dzo shuma zwavhudi u bva kha madzema kwae a mañwe mashango e a shumisa nyiledzo dzi fanaho na dzenedzi.
- Nga u dzhiela nṭha ndaulo, u dzula hayani, u dzhiela nṭha maitete a tsiravhulwadze na u shumisana, ri na tshikhala tshavhudi tsha u faredza u phadalala ha vhulwadze.
- Fhedziha, ri khou vhilaedzwa nga avho vhane a vha athu dzhiela nṭha vhungoho ha uvhu vhulwadze.
- Vhulwadze hovhu vhu hone zwa vhukuma na uri vhu disa tshutshedzo khulwanesa kha muñwe na muñwe washu khathihi na lushaka lwashu.
- Vhu kavha vhapfumi na vhashai, vhatuku na vhahulwane, vharema na vhatshena, avho vhane vha dzula dziḍoroboni na vha dzulaho vhuṭhoni ha mahayani.
- Tshifhinga tshiñwe na tshiñwe vha tshi pfuka ndaulo, vha khou vhea vhutshilo havho na ha vhañwe khomboni, khathihi na u thusa u phadaladza tshitzhili.