

FACTS ABOUT CORONAVIRUS?

- Wash hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser if soap and water are not available.
- Misconceptions, rumours and misinformation are contributing to stigma and discrimination which hamper response efforts to the coronavirus.
- Stigma may result to a situation where the virus is more likely to spread.
- Collective solidarity and global cooperation are needed to prevent further transmission and spread of the coronavirus
- Members of the public are urged to practice everyday preventive actions to help prevent the spread of viruses.
- Avoid close contact with people who are sick and avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Members of the public are urged to remain calm and should not spread misinformation about the coronavirus.
- The Department of Health has activated an emergency operations centre to deal with the Coronavirus and health professionals both in the public and the private sector are fairly competent to manage the virus.

MITIYISO HI MAYELANA NA KHORONAVHAYIRASI (*Coronavirus*).

- Hlamba swandla swa wena nkarhi na nkarhi hi xisibi na mati ku ringana mpimohansi wa 20 wa tisekondi kumbe u tirhisa xibasisaswandla lexi nga na xihoko loko xisibi na mati swi nga ri kona.
- Mavonelo yo hoxeka, maveriveri na vuxokoxoko byo hoxeka swi hoxa xandla eka nhlekulo na xihlawuhlawu leswi swi kavanyetaka matshalatshala ya angulo eka Khoronavhayirasi (*Coronavirus*).
- Nhlekulo wu nga ha vanga xiyimo laha xitsongwatsongwana lexi xi nga kotaka swinene ku hangalaka.
- Nseketelano wa nhlanganelo na ntirhisano wa misava hinkwayo swa dingeka ku sivela ku hundzisiwa na ku hangalaka ku ya emahlweni ka Khoronavhayirasi (*Coronavirus*).
- Vaaki va khutaziwa ku tirhisa magoza yo sivela ya masiku hinkwawo ku sivela ku hangalaka ka switsongwatsongwana.
- Papalata ku khumbana na vanhu lava va vabyaka naswona papalata ku khumba mahlo, nhompfu, na nomu wa wena.
- Basisa na ku tirhisa swidlayaswitsongwatsongwana eka michumu na swivandla leswi swi tshamaka swi ri karhi swi khumbiwa hi ku tirhisa xifafazelo kumbe xisulo xo basisa xa le kaya xa nkarhi na nkarhi.
- Hlamba swandla swa wena nkarhi na nkarhi hi xisibi na mati ngopfu-ngopfu endzhaku ko ya exihambukelweni; u nga si dya; na le ndzhaku ka ku rhimila, ku khohlola kumbe ku entshemula.
- Vaaki va khutaziwa ku tshama va ehlise mimoya naswona va nga hangalasi vuxoko-xoko byo hoxeka hi mayelana na khoronavhayirasi.
- Ndzawulo ya Rihanyo yi pfurile senthara ya mitirho ya xilamulelamhangu ku tirhana na khoronavhayirasi naswona vatirhi va swa rihanyu eka havumbirhi bya sekitara ya mfumo na leyi nga riki ya mfumo va na vuswikoti swinene ku lawula xitsongwatsongwana lexi.

FEITE VAN DIE KORONAVIRUS?

- Was jou hande dikwels met seep en water vir ten minste 20 sekondes of gebruik 'n handontsmetmiddel met 'n alkoholbasis wanneer seep en water nie beskikbaar is nie.
- Wanopvattinge, gerugte en verkeerde inligting dra by tot stigma en diskriminasie wat pogings om op die koronavirus te reageer belemmer.
- Stigma kan lei tot 'n situasie waar die virus waarskynlik verder kan versprei.
- Kollektiewe solidariteit en wêreldwye samewerking is nodig om verdere oordrag en verspreiding van die koronavirus te voorkom.
- Die publiek word versoek om alledaagse voorkomende stappe te neem om die verspreiding van die virus te voorkom.
- Vermynabye kontak met mense wat siek is, en moenie aan jou oë, neus en mond vat nie.
- Maak voorwerpe en oppervlakke wat dikwels aangeraak word gereeld skoon met gewone huishoudelike ontsmettingsmiddels.
- Was jou hande gereeld met seep en water, veral nadat jy in die badkamer was; voordat jy eet; en nadat jy jou neus geblaas het, gehoos of genies het.
- Die publiek word versoek om kalm te bly en nie vals inligting oor die koronavirus te versprei nie.
- Die Departement van Gesondheid het 'n noodsentrum in werking gestel om die koronavirus te hanteer, en gesondheidswerkers in die openbare sowel as in die private sektor is taamlik bevoeg om die virus te bestuur.

AMAPHUZU AYIQINISO NGE-CORONAVIRUS

- Hlanza izandla njalo ngensipho namanzi isikhathi esiyimizuzwana engama-20 noma usebenzise izibulali-magciwane zesandla uma insipho namanzi kungekho.
- Imibono eyiphutha, amahemuhemu kanye nolwazi olungelona iqiniso kunomthelela ekucwaseni nasekubandlululeni okuthikameza imizamo yokubhekana negciwane le-*corona*.
- Ukucwasa kungaholela esimweni lapho igciwane lingasabalala kakhulu.
- Ubumbano oluhlangene kanye nokusebenzisana emhlabeni jikelele kuyadingeka ukunqanda ukuthelelana nokusatshalaliswa kwegciwane le-*corona*.
- Amalungu omphakathi ayaxuswa ukuba alandele izindlela zokuvikela zansukuzonke ukusiza ukunqanda ukusabalala kwamagciwane.
- Gwema ukuthintana nabantu abagulayo futhi ugweme ukuzithinta amehlo, ikhala, kanye nomlomo.
- Hlanza futhi ubulale amagciwane ezintweni nasezindaweni ezithintwa njalo usebenzise izihlanzi zokufutha noma zokusula ezijwayelekile zasendlini.
- Hlanza izandla zakho njalo ngensipho namanzi ikakhulukazi emva kokuya endlini yangasese; ngaphambi kokuba udle; nasemva kokufinya, ukukhwehlela, noma ukuthimula.
- Amalungu omphakathi ayaxuswa ukuthi abeke phansi umoya futhi akumele asabalalise ulwazi olungelona iqiniso mayelana negciwane le-*corona*.
- Umnyango Wezempilo usuvule isikhungo sezimo eziphuthumayo ukubhekana negciwane le-*Corona* futhi nabasebenzi bezempilo ngaphansi komkhakha kahulumeni nozimele banalo ikhono lokubhekana negciwane le-*corona*.

AMAPHUZU ALIQINISO NGOMULWANA WE-CORONA?

- Yandisa ukuhlamba izandla ngamanzi nesibha, uhlikihle ubuncani bakhona ama-20 wemizuzwana namkha usebenzise isibulalimagciwani sezandla esenziwe nge-alkhoholi nakube awunasibha namanzi.
- Ikolelo ekhuthako, izwangobatjho nelwazi elidurhisako zizinto ezibanga ukuninda amagama wabantu nokubabandlulula okunomthelela ekuriyadiseni imizamo yokulwa nomulwana we-*corona*.
- Ukunindeka kwabantu kungenzeka kwandise amathuba wokurhatjheka komulwana lo.
- Ukuzwelana nokusebenzisana ephasini loke magadango afunekako ukukhandela ukurhatjheka kobulwele be-*corona* ukuya phambili.
- Amalunga womphakathi akhuthazwa ukuzijayeza iindlela zokukhandela ukurhatjheka komulwana wobulwele obunye nobunye.
- Balekela ukuthintana nabantu abagulako, ubalekele noziphathaphatha emehlweni, ipumulo nomlomo.
- Hlanza ube usebenzise nesibulalimagciwani ezintweni neendaweni eziphathwaphathwa soke isikhathi ngokusebenzisa isivuvuzeli sokuhlwegisa esijayelekileko esisetjenziswa ekhaya namkha wesule ngesihlwengisi.
- Yandisa ukuhlamba izandla ngamanzi nesibha, khulu khulu ngemva kokuvakatjhela ithoyilethe/indlwana yokuphumela; ngaphambi kokudla; nangemva kokufinya, ukukhohlela namkha ukuthimula.
- Amalunga womphakathi ayakhonjelwa ukuthi angapharhazeli, ehlise uMoya begodu angarhatjhi ilwazi elidurhisako ngomulwana we-*corona*.
- UmNyango wezamaPhilo uvule amaziko wesizo elirhabako azakusebenza ngayo i-*Coronavirus* begodu abosokghonofundwa bezamaphilo embusweni nekorweni yangeqadi banekghono elifaneleko lokulawula umulwana owehlileko lo.

AMANQAKU NGE-CORONAVIRUS

- Hlamba izandla zakho rhoqo ngesepha namanzi isithuba esiyimizuzwana engama-20 okanye usebenzise ichiza lokubulala iintsholongwane ukuba ayikho isepha namanzi.
- Izimvo ezingezizo, amarhe kunye nolwazi olulahlekisayo zinegalelo kule ngxaki yokubukulwa nokubekwa amabala kwabantu abanale ntsholongwane into leyo ephazamisana namalinge okulwa intsholongwane ye-*corona*.
- Ukubeka amabala kungabangela ukuba le ntsholongwane inwenwe ngakumbi.
- Ukusebenza ngokubambisana kunye nokusebenzisana kwamazwe ehlabathi kuyafuneka ukuze kuthintelwe ukosuleleka kwabantu abaninzi nokwanda kwenani labantu abasolulelwe yile ntsholongwane.
- Abantu bayacelwa ukuba bathathe amanyathelo okuzikhusela yonke imihla ukuze bathintele ukunwenwa kweentsholongwane.
- Ungasondeli ebantwini abagulayo kwaye ungawaphathi amahlo, impumlo kunye nomlomo wakho.
- Zicoce uze uzitshize ngechiza lokubulala iintsholongwane izinto kunye neendawo eziphathwa rhoqo usebenzisa izinto eziqhelekileyo zokucoca emakhaya.
- Zihlambe rhoqo izandla zakho ngesepha namanzi ingakumbi xa uvela kwindlu yangasese; phambi kokutya; emva kokufinya, kokukhohlela okanye kokuthimla.
- Abantu bayacelwa ukuba bangothuswa futhi basasaze ulwazi olungeyonyani ngentsholongwane ye-*corona*.
- ISebe lezeMpilo livule iziko likaxakeka eliza kulwa intsholongwane ye-*corona* futhi iingcali zezempilo kwizibhedlela zikarhulumente nezabucala zinazo izakhono zokulwa le ntsholongwane.

DINTLHA KA BOLWETŠI BJA CORONAVIRUS?

- Hlapa diatla tša gago ka sesepa le meetse bonyane metsotswana ye 20 goba šomiša sanithaesa ya go ba le alekhohole ge e le gore sesepa le meetse ga di gona.
- Dikgopolo tše di šaetšegilego, dipolelo tša go hloka nnete le tshedimošo ya maaka di na le seabe go kgobošo le kgethologanyo yeo e šitišago maitekelo a go lwantšha *coronavirus*.
- Kgobošo e ka feletša ka seemo seo ka sona baerase go nago le kgonagalo ya gore e phatlalale.
- Go thekgana mmogo le tirišano ya lefase ka bophara di a hlokagala ka nepo ya go thibela phetetšo le go phatlalatšwa ga *coronavirus*.
- Maloko a setšhaba a kgopelwa go diriša magato a thibelo letšatši le lengwe le le lengwe go thuša go thibela go phatlalatšwa ga dibaerase.
- Efoga go ba kgauswi le batho bao ba babjago gape o efoge le go kgoma mahlo a gago, nko le molomo.
- Hlwekiša o fele o tloša ditwatši kgafetšakgafetša go dilo tšeo le di kgomilego le mafelong a le a šomišago ka go šomiša sefofetši sa ka ntlong sa ka mehla goba lešelana la go phumola la go ba le sebolayaditwatši.
- Hlapa diatla tša gago kgafetšakgafetša ka sesepa le meetse kudukudu ka morago ga go ya ntlwaneng ya boithomelo; pele ga ge o eja; ka morago ga go mimila, go gohlola, goba go ethimola.
- Maloko a setšhaba a kgopelwa go bea matswalo fase gomme ba se ke ba phatlalatša tshedimošo ya maaka ka ga *coronavirus*.
- Kgoro ya Maphelo e hlomile lefelo la tšhoganetšo la go šoma ka *Coronavirus* gomme bašomi ba tša maphelo ba diphrofešenale ka lekaleng la setšhaba le la phraebete ba tloga ba na le bokgoni bja go laola baerase ye.

DINTLHA TSE TEKILWENG MABAPI LE SEWA SA KOKWANAHLOKO YA CORONA

- Hatlela kgafetsa ka sesepa le metsi ka metsotswana e ka bang 20, kapa o sebedise sebolayadikokwana se nang le alkhohole haeba metsi le sesepa di le siyo.
- Maikutlo a bohata, bobare le lesedi le fosahetseng di na le tshusumetso e mpe mabapi le sepha le kgethollo tse sitisang matsapa a karabelo kokwanahlokong ena ya *corona*.
- Sepha sena se ka nna sa tlisa sephetho seo ho sona kokwanahloko e ka jalehang haholwanyane.
- Kutlwelanobohloko e kopanetsweng le tshebedisanommoho ya lefatshe lohle di a hlokeha, e le ho thibela tshwaetseho le keketseho ya kokwanahloko ena ya *corona*.
- Setjhaba se kotjwa ho nka dikgato tsa thibelo kamehla, e le ho thusa ho thibela ho jaleha ha dikokwanahloko.
- Qoba ntho ya ho ama batho ba kulang o be o qobe ho itshwara mahlo, nko le molomo.
- Hlwekisa o be o bolaye dikokwanahloko fatshe le disebedisweng tse tshwarwang kgafetsa, o sebedisa senyanyatsi se hlwekisang ka lapeng kapa sesebediswa sa ho hlakola se tlotsitsweng ka sebolayadikokwana.
- Hatlela kgafetsa ka sesepa le metsi, haholoholo ha o tswa ntlwaneng; pele o ja; le ha o qeta ho mina, ho kgohlela kapa ho thimola.
- Setjhaba se kotjwa hore se dule se theotse moya le hore se se ke sa hasa lesedi le fosahetseng ka kokwanahloko ya *corona*.
- Lefapha la Bophelo bo Botle le kgakotse setsi sa ditshebetso tsa tshohanyetso ho lwantshana le kokwanahloko ya *Corona*, ebile baporofeshenale ba lekala la setjhaba le la poraefete ba na le bokgoni bo botle ba ho laola kokwanahloko ena.

DINTLHA TSE DI KA GA BOLWETSE JWA MOGARE WA CORONA?

- Tlhapa diatla tsa gago ka metsi a sesepa sebaka sa disekono di le 20 kgotsa o dirise setlotsi sa diatla se se bolayang megare fa e le gore ga o na metsi a sesepa.
- Maaka, mabarebare le tshedimosetso e e fosagetseng di tlhola mamodula le go tlhaolana e leng se se kgoreletsang dikgato tsa go samagana le mogare wa *corona*.
- Mamodula e ka tlhola gore mogare ono o ate.
- Go ipopa ngatana le go dirisanammogo lefatshe ka bophara ke sona se se tlhokegang go thibela go fetelana le go anama ga mogare wa *corona*.
- Baagi ba lopiwa go tsaya dikgato letsatsi le letsatsi go thibela go ata ga mogare ono.
- Baagi ba lopiwa go se kgome kgotsa go se atumelane le batho ba ba lwalang mmogo le go efoga go itshwara mo matlhong, mo nkong le mo molomong.
- Baagi ba lopiwa go phepafatsa le go tlotsa setlotsi sa go bolaya megare mo dilong tse ba di kgomang ka gale mmogo le mo mafelo a ba a dirisang ka go dirisa sephepafatsi kgotsa sephimodi sa setlotsi sa go bolaya megare.
- Baagi ba lopiwa go tlhapa diatla tsa bona ka metsi a sesepa bogolosegolo fa ba tswa kwa ntlwanaboithusetsong; pele ba ka ja; le fa ba sena go minola, go gotlholo kgotsa go ethimola.
- Baagi ba lopiwa go digela matswalo le go se phasalatse dikgang tsa maaka ka mogare ono wa *corona*.
- Lefapha la Boitekanelo le butse tikwatikwe ya ditirelo tsa tshoganyetso go samagana le Mogare wa *Corona* mme e bile gape badiredi ba boitekanelo go tswa kwa maphateng ka bobedi e leng a puso le a poraefete ba na le maitemogelo a a lekaneng go ka samagana le mogare ono.

EMAPHUZU LANGEMACINISO NGE-CORONAVIRUS?

- Geza tandla takho ngemanti nensipho ngaso sonkhe sikhatsi futsi utsatse lokungenani emasekhondi lange-20 utigeza noma-ke sebentisa sibulalamagciwane sekugeza tandla uma ngabe kute emanti nensipho.
- Imicondvo lengasiyo, emahemuhemu kanye nelwatiso lolungesilo liciniso kufaka ligalelo ekukhishweni inyumbatana nekubandlululwa lokubese-ke kuba nemtselela lomubi emitameni yekulwa nalegciwane le-*corona*.
- Kukhishwa inyumbatana kungaholela esimeni lapho khona leligciwane lingabhebheketsa kakhulu.
- Kusebentisana nekubambisana sonkhe kuyadzingeka kute kuvikelwe kuchubeka kwesuleleka nekwandza kwalegciwane le-*Corona*.
- Emalunga emmango acelwa kutsi onkhe malanga atsatse tinyatselo tekusita kuvikela kwandza kwaleligciwane.
- Gwema kusondzelana kakhulu nebantfu labagulako futsi ugweme nekutsintsa emehlo, timphumulo, nemlomo wakho.
- Hlanta uphindze futsi ubulale emagciwane etintfweni letitsinfwa njalo-nje usebentise sifutfo sekuhlanta noma kwekwesula kwasekhaya.
- Geza tandla takho ngemanti nensipho njalo-nje ikakhulu ngemuva kwekuya emthoyi; ngembi kwekudla; nangemuva kwekufinya, kukhwehlela, noma kuthimula.
- Emalunga emmango acelwa kutsi ehlise umoya atinte futsi angasabalalisi lwatiso lolungesilo liciniso mayelana nalegciwane le-*Corona*.
- Litiko Letemphilo lisungule sikhungo sekusebenta setimo letiphutfumako kutsi sibukane nalegciwane le-*Corona* futsi netingcweti tetemphilo emkhakheni wahulumende nalotimele tinelikhono lelenele kutsi bangabukana naleligciwane.

MBUNO NGA KHA CORONAVIRUS?

- Kha vha tambe zwanda tshifhinga tshothe nga tshisibe na maḍi lwa tshifhinga tshi linganaho mithethe ya 20 kana vha shumise tshivhulahazwitshili tsha zwanda tshi re na alikhoholo arali tshisibe na maḍi zwi siho.
- Mihumbulo yo khakheaho, mavharivhari na u sa wana mafhungo a vhukuma zwi khou shela mulenzhe kha samba na khethululano zwine zwa thivhela ndingedzo dza u lwa na *coronavirus*.
- Samba li nga bveledza tshiimo tshine tsha nga ita uri vairasi i phadalale.
- Vhuthihi ho tanganelaho na tshumisano na lifhasi zwi khou toḍea u thivhela phiriselo na phadaladzo dza *coronavirus*.
- Mirado ya tshitshavha vha tuṭuwedzwa u shumisa maga a thivhelo duvha na duvha u thivhela u phadalala ha dzivairasi.
- Kha vha thivhele u kwamana na vhathu vhane vha khou lwa na u litsha u dzulela u fara maṭo, ningo na mulomo zwavho.
- Kha vha kunakise na u shumisa tshivhulahazwitshili tshifhinga tshothe kha zwithu zwo kwamiwaho na fhasi nga u shumisa tshifafadzeli tsha u kunakisa nduni kana zwa u phumula.
- Kha vha dzulele u tamba zwanda zwavho nga tshisibe na maḍi nga maanda nga murahu ha u ya nduni thukhu; phanda ha musi vha tshi la; na nga murahu ha u fumula ningo yavho, u hotola, kana u atsamula.
- Mirado ya tshitshavha vha tuṭuwedzwa uri vha dzule vho dzika nahone vha songo phadaladza mafhungo a si a vhukuma nga ha *coronavirus*.
- Muhasho wa Mutakalo wo vula senthara ya mishumo ya shishi ine ya do sedzana na *Coronavirus* nahone vhashumeli vha mutakalo vha re na ndalukano kha sekhithara dzothe dza muvhuso na dza phuraivethe vha na vhukoni ho teaho u langa vairasi.