

Emaciniso e-COVID-19. **Yindzaba yetfu sonkhe.**



Kunatsa sihlanta tandla noma sibulala magciwane kuyayivikela i-COVID-19.



Kunatsa sihlanta tandla noma sibulala magciwane angeke kuyivikele i-COVID-19 futsi kunebungoti kakhulu emtimbeni nasemphilweni yakho. Sihlanta tandla sisetjentiswa kugeza tandla kubulala ligciwane, ayinatfwa.



Siyavikelana kuleligciwane leCOVID-19 ngekutsi:



Siwashe tandla ngemanti lageletako nensipho njalonjalo imizuzwana lengemashumi lamabili.



Sigcoke sifonyo noma imphahla levala imphumulo kanye nemlomo.



Sikhwehlele noma sitsimule ngekatsi kwencoza.



Sigcine umkhatsi longange limitha.



Sigweme kutsinta emehlo, imphumulo kanye nemlomo.



Sihlale ekhaya uma sinetimpawu temkhuhlane noma letifana netemkhuhlane.