

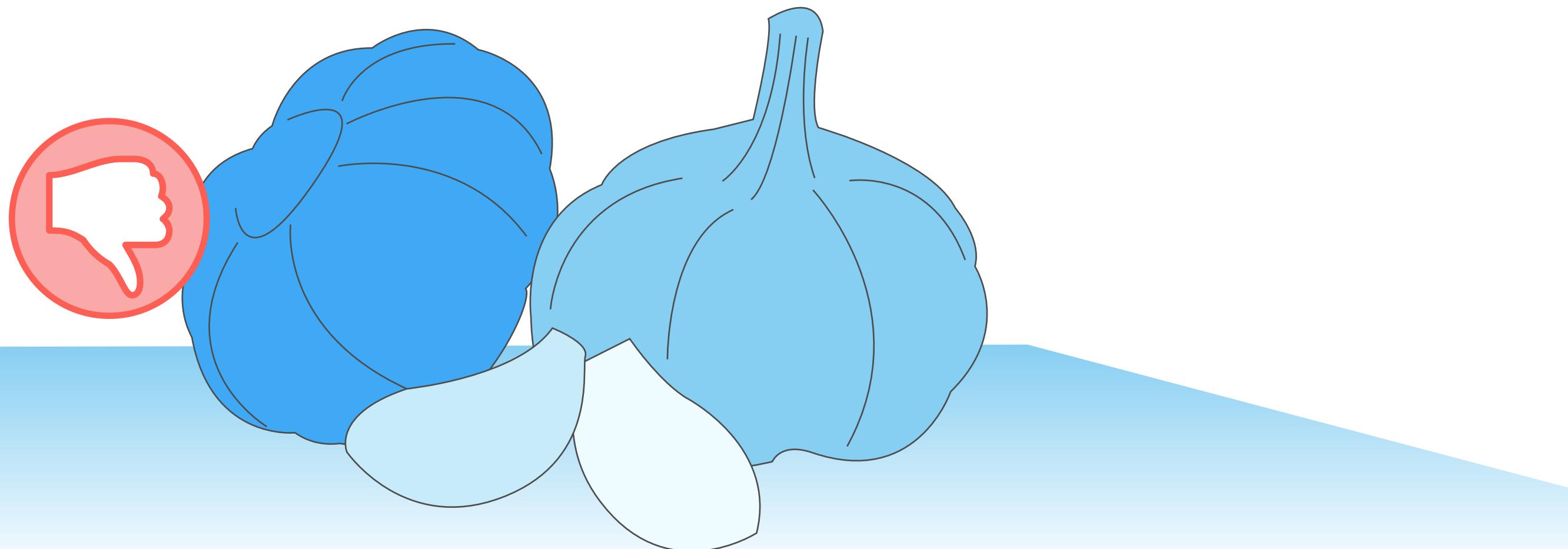
Emaciniso e-COVID-19. **Yindzaba yetfu sonkhe.**



Kudla garlic kuyayivikela
i-COVID-19.



Kusete luchwaningo
nebufakazi kutsi kudla
garlic kuyayivikela
i-COVID-19.



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
sinetimphawu
temkhuhlane noma
letifana netemkhuhlane.