

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

EMANGA

Kugeza ngemanti
lashisako noma kufutsa
kuyayivikela i-COVID-19.

LICINISO

Kugeza ngemanti lashisako
noma kufutsa akuyivikeli
i-COVID-19. Kusebentisa
emanti lashisako noma kufutsa
kungabanga tingoti noma
ushe.



Siyavikelana kuleligciwane leCOVID-19 ngekutsi:



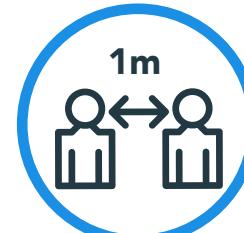
Siwashe tandla ngemanti
lageletako nensipho njalonjalo
imizuzwana lengemashumi
lamabili.



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.