

Emaciniso e-COVID-19. Yindzaba yetfu sonkhe.



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



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 kutsintsa emehlo, imphumulo kanye nemlomo.



Sihlale ekhaya uma sinetimphawu temkhuhlane noma letifana netemkhuhlane.