

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

**EMANGA**

I-COVID-19 ihlasela bantfu labadzala kuphela.

**LICINISO**

I-COVID-19 iyatselewana lokwenta kutsi ingatfolwa ngunoma ngubani noma anganani. Bantfu labadzala, nebantfu labanekugula lokutsite basematfubeni lamakhulu ekugula ngaleligciwane.



## 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.