

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



Kwenyusa lizinga lekulalana kuyayivikela i-COVID-19 ngoba loku kushisia ingati.



Kulalana noma nangutiphi tindlela tekushisia ingati noma umtimba akuyivikeli 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 sinetimpawu temkhuhlane noma letifana netemkhuhlane.