

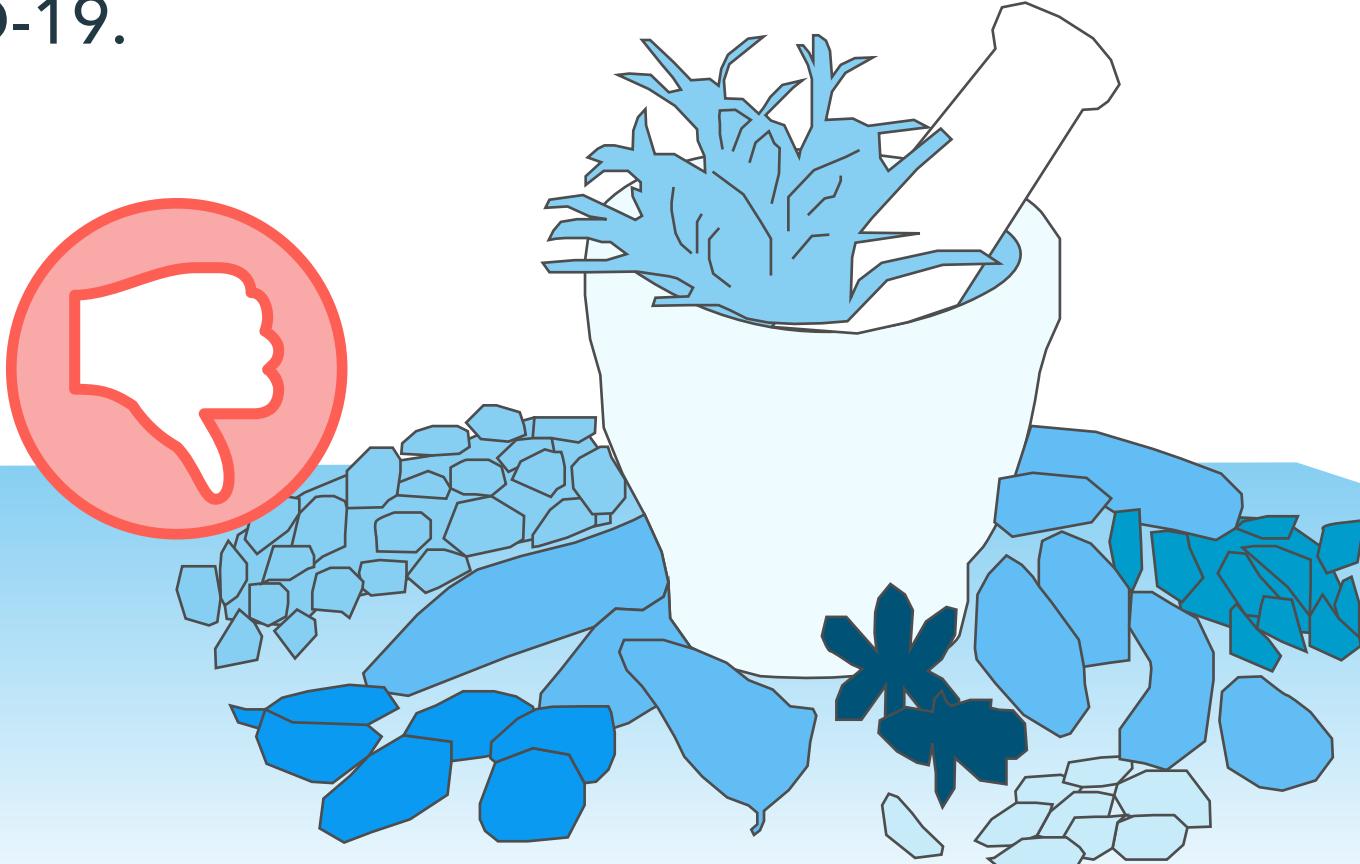
# Emaciniso e-COVID-19. **Yindzaba yetfu sonkhe.**

**EMANGA**

Kunatsa emakhambi lotentele wona ekhaya (lokuhlanganiswe lilamula, garlic, naginger) noma kwsintfu (kubilisa emacembe emhlonyane) kuyayivikela i-COVID-19.

**LICINISO**

Kwanyalo kusete emakhambi lokutsiwa ayayelapha 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.