**Prepared for CCI**

**Ilwazi elingasi liqiniso malungana – Nobungozi bomnyaka**

Inga-kghani kuliqiniso ukuthi ubulwelwe be-coronavirus buhlasela khulu abantu abalupheleko, namkha nabantu abasesebatjha buyabaphatha?

Ubulwelwe be-coronavirus buphatha abantu bayo yoke iminyaka (nCoV-2019)

Abantu abalupheleko, nabantu abanobulwelwe obungumahlalakhona (obunjengesifuba, isifo setjhukela, isifo sehliziyo) ngibo abasengozini ekulu yokuthi bagule khulu nabangahlaselwa mulwana lo. Umnyango wezepilo i-WHO uhlongoza bona abantu bayo yoke iminyaka bathathe amagadango wokuzivikela emulwaneni lo, ngokwesibonelo, balandele iinhlongozo zehlanzeko naziza endleleni abahlanza ngayo izandla zabo nalokho nabakhohlelako namkha bathimula.

**Ilwazi elingasi liqiniso malungana - nama-antibhayothigi**

Inga-kghani ama-anthibhayothigi ayawuvikela namkha alaphe umulwana osanda ukuvela lo i-coronavirus?

Awa, ama-anthibhayothigi awavikeli namkha akhandele umulwana lo, kunalokho alwisana namabhaktheriya.

Ubulwelwe obusanda ukufunyanwa lobu i-coronavirus (nCOV-2019) mulwana, yeke ama-annthibhayothigi akukafuzi asetjenziswe bona alaphe namkha akhandele umulwana lo.

Nanyana kunjalo, nakungenzeka bona ulaliswe esibhedlela ngebanga lomulwana lo i-nCOV-2019, kungenzeka abodorhodera bakunikele ama-anthibhoyothigi ngebanga lokuthi umulwana lo ungakwenza bona ube namabhaktheriya.

**Ilwazi elingasi liqiniso malungana - Nekonofula**

Ukudla ikonofula kungakusiza na bona ungafumani i-coronavirus?

Ikonofula ibalwa hlangana nokhunye ukudla okunepilo begodu ama-anthibhayothigi afakwa ikonofula.

Nanyana kunjalo, abukho ubufakazi obutjengisa ukuthi ukudla ikonofula kungasiza namkha kuvikele abantu ebulwelweni obutjha obaziwa ngokuthi yi-coronavirus(2019-nCOV)

**Ilwazi elingasi liqiniso malungana -nomtjhini wokomisa izandla**

Inga-kghani imitjhini yokomisa izandla iyasiza ekuvikeleni ebulwelweni i-coronavirus?

Awa, lokho akusiliqiniso, imitjhini eyomisa izandla angeze yakuvikela ebulwelweni i-2019-nCOV

Bona uzivikele ebulwelweni obutjha i-coronavirus, kufuze uhlambe izandla ngesihlambi-zandla esine-alikhoholi usitjhikitjhe ezandleni namkha uhlambe izandla zakho ngamanzi nesibha. Nawuqeda ukwenza njalo kufuze usule izandla zakho ngethitjhu namkha uzomise ngomtjhini wokomisa izandla.

**Ilwazi elingasi liqiniso malungana - Ngemitjhoga**

Ikhona na imitjhoga eyelapha namkha evikela umulwana omutjha owaziwa ngokuthi yi-coronavirus?

Bekube kunamhlanjesi, awukho umtjhoga ongalapha namkha uvikele umulwana omutjha i-coronavirus.

Nanyana kunjalo, Abantu abafumene namkha abaphethwe bulwelobu kufuze bafumane isizo elifaneleko, besu kuthi abantu abagula khulu ngebanga lomulwana lo bona kufuze bayiswe esibhedlela. Kunemitjhoga okurhujululwa nekusahlolisiswa ngayo, begodu izokuhlolisiswa babantu abalelwazi nelemuko lokwenza njalo.

I-WHO iyasiza ekwenzeni amarhumbululo nokuthatha amagadango wokusiza endabeni yokuthi kufunyanwe imitjhoga engasiza.

**Ilwazi elingasi liqiniso malungana – Ngezinto ezithengwe kwenye indawo**

Kuphephile na ukwamukela incwadi evela e-China?

Iye, kuphephile. Abantu abafumana izinto ezivela enarheni ye-China abasisengozini yokufumana umulwana we-coronavirus.

Erhubhululweni elidlulileko, sibonile ukuthi ama-coronavirus awaphili isikhathi eside ezintweni ezingaphiliko ezinjengeencwadi namkha isiphuthelwano sezinto ezithengiweko.

**Ilwazi elingasi liqiniso malungana - Ngemitjhini yokubona ukuthi abantu banawo na umulwana lo**

Imitjhini yokubona ukuthi abantu banawo na umulwana lo iveza imiphumela eliqiniso na ngokuthi abantu banayo i-coronavirus?

Imitjhini yokubona ukuthi abantu banayo na i-coronavirus uyasebenza ebantwini abanomgomani (Isib. nabatjhisa ngezinga elidluleleko kileli umuntu ekufuze atjhise ngalo) ngebanga lokuthi umuntu uphethwe bulwelwe obutjha be-coronavirus

Nanyana kunjalo, imitjhini le ayikghoni ukubona abantu abanobulwelwobo kodwana abangakabi ukutjengisa amatshwayo wobulwelwobu. Lokho kungebanga lokuthi umuntu ophethwe bulwelwobu kuzomthatha amalanga angaba mabili ukuya kwalitjhimi bona abe namatjhwayo wokuthi uyagula.

**Ilwazi elingasi liqiniso malungana - Namalampa we-UV**

Inga-kghani amalampa we-UV angawubulala umulwana omutjha i-coronavirus?

Alampa we-UV akukafuzi asetjenziselwe ukuhlwengisa izandla namkha isikhumba somuntu njengombana amalampa la angabangela umonakalo esikhumbeni.

**Ilwazi elingasi liqiniso malungana - nemitjhoga**

Inga-kghani imitjhoga yokwelapha umngomani omumbi i-pneumonia ingakuvikela ebulwelweni obutjha i-coronavirus?

Awa. Imitjhoga eyelapha umngomani umbumbi i-pneumonia eyaziwa ngokuthi yi-pneumococcal ididiyelwe nge-Haemophilius influenza type B (Hib) imitjhoga le ayinazinto ezingavikela umulwana omutjha i-coronavirus.

Umulwana lo usesemutjha begodu utlhoga yawo imitjhoga. Abarhubhuli basebenza ubusuku nemini bona bafumane imitjhoga ezokwelapha i-nCOV-2019, imitjhoga eyelapha

ukugula okunjengokukhohlela nokuthimula iyatlhogeka bona ivikele ipilwakho.

**Ilwazi elingasi liqiniso malungana – Nge-alikhoholi nangeklorini**

Inga-kghani ukuthi umuntu azithele i-alikhoholi namkha iklorini kungakuvikela emulwaneni omutjha i-coronavirus?

Awa, angeze. Ukuzirhatjha nge-alikhoholi namkha iklorini emzimbeni angeze kukuvikele emulwaneni esele ukungenile namkha ukuphethe.

Kuhlekuhle ukwenza njalo kungonakalisa izembatho zakho nezinye isitho zomzimba (isib., amehlo, umlomo). Tjheja bona kokubili i-alikhoholi neklorini kungasetjenziselwa ukuhlwengisa izinto kodwana kufuze utjhejisise nawuzisebenzisako izintwezo.

**Ilwazi elingasi liqiniso malungana - Ngokuhlamba**

IQINISO: Ukuhlamba ngamanzi atjhisako angeze kukuvikele emulwaneni omutjha i-coronavirus

Ukuhlamba ngamanzi atjhisako angeze kukukhandele bona ungaphathwa mulwana we-COVID-19.

Ukutjhisa komzimbakho kuzokuhlala kuyi-36.5° C kuya ku-37° C, kungakhathaliseki ukuthi uhlambe ngamanzi atjhisako namkha njani. Kuhlekuhle, ukuhlamba ngamanzi atjhisa khulu kungakulimaza, ngombana azokutjhisa.

Indlela ephumelelako yokuzivikela emulwaneni i-COVID-19 kuhlamba izandla zakho kanengi ngendlela ongakghona ngayo. Nawenza njalo uzabe uzivikela emulwaneni okungenzaka bona usezandleni zakho ngombana ungase uzibambe amehlo, umlomo namkha ipumulo.

**Ilwazi elingasi liqiniso malungana- Amakhaza**

IQINISO: Amakhaza namkha isithwathwa ANGEZE sabulala umulwana omutjha owaziya ngokuthi yi-coronavirus

Akunanto ekufuze yenze amantu bona bakholelwe ukuthi amakhaza angabulala umulwana omutjha i-coronavirus namkha eminye imilwana.

Umtjhiso womzimba womuntu uzokuhlala hlangana ne-36.5° C ukuya ku-37° C, kungakhathaliseki ukuthi ngaphandle kutjhisa namkha kumakhaza kangangani. Indlela ephumelelako yokuzivikela emulwaneni i-coronavirus kukuthi uhlambe izandla zakho kanengi ngendlela ongakghona ngayo. Uzihlambe ngesihlambi-zandla esine-alikhoholi, uyitjhikitjhe ezandleni namkha uzihlambe ngamanzi nesibha.

**Ilwazi elingasi liqiniso malungana - Ngomtjhiso**

IQINISO: Umulwana omutjha lo owaziwa ngokuth yi-coronavirus ungenana eendaweni ezitjhisako

Ngokuya ngobufakazi esinabo njenganje, ubulwelwe obutjha obaziwa ngokuthi yi-coronavirus bungakungena kizo zoke iindawo kuhlanganise neendaweni esitjhisa khulu.

Kungakhathaliseki bona ubujamo bezulu bunjani, kufuze uzivikele endaweni ohlala kiyo namkha oyivakatjhelako nakwenzaka kunombiko wokuthi kunabantu abaphethwe mulwana i-COVID-19.

Indlela ephumeleleko yokuzivikela ku-COVID-19 kukuthi uhlambe izandla kanengi ngendlela ongakghona ngayo. Khandela umulwana okungenzaka usezandleni zakho ngokuthi ubalekele ukutheleleka nokuzibamba amehlo, umlomo nepumulo.

**Ilwazi elingasi liqiniso malungana - Nabonompopoloza**

IQINISO: Umulwana omutjha i-coronavirus ANGEZE wayifumana ngokuthi ulunywe

ngunompopoloza

Bekube kunamhlanjesi akakho umuntu namkha ubufakazi bokuthi unomuntu one-coronavirus uyifumene ngokulunywa ngunompopoloza.

Umulwana omutjha i-coronavirus mulwana obangela bona umuntu akhohlele begodu athimule. Amathonsi aphuma emlonyenakhe namkha eempumulweni zakhe ngiwo angakubangela bona nawe ube nawo umulwana lo. Yeke indlela eyihloko yokufumana umulwana lo kukuthi umuntu onawo akukhohlelelele namkha akuthimulele, ngamathonsi wamathe namkha wamathimila.

Zivikele, ngokuthi uhlambe izandla zakho kanengi ngendlela ongakghona ngayo, zihlamba ngesihlambi-zandla esine-alikhoholi namkha uzihlambe ngamanzi nangesibha. Okhunye ongakwenza kukuthi ungabi seduze nomuntu okhohlelakho namkha othimulako.

**Ilwazi elingasi liqiniso malungana - Namanzi avangwe netswayi**

Ukupula upumulwakho ngamanzi avangwe netswayi kungasiza na ukuvikela umulwana we-coronavirus?

Awa. Abukho ubufakazi obutjengisa ukuthi ukupula ipumulwakho ngamanzi avangwe netswayi khekwavikela umuntu emulwaneni i-coronavirus.

Akunabafukazi obaneleko obutjengisa ukuthi amanzi avangwe netswayi ayavikela namkha enza abantu abanomgomani baphole msinyana. Nanyana kunjalo, ukupula ipumulwakho kanengi ngamanzi avangwe ngetswayi akunabufakazi obutjengisa bona kungalapha umuntu okhohlelako namkha othimulako.

**Amadlhavu**

Kghani ukumbatha amadlhavu weraba nawungaphandle enengini kulisizo na ekuvikeleni ukutheleleka ngomulwana umtjha we-coronavirus?

Awa. Ukuhlamba izandla kanengi ngikho okungakuvikela bona ungabanjwa yi-COVID-19 kunokumbatha amadlhavu.

Usengatheleleka nge-COVID-19 nalokha nawumbethe amadlhavu weraba. Nakungenzeka uzithinte ubuso, isila leyo izokusuka emadlhavini iye ebusweni bese uyatheleleka.

**Ukulotjhisana**

Kufuze ngimlotjhise njani omunye umuntu ukubalekela ukutheleleka nge-coronavirus?

Nawuzakukhandela i-COVID-19 kuphephe khulu ukubalekela ukuthintana nasilotjhisanako.

Ukulotjhisana okuphephileko ngekokuvaya isandla, ukuphaphatha, namkha ukukhothama

**Ukubambana ngezandla**

Kghani kufuze ngikubalekele ukubambana ngezandla ngebanga le-coronavirus etja?

Iye. Imilwana ekhamba ngomoya nawuphefumulako ingadlulela komunye nasibambana ngezandla bese uthinte amehlwakho, ipumulo nomlomo.

Bavayele isandla abantu, uphaphathe namkha namkha ukhothame.