  

**I-COVID-19 CORONAVIRUS**

**IMIBUZO EBUZWA BABANTU ABANENGI**

[**Iyini i-coronavirus?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Ama-Coronavirus amndeni wemilwani eminengi ebangela ukugula eenlwaneni nebantwini. Ebantwini, ama-coronavirusamanengi abangela amagulo aphathelene nokuphefumula kusukela ekuphathweni mgomani ojayelekileko kuyokufika emagulweni ayingozi anjenge-Middle East Respiratory Syndrome(MERS) ne-Severe Acute Respiratory Syndrome(SARS). Esanda ukufunyanwa mhlapha nje ebangela ubulwelwe be-coronavirusyi-COVID-19.

[**Iyini i-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

I-COVID-19bulwelwe obuthelelanako obubangelwa yi-coronavirusokungasi kade abadorhodera bayifumene. Umulwani omutjha lo ngaphambi kokuqubuka kwawo, kuzwakele bona uthome e-Wuhan, e-China, ngoNobayeni 2019.

[**Ayini amatshwayo we-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Itshwayo elijayelekileko le-COVID-19 mgomani, ukuzizwa udiniwe, nokukhohlela okunganasikhohlela. Ezinye iingulani zingaba neenhlungu, ukuvaleka iimpumulo, ukwehla amathimila, umphimbo obuhlungu namkha ukurhuda. Amatshwayo la ngokujayelekileko athoma kancani bese akhuphuke. Abanye abantu bayatheleleka kodwana ababi namatshwayo begodu bangazizwa bagula. Abantu abanengi (abangaba maphesenti ayi-80) bayalulama ekugulenokhu ngaphandle kokutlhoga itjhejo elikhethekileko. Emuntwini oyedwa kwabasithandathu ababa ne-COVID-19 ugulela ukufa begodu aphefumule nakabuhlungu. Abantu abakhulileko, nalabo abanemiraro yamlibe yezamaphilo njenge-*high blood pressure,* imiraro yehliziyo namkha itjhukela, nabo bangagula khulu. Amaphesenti angaba mabili wabantu ebebaphethwe bulwelobu bahlongakele. Abantu abanomgomani, abakhohlelako nalabo abanobudisi bokuphefumula kufuze bafune isizo lezokwelapha.

[**Irhatjheka njani i-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Abantu bangafumana ubulwelwe i-COVID-19kwabanye abantu abanomulwana lo. Ubulwelwobu bungarhatjheka ukusuka komunye umuntu kuye komunye ungarhatjhwa ngamathonsi amancani aphuma ngepumulweni namkha ngemlonyeni, arhatjhekako umuntu ophethwe yi-COVID-19 nakakhohlelako namkha aphefumula. Amathonsi la eqela nezintweni ezimagega nomuntu loyo. Abanye abantu batheleleka ngobulwelwe be-COVID-19 nabathinta izintwezo bese bathinte amehlwabo, ipumulo namkha umlomo. Abantu bangathola i-COVID-19 nabarhorha amathonsi avela emuntiwini ophethwe yi-COVID-19 nakakhohlela namkha aphefumula amathonsi lawo. Kungebangelo kuqakathekile ukuthi abantu bangahlali babe kude ngemithara namkha ngaphezulu nomuntu nakagulako.

**Umulwana we-COVID-19 uyatheleleka na ngomoya?**

Bekube kunamhlanjesi, amarhubhululo athi umulwana obangela i-COVID-19 ngokuyihloko urhatjheka lokha nawuthinta amathonsi aphefumuliweko kunangomoya.

**I-COVID-19 ungayithola na emuntwini ophethwe bulwelwebo kodwana anganawo amatshwayo?**

Indlela eyihloko yokufumana ubulwelwobo kulokha nawuthintwa manthonsi akhohleliweko avela emuntwini onabo. Mancani amathuba wokuthi ufumane ubulwelwebo emuntwini onganawo amatshwayo wokuthi uphethwe yi-COVID-19. Nanyana kunjalo, abantu abanengi abaphethwe yi-COVID-19 baba namatshwayo angasimambi kangako. Lokho kwenzeka khulukhulu nangabe ubulwelwobo busathoma. Yeke kuyakghonakala ukuthi ubulwelwe be-COVID-19 bukungene kusuka emuntwini obumphetheko kodwana onganamatshwayo, ngokwesibonelo, umuntu okhohlela kancani begodu ozizwa angaguli.

**Kuyakghonakala na ukufumana i-COVID-19 ethuvini bomuntu onayo?**

Mancani amathuba wokuthi ungafumana i-COVID-19 ethuvini bomuntu onayo. Nanyana iimfundo namarhumbululo wekuthomeni atjengise ukuthi umulwana lo ungafumaneka ethuvini kobunye ubujamo, ukurhatjheka ngendlela le akusi ngokujayelekileko. Kodwana ngebanga lokuthi kungenzeka ukufumane, kungebangelo kufuze uhlambe izandla kangengi ngendlela ongakghona ngayo ngemva kokusebenzisa indlu encani nangaphambi kokudla.

[**Khuyini engingayenza bona ngizivikele namkha ngikhandele ukurhatjheka kobulwelwobu?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

**Iinhlongozo zokuzivikela**

Qinisekisa bona ufumana ilwazi lamva ngokuqubuka kwe-COVID-19, ilwazelo qiniseka ukuthi ulifumana emazizolwazini athembekileko nakumathungelelwano wezokuthintana athembekileko, umNyango wezamaPhilo wesitjhaba ([www.health.gov.za](http://www.health.gov.za/)), umNyango wesiTjhaba oRhumbulula ngoBulwelwe ([www.nicd.ac.za](http://www.nicd.ac.za/)) neHlangano yezamaPhilo ePhasnini Loke ([www.who.int](http://www.who.int/)).

Abantu abanengi abafumene ubulwelwobu bazokugula kancani bese bayaphola, kodwana abanye bangagandeleleka ukudlula abanye. Tlhogomela ipilo yakho uvikele nabanye ngokuthi ulandele iinhlongozo ezilandelako:

* Hlamba izandla qobe, zihlambe ngamanzi ahlanzekileko nangesibha namkha usebenzise isihlambi-zandla esididiyelwe nge-alikhoholi. Kubayini lokho kuqakathekile? Ukuhlamba izandla ngamanzi ahlanzekileko nesibha namkha ukusebenzisa isihlambi-zandla esine-alikhoholi kubulala umulwana okungenzeka usezandleni zakho.
* Ungahlali hlanu komuntu okhohlelako namkha othimulako, kufuze ube kude naye ngemithara linye namkha ngaphezulu.  
  Kubayini lokho kuqakathekile? Umuntu nakakhohlelako namkha athimula kuphuma amathonsi amanengi okungenzeka ungawaboni epumulweni namkha emlonyenakhe amathonsi lawo anomulwana. Nakungenza utjhedele kuye khulu, amathonsi ane-COVID-19 ungawaphefumula bese ufumana ukugula lokho.
* Kubalekele ukuthinta amehlo, ipumulo, nomlomo. Kubayini lokho kuqakathekile? Sithinta izinto ezinengi ngezandla zethu, kubulula ukuthi sithinte nezinto ezinomulwana lo singaboni. Nakwenzekile saphatha umulwana lo ezandleni zethu, singawudlulisela bulula emehlweni, eempumulweni nemlonyenethu. Ngemva kwalokho umulwana lo ungangena emzimbenethu bese siyagula.
* Qiniseka ukuthi uphefumula kuhle nokuthi abantu abahlanu kwakho benza okufanako begodu wenza izinto ngendlela ehlanzekileko. Lokho kutjho ukuvala umlomo nepumulwakho nawukhohlelako namkha nawuthimulako. Kufuze uwuvale ngethitjhu namkha itjhila namkha ukhohlelele namkha uthimulele endololwaneni. Nawuthimulele namkha ukhohlelele ethitjhwini kufuze ungariyadi, uyilahle khonokho. Kubayini lokho kuqakathekile? Ukuthimula namkha ukukhohlela kurhatjha umulwana lo. Yeke ngokulandela iinhlongozo zokuhlanzeka usuke utlhogomela abantu abahlanu kwakho bona bangafumani umulwana onjengomgomani kuhlanganise ne-COVID-19.
* Hlala ekhaya nawugulako. Nangabe unomgomani, uyakhohlela namkha uphefumula kabuhlungu, tjhinga kwadorhodera namkha emtholapilo. Kulalele lokho abakutjele khona abadorhodera namkha abahlengikazi. Kubayini kuqakathekile lokho? UmNyango wezePilo yesitjhaba uzokuba nelwazi eliliqiniso nelamuva lendaweni ohlala kiyo. Nawungabadosela umtato kusesengaphambili lokho kungenza bona umtholapilo ukulayele endaweni efaneleko ozokufumana kiyo isizo. Lokho kuzokuvikela begodu kukusize ungarhatjhi umulwana lo namanye ubulwelwe.
* Hlala unelwazi lamva elimalungana ne-COVID-19*.* Lalela izinto ozitjelwe bodorhodera namkha abahlengikazi nomNyango wezePilo bona uzivikele wena nabanye abantu bona bangaphathwa yi-COVID-19. Kubayini lokho kuqakathekile? Abarholi bephasi namkha benarheni ohlala kiyo banelwazi lamva elimalungana ne-COVID-19 bona irhatjheka njani endaweni ohlala kiyo. Ngibo abangakghona ukukunikela iinqophiso nokuthi abantu abahlala endaweni ohlala kiyo bangazivikela njani nokuthi nawe ungazivikela njani.

**Iinhlongozo zokuvikela abantu ekhebavakatjhela iindawo lapho i-COVID-19irhatjheke khona (emalangeli ali-14 adlulileko)**

* Hlala ekhaya nawuzizwa ngasuthi uyagula, ngitjho nanyana ungabona kwanga amatshwayo onawo awatjho litho elingako, akhesithi mhlamunye uphethwe yihloko namkha wehla amathimila. Hlala ngendlini uze uphole. Kubayini lokho kuqakathekile? Ukubalekela ukuhlangana nabantu nokuya emthola pilo kuzokunikela abantu abasebenza lapho ithuba lokusebenza ngokuphumelelako, kuzokuvikela wena kuvikele nabanye bona bangafumani i-COVID-19namanye amagulo.
* Nakwenzeka uphathwe mgomani, ukhohlele begodu uphefumule kabuhlungu, ungariyadi funa isizo ngombana lokho kungabangelwa mhlamunye uthelelekile namkha okobunye ubujamo obutlhoga isizo elirhabako. Dosela udorhoderakho umtato umtjele nangabe ukhe waya kwenye indawo namkha uhlangene nabantu ekhebakhamba. Kubayini lokho kuqakathekile? Ukudosa umtato kusesengaphambili kuzokunikela abantu abasebenza lapho ithuba lokukusiza bakulayele lapho kufuze utjhinge khona bona ufumane isizo. Lokho kuzokusiza bona ungarhatjhi i-COVID-19namanye amalwelwe nakungenzeka ukuthi unawo.

[**Angangani amathuba wokuthi ngifumane i-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Lokho kuzokuya ngokuthi uhlalaphi nokuthi khewavakatjhela ziphi iindawo mvanje. Amathuba manengi eendaweni lapho kunabantu abanengi abafunyenwe bane-COVID-19. Amaphesenti angaphezu kwayi-95 wezehlakalo ze-COVID-19 avela e-China, amanengi wakhona evela esifundeni se-Hubei. Ingozi ayisiyinengi kangako eSewula Afrika, kodwana kuqakathekile ukutjheja lapho ukhamba khona.

[**Kghani kufuze ngitshwenyeke nge-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Nangebe usendaweni lapho bangekho khona abantu abanomulwana we-COVID-19, namkha ungakhenge ukhambele iindawo namkha ube hlanu komuntu onomulwana lo, mancani khulu amathuba wokuthi ungawufumana. Nanyana kunjalo, kuyazwisiseka ukuthi ungazizwa utshwenyekile ngobujamo esiqalene nabobu. Kuqakathekile bona wazi iqiniso ngomulwana lo, wazi bona uqalene nani bona uthathe amagadango afaneleko wokuzivikela ngendlela efaneleko. Udorhoderakho, umNyango wezamaPhilo kuhlanganise noMnyango oRhubhlula ngamaGulo (NICD) bamuthombo oneqiniso womulwana i-COVID-19. Kuqakathekile bona ube nelwazi eliliqiniso ngobujamo bendaweni ohlala kiyo begodu uzivikele ngendlela efaneleko.

Nakungenzeka bona i-COVID-19irhatjheke eSewula Afrika begodu endaweni ohlala kiyo kube nabantu abaphethwe bulwelwobu, nawe kuzokufuze ubuthathele ehloko ubulwelwe be-COVID-19. Landela iinqophiso ozifumana emNyangweni wezamaPhilo. Ngitjho nanyana ebantwini abanengi i-COVID-19ibangela ukugula okungatjho litho kibo namkha obungasi yingozi kangako, ingenza abanye abantu bagulele ukufa. Kobunye ubujamo ubulwelwobu bungabababulala abantu. Abantu abalupheleko, nalabo abanobunye ubulwelwe obungumahlalakhona (obunjenge *high blood pressure*, imiraro yehliziyo namkha itjhukela) ngibo abasengozini khulu.

[**Bobani abasengozini yokuthi bagule khulu?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Njenganje sisenza amarhubhululo ngomulwana i-COVID-19 nendlela ongena ngayo ebantwini, kodwana esiqiniseka ngakho kukuthi abantu abalupheleko nabantu abaphila nokugula okungumahlalakhona (okunjenge *high blood pressure*, imiraro yehliziyo netjhukela) babonakala basengozini ukudlula abanye abantu.

[**Inga-kghani imitjhoga yama-antibayothiki ingayivikela i-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Awa. Ama-anthibhayothiki akakghoni ukukhandela imilwana, asebenza ukwehlisa amabhaktheriya abangelwa kugula namkha imilwana. I-COVID-19 ibangelwa mulwana yeke ama-antibhayothiki angeze ayikhandela. Abantu akukafuzi basebanzise ama-anthibhayothiki bona bakhandele namkha balaphe i-COVID-19. Kufuze basele imitjhoga leyo kwaphela nangabe bayinikelwe ngudorhodere.

[**Ikhona na imitjhoga eyelepha i-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Awa iyikabi khona. Bekube kunamhlanjesi awukabi khona umtjhoga okhandela namkha owelapha i-COVID-19. Nanyana kunjalo, abantu abaphethwe bulwelobu kufuze bafumane imitjhoja ezokugongobalisa amatshwayo abangelwa bulwelobu. Abantu abagula khulu kufuze batjhigiswe esibhedlhela. Abantu abanengi bayaphola, ngalokho sithokoza abantu abasebenza emitholapilo.

Sikhuluma nje kunemitjhoga ihlolwako nekurhujululwa ngayo bona kulatjhwe abantu ebulwelwenobu. Iyahlahlubwa ngehlolomlingwa yemtholapilo. UmNyagno wezePilo ePhasini mazombe (WHO) usebenza ubusuku nemini bona ufumane imitjhoga evikela neyelapha i-COVID-19.

Indlela ephumelelako yokuthi uzivikele wena nabanye abantu ebulwelweni i-COVID-19 kukuthi uhlambe izandla kanengi ngendlela ongakghona ngayo nokuthi ukhohlelelele endololwaneni namkha usebenzise ithitjhu namkha itjhila. Ungabi seduze nomuntu okhohlelako namkha othimulako.

[**Inga-kghani kufuze ngembathe imaski bona ngizivikele?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Abantu abathimulako nabakhohlelako kufuze bambathe imaski. I-WHO ihlongoze bona abantu basebenzise amamaski nangabe banamatshwayo we-COVID-19 nalabo abatlhogomela abantu abakhohlelako nabanomgomani. Kuqakathekile ukuthi abantu abasebenza ngabantu abagulako bambathe amamaski (kungaba kusekhaya namkha endaweni yokulaphela abantu).

Indlela ephumeleleko yokuzivikela wena nabanye abantu ku-COVID-19 kukuthi uhlambe izandla kanengi ngendlela ongakghona ngayo, uvale umlomo nawukhohlelako, ukhohlelelele namkha uthimulele endololwaneni namkha usebenzise ithitjhu namkha itjhila nawukhohlelako namkha nawuthimulako.

[**Kuthatha isikhathi esingangani ukufukameleka kwe-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

"Isikhathi sokufukameleka" sikhathi saphakathi kokutheleleka kwakho ngomulwana nesikhathi sokuthoma ukubona amatshwayo. Kanengi isikhathi sokufukameleka kwe-COVID-19siphakathi kwamalanga 1-14, ngokujayelekileko emalangeni angaba mahlanu.

[**Umulwana lo uphila isikhathi esingangani uphezu kwezinto?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Asiqiniseki ukuthi umulwana obangela i-COVID-19 uthatha isikhathi esingangani uphezu kwezinto, kodwana kubanakala kwanga ufana namanye ama-coronavirus. Amarhubhululo enziweko atjengisa ukuthi i-coronavirus (kuhlanganise nelwazi le-COVID-19) ingahlala isikhathi eside phezu kwezinto, ingahlala ama-awara ambalwa kuya emalangeni ambalwa. Lokho kuyahluka kuye ngobujamo (isib. ihlobo lento umulwana lo ohlezi kiyo, ukutjhisa nokuba makhaza kwayo namkha ukubamanzi nokoma kwendawo).

Nakungenzeka ucabange bona indawo ethileko inomulwana lo, ihlwengise ngesibha uwubulale umulwana loyo, nawenza njalo uzabe uyazivikela wena nabanye abantu. Hlamba izandla zakho ngamanzi nesibha namkha ngesihlambi-zandla esine-alikhoholi. Kubalekele ukubamba amehlo, umlomo nepumulo.

[**Kuphephile na ukwamukela izinto ezivela lapho kunabantu abaphethwe yi-COVID-19?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Iye kuphephile. Akusibulula ukuthi ungafumana umulwana we-COVID-19ezintweni ezibuya endaweni enabantu abanomulwana lo, ngombana izintwezo zizabe zikhanjiswe ngeenthuthi, zidlula eendaweni ezihlukahlukeneko ezinemitjhiso ehlukahlukeneko.

[**Zikhona na izinto ekungakafuzi ngizenze?**](https://www.who.int/news-room/q-a-detail/q-a-coronaviruses)

Izinto ezilandelako **AZISIZI NGALITHO** begodu zingakulimaza nange unomulwana we-COVID-19:

* ukubhema
* ukusela imitjhoga yesintu
* ukumbatha amamaski amanengi
* ukusela imitjhoga ongakayinikelwa ngudorhodere njengama-antibhayothiksi

**Nakungenzeka kukuthi ukuthi unomgomani, uyakhohlela begodu uphefumula kabuhlungu funa isizo lezamaphilo** ukuze unciphise ubungozi bokwanda nokutheleleka begodu uqiniseke bona wabelana ngomlando wakho wekhambo naloyo okusizako wezamamphilo.

**Dosela umtato orhabako we-COVID-19: 0800 029 999**

**Thumela “Hi” nge-WhatsApp ukuze uThungele ku-COVID-19: 060 012 3456**

**Vakatjhela izinzolwazi elithi www.sacoronavirus.co.za**