**Prepared for CCI**

 **Intetho ebhangisa intsomi - ubungozi bobudala**

Ingaba le ntsholongwane intsha yecorona ichaphazela abantu abadala, okanye abantu abatsha nabo bayachapazeleka?

Abantu beminyaka yonke bangachaphazeleka yile tsholongwane intsha yecorona (nCoV-2019)

Abantu abadala, kunye nabantu abeneemeko zempilo ngaphambili (njengesifo sesifuba, isifo seswekile, isifo sentliziyo) kukhangeleka ukuba ngabona banobu-ethe-ethe ukuba bangagula kakhulu yile ntsholongwane. I-WHO icebisa abantu beminyaka yonke bathathe amanyathelo okuzikhusela kule ntsholongwane, umzekelo, ngokulandela ucoceko lwezandla rhoqo kunye nococeko olulungileyo lokuphefumla.

**Intetho ebhangisa intsomi - isibulali sentsholongwane**

Ingaba izibulali zentsholongwane zisebenza ngokulungileyo ekuthinteleni kunye nokunyanga le ntsholongwane intsha yecorona?

Hayi, izibulali zentsholongwane azisebenzi ngokuchasene neentsholongwane, zisebenza kwibhaktheriya kuphela.

Le ntsholongwane intsha yecorona (nCOV-2019) yintsholongwane kwaye, ngoko izibulali zentsholongwane mazingasetyenziswa njengenzame yokuthintela okanye yokunyanga. Nangoko kunjalo, ukuba ulaliswe esibhedlele ngenxa yenCOV-2019, ungafumana izibulali zentsholongwane kuba kusenokwenzeka usulelo lwebhaktheriya lukhona.

**Intetho ebhangisa intsomi - ikonofile**

Ingaba ukutya ikonofile kunganceda ukuthintela usuleleko lwale ntsholongwane intsha yecorona?

Ikonofile kukutya okusempilweni enokuba neepropati zokulwa intsholongwane.

Nangoko kunjalo, akukho bungqina kwiindaba ezisasaziweyo ukuba ukutya ikonofile kukhusle abantu kulentsholongwane intsha yecorona (2019-nCOV).

**Intetho ebhangisa intsomi - ikonofile**

Ingaba iidraya zokomisa izandla zisebenza ngokulungileyo ukubulala le ntsholongwane intsha yecorona?

Hayi, iidraya zokomisa izandla azisebenzi ngokulungileyo ukubulala i2019-nCOV.

Ukuzikhusela kule ntsholongwane intsha yecorona, kumele ucoce izandla zakho rhoqo ngesenithayza okanye uzivase ngesepha namanzi. Xa izandla zakho zicocekile, kufuneka uzomise ngokugqibeleleyo ngokusebenzisa itawuli yephepha okanye idraya enomoya ofudumeleyo.

**Intetho ebhangisa intsomi - amayenza**

Ingaba akhona amayeza awodwa okuthintela okanye okunyanga le ntsholongwane intsha yecorona?

Kunanamhlanje, akukabikho mayeza awodwa okuthintela okanye okunyanga le ntsholongwane intsha yecorona.

Nangoko kunjalo, abo basulelekileyo yile ntsholongwane baza kufumana ukhathalelo olufanelekileyo ukuthomalalisa kunye nokunyanga iimpawu, kwaye abo abanezigulo ezingamandla baza kufumana ukhathalelo oluphezulu. Ezinye iindidi ezizodwa zonyango zisephantsi kophando, kwaye zisakuvavanywa kwitrayeli zekliniki. I-WHO yenza iinzame zokunceda ukukhawuleziswa kophando nophuhliso ibambisana neendidi zabathathi-nxaxheba.

**Intetho ebhangisa intsomi - Imigodlo**

Ingaba kukhuselekile ukufumana ileta okanye iphakeji evela eChina?

Ewe, kukhuselekile. Abantu abafumana iiphakeji ezivela eChina abekho sebungozini bokusuleleka yile ntsholongwane intsha yecorona.

ewe, kukhuselekile. Abantu abafumana iiphakeji ezivela eChina abekho sebungozini bokusuleleka yile ntsholongwane intsha yecorona.

**Intetho ebhangisa intsomi - Izikena zokujonga ubushushu**

Zilunge kangakanani ezi zikena zokujonga ubushushu ukuphawula abantu abasulelekileyo yile ntsholongwane intsha yecorona?

Izikena zokujonga ubushushu zilungile ukuphawula abantu abanefiva (umzekelo ,abanobushushu obugqithiseleyo kunobushushu obuqhelekileyo bomzimba) ngenxa yosuleleko lwale ntsholongwane intsha yecorona.

Nangoko kunjalo, azikwazi ukuphawula abantu abosulelekileyo kodwa abangekaguli yifiva. Kungokuba kuthatha phakathi kweentsuku ezimbini kunye nezilishumi phambi kokuba umntu owosulelekileyo agule okanye abenefiva.

**Intetho ebhangisa intsomi - Izibane ze-UV**

Ingaba isibane esiyi-ultraviolet sokubulala iintsholongwane siyayibulala le ntsholongwane intsha yecorona?

Izibane ze-UV mazingasetyenziswa ukucoca izandla okanye ezinye iindawo zolusu kuba amandla elanga akwi-UV angabangela usuleleko lolusu.

**Intetho ebhangisa intsomi - Izitofu**

Ingaba izitofu zokulwa isifo semiphunga zingakukhusela kule ntsholongwane intsha yecorona?

Hayi. izitofu zokulwa isifo semiphunga njengepneumococcal vaccine kunye neHauemophilius influenza type B (Hib) vaccine, azinikezeli khuseleko kule ntsholongwane intsha yecorona.

Le ntsholongwane intsha kakhulu kwaye yahlukile ngoko idinga izitofu zayo. Abaphandi bazama ukuphuhlisa isitofu ukulwa inCOV-2019, ugonyo ngokuchasene nezifo zokuphefumla lucetyiswa kakhulu ukukhusela impilo yakho.

**Intetho ebhangisa intsomi - Utywala neklorini**

Ingaba ukutshiza utywala okanye iklorini kumzimba wakho wonke kungabulala le ntsholongwane intsha yecorona?

Hayi. Ukutshiza utywala okanye iklorini kumzimba wakho wonke akuzubulala iintsholongwane ezisele zingenile emzimbeni wakho.

Ukutshiza izinto ezinjalo kunganobungozi empahleni okanye kulusu lwemucous (umzekelo., amehlo, umlomo). Uze uqaphele ukuba utywala neklorini zisetyenziswa ukubulala intsholongwane ezindaweni, kodwa zidinga ukusetyenziswa phantsi kweengcebiso ezifanelekileyo.

**Intetho ebhangisa intsomi - Ukuvasa**

INYANI: ukuvasa ngamanzi ashushu akuthinteli le tsholongwane intsha yecorona.

Ukuvasa ngamanzi ashushu akuzi kukuthintela ukuba ungayifumani iCOVID-19.

Ubushushu obuqhelekileyo bomzimba wakho buhlala ku 36.5 C ukuya ku37 C, nokuba bunjani ubushushu bamanzi akho okuvasa okanye okushawara. Eneneni ukuvasa ngamanzi ashushu kakhulu kunganobungozi, kuba angakutshisa.

Eyona ndlela ilungileyo yokuzikhusela kwiCOVID-19 kukucoca izandla zakho rhoqo. Ngokwenza oku ubulala iintsholongwane ezonokuba sezandleni zakho kwaye uphepha usuleleko olunokwenzeka xa unokubamba amehlo akho, umlomo, kunye nempumlo.

**Intetho ebhangisa intsomi - Imozulu ebandayo**

INYANI: Imozulu ebandayo kunye nekhephu AZIKWAZI kubulala le ntsholongwane intsha yecorona.

Akukho sizathu sokukholelwa ukuba imozulu ebandayo ingabulala le ntsholongwane intsha yecorona okanye ezinye izifo.

Ubushushu obuqhelekileyo bomzimba wakho buhlala ku 36.5 C ukuya ku37 C, nokuba injani imozulu yangaphandle. Eyona ndlela yokuzikhusela kwicorona virus kukucoca izandla zakho rhoqo ngesenithayza okanye uzivase ngamanzi nesepha.

**Intetho ebhangisa intsomi - Ubushushu**

INYANI: le ntsholongwane intsha yecorona ingadluliselwa kwiindawo ezinobushushu nezifumileyo.

Kubungqina obukhoyo ukuzothi ga ngoku , lentsholongwane intsha yecorona ingadluliselwa kwiindawo zonke, kuquka iindawo ezinemozulu eshushu nefumileyo.

Nokuba injani imozulu, sebenzisa zonke iinzame zokhuseleko ukuba uhlala, okanye unohambo kwiindawo ezineCOVID-19.

Eyona ndlela ilungileyo yokuzikhusela kwiCOVID-19 kukucoca izandla zakho rhoqo. Bulala iintsholongwane ezinokuba sezandleni zakho kwaye uphephe usulelo olunokwenzeka ngokubamba amehlo akho, umlomo, kunye nempumlo.

**Intetho ebhangisa intsomi - Iingcongconi**

INYANI: Le ntsholongwane intsha yecorona AYIKWAZI kugqithiselwa kukulunywa ziingcongconi.

Kunanamhlanje akukho kosuleleka okanye bungqina obucebisa ukuba le ntsholongwane intsha yecorona ingadluliselwa ziingcongconi.

Le ntsholongwane intsha yecorona yintsholongwane yesifuba esasazwa ikakhulu ngamathontsi avelayo xa umntu osulelweyo ekhohlela okanye ethimla, okanye ngamachaphaza amathe okanye ukuvuza kwempumlo.

Ukuzikhusela , coca izandla zakho rhoqo ngesenithayza okanye uzivase ngesepha namanzi. Kwaye, phepha ukuba kufutshane nomntu okhohlelayo okanye othimlayo.

**Intetho ebhangisa intsomi - iSaline**

Ingaba ukupula impumlo yakho rhoqo ngesaline kuyanceda ukuthintela ukusuleleka yile ntsholongwane intsha yecorona?

Hayi. Akukho bugqina ukuba ukupula impumlo ngesaline kungakhusela abantu ekosulelekeni yile ntsholongwane intsha yecorona.

Akukho bungqina bupheleleyo ukuba ukupula rhoqo impumlo ngesaline kunganceda ukuchacha msinya kukhohlo-khohlo. Kodwa, ukupula rhoqo impumlo akukaboniswa njengendlela yokuthintela uxinzelelo lokuphefumla.

**Iiglove**

Ingaba ukunxiba iiglove zerabha xa uphume ngaphandle kuyanceda ekukhuseleni usuleleko lwale ntsholongwane yecorona?

Hayi. Kukuvasa izandla zakho rhoqo okuza kukukhusela kusuleleko lweCOVID-19 naku nokuba unxibe iiglove zerabha.

Usenako ukusuleleka yiCOVID-19 kwiiglove zerabha. Ukuba uye waziphatha ubuso, usuleleko luza kusuka kwiiglove luye ebusweni, usuleleke.

**Ukubulisa**

Ndingambulisa njani omnye umntu ngendlela eza kundiphephisa ukusuleleka ngale ntsholongwane intsha yecorona?

Ukuthintela iCOVID-19, kungcono ukuphepha unxibelelwano ngokwasemzimbeni xa ubulisa.

Okona kubulisa okukhuselekileyo kukuwangawangisa, kukunqwala nokuthobela.

**Ukubamba isandla**

Ndikuphephe ukubamba isandla ngenxa yale ntsholongwane intsha yecorona?

Ewe. Izifo zokuphefumla ziyakwazi ukosuleleka ngokubamba izandla uze uphinde ubambe amehlo akho, impumlo yakho nomlomo wakho.

Bulisa abantu ngokuwangawangisa, ukunqwala okanye ukugoba