  

**COVID-19 CORONAVIRUS**

**IMIBUTO LEVAMILE**

**Yini ligciwane le corona?**

Emagciwane e-corona ngumndeni lomkhulu wemagciwane langabanga tifo etilwaneni noma bantfu. Kubantfu, incumbi yemagciwane e corona kwatiwa kutsi abanga tifo tesifuba kusuka emkhuhlaneni lojwayelekile kuye kuletinye tifo letibucayi kakhulu letifanan ne Middle East Respiratory Syndrome (MERS) ne Severe Acute Respiratory Syndrome (SARS). Ligciwane le corona (coronavirus) lelitsandza kutfolakala libanga sifo se coronavirus i COVID-19.

**Yini i COVID-19?**

I-COVID-19 sifo lesitsatselwanako lesibangwa ligciwane lelitsandza kutfolaka le coronavirus. Leligciwane kanye nalesifo lesisha bekungatiwa ngaphambi kwekubhedvuka kwaso e Wuhan, eveni lase-Shayina ngenyanga yeNgongoni 2019.

**Yini timphawu te COVID-19?**

Timphawu letivame kakhulu te COVID-19 kushisa kwemtimba lokungetulu kwelizinga lelifanele, kudzinwa, nekukhwehlela lokomile. Letinye tigulane tingaba netinhlungu, kuvimbana kwemakhala, emafinyela, umphimbo lobuhlungu noma umsheko. Letimphawu leti tiba sezingeni leliphansi tiphindze ticale kancane. Labanye bantfu bangaba naso lesifo kepha bangabi nato letimphawu letibaliwe futsi bangativa bagula. Liningi lebantfu, labalishumi nesphohlongo ekhulwini (80%) bayalulama kulesifo ngaphandle kwekudzinga lusito lolukhulu lwetemphilo lekwelwashwa. Kubekiswa kutsi ebantfwini labasitfupha (6) labatfola ligciwane le COVID-19, munye kuphela lotogula kakhulu aphindze abe nebulukhuni bekuphefumula. Bantfu labadzala, kanye nebantfu labaphila naletinyo tifo taphambilini letifana ne high blood pressure, sifo senhlitiyo noma sifo sashukela, basetfubeni lelikhulu lekugula kakhulu ngalesifo. Kubekiswa kutsi bantfu lababili ekhulwini (2%) sebashonile ngenca yalesifo. Bantfu labanekushisa lokwendlula kushisa kwemtimba lokujwayelekile, labakhwehlelako, nalabanebulikhuni nekuphefumula kumele kutsi batfole lusito lwetemphilo baye esibhedlela.

**Sihamba kanjani sifo se- COVID-19?**

Bantfu bangasitfola sifo se COVID-19 kulabanye bantfu labanalo leligciwane. Lesifo singahamba kusukela kumuntfu kuya kulomunye ngemantfonsi asemphumulweni nome emlonyeni laphuma uma umuntfu lone COVID-19 akhwehlela noma aphefumula. Lamatfonsi ahlala etintfweni tsite letidvute naloyo muntfu. Labanye bantfu bangabese batfola lesifo ngekutsintsa leto tintfo, bese batsintsa emehlo, imphumulo noma emlonyeni. Bantfu bangasitfola lesifo se COVID-19 uma bahogela ematfonsi lasuka kulomunye umuntfu lone COVID-19 uma aphefumula nome akhwehlela lawo matfonsi. Kungako kumcoka kutsi ushiye sigamu lesingange mitha yinye (1 Metre) kumuntfu logulako.

**Ligciwane lelibanga i-COVID-19 lingatsatselwanan yini ngemoya?**

Lucwaningo lolutsandza kwentiwa lukhomba kutsi leligciwane lelibanga i-COVID-19 litselelwana ngekutsintsana nematfonsi esikhwehlela.

**I- COVID-19 ingatsatseleka yini kumuntfu longakhombisi timphawu tekuba nayo?**

Indlela lenkhulu lesifo lesitsatselwana ngayo ngematfonsi lakhokhwa ngumuntfu nakakhwehlela. Ematfuba ekutfola i-COVID-19 kumuntfu lote timphawu mancanekakhulu. Kepha, liningi lebantfu labane COVID-19 babanetimphawu letilula talokugula. Loku kubonakala ikakhulukati mabasacala kugula ngalesifo. Ngako kutsatselana kwe- COVID-19 kumuntfu lonayo, kepha anetimphawu letilula letifana nekukhwehlela lokuncane nje kepha angativa agula yintfo lengenteka.

**Ngingayitfola yini i-COVID-19 emangcolisweni emuntfu lonale sifo?**

Ematfuba ekutseleleka i-COVID-19 emangcolisweni emuntfu lonalesifo abonakala amancane. Kepha luphenyo lolwentiwe phambilini lukhomba kutsi leligciwane lungaba khona emangcolisweni ngaletinye tikhatsi, kepha kutsatselwana kwaleligciwana ngalendlela akukavami. Kepha ngoba loku kuyingoti, kungako kumcoka kutsi ugeze tandla njalo nje, uma ucedza kusebentisa indlu lencane nangaphambi kwekutsi udle.

**Yini lengingayenta kutivikela ngiphindzi ngincabe kwandza kwalesifo?**

**Indlela yekutivikela yabo bonkhe bantfu**

Hlala ucaphele imibiko ngelwati lolusha lwekuhamba kwe COVID-19. Lwati luyatfolakala ku website nasetinkhundleni tekuchumana te national Department of Health ([www.health.gov.za](http://www.health.gov.za)). National Institute for Communicable Diseases ([www.ncid.ac.za](http://www.ncid.ac.za)) kanye ne World Health Organisation ([www.who.int](http://www.who.int)).

Liningi lebantfu labatutfola lesifo batoba nekugula lokuncane baphndze balulame ngekushesha, kepha labanye bangagula kakhulu baphatseke kakhulu kunalabanye. Nakekela imphilo yakho uphindze uvikele labanye ngekwenta loku lokulandzelako.

* Gezisisa tandla takho emahlandla lamanyenti ngensipho nemanti nome usebentise umutsi wekugeza tandla lonetjwala (i- alcohol based sanitizer). Leni? Kugeza tandla takho ngemanti nensipho noma kusebentisa umutsi wekugeza tandla lonetjwala (i-alcohol based sanitizer) kubulala emagciwane langaba setandleni takho.
* Shiya sikhala lesingalinganiswa ne mitha yinye (one metre) kuwe nemuntfu lokhwehlelako nome lothimulako. Leni? Uma umuntfu atsimula nome akhwehlela ufata ematfonsi lamancane lasuka emphumulweni nome emlonyeni langacuketsa leligciwane. Uma usondzelelene kakhulu nalomuntu,ungahogela lawo matfonsi lafaka ekhatsi ligciwane i-COVID-19 uma loyo muntfu analo leligciwane.
* Gwema kutsintsa emehle, imphumulo kanye nemlomo wakho. Leni? Tandla titsintsa tintfo letinyenti ngako kungenteka titsatse emagciwane. Uma sotsintsene nalawo magciwane, tandla tingendlulisela leligciwane emehlweni, emphumulweni noma emlonyeni. Kusukela lapho, leligciwane lingangena emtimbeni liphindze likwente ugule.
* Cininseka kutsi wena, nalohlala nabo, nilandzela indlela yekukhwehlela lephephile. Loku kusho kutsi kuvala umlomo nemakhala ngengcosa noma nge-tissue uma ukhwehlela noma utsimula. Uma socedzile lahla leyo i-tissue loyisembentisile masinyane emgconyeni. Leni? Ematfonsi ahambisa emagciwane. Ngekulandzela indlela lephephile yekukhwehlela uvikela labo lohlala nabo ekutfoleni emegciwane lafana nalawo emkhuhlane ne-COVID-19.
* Hlala ekhaya uma utiva ungaphili kahle. Uma umtimba wakho ushisa uze wendlula lizinga lelifanele, ukhwehlela, futsi enbulukhuni bekuphefumula, Tfola lusito lwasemtfolamphilo,kumele kutsi ushaye lucingo kucala ngaphambi kwekutsi uye. Landzela leyo miyalo letophuma emtfolamphilo endzaweni yangakini. Leni? Litiko laseveni letemphilo litoba nemininigwane longaba musha ngesimo saseendzaweni lapho uhlala khona. kushaya lucingo kucala kutosita kutsi umhlengikati wakho akhone kusheshe akulayele emtfolamphilo lofanele. Loku kuto phindze kusite kutsi utivikele kuphindze kunciphise kwandza kwaleligciwane naletinye tifo.
* Hlala unelwati njalo ngetingucuko letingahle tibe khone ngesimo se COVID-19. Landzela imiyalo loyiniketwa betemphilo nelitiko laseveni lwetemphilo ngekutsi ungativikela njani uphindze uvikele nalabanye. Leni? Baholi belive nebesifundza sakini ngibo labatawuba nemniningwane lemisha ngekuhamba kweligciwane le COVID-19 endzaweni yangakini/ Ngibo labasesikhundleni lesincono sekweluleka bantfu basendzaweni yangakini ngetintfo labangatenta kuze bativikele kancono.

**Tindlela tekutivikela tebantfu labasetindzaweni noma labavakashele (emalangeni lalishumi nesine landlulile) etindzaweni lapho khona i-COVID-19 inelizinga lekwandza khona kakhulu.**

* Uma utiva ungaphili kahle hlala ekhaya, noma ngabe unetimphawu letilula litifana nekuphatfwa yinhloko nemafinyil, uze welulame. Leni? Kugwema kuhlanganyela nalabanye bantfu nekuvakashela emtfolamphilo kutokhona kwenta kutsi betemphilo bakhone kukusita ncono, kuphindze kusite kuvikela wena nalabanye egciwaneni le COVID-19 nalamanye emagciwane.
* Uma umtimba wakho uba nekushisa lokusezingeni lelingetulu kwalelifanele, ukhwehlela, uphindze uba nebulukhuni bekuphefumula, tfola lusito lwebetemphilo masinyane ngoba loku kungaba ngenca yekutsi sotfole kugula kwesifo sesifuba noma lesinyo sifo lesingakucindzetela. Kumele ucale ushaye lucingo kucala ubikele umhlengikati wakho uma uke wavakasha nome wahlangana nebantfu labebavakashile. Leni? Kushayela emtfolamphilo phambilini kutosita kutsi bakulayele emtfolamphilo lofanele ngekushesha. Loku kutophindze kusite ngekuvikela kuhamba nekwandza kweligciwane le-COVID-19 nalamanye emagciwane.

**Angakanani ematfuba ekutsi ngingatfola i-COVID-19?**

Ematfuba aya ngekutsi uhlala kuphi noma utsandza kuhambela letinye tindzawo yini. Emattfumba ekutfola lesifo andze etindzaweni lapho kunebantfu labanyenti lesebatfolakele kutsi bane- COVID-19. Kubo bonkhe bantfu lesebatfole ligciwane le COVID-19, bayengca ku 95% labaseveni lase-Shayina (China), Liningi labo lisesifundzeni sase Hubei. Kwanyalo, ematfuba ekutfol lesifo eSouth Africa mancane, kepha kumcoka kuba nelwati ngalesimo nekutilungiselela endzaweni lapho uhlala khona

**Kumele kutsi ngikhatsateke yini nge- COVID-19?**

Uma ungekho endzaweni lapho khona i-COVID-19 yandza khona, nome uma ungakase waya kuleti tindzawo nome ungakaze wahlanganyela dvutane nemuntfu longativa kahle, ematfuba akho ekutfola leligciwane asemancane. Kepha, kuyavisiseka kutsi ungativa ukhatsatekile uphindze unekwesaba ngalesimo. Kuhle kutsi utfole lwati lolubanti kute utokhona kutikalela ematfuba akho ekutfola leligciwane khona utokhona kutsatsa tinyatselo letifanele tekutivikela. Umhlengikati wakho, Nelitiko laseveni letemphilo kanye ne National Institute for Communicable Disease (NICD) ngumtfombo welwati lolungemaciniso nge COVID-19. Kumcoka kutsi ube nelwati ngalesimo salapho uhlala khona kute ukwati kutivikela.

**Ngubani losengcupheni yekutfola aphindze acindzetelwe ngulesifo?**

Sisachubeka sifundza ngendlela i-COVID-19 lephatsa ngayo bantfu, bantfu labadzala kanye nebantfu labaphila nekugula lokutsite( lokufana ne high blood pressurre, sifo senhlitiyo nome sifo sashukela) babonakala ngatsi bacindzeteleka kakhulu kunalabanye bantfu ngalesifo.

**Emaphilisi ekubulala emagciwane (ema-Antibiotics) ayakhona yini kuvikela nekwelapha i-COVID-19?**

Chake, ema- antibiotics akasebenti kwelapha emagciwane, asebenta kuphela kwelapha tifo letibangwa yi bacteria kuphela, hhayi i -virus. Sifo se -COVID-19 sibangwa ligciwane leliyi-virus, ngako ema-Antibiotics akakhoni kuselapha. Ema-Antibiotics akumeli kutsi asetjentiselwe kwelapha i-COVID-19. Kumele kutsi asetjentiswe ngendlela lolayelwe ngiyo ngudokotela kuze welaphe tifo letibangwa yi-Bacteria.

**Ukhona yini umjovo wekuvikela noma umutsi wekulapha i COVID-19?**

Kwamanje kusete umjovo nemitsi yekuvikela noma kulapha i-COVID-19. Kepha labo lesenayo kumele balaphe timphawu natibaphatsa. Batfu lasebagula kakhulu kumele balashelwe esibedlela. Liningi lebantfu bayelulama ngekutfola kunakekelwa. Luphenyo lekutfola imijovo nemitsi lengasebenta kulapha nekuvikela lesifo selucalile. Loku sekucalile kuhlolwa etibhedlela. Inhlangano ye-World Health Organisation (WHO) ichuba imitamo yekwaka imijovo nemitsi yekuvikela nekulapha i-COVID-19. Tindlela letihamba embili tekutivikela uphidze uvikele labanye kutsi bangatfoli i-COVID-19 ku geza tandla njalonjalo, uvale umlomo ngengcosa noma i-tissue uma ukhwehlela, nekushiya umgamu longana one-meter emkhatsini wakho nabantfu labakhwehlelako noma labatsimulako.

**Ngyigcoke yini i-Mask kute ngitivikele?**

Bantfu labete timphawu tekuphatfwa sifuba, lokufana nekukhwehlela, abadzingi kugcoka i-mask. Inhlangano yaka-WHO ikhutsata kutsi i-mask isetjentiswe bantfu labakhombisa timphawu te-COVID-19 kanye nalabo labanakekela bantfu labanaleto timphawu, letifana nekukhwehlela nekushisa kwemtimba lokusezingeni lelingakafaneli. Kusebentisa ema-masks kumcoka kakhulu etisebentini tetemphilo nebantfu labanakekela umuntfu (ekhaya noma esibhedlela). Tindlela letihamba embili tekutivikela nekuvikela labanye bantfu ekutfoleni sifo se-COVID-19 kutsi ugeze tandla takho njalo, uvale umlomo wakho mawukhwehlela ngengcosa noma i-tissue kanye nekugcina sigamu lesinganelimitha linye emkhatsini wakho nebantfu labakhwehlelako noma labatsimulako.

**Kutsatsa sikhatsi lesingakanani kutsi timphawu te-COVID-19 tibonakale?**

Kubekiswa kutsi kutsatsa emalanga lasukela ku 1-14 kutsi timphawu tekugula ngemuva kwekutseleleka i-COVID-19 tibonakale, kepha kuvame kakhulu kutsi kutsatse emalanga lasihlanu.

**Leligciwane lingaphila sikhatsi lesingakanani etikwe tintfo letitsite?**

Akwatiwa kahle kutsi leligciwane lelibanga i-COVID-19 liphila sikhatsi lesingakanani etikwe tintfo letitsite, kepha kubonakala ngatsi lifana nalawa lamanye emagciwana e-Coronavirus. Luphenyo lolwentiwe lukhomba kutsi emagciwane e-coronavirus (kanye nelwati lolusha ngeligciwane lwe-COVID-19) angaphila etikwetintfo ema hoa lambalwa noma emalanga lambalwa. Loku kuya ngetimo letitsite (sibonelo: inhlobo yentfo lehleli tikwayo, lizinga lekushisa noma umswakama waleyo ndzawo). Uma ucabanga kutsi intfo letsite itseleleke ngeligciwane, yihlante ngemutsi wekubulala emagciwane utivikele kanye nalabanye. Geza tandla takho ngensipho nemanti noma ngemutsi wekubulala emagciwane lonetjwala. Uphindze ugweme kutsintsa emehlo akho, umlomo nemphumulo.

**Kuphephile yini kutfola liphasela lelisuka etindzaweni lapho sekubikwe ngekuba khona kwe-COVID-19?**

Yebo. Ematfuba ekutsi umuntfu lone-COVID-19 esulele ligciwane etimphahleni lekumele titsengiswe mancane ngalako ingoti yekutfola ligciwane lelibanga i-COVID-19 ephaseleni lelihambe libanga lelidze laphindze labasetimeni letehlukene temazinga ekushisa alikho.

**Yini lokumele ngingakwenti?**

Letintfo letilandzelako **ATISITI** kulwa ne-COVID-19 futsi tingaba yingoti:

* Kubhema
* Kunatsa imitsi yesintfu
* Kufaka ema-mask lamaningi ngesikhatsi sinye
* Kusebentisa emaphilisi lafamanema-antibiotics ngephandle kwekulayelwa ngudokotela

**Umakwentekauphatfwe nekushisa kwemtimba lokwengca lizinga lelifanele, ukhwehlela, noma uphefumule ngebulikhuni, phutfuma uye emtfolampilo** kute unciphise ematfuba ekucindzetelwa kugula. Tjela umhlengikati wakho umangabe usandza kuba nelihlambo.

**Shayela inombolo ye-COVID-19 lesheshako: 0800 029 999**

**Tfumela umlayeto lotsi "Hi" ku WhatsApp COVID-19 connect: 060 012 3456**

**Vakashela i-website wwww.sacoronavirus.co.za**