  

**COVID-19 CORONAVIRUS**

**DIPOTSO TSE GANTSI DI BODIWANG**

**Coronavirus ke eng?**

Di-coronavirus ke losika lwa megare e e kgonang to tshwaetsa diphologolo le batho ka malwetse Di-coronavirus fa di tshwaetsa batho be tsenwa ke malwetse a sehuba a a tlwaelegileng, go feta foo, batho ba tsenwa gape ke malwetse a sehuba a a kotsi thata jaaka Middle East Respiratory Syndrome (MERS) le Severe Acute Respiratory Syndrome (SARS)

Mogare o mosha o o iponatsang mo dinakong tsa gompieno mo losikeng lwa di-coronavirus o tsenya bolwetse jwa coronavirus COVID-19

**COVID-19 ke eng?**

COVID -19 ke bolwetse jo bosha jo bo bakiwang ke mogare o mosha wa coronavirus. Mogare o mosha ono le bolwetse jwa teng di ne di sa itsege pele di tlhasela batho kwa Wuhan, kwa China ka Sedimonthole 2019

**Ditshwaetso tsa COVID-19 di iponatsha jang?**

Go le gantsi COVID-19 e iponatsa mo mmeleng wa motho ka go gotela ga mmele, go tsenwa ke letsapa le go gotlhola. Batho bangwe bone ba iponatsa ka ditlhabi mo mmeleng, go thibana ga dinko, mamina, mometso o botlhoko le letshololo. Ditshwaetso tsa mogare ono go le gantsi di simolola ka bonya. Batho bangwe bone ba tsenwa ke mogare ono mme ba se bontshe ditshwaetso dipe fela kgotsa go sa ikutlwe monate mo mmeleng. Batho ba le bantsi (mo e ka nnang 80%) ba kgona go iphodisa ka masole a mebele ya bone go sa tlhokege kalafi e e kgethegileng. Mo e ka nnang motho a le mongwe mo go bangwe le bangwe ba le barataro ba ba nnang le COVID-19 o lwala mo go maswe e bile o iphitlhela aa palelwa ke go hema aa hupelwa. Batsofe le batho ba ba nang le malwetse a mangwe jaaka bolwetse jwa high blood, bolwetse jwa pelo kgotsa bolwetse jwa sukiri ke bone batho ba ba gatelelwang thata-thata fa ba tlhaselwa ke COVID-19. Batho ba ba tlhokafetseng ba bolalwa ke bolwetse jono ke diperesente di ka nna 2 . Batho ba ba ikutlwang ba gotela mo mmeleng, ba gotlhola e bile ba ikutlwa ba hupelwa ba tshwanetse go senka thuso ya kalafi ka bonako

**COVID-19 e tshwaetsana jang?**

Fa motho a na le bolwetse jwa COVID-19 o kgona go tshwaetsa batho ba bangwe. Bolwetse jono bo tshwaetsana ka mathe kgotsa mamina fa motho yo o nang le jone a gotlhola kgotsa a ethimola gaufi le batho ba bangwe. Mathe kgotsa mamina ano a wela gaufi le batho le mo godimo ga dilo tse di bapileng le batho. Jaanong fa batho ba ba se nang mogare ono ba tshwara mathe kgotsa mamina ao ka diatla ba bo ba tsenya menwana mo matlhong, mo molomong kana mo dinkong ba tsenwa ke mogare. Ka jalo go botlhokwa go emela kgakajana le motho yo o lwalang, thata-thata fa ba gotlhola kana ba ethimola.

**A go a kgonega gore mogare o o bakang bolwetse jwa COVID-19 o fetisiwe ka go hema?**

Dipatisiso di bontsha gore mogare o o bakang bolwetse jwa COVID-19 o fetisiwa thata ka mathe e seng mowa wa batho.

**A motho a ka kgona go go tshela ka bolwetse jwa COVID-19 le fa a sa bontshe matshwao ape fela?**

Bolwetse jo bo tshwaetsana segolobogolo ka mathe fa motho yo o lwalang a gotlhola gaufi le batho ba bangwe. Kotsi ya go tsenwa ke COVID-19 go tswa mo mothong yo a se nang matshwao a yone e kwa tlase thata. Mme gone, batho ba le bantsi ba ba nang le COVID-19 ba itemogela fela matshwao a a sa reng sepe. Seno se boammaaruri fa bolwetse bo simolola. Ka jalo go a kgonega go tsenwa ke COVID-19 go tswa mo mothong yo ka seka a gotlholang go se kae kgotsa a sa ikutlwe a lwala.

**A mantle a motho yo o nang le bolwetse a ka kgona go ntsenya bolwetse jwa COVID-19?**

Go lebega kotsi ya go tsenwa ke COVID-19 go tswa mo mantle a motho yo o tshwaeditsweng e le kwa tlase. Le fa gone dipatlisiso di botsha gore ka dinako dingwe baerase e ka tswa e le teng mo mantleng a motho yo o nang le bolwetse, kanamo ya mokgwa ono ga se tsela ya konokono e e fetisang bolwetse jono. Le fa go ntse jalo, e re ka seno e le kotsi, ke lebaka le lengwe la go tlhapa diatla ka dinako tsotlhe ka metsi le sesepa fao tswa mo ntlong ya boithusetso le pele o ja dijo.

**Nka dirang go itshireletsa le go thibela go anama ga bolwetse jono?**

**Dikgato tsa go itshireletsa tsa batho botlhe**

Ela tlhoko tshedimosetso ya bosheng ka go anama ga COVID-19, e e leng teng mo diwebosaeteng le mo mafaratlhatlheng a tlhaeletsano a Lefapha la bosetshaba la Boitekanelo ([www.health.gov.za](http://www.health.gov.za)), Setheo sa Bosetshaba sa Malwetse a a Tshelanwang ([www.nicd.ac.za](http://www.nicd.ac.za/)) le Mokgatlho wa Lefatshe Lotlhe wa Boitekanelo ([www.who.int](http://www.who.int)).

Batho ba le bantsi ba ba tshwaediwang ke bolwetse jono ba tlile go lwala go se kae le go fola, mme go na le bangwe ba le mmalwa ba ba tlileng go gatelelwa ke bolwetse. Tlhokomela botsogo jwa gago mme o sireletse ba bangwe ka go dira tse di latelang:

* Tlhapa diatla ka dinako tsotlhe ka metsi le sesepa kgotsa o ka dirisa hand sanitiser. Goreng o tshwanetse go dira jalo? Go tlhapa diatla ka metsi le sesepa kgotsa hand sanitiser go bolaya megare e e ka tswang e le mo diatleng tsa gago.
* O emele kgakala le batho ba ba gotlholang kgotsa ba ethimola gaufi le wena. Goreng o tshwanetse go dira jalo? Fa motho a gotlhola kana a ethimola o ntsha diedi dingwe ka nko kgotsa ka molomo, tse di ka tswang di na le baerase . Fa o eme gaufi thata le motho yoo, o ka hema diedi tseo, go akaretsa le baerase ya COVID-19 fa e le gore motho yo o gotlholang o na le yone.
* Tila go itshwara matlho, dinko le molomo. Goreng o sa tshwanela go dira jalo? Diatla tsa gago di tshwara dilo di le dintsi ka letsatsi, mme di ka nna le dibaerase. Fa diatla di tshwaeditswe, di ka fetisetsa baerase mo matllhong, mo nkong kgotsa mo molomong wa gago. Go tswa foo, baerase e ka tsena mo mmeleng wa gago mme ya go lwatsa.
* Tlhomamisa gore wena le batho ba ba gaufi le wena lo latela tsela e e siameng e e phepa ya go hema. Seno se raya go thiba molomo le nkgo ka sekgono se se obilweng kgotsa ka tissue fa o gotlhola kgotsa o ethimola. Fa o fetsa o latlhe tissue eo ka bonako. Goreng o tshwanetse go dira jalo? Mathe le mamina di phasalatsa dibaerase. Ka go latela mekgwa e e maleba ya bophepa o sireletsa wena le batho ba ba gaufi le wena gore ba se ka ba welwa ke megare e e jaaka sehuba le COVID-19.
* Fa o sa ikutlwe monate, nna kwa gae o se ka wa tlalatlala le naga. Fa o na le letshoroma, o gotlhola e bile o hupelwa, batla thuso ya kalafi  ka bonako gape o leletse batho ba ba nang le kitso go go thusa. O latelele dikitsiso tsa bookelo kgotsa tliliniki e e bapileng le wena. Goreng o tshwanetse go dira jalo? Lefapha la bosetshaba lle la porofense la Boitekanelo le tla nna le tshedimosetso ya bosheng ka seemo sa lefelo la gago. Go leletsa batho ba kitso go tla dira gore motlamedi wa gago wa boitekanelo gore ka bonako a go romele kwa setheong se e maleba sa boitekanelo. Seno se tla go sireletsa le go thusa go thibela go anama ga dibaerase kgotsa ditshwaetso tse dingwe.
* Nna o na le kitso ka ditiragalo tsa bosheng tsa COVID -19. Latelela dikakantsho tse o di newang ke motlamedi wa gago wa boitekanelo le Lefapha la Bosetshaba la Boitekanelo gore o itshereletse jang le ba bangwe mo bolwetseng jono ba COVID-19. Goreng o tshwanetse go dira jalo? Balaodi ba bosetshaba le ba selegae ba tla nna le tshedimosetso ya bosheng ya gore a COVID-19 e a anama mo lefelong la gago. Ke bone batho ba ba tshwanelang sentle go tlhagisa batho ba lefelo la gago gore ba tshwanetse go dirang go itshireletsa.

**Dikgato tsa go itshereletsa tsa batho ba ba leng kgotsa ba ba sa tswang go etela (malatsi a le 14 a a fetileng) mafelo a a aparetsweng ke leru la COVID-19**

* Nna kwagae fa o sa ikutlwe monate kgotsa o na le tlhogo e opang kgotsa o tswa mamina, go fitlha o ikutlwa botoka. Goreng o tshwanetse go dira jalo? Go tila go amana le batho ba bangwe le go ya kwa ditheong tsa kalafi go tla thusa ditheo tseno go dira sentle le go thusa go sireletsa wena le batho ba bangwe mo go tshwaediweng ke COVID-19 le dibaerase tse dingwe.
* Fa o nna le letshoroma, o gotlhola e bile o hupelwa, tsamaya o batle thuso ya kalafi ka potlako gonne gongwe seno ke ka ntlha ya tshwaetsho ya makgwafo kgotsa boemo bongwe jo bo masisi. Letsa go itsise mo tlamedi wa gago wa boitekanelo ka maeto a gago a bosheng kgotsa dikamano le batsamai. Goreng o tshwanetse go dira jalo? Go letsa nako e sa le teng go tla thusa motlamedi wa gago wa boitekanelo gore a go romele ka bonako kwa setheong se se tshwanetseng sa boitekanelo. Seno se tla thusa go thibela go anama ga COVID-19 le dibaerase tse dingwe.

**A go ka direga gore ke tshwarwe ke bolwetse jwa COVID-19?**

Go ya ka gore o dula kae le gore o tswa go etela mafelo afe. Kotsi ya tshwatso e kwa godimo mo mafelong a mo go one batho ba le bantsi ba tshwaeditsweng ke. Diperesent di feta 95 tsa COVID-19 di kwa China, mme bontsi jwa tsone di kwa Porofenseng ya Hubei. Ga jaana kotsi ya bolwetse jono mo Afrika Borwa e kwa tlase, mme gone go botlhokwa go itse maemo le ipaakanyo ya lefelo la gago.

**A go a tlhokega gore ke tshwenyege ka COVID-19?**

Fa e le gore ga o nne mo lefelong le le nang le tshwaetso ya COVID-19, kgotsa fa o ise o tsamaele kwa mafelong ao kgotsa o ise o kopane le mongwe yo o nang le mogare e bile a sa ikutlwe sentle, ga jaana ditshono tsa gore o tsenwe ke mogare ono di kwa tlase. Le fa go ntse jalo, re a tlhaloganya gore o ka tswa o tshwenyegile e bile o tlhobaela ka boemo jono. Ke kakanyo e ntle gore o nne le dintlha go go thusa go lemoga sentle dikotsi tsa gago gore o tseye dikgato go itlhokomela. Motlamedi wa gago wa boitekanelo, Lefapha la Bosetshaba la Boitekanelo le Setheo sa Bosetshaba sa Malwetse a a Tshelanwang (NICD) ke ditlamo tse di nang le tshedimosetso e e maleba ka COVID-19. Go botlhowa gore o itse boemo jwa kwa o nnang gore mme o tseye dikgato tse di maleba go itshireletsa.

Fa go na le tshwaetso ya COVID-19 mo Afrika Borwa mme o le mo lefelong le le nang le COVID-19, o tshwanetse go tsaya masisi kotsi ya go tshwaediwa. O latele dikakantsho tse di newang le Lefapha la Boitekanelo la bosetshaba le la porofense. Le fa e le gore bontsi jwa batho ba ba tshwaeditsweng ke COVID-19 ba se kitla ba lwala thata, go na le ba ba tlileng go gatelelwa thata. Ga se gantsi bolwetse jono bo ka bolayang motho. Batho ba ba godileng, le ba ba nang le malwetse a tswanang le high blood pressure, le malwetse a pelo, le malwetse a sukiri ke bona ba ba leng mo kotsing thata.

**Ke mang yo a leng mo kotsing ya go gatelelwa ke bolwetse jono?**

Fa re santse re ithuta gore bolwetse jwa COVID-9 e ama batho jang, go lebega batsofe le batho ba ba nang le malwetse a tswanang ke high blood pressure, malwetse a pelo, le malwetse a sukiri e le bona ba bolwetse bo ba gatelelang thata go feta batho ba bangwe.

**A ditlhare kana melemo ya di antibiotic kgona go thibela kgotsa go alafa COVID-19**

Nnyaa! Ditlhare kana melemo ya di antibiotic ga e kgone go lwantsha dibaerase, di kgona fela go lwantsha ditshwaetso tsa bacteria. COVID-19 e bakwa ke baerase, ka jalo melemo ya antibiotic ga e bereke. Ga go a tshwanelwa gore go dirisiwe melemo ya di-antibiotic go leka go thibela le go alafa bolwetse jwa COVID-19. Ditlhare kana melemo ya antibiotic ke melemo e o tshwanetseng go e dirisa fela ka taelo le tlhatlhelelo ya ngaka go alafa tshwaetso ya baketeria.

**A go na le moento, seokobatsi kgotsa kalafi ya COVID-19?**

Nnyaa, ga e ise e nne teng. Mo nakong eno ga go na moento e bile ga go na kalafi e e kgethegileng ya go lwantsha baerase go thibela kgotsa go alafa COVID-19. Mme gone batho ba ba tsenweng ke mogare ono ba tshwanetse go tlhokomelwa go fedisa matshwao a bolwetse. Batho ba ba gateletsweng thata ke bolwetse jono ba tshwanetse go isiwa bookelong.  Balwetse ba le bantsi ba a fola ka ntlha ya tshegetso le tlhokomelo.

Go santse go batlisisiwa meento e e ka berekang mmogo le dikalafi dingwe tse di kgethegileng tsa diokobatsi. Ba dirwa diteko ka ditekeletso. Mokgatlho wa Lefatshe lotlhe wa Boitekanelo (WHO) o tlhokomela maiteko a go dira meento le melemo go thibela le go alafa COVID-19.

Tsela e e maleba ya go itshireletsa wena le batho ba bangwe kgatlhanong le COVID-19 ke go tlhapa diatla tsa gago kgapetsa kgapetsa, thiba segotlholo sa gago ka sekgono kgotsa thishu, mme o boloke sekgala sa bobotlana mmetara o le mongwe mo bathong ba ba gotlholang kgotsa ba ba ethimolang.

**A go a tlhokagala gore ke apare mask go itshireletsa?**

Batho ba ba se nang matshwao a bolwetse jaaka go gotlhola ga go tlhokagale gore ba apare mask. Lefapha la WHO le retloetsa gore batho ba ba nang le matshwao a bolwetse jwa COVID -19 le ba ba tlhokomelang batho ba ba nang le matshwao a a jaaka go gotlhola le letshoroma ba apare di mask. Mask e botlhokwa thata mo badiring ba itekanelo le mo bathong ba a tlhokomelang mongwe (kwa gae kgotsa kwa setheong sa itekanelo).

Tsela e e maleba ya go sireletsa wena le batho ba bangwe kgatlhanong le bolwetse jwa COVID-19 ke go tlhapa diatla gangwe le gape, go ithiba ka sekgono kgotsa ka thishu fa o gotlhola le go nna sekgala sa bobotlana mmetara o le mongwe mo bathong ba ba gotlholang kgotsa ba ba ethimolang.

**Bolwetse jwa COVID-19 bo tshela nako e le kae mo mmeleng fa motho a fetsa go tshwaetsega mme a sa bontshe matshwao ape fela a bolwetse?**

Nako ya “botshelo jwa bolwetse” e kaya nako magareng ga go tsenwa ke baerase le go nna le matshwao a bolwetse. Gantsi go fopholediwa gore botshelo jwa bolwetse bolwetse jwa COVID-19 ke malatsi a magareng ga 1 le 14, gantsi malatsi a matlhano.

**Mogare o kgona go tshela nako e le ka mo godimo ga dilo?**

Ga go tlhomamisege gore baerase e e bakang COVID-19 Etshela nako e kae mo godimo ga dilo, mme go lebega e dira jaaka dicoronavirus tse dingwe. Dipatlisiso di lemosa gore dicoronavirus (go akaretsa tshedimosetso ya ntlha ka baerase ya COVID-19) e ka tswelela e tshela mo godimo ga dilo ka diura di le mmalwa go fitlha go malatsi a le mmalwa. Seno se ka farologana go ikaegile ka maemo a a sa tshwaneng (sk. mofuta wa selo, themperetshara kgotsa bongola jwa tikologo.

Fa o akanya gore sengwe se tshwaeditswe, se phepafatshe ka sebolayamegare sepe fela go bolaya baerase le go sireletsa wela le batho ba bangwe. Tlhapa diatla ka metsi le sesepa kgotsa hand sanitiser. O se ka wa itshwara matlho, molomo kgotsa dinko.

**A go sireletsegile go amogela dithoto go tswa kwa lefelong le le aparetsweng ke leru la COVID-19?**

Ee. Go ka nna ga se direge gore motho yo o nang le tshwaetso a tshwaetse dithoto mme kotsi ya go tsenwa ke baerase e e bakang COVID-19 go tswa mo dithotong tse di sutisitsweng, tsa tsamaisiwa le go koana le maemo a a farologaneng mmogo le maemo a a farologaneng a bosa e kwa tlase.

**A go na le sengwe se ke sa tshwanelang go se dira?**

Dilo tse di latelang **GA DI** thuse go bolaya megare ya bolwetse jwa COVID-19 e bile di ka go tlhagisetsa kotsi:

* Go tsuba
* Go ikalafa ka ditlhare tsa setso
* Go apara di-mask di le dintsi
* Go nwa melemo ya di-antibiotic

Fa e le gore o na le letshoroma, o a gotlhola e bile o a hupelwa ga o kgone go hema sentle go tlhokagala gore o bone thuso ya kalafi ka potlako go thibela gore bolwetse bo go gatelele thata e bile o bolelele dingaka gore o tsamaetse dinaga difeng.

**Leletsa mogala wa COVID-19 hotline: 0800 029 999**

**Romela “Hi” mo whatapp go COVID-19 Connect: 060 012 3456**

**Etela website ya www.sacoronavirus.co.za**