  

**COVID-19 CORONAVIRUS**

**DIPOTSISO TSE BOTSISHWAGO GAFETSA**

**Naa coronavirus ke eng?**

Coronaviruses ke karolo ye kgolo ya ditwatsi tsa go ipopa yeo e hlolago malwetsi mo bathong le diphoofolong. Go batho yengwe ya coronavirus e tsebega ka go hlola tshwaetso mo gotsa go hema go tloga go mpshikela wa go tlwaelega goya go ye mengwe ye mintshi ya malwetsi ago swana le Middle East Respiratory Syndrome(MERS) le Severe Acute Respiratory Syndrome(SARS) coronavirus yeo e humanwego gabjale e hlola bolwetsi bja twatsi ya corona bjo bo bitswago COVID-19

**Naa COVID-19 ke eng?**

COVID-19 ke bolwetsi bja go fetela bjo bo hwetswago go coronavirus. Twatsi ye yentshwa le bolwetsi dile tsa tsebagala pele go phulega bolwetsi bjo kua Wuhan, gola China ka Desemere ngwageng wa 2019.

**Naa dika tsa COVID-19 ke dife?**

"Dika tsa go tlwaelega tsa COVID-19 ke mokhohlwane, go lapa le go kgohlola go go omileng. Ba bangwe ba balwetsi ba rengwa ke hlogo le goba le dihlabi, go thibana dinko, go elela mamina, goba le diso mogolong le go tshologa tse dingwe dika dina le goba magareng. Bontshi ba dika tse di diragala bonolwana ebile e thoma ganyane ganyane.

Babangwe ba batho ba tshwaeditswe efela gaba bontshi dika eupsa gaba ikwe gabotse. Bontshi bja batho bao e ka bago (diperesente tse 80) ba kgonne go phologa bolwetsing bjo ntle le go nyaka kalafi ya go ikgetha. O tee go batho ba tshela woo a swaetswago ke COVID-19 o feleletsa a lwala go fitisha ebile a ka ba le gopalelwa go hema. Batsofe le batho bao ba nago le mathata a lephelo go swana le batho ba goba le madi a magolo, bolwetsi bja pelo le bolwetsi bja swikiri ba kotsing ya go tshwaetswa ke bolwetsi bjo. Batho bao e kabago di peresente tse pedi ba setse bahlokagetsi ka bolwetsi bjo bja COVID-19.Batho bao banago le mokhohlwane, bago gohlola le goba le mathata ago hema ba swanetse ba nyake thuso ya kalafi kapelapela."

**Naa COVID-19 e phatlalala ka tsela efe?**

Batho baka swaetswa ke COVID-19 gotswa go batho bao ba setsego ba swaeditswe ke twasti ye. Bolwetsi bjoo boka phatlala go tloga go motho wo mongwe goya go o mongwe ka marothi a mannyane ago tloga nkong goba molomong moo e phatlalalago ge motho woo a nago le COVID-19 a gohlola goba a hema. Marothi a akgona go tloga go motho o mongwe goya go o mongwe ka go bopa mo dilong ka moka. Ba bangwe batho ba swaetswa ke COVID-19 ka go kgoma didiriswa tseo di nago le marothi a tswaeso ke moka wa kgoma mahlo, dinko le molomo. Batho gape baka tshwaetswa ke COVID-19 ka go hema marothi a goba le sehuba sa motho woo a tshwaeditswego ke COVID-19. Ka gore yalo ke ka moo go lego bohlokwa gore re dulele bokgole bja metara o tee kgole le motho woo a lwalago.

**Naa twatsi yeo e hlolago COVID-19 e kgona go phatlalala ka mkgwa wa moya?**

Dinyakisiso tseo di dirilwego di bontshitse gore COVID-19 e phatlalala ka go kgoma marothi a sehuba goba go ethimola ga motho wo a swaeditswego e se gore okwa tswaetswa ke COVID-19 go tswa moyeng.

**Naa nka tshwaetswa ke COVID-19 gotswa go motho woo a senago dika tsa twatsi ye?**

Tsela yeo oka tshwaetswago ke twatsi ye ke ka go swara marothi ao a gohlotswego ke motho woo a tshwaeditswego. Kotsi ke ye nnyane yago tshwaetswa ke COVID-19 gotswa go motho woo ase nago dika tsa twatsi ya COVID-19. Le ge go le bjalo, bontshi bja batho bao ba nago le COVID-19 bana le go itemogela dika tse dinnyane. Seo se a diragala e bile e tloga ele nnete ge bolwetsi bo sale mo legatong la mathomo ka go realo go bonolo gore a tshwaetswe ke COVID-19 go tswa go motho woo anago le yona, go fa mehlala, e kaba go gohlola gannyane le go se ikwe gabotse.

**Naa nka tshwaetswa ke COVID-19 ka go swara mantle a motho woo a tshwaeditswego?**

Kotsi keye nnyane ya gore o tshwaetswe ke COVID-19 kago swara mantle a motho woo a tshwaeditswego. Tse dingwe tsa dinyakisiso di bontshitse gore twatsi ekaba gona ka gare gamantle efelaseo gase sone seka dirago gore twatsi e nape e phatlalale. Ka lebaka la gore se le kotsi, le ge gole bjalo go bohlokwa gore o hlape matsogo nako le nako gere etswa ntlwaneng ya boithomelo lege pele re eja dijo.

**Naa nka dirang go itshereletsa le go thibela go phatlalala ga bolwetsi bja COVID-19?**

**Magato a tshireletso go yo mongwe le yo mongwe**

Dula o tshedimosegile ka tshedimoso ye ntshwa ya go phulega ga COVID-19 yeo e hwetsagalago go website le dikgokaganyo tsa leago ya National Department of Health elego (www.health.gov.za), National Institute for Communicable Diseases go (www.nicd.ac.za). Le go World Health Organisation go (www.who.int)

Bontsi bja batho bao ba tshwaeditsego ba itemogela go lwala go gonnyane le go humana pholo ka pela, hlokomela lephelo la gago o be o tshireletse batho ba bangwe ka go dira tseo di latelago:

* Hlapisa matsogo a gago ka meetsi le sesepe goba go shomisa sanitizer e thegiloeng ka bojwala. Nkane? Go bolaya di twatsi tseo di kabego di le gona matsogong a gago.
* Eba kgole ba metara o tee go motho yo a kgohlolago le go ethimula. Nkane? Ke ka lebaka la gore ge motho a gohlola ebile a ethimula o tswa meetsana ka dinkong le ka molomong ao a ka bago le twatsi, ge o le kgauswi le motho wa go ba le COVID-19 ge a gohlola a ka go tshela ka marothi a metsana ao a nago le tswaetso.
* Hlokomologa go kgoma mahlo, dinko le melomo. Nkane? Ka lebaka la gore matsogo a swara dilwanalwana tseo di ka tseago ditwatsi. Ge matsogo a ka tshwara dilo tseo di nago le twatsi a ka fetisetsa mo mahlong, dinkong le mo molomong go tloga moo twatsi e ka tsena mmeleng wa gago go dira gore o lwale.
* Kgonthisisa gore batho bao ba lego kgauswi le wena ba latela ditaelo tsa maleba tsa go amana le lephelo. Seo se ra gore khupetsa molomo le nko ka seokgola goba tissue ge o gohlola goba o ethimula ke moka o lahle tissue yeo ka bonako ka bolahlelong bja ditlakala. Nkane? Ka lebaka la gore marothi ao a ka phatlalatsa twatsi. Ka go latela seemo sese botse sa lephelo o ka shireletsa batho bao ba lego kgauswi le wena kgahlanong le ditwatsi tsa mokgohlane, go kgohlola le COVID-19.
* Dula ka gae ge o ikwa gore wa lwala go ba go fisafisa, ge o ena le mokhuhlwane o khohlola ebile o palelwa ke go hema o ka nyaka thuso go tsa kalafo kapela pela. Nkane? O ka latela ditaelo go tswa go ba ditirelo tsa lephelo ba kgauswi le wena ka lebaka la gore kgoro ya maphelo ya profense le ya boditshaba bana le tshedimoso ya ga bjalo bjalo ya seemo seo selego tikologong ya geno. Go nyaka thuso ka bonako go tla dira gore modiredi wa tsa maphelo a re ka potlako a goise lifelong la maleba la tsa maphelo, seo se tla go tshireletsa le go thusa go thibela go phatlalatswa ga twatsi le tse dingwe tsa di tshwaetso.
* Dula o tshedimosegile ka tshedimoso e mpsha ya mabapi le COVID-19. Lateleng dikeletso tseo re fago ke badiredi ba tsa maphelo le kgoro ya tsa maphelo ya boditshaba gore re ka itshireletsa bjang le gore re ka tshireletsa batho babangwe bjang kgahlanong le COVID-19. Nkane? Ka lebaka leo batho bamo magaeng le ba boditshaba ba swanetse ba be le tshedimoso ka ga phatlalalo ya COVID-19 mo tikologong ya bona mo re go fago maele a gore wena le batho bao elego gore ba kgauswai le wena ba ka tshireletsaga bjang kgahlanong le bolwetsi bja COVID-19.

**Magato a tshireletso go batho bao ba etetsego dinaga tseo di nago le twatsi ya COVID-19 matsatsi a (14 a go feta).**

* Dula gae, ge osa ikwe gabotse mmeleng lege o itemogela dika tsa go rengwa ke hlogo, go elela mamina, go fihlelela o kaonafala. Nkane? Efoga go kopana le batho le go etela mafelo a kalafi go thibela go fetelwa ke COVID-19 le malwetse a mangwe.
* Ge o itemogela mokgohlwane, go gohlola le kaba ona mathata ago hema, nyaka thuso ya kalafi ka pela ka ge o kaihwetsa o nale mathata a go hema goba peelano e kgolo. Leletsa mooki wa gago gomme o hlalose gore o be o etetse kantle ga Afrika Borwa. Nkane? Go letsa mogala pele o ya go mooki wa gago go tla thusa mooki gore lebantshe ke kalafi ya maleba. Se se tla thusa go thibelago go phatlalala ga COVID-19 le malwetse a mangwe.

**A na go gonagala ga kakang gore ke fetelwe ke COVID-19?**

Bogolo ba kotsi bo ya ka gore o be o dula kae goba tseri maeto malobanyana mo go ya dinageng tseo dinago le tswaetso ya COVID-19. Palo ye ntsi ya batho e fetetswego diperesente tse 95 tsa ditswaetso tsa COVID-19 di tswa ka nageng ya China, bontsi e le ba ka profensemg ya Hubei. Ditswaetso ka mo Afrika Borwa disa le fase, eupsa go bohlokwa go bea seemo seo ka tlase ga taolo nageng ya rena.

**A na ke tswanetse go hlobaelwa ka twatsi ya COVID-19?**

Ge eba gase o tseye maeto go ya mafelong ao COVID-19 e phatlaletsego goba go kopana le motho yoo a tswaeditswego, dibaka tsa gore o tswaetswe di fase. Eupsa go a kwishishega gore o kikwe o nale kgatelelo ya monagano, go bohlokwa go tseba ka seemo seo seka beyago bophelo bagago kotsing. Go bohlokwa go tsea makgato a tla go thusang go tseba gore o mo kotsing nna gore o gone go tsea makgato a maleba. Mooki wa gago wa maphelo, kgoro ya maphelo maemong a setshaba, le National Institute for Communicable disease ke methopo ya gago ya tshedimoso lehlakoreng la COVID-19. Gape go bohlokwa goba le tshedimoso ka tikologong yeo o dulago mo go yona gore o kgone go itshireletsa.

Ge eba gona le tswaetso ya COVID-19 kamo Afrika Borwa gape e be le gore o mo tikologong yeo e tswaeditswego, ela seo hloko ka ge se le bohlokwa. Latela ditaelo kamoka go tswa dikgorong tsa maphelo. Bathong ba bantsi COVID-19 e tsa tswa e le malwetse a manyane elefa e ka dira batho ba bangwe gore ba lwale kudu. Ka nako engwe bolwetsi bjo bo ka ba le kotsi ya lehu. Batsofe le batho bao ba phelago ka malwetsi ago etsa madi a magolo, mathata a pelo le swikiri ba kotsing ya diswaetso.

**Ke mang yo alego kotsing ya go itemogela dika?**

Ge se sa ithuta ka gore twatsi ya COVID-19 e ama batho jwang, batsofe le batho bao ba phelago ka malwetsi ago etsa madi a magolo, mathata a pelo le swikiri ba kotsing ya diswaetso ba bonagala ba amega kudu go feta batha senang malwetselwetse.

**A na dithibela-mafu di gona go thibela kapa go alafa COVID-19?**

Aowa, dithibela-mafu gadi shome kgahlanong le ditswaetso, efela di shoma lehlakoreng la ditwatsi. COVID-19 e hlolwa ke ditswaetso, ka fao dithibela-mafu dikase shome. Dithibela-mafu dika shoma ge fela ele mokgwa wa thibelo goba kalafi, ele ge di laetswe ke ngaka yago alafa ditwatsi.

**Go na le moento, seokobatsi, goba kalafi ya COVID-19?**

Ga seso e eba gona, ga gona moento goba go thibela COVID-19 efela bao ba swaeditswego ba swanetse go fiwa hlokomelo go fokotsa dika tsa COVID-19, batho bao ba lwalago kudu ba swanetse go amogelwa bookelong, ka ge bontshi bja balwetsi ba kaonafala morago ga go fiwa thekgo.

Meento ya kalafo le mekgw e mengwe ya kalafo e eleng kgona e sa dirwa dipatlisiso. Disa lekwa go diteko tsa mooking. Batho ba Makgahlo a Lefase a Bophelo (WHO) a kgokagana boiteko ba go dira meento le ditlhare tsa go thibela le go fodisa COVID-19.

Mekgwa ye atlegang ka go tshireletsa wena le batho ba bangwe kgatlanong ke COVID-19 ke ka go tlhapa matsogo gafetsa, khupetsa molomo le nko ka seokgola goba tissue ge o gohlola goba o ethimula ke moka o lahle tissue.

**Nka apara musk go itshireletsa?**

Batho ba senago le dika tsa mathata ago hema go etsa go gohlola gago hlokege gore ba apare musk, Makgahlo a Lefase a Bophelo (WHO) e laela gore bao ba nago le dika tsa mokhohlwane baka apara musk, go apara musk go loketswe batho ba maphelo le bao ba hlokometsego badudi ka ma gae.

Mekgwa ye atlegang ka go tshireletsa wena le batho ba bangwe kgatlanong ke COVID-19 ke ka go tlhapa matsogo gafetsa, khupetsa molomo ka sejabane ge o kgohlola le nko ka seokgola goba tissue ge o gohlola goba o ethimula ke moka o emele bokgole ba mitara.

**Twatsi ya COVID-19 e tseya nako e kakang go bonagala?**

Nako ya gore twatsi ye e bonale, e laetsa nako eo e tswaeditswego le mathomong a dika tsa bolwetsi bja COVID-19 go thoma letsatsi la mathomo goya go a 14 mantshi morago ga matsatsi a mahlano.

**Twatsi e tseya nako e kakang sebakabakeng?**

Ga go nnete ya gore tsatsi ya COVID-19 eka phela nako e kakang sebakabakeng, efela ebonagala e itswara go tshwana ke di Coronavirus tse dingwe. Diphatlisiso di laetsa gore Coronavirus eka tseya di iri tse mmalwa goya go matsatsi. Seo se eya gape leka phapano ya temperature, le kelo ya phiso ya tikologo.

Ge o gopola gore o sebaka se kabe se tswaeditswe, sumisa ditlabela tsago hlwekisa tsa go bolaya ditwatsi go tshireletsa le wena le batho ba bangwe. Hlwekisa diatla ka meetsi a sesepa, goba sanitizer ya matsogo e thegiloeng ka jwala. Efoga go swara mahlo, dinko le molomo.

**Go bolokegile go amogela phahlo gotswa mafelong ao a nago le twatsi ya COVID-19?**

Eng. Kgonagalo ya gore motho eo a naleng twatsi ya COVID-19 a fitisetse twatsi mo dilong tsa kgwebo e fase ebile bokgone ba go hwetsa twatsi ya go baka COVID-19 kgotswa sephuthaneng seo se sepeditsweng, sa etela le go utollwa dibakeng tse fapaneng le go themperetsha e fase.

**A na go nale seo ke lokelang go se dira?**

Mekgato e leteland **GA E SHOME** kgahlanong le COVID-19 ebile e ka ba kotsi:

* Go fola.
* Go sumisa ditlhare tsa setso
* Go apara dimask tse mmalwa
* Go sumisa ditlhare tse itseng bjale ka dithibela-mafu.

Ge eba o itemogela dika tsa mokhohlwana, go gohlola le mathata ago hema, nyaka thuso ya kalafo ka pela ge o itemogela dika tsa go tsenelela, tsebagatsa mafelo ao a sepetsego le mohlakedi wa maphelo.

**Le****tšetša mogala ge o tloka thušo ka COVID-19: 0800 029 999**

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

**Etela webosite go www.sacoronavirus.co.za**