  

**COVID-19 CORONAVIRUS**

**IMIBUZO EBUZWA RHOQO**

**Yintoni i-coronavirus? Yintoni intsolongwane yecorona?**

I-coronavirus lusapho olukhulu lweentsholongwane ezinokubangela ukugula kwizilwanyana nakubantu abaphilayo. Ebantwini, ii-coronavirus ezininzi zaziwa ngokubangela usuleleko lokuphefumla ukusuka kumkhuhlane oqhelekileyo ukuya kwizifo ezibi kakhulu ezinjenge-Middle East Respiratory Syndrome (MERS) kunye ne-Severe Acute Respiratory Syndrome (SARS). Eyona coronavirus yamva nje ephawulweyo ibangela isifo se-coronavirus i-COVID-19.

**Yintoni i-COVID-19?**

I-COVID-19 sisifo esisulelayo esibangelwa yicoronavirus (yintsholongwane yecorona) ephawulwe mvanje. Le ntsholongwane intsha nesisifo yayingaziwa ngaphambili kokuba ivele eWuhan eChina ngoDeseba ka2019.

**Zithini iimpawu ze-COVID-19?**

Ezona mpawu ziqhekileyo ze-COVID-19 ngumkhuhlane, ukudinwa, kunye nokukhohlela okomileyo. Abanye abantu abagulayo banokuba nokuqaqamba neentlungu, ukuxinana kwempumlo, imifinya, umqala obuhlungu, okanye isisu esihambisayo. Ezi mpawu zisoloko zingaxhomisi mehlo kwaye ziqala kancinci. Abanye abantu bayosuleleka kodwa bangabi nazo naziphi na iimpawu kwaye bangaziva begula. Uninzi lwabantu (malunga neepesenti ezingama-80) bayachacha kwesi sifo ngaphandle kokudinga unyango olukhethekileyo. Malunga nomntu omnye kwabathandathu ofumana i-COVID-19 uye agule kakhulu kwaye ufumane ubunzima bokuphefumla. Abantu abadala, kunye nabo baneengxaki zonyango zangaphambili njengoxinzelelo lwegazi oluphezulu, iingxaki zentliziyo okanye isifo seswekile, kungalula ukuba bangafumana ukugula okugqithisileyo. Malunga neepesenti ezimbini zabantu abanesi sifo baswelekile. Abantu abanomkhuhlane, ukukhohlela kunye nobunzima bokuphefumla kufuneka bafune unyango.

**Ingaba isasazeka njani i-COVID-19?**

Abantu banokuyifumana i-COVID-19 kwabanye abantu abanale ntsholongwane. Esi sifo sinokusasazeka ukusuka emntwini ukuya komnye ngamachaphaza amancinci aphuma empumlweni okanye emlonyeni xa umntu one-COVID-19 ekhohlela okanye ephufumlela ngaphandle. La machaphaza awela kwizinto nakwiindawo ezingqonge umntu. Abanye abantu bangosuleleka yi-COVID-19 ngokubamba ezizinto okanye iindawo, emva koko baphathe amehlo abo, impumlo okanye umlomo. Abantu bangosuleleka kwakho yi-COVID-19 ukuba baphefumle amachaphaza emntwini one-COVID-19 okhohlelayo okanye ophefumlela lamachaphaza ngaphandle. Kungenxa yoko kubalulekile ukuba uhlale ngaphezu kwemitha enye kumntu ogulayo.

**Ingaba intsholongwane ebangela i-COVID-19 ingasasazeka emoyeni?**

Izifundo ukuza kuthi ga ngoku zicebisa ukuba intsholongwane ebangela i-COVID-19 idluliselwa ikakhulu ngokudibana namachaphaza, asuka emiphungeni asasazeka ngokuphefumla, kunokuba isazeke emoyeni.

**Ingaba i-CoVID-19 ingabanjwa kumntu ongenazimpawu?**

Eyona ndlela sisasazeka ngayo esi sifo kukuphefumla amachaphaza asasazwa ngumntu xa ekhohlela. Ubungozi bokufumana i-COVID-19 kumntu ongenazimpawu busezantsi kakhulu Nangona kunjalo, abantu abaninzi abane-COVID-19 babaneempawu ezingaxhomisi mehlo. Oku kuyinyani ngakumbi kwinqanaba lokuqala lesi sifo. Kungenzeka ke ukuba ungasuleleka yi-COVID-19 kumntu, umzekelo, onokhohlokhohlo oluncinci kwaye ongazivayo ukuba uyagula.

**Ndingakwazi ukosuleleka yi-COVID-19 kwilindle lomntu (kwituwa yomntu) onesi sifo?**

Ubungozi bokosuleleka yi-COVID-19 ukusuka kwilindle lomntu osulelekileyo, busezantsi kakhulu. Ngelixa uphando olwenziweyo luphawula ukuba intsholongwane inokubakho kwilindle kwezinye iimeko, kodwa ukosuleleka ngale ndlela akukho phambili. Ngenxa yokuba le iyingozi, nangona kunjalo, sesinye isizathu sokucoca izandla rhoqo emva kokusebenzisa indlu yangasese nangaphambi kokutya.

**Ndingenza ntoni ukuzikhusela kwaye ndithintele ukwanda kwesi sifo?**

***Amanyathelo okhuselo omntu wonke***

Hlala usazi ngophando olutsha nge-COVID-19, olufumaneka kwiwebhusayithi, kunye nakumajelo eendaba ozoluntu kwiSebe lezeMpilo leSizwe ([www.health.gov.za](http://www.health.gov.za)), iZiko leSizwe leZifo eziSulelayo ([www.nicd.ac.za](http://www.nicd.ac.za)) kunye noMbutho weMpilo weHlabathi ([www.who.int](http://www.who.int)).

Uninzi lwabantu abasulelweyo luya kuba nokugula kancinci kwaye luphile, kodwa kunokuba nzima ngakumbi kwabanye. Thatha impilo yakho kwaye ukhusele abanye ngokwenza oku kulandelayo:

* Coca izandla zakho rhoqo kwaye ngokugqibeleleyo ngesepha namanzi okanye ucoce izandla zakho ngesenithayza. Ngoba? Ukuhlamba izandla zakho ngesepha namanzi okanye ukusebenzisa isenithayza kubulala iintsholongwane ezinokuba sezandleni zakho.
* Gcina umgama oyimitha nokuba inye phakathi kwakho nabani na okhohlelayo okanye othimlayo. Ngoba? Xa umntu ekhohlela okanye ethimla usasaza amathontsi amancinci asuka empumlweni okanye emlonyeni wakhe anokuba nentsholongwane. Ukuba ukufutshane kakhulu, ungaphefumla lamathontsi, kuquka nentsholongwane ye-COVID-19 ukuba lo mntu ukhohlelayo unesi sifo.
* Phepha ukubamba amehlo, impumlo, kunye nomlomo. Ngoba? Izandla zibamba iindawo ezininzi kwaye zingachola iintsholongwane. Xa izandla zingcolile, zingahambisa okanye zithumele intsholongwane esezandleni emehlweni akho, kwimpumlo kunye nasemlonyeni. Ukusuka apho le ntsholongwane ingangena emzimbeni wakho kwaye ikugulise.
* Qinisekisa ukuba wena nabantu abakungqongileyo, nilandlela ucoceko olufanelekileyo lokuphefumla. Oku kuthetha ukugquma umlomo kunye nempumlo ngokugoba ingqiniba okanye ngetshefu xa ukhohlela okanye uthimla. Emva koko lahla itshefu ngokukhawuleza. Ngoba? Amathontsi asasaza iintsholongwane. Ngokulandela impilo ecocekileyo yokuphefumla ukhusela abantu abakungqongileyo kwiintsholongwane ezifana nokugodola (ifiva), umkhuhlane kunye ne-COVID-19.
* Hlala ekhaya ukuba uziva ungaphilanga. Ukuba unomkhuhlane, uyakhohlela kwaye unobunzima bokuphefumla, funa unyango kwaye uzame ukunxibelelana nabo baza kunceda phambi kokuba udibane nabo. Landela imiqathango yendawo zempilo zengingqi yakho. Ngoba? Amasebe ezempilo kwizwelonke nakwiphondo aza kuba nolwazi oluphangaleleyo ngemeko yengingqi yakho. Ukutsala umnxeba phambi kwexesha kuza kuvumela umnncedi wakho wezempilo ukuba akukhokelele ngokukhawuleza kwindawo elungileyo yonyango. Oku kuza kukhusela kwaye kuncede ukusasazeka kweentsholongwane kunye nolunye usuleleko.
* Hlala unolwazi malunga nezinto ezintsha ezivelayo nezenziweyo malunga ne-COVID-19. Landela ingcebiso enikezelwa ngumncedi wakho wezempilo kunye neSebe lezeMpilo kwizwelonke ngendlela onokuthi uzikhusele ngayo wena nabanye kwi-COVID-19. Ngoba? Amagunya esizwe nawengingqi aza kuba nolwazi olusemgangathweni malunga nokuba i-COVID-19 iyasasazeka na kwingingqi yakho. Zibekwe kakuhle ukucebisa ngezinto abantu ekufuneka bezenzile kwingingqi yakho ukuzikhusela.

***Amanyathelo okhuselo kubantu abangena okanye abasandula ukutyelela (kwiintsuku ezili-14 ezidlulileyo) kwiindawo ekusasazeka kuzo i-COVID-19***

* Hlala ekhaya ukuba uqala ukuziva ukuba awuphilanga, de ube uphilile nokuba uneempawu ezincinci ezinjengentloko, kunye nemifinya. Ngoba? Ukuphepha unxibelelwano nabanye kunye nokutyelela amaziko ezonyango kuya kuvumela la maziko ukuba asebenze ngokulungileyo kwaye ancede ukukhusela wena nabanye kwi-COVID-19 kunye nezinye iintsholongwane.
* Ukuba uba nomkhuhlane, ukukhohlela kunye nobunzima bokuphefumla, funa ingcebiso ngoko nangoko kuba oku kungakho ngenxa yosulelo lokuphefumla okanye enye imeko egqithisileyo. Fowuna ngaphambi kwexesha uxelele umncedi wakho wezempilo ngalo naluphi na uhambo lwamva nje okanye unxibelelwano nabahambi. Ngoba? Ukutsala umnxeba ngaphambi kwexesha kuza kuvumela umncedi wakho wezempilo ukuba akukhokelele ngokukhawuleza kwindawo efanelekileyo yonyango. Oku kuza kunceda ukukhusela ukusasazeka okunokwenzeka kwe-COVID-19 kunye nezinye iintsholongwane.

**Athini amathuba am okusuleleka yi-COVID-19?**

Ubungozi buxhomekeka kwindawo ohlala kuyo okanye indawo ubuye kuyo kutsha nje. Ubungozi bokusuleleka buphezulu kakhulu kwiindawo apho abantu abaliqela bafunyaniswe benayo i-COVID-19. Ngaphezu kweepesenti ezingama-95 zazo zonke iimeko ze-COVID-19 ezenzeka eChina, uninzi lwazo zikwiPhondo iHubei. Ubungozi eMzantsi Afrika busezantsi okwangoku, nangona kunjalo, kubalulekile ukuba uyazi imeko kunye nemizamo yokuzilungiselela kwingingqi yakho.

**Ndizikhathaze nge-COVID-19?**

Ukuba awukho kwindawo apho i-COVID-19 isasazeka khona, okanye ukuba akuhambanga kwenye yezi ndawo okanye awuzange unxibelelane ngokusondeleneyo nomntu onayo kwaye oziva ngathi akaphilanga, amathuba akho okusuleleka okwangoku aphantsi. Nangona kunjalo, iyaqondakala into yokuba ungaziva uxinzelelekile kwaye unexhala ngale meko. Ngumbono olungileyo ukufumana iinyani ukukunceda uqonde ngokuchanekileyo ubungozi bakho ukuze uthathe amanyathelo afanelekileyo. Umncedi wakho wezempilo, iSebe lezeMpilo leLizwe kunye neZiko leSizwe leZifo eziSulelayo (i-NICD) yimithombo yolwazi oluchanekileyo kwi-COVID-19. Kubalulekile ukuba waziswe ngemeko ohlala kuyo kwaye uthathe amanyathelo afanelekileyo ukuzikhusela.

Ukuba kukho ukuqhawuka kwe-COVID-19 eMzantsi Afrika kwaye ukwindawo apho kukho iimeko ze-COVID-19 kuya kufuneka uthathe ubungozi bokosuleleka ngokungathi kunjalo. Landela ingcebiso ekhutshwa liSebe lezeMpilo kuzwelonke neyengingqi. Nangona kuninzi lwabantu i-COVID-19 ibangela ukugula okuncinci, kodwa kunokubangela ukuba abanye abantu bagule kakhulu. Ngokunqabileyo, esi sifo sinokubulala. Abantu abadala, kunye nabo baneemeko zonyango ezazikhona ngaphambili (ezinje ngoxinzelelo lwegazi oluphezulu, iingxaki zentliziyo okanye isifo seswekile) babonakala besengozini ngakumbi.

**Ngubani osebungozini bokufumana isifo esigulisa kakhulu?**

Ngelixa sisafunda malunga nendlela i-COVID-2019 ebachaphazela ngayo abantu, abantu abadala kunye nabantu abaneemeko zonyango ezazikhona ngaphambili (ezinje ngoxinzelelo lwegazi oluphezulu, isifo sentliziyo, okanye isifo seswekile) kubonakala ngathi bangagula kakhulu kunabanye.

**Ingaba izibulali zeentsholongwane ziyasebenza ekuthinteleni okanye ekunyangeni i-COVID-19?**

Hayi. Izibulali zeentsholongwane azisebenzi ngokuchasene neentsholongwane, zisebenza kuphela kusulelo lwebhaktheriya. I-COVID-19 ibangelwa yintsholongwane, ke ngoko amayeza okubulala intsholongwane awasebenzi. Amachiza okubulala iintsholongwane akufuneki asetyenziswe njengendlela yokuthintela okanye ukunyanga i-COVID-19. Zifanele zisetyenziswe kuphela njengoko kuyalelwe ngugqirha ukunyanga isifo sebhaktheriya.

**Ingaba sikhona isitofu, isiyobisi okanye unyango lwe-COVID-19?**

Hayi ngoku. Ukuza kuthi ga ngoku, akukho chiza kwaye akukho machiza akhethekileyo alwa nentsholongwane ukukhusela okanye ukunyanga i-COVID-2019. Nangona kunjalo, abo bachaphazelekayo kufuneka bafumane ukhathalelo lokunciphisa iimpawu. Abantu abagula kakhulu kufuneka balaliswe esibhedlele. Uninzi lweziguli ziyaphila ngenxa yenkathalo nenkxaso.

Ugonyo olunokwenzeka kunye nonyango oluthile lweziyobisi luphantsi kophando. Lusavavanywa kuvavanyo lwezonyango. UMbutho wezeMpilo weHlabathi (i-WHO) ulungelelanisa iinzame zokuphuhlisa ugonyo kunye namayeza ukuthintela nokunyanga i-COVID-19.

Ezona ndlela zisebenzayo zokuzikhusela wena kunye nabanye ngokuchasene ne-COVID-19 kukusoloko ucoca izandla zakho, ugquma ukukhohlela kwakho ngokugoba ingqiniba okanye ngetshefu, kwaye ugcine umgama oyimitha nokuba inye ukusuka kubantu abakhohlelayo okanye abathimlayo.

**Ingaba funeka ndinxibe imaski ukuzikhusela?**

Abantu abangenazo iimpawu zokuphefumla, njengokukhohlela, akunyanzelekanga banxibe imaski. I-WHO icebisa ukusetyenziswa kwemaski ngabantu abaneempawu ze-COVID-19 kunye nabo bakhathalela abantu abaneempawu, ezifana nokukhohlela kunye nomkhuhlane. Ukusetyenziswa kwemaski kubaluleke kakhulu kubasebenzi bezempilo kunye nabantu abagcine umntu (ekhaya okanye kwindawo yokhathalelo lwempilo).

Ezona ndlela zisebenzayo zokuzikhusela wena kunye nabanye ngokuchasene ne-COVID-19 kukusoloko ucoca izandla zakho, ugquma ukukhohlela ngokugoba ingqiniba yakho okanye ngetshefu kwaye ugcine umgama oyimitha nokuba inye ukusuka kubantu abakhohlelayo okanye abathimlayo.

**Lide kangakanani ixesha longena kwe-COVID-19?**

“Ixesha lokungena” lithetha ixesha phakathi kokubamba le ntsholongwane kunye nokuqala ukuba neempawu zesi sifo. Uninzi loqikelelo lwexesha lokungena kwe-COVID-19 kusuka kusuku olu-1 ukuya kwiintsuku ezili-14, iintsuku eziqhelekileyo zintlanu.

**Ihlala ixesha elingakanani le ntsholongwane ezindaweni?**

Akuqinisekanga ukuba le ntsholongwane ibangela i-COVID-19 ihlala ixesha elingakanani ezindaweni, kodwa kubonakala ngathi iziphethe njengezinye iicoronavirus. Izifundo zicebisa ukuba iicoronavirus (kubandakanya ulwazi lwangaphambi intsholongwane i-COVID-19) ingahlala kwiindawo ezithe gabhu iiyure ezimbalwa okanye ukuya kwiintsuku ezininzi. Oku kunokohluka phantsi kweemeko ezahlukileyo (umz. uhlobo lwendawo, ubushushu bendawo okanye ukufuma kwendawo).

Ukuba ucinga ukuba indawo isulelekile, yicoce ngesibulala-ntsholongwane ukubulala iintsholongwane kunye nokuzikhusela wena kunye nabanye. Hlamba izandla zakho ngesepha namanzi okanye ngesenithayza yezandla. Phepha ukubamba amehlo akho, umlomo okanye impumlo.

**Kukhuselekile ukufumana iphakheji kuyo nayiphi na indawo apho kuye kwanikelwa ingxelo ngeCOVID-19?**

Ewe. Amathuba okuba umntu osulelekileyo angcolise iimpahla zorhwebo asezantsi kwaye ubungozi bokusuleleka yile ntsholongwane ebangela i-COVID-19 ukusuka kwiphakheji efudusiweyo, ehambileyo, kwaye edlule kwiimeko nobushushu obahlukene, ubungozi bokosuleleks busezantsi.

**Ingaba ikhona into endingafanele ukuyenza?**

La manyathelo alandelayo awachasenanga ne-COVID-2019 kwaye anokuba yingozi

* Ukutshaya
* Ukuthatha amayeza esintu
* Ukunxiba iimaski ezininzi
* Ukuthatha amayeza okunyanga afana neyeza lokuthintela intsholongwane

**Nakweyiphi na imeko, ukuba unomkhuhlane, ukukhohlela kwaye unobunzima bokuphefumula funa unyango** ukunciphisa ingozi yokufumana usulelo olunzima kwaye uqiniseke ngokwabelana ngembali yakho yakutsha nje yokuhamba nomncedi wakho wezempilo.

**Fowunela abakwaCOVID-19: 0800 029 999**

**Thumela u-Hi kuwhatapp ukunxibelela ne-COVID-19:060 012 3456**

**Ndwendwela le webhusayithi www.sacoronavirus.co.za**