  

**COVID-19 CORONAVIRUS**

**IMIBUZO EVAMISE UKUBUZWA**

**Iyini i-coronavirus?**

Igcikwane le Coronavirus liyiqoqo lemindeni emikhulu yamagcikwane abangela ukugula kubantu nasezilwaneni. Kubantu, I-coronavirus yaziwa ukuthi ibange izifo zokuphefumula eziqala ekukhwehleleni okujwayelekile kuya kuzifo ezibucayi njenge "Middle East Respiratory Syndrome (MERS) futhi ne- Acute Respiratory Syndrome (SARS) ebucayi. Iningi le-Coronavirus elisanda kutholakala libanga I-coronavirus ekuthiwa yi- COVID-19.

**Iyini i-COVID-19?**

I-COVID-19 iyigcikwane elibangwe yile-coronavirus yangemuva nje esandakutholakala. Leligcikwane nesifo besingaziwa ngaphambi kokuba kugqashuka lesisifo e-Wuhan, kwelase-China, ngo Zibandlela ka-2019

**Yini izimpawu ze COVID-19?**

Iningi lezimpawu ze COVID-19 ziwumkhuhlane, ukuhlala uzizwa ukhathele, kanye nokukhwehlela okomileyo. Ezinye iziguli zingazizwa zinomuhlungu, ukucinana emakhaleni, ukuphuma amafinyila, umuphimbo obuhlungu okanye ukuhuda. Lezizimpawu zivamise ukudamba futhi ziqale ngokushesha. Abanye abantu bayatheleleka kodwa bengakhombisi izimpawu futhi bengazizwa begula. Iningi labantu (amaphesenti angu-80) bayakwazi ukusinda kulesisifo ngaphandle kokuthola usizo oluphuthumayo. Komunye umuntu kwabayisithupha kuyenzeka athole i-COVID-19, agule okwangempela futhi abenobunzima bokuphefumula. Abantu abadala, kanye nalabo abanezinkinga vele zokugula imvamisaokwe- high blood pressure, izifo zenhliziyo noma noshukela, yibona abanamathuba amakhulu okuthola lesisifo futhi amaphesenti amabili abo sebesishiyile emhlabeni ngenxa yalesisisfo. Abantu abanomukhuhlane kanye nobunzima bokuphefumula kumele baphuthume bethole usizo lwezempilo ngokushesha.

**Ithelelana kanjani I-COVID-19?**

Abantu bayakwazi ukulithola leligcikwane kwabanye abantu asebenalo. Leligcikwane liyakwazi ukutheleleka kumuntu kuyakomunye ngamaconsi amancane umangabe umuntu onalo ekhwehlela noma ephefumula. Lamaconsi ebese ehlala kuzozonke izindawo ezizungeze lowo muntu. Abanye abantu besesebeyithola ngokuthi bathinte lezothindawo okade kuthonakhona lomuntu besebezibamba umulomo noma amakhala okanye amehlo. Bayakwazi futhi ukuthola leligcikwane uma bephefumulo umoya onamaconsi asuka kumuntu onaleligcikwane. Yingakho ke kubalulekile ukuhlala uqhelelane nabantu ngegxathu.

**Ingabe igcikwane elibanga i-COVID 19 liyatheleleka yini ngomoya?**

Ucwaningo luyasho ukuthi igcikwane elibanga i-COVID 19 lithelelana kakhulu ngokuthinta amaconsi aphuma kumuntu onegcikwane kunokuthi ulithole emoyeni.

**Ingabe i-COVID 19 iyatholakala yini kumuntu onayo kodwa ongatshengisi izimpawu?**

Indlela enkulu igcikwane elithelelana ngayo ukuthi kuphefumulwe umoya womuntu okhwehlele kanti unalo leligcikwane. Ubungozi bokuyithola kumuntu ongenazo izimpawu zayo zincane kakhulu. Kodwa-ke, abantu abaningi abane COVID-19 bazizwa benezimpawu ezidambile. Lokhu kuliqiniso kakhulu uma usanda kulithola igcikwane. Ngakhoke kungenzeka ukuthi ulithole kumuntu okhwehlela kancane futhi nje ongazizwa egula.

**Ngingayithola yini I-COVID-19 ngendle yomuntu onaleligcikwane**

Ubungozi bokuyithola i-COVID 19 ngendle yomuntu onaleligcikwane ibonakala incane kakhulu. Ucwaningo lokuqala luveza ukuthi igcikwane leli lingahlala litholakale endleni yomuntu onalo, kodwa ukutheleleka ngalendlela akunasisindo ekuqgashukeni kwalesisisfo. Kodwa ngoba kuwubungozi nalokhu, kungesinye isizathu sokuhlezi ugeza izandla njalo njalo emvakokuya endlini encane kanye nangaphambi kokudla.

**Yini engingayenza ukuzivikela futhi ngivimbe ukubhebhetheka kwaleligcikwane?**

**Ukuzivikela kwawowonke umuntu.**

Hlala wazi ngazozonke ezisematheni ngaleligcikwane, zithona futhi zitholakala ezindaweni zokuxhumana kanye ne website yasemnyango wezempilo ([www.health.gov.za](http://www.health.gov.za)) kanye nasulena, ([www.nicd.ac.za](http://www.nicd.ac.za)) kanye ne-World health Organization ([www.who.int](http://www.who.int)).

Iningi labantu abatheleleka bazozizwa bebambeka kodwa futhi bebengcono, kodwa kungaba yingozi kwabanye. Nakekela impilo yakho futhi uvikele nabanya ngalokhu okulandelayo :

* Vamisa ukuwashisisa izandla zakho ngensipho nangamanzi noma nge hand sanitizer enotswala kakhulu. Kungani? Ukuwasha izandla ngamanzi nangensipho nange- senitizer kubulala amagcikwane asezandleni zakho
* Gcina isigaba esingangegxathu phakathi kwakho nomunye umuntu. Kungani? uma umuntu ekhwehlela noma ethimula bakhipha amaconsi amancane emakhaleni noma emilomeni yabo okungenzeka ukuthi anegcikwane. Uma useduze kakhulu, uzowaphefumula lamaconsi kanye ne-COVID-19 uma umuntu othimulile enayo.
* Balekela ukuthinta amehlo, ikhala kanye nomlomo. Kungani? Izadla zithina izindawo eziningi ezingaba ngaleligcikwane, basezilicoshile, zizobe selizisulela emehlweni, emakhaleni noma emulonyeni. Emvakwalokho igcikwane lizongena emzimbeni wakho likwenze ugule.
* Yenza isiqiniseko sokuthi wena nabantu osondelene nabo nilandela ukuphepha okuphelele. Lokhu kusho ukuthi uvala umlomo namakhala ngendololwane noma nge-Tissue umangabe uthimulo noma ukhwehlela. Bese uyayilahla leyo tissue ngokuphuthum. Kungani? Amaconsi ahambisa igcikwane. Ngokwenza lokhu ivikela wena nabantu abaseduzekwakho.
* Hlala ekhaya mungazizwa kahle. Uma unomukhuhlane, ukhwehlela noma unobunzima bokuphefumula, funa usizo lwezempilo futhi ufone ubuze. Landela imilayelo yakwezempilo. Kungani? Abezempilo bezwelonke bazoba nolwazi olunzulu futhi olusha mayelana negcikwane engaweni yangakini. Ukushayela ukuthi uthole ulwazi kuzovumela okusazayo ukuthi akusize ngokushesha akukhombe endaweni ekulungele wena. Lokhu kuzovikela wena futhi kuvikela nabantu abaseduzekwakho ekutholeni leligcikwane.
* Hlalawazi ngezisematheni nge-COVID-19. Landela imilayelo oyithole kwabakusizayo nabakwezempilo bezwe lonke ukuze uzivikele, uvikele nabanye eduze kwakho ku-COVID-19. Kungani? Abaphathi mthetho yibona abazoba nolwazi olusha ngasosonke Isikhathi mayelana ne-COVID-19 umangabe iyabhebhetheka endaweni yangakini. Yibona futhi abazokwazisa ukuthi kumele wenzenjalo ukuze uzivikele kuleligcikwane.

**Ukuvikela abantu abasezindaweni ezaziwayo ukuthi I-COVID-19 iyabhebhetheka**

* Hlala ekhaya mungazizwa kahle, ngisho ngabe unezimpawu ezincane njengekhanda noma ikhala lakho liyavuza. Kungani lokhu? Ukubalekela ukuthintana nabanye kante nokuvakashela ezempilo kuzokwenza ukuthi abezempilo basebenze ngokukhulu ukushesha ukuze bezokwazi ukukusiza kanti besize nabanye abantu ukuzivikela kuleligcikwane.
* Uma uzizwa ukuthi ungenwa umkhuhlane futhi ngathi akuphefumuleki kahle, funa usiza labezempilo ngokuphuthuma ngoba lokhu kungadalwa ukuphathwa yisifuba noma ezinye izifo ezibucayi. Fona ungakafiki bese uyasho ngokuvakasha oke wakwenza noma ukuxhumana nomuntu oke wavakasha. Kungani? Ukufona phambi kokuthi ufike kuzosiza ukuthi bakutshele ukuthi uzodinga ukuya ngaphi. Futhi lokhu kuzosiza ukuthi kungabi namathuba okutheleleka kwabanye abantu.

**Kukangakanani ukuthi ngithole I-COVID-19?**

Ubungozi busebuthenini wena uhlala kuphi noma usuke wahamba yini uvakashela amanye amazwe. Ubungozi bukhulu ezingaweni ezinenani elikbulu labantu abane-COVID-19, kungaphezu kwamaphesenti angu-95 e-China abantu abane-COVID-19, iningi labo lise- Hubie. Ubungozi eningizimu Africa uphansi, Kodwa-ke, kubalulekile ukuqapha isimo.

**Kumele yini ngikhathazeke nge-COVID-19?**

Umangabe ungekho izindawena lapho I-COVID-19 ibhebhetheka, noma awukaze uhambe uvakashela amanye amazwe noma usondelane nalabo abake bavakasha nomake nje umuntu ongazizwa kahle, amathuba akho mancane. Kodwa-ke, kuyezwakala uma uzizwa ungapephile ngalesisimo. Kungumbono omuhle ukwazi ngakhokonke ukuze wazi ubungozi ongahle ubhekane nabo bese uyakwazi ukuzivikela. Abaphathi bezempilo nabaholi bangabantu abanolwazi oluphelele mayelana ne-COVID-19. Kubalulekile ukuba nolwazi lwalesisimo kakhulu endaweni ohlalakuyo ukuze ukwazi ukuzivikela.

Umangabe kuba nokubhebhetheka kwe-COVID- 19 Eningizimu Africa futhi wena usendaweni lapho kwenzeka khona kakhulu, udinga ukuthatha ubungozi ngokuqapha. Landela imiyalelo ebezempilo. Nomamgabe abantu abaningi I-COVID-19 iyisifo esingabulali esibanga ukugula okungatheni, abanye abantu ingabagulisa kakhulu, futhi abavele bezigulela ingaze ibabulale. Abantu abadala kanye balabo abebegula vele (njenge high blood pressure, izifo zenhliziyo noma ushukela) kubonakala kuyibo abasengozini kakhulu.

**Ubani osebungozi bobugula kakhulu?**

Nomangabe nathi sisafunda nge-COVID 19 kubantu, abantu abadala kanye nabanefizo kubonakala kuyibona abasencupheni kakhulu

**Ingabe imithi ebulala amagcikwane ingakwazi yini ukuvikela noma ilaphe I-COVID-19?**

Chabo, imithi ebulala amagcikwane ayisebenzi kuleligcikwane. COVID-19 ibanga igcikwane ngakho ama-Antibiotics akumele asetshenziswe ekuzameni ukulapha leligcikwane. Kumele asebenze kuphela makusho udokotela wakho.

**Ingabe ukhona umuthi, isidakwamizwa noma ikhambi lokulapha I-COVID-19?**

Ayikakatholakali. Okwamanje, alikho ikhambi lokulapha I-COVID-19. Kodwa-ke, laba abasebenayo kumele bethole usizo lokunciphisa izimpawu. Laba abagula ngempela bona kumele bephuthunyiswe ezibhedlela. Iziguli eziningi zisinda ngosiza oluqhuqhuzelayo.

Imithi kanye ezidakwamizwa ezingahle zibe yikhambi zisacwaningwa ochwephese. I-World Health Organization (WHO) izama ngayoyonke imizamo ukzwenza ikhambi le - COVID-19.

Indlela Okwamanje yokuzivikela ukuthi uhlezi uwasha izandla zakho, uvale umlomo ngendololwane uma uthimula namo ukhwehlela futhi usebenzise I-tissue bese uyayilahla. Uphinde uziqhelelanise nabantu abathimulayo nabakhwehlelayo.

**Kumele ngiqhoke i-mask ukuzivikela?**

Abantu abangenazo izimpawu, ngengokuthimula nokukhwehlela abanaso isidingo se-mask. I-WHO inxusa ukusetshenziswa kwe-mask kubantu abanezimpawu ze-COVID-19 futhi nayilabo ababanakekelayo. Ukusetshenziswa kwama-mask kubalulekile kubantu abasebenza nabantu amanezimpawu emakhaya nasezibhedlela.

Indlela esheshayo ukuzivikela ukuhlezi ungeza izandla zakho, usebenzise I-tissue mawukhwehlela bese uyayilahla futhi uqhelelane nabantu abakhwehlelayo.

**Iyisikhathi esingakanani I-incubation ye-COVID- 19?**

I-incubation isho isikhathi sokulithola igcikwane nokuqala uvele izimpawu zalo. Isikhathi esiningi ukubawusuku olulodwa kuya kweziwu-14, kodwa okujwayelekile kubazinsuku eziwu-5.

**Igcikwane likwazi ukuhlala isikhathi esingakanani endaweni?**

Asikho isiqinisekho sokuthi ihlala isikhathi esingakanani, kodwa kubonakala yenzisa okwamanye ama-Coronavirus. Izicwaningo ziyaveza ukuthi ama-coronavirus ayahlala amahora amubalwa okanye noma izinsuku ezimubalwa. Lokhu kuyahluka ngokwezimo ezithize (njengokushisa kuleyondawo)

Uma ucabanga ukuthi indawo inegcikwane, yisule nginto ezolibulala igcikwane ebese uyogeza izandla ngamanzi anensipho noma nge-Senitizer enotswala. Ubalekele ukuzithinta amehlo, ikhala nomlomo.

**Ingabe kuphephile yini ukuthola iphasela eliqhamuka endaweni eyaziwayo ukuthi I ne-COVID-19?**

Yebo, amathuba okuthi umuntu onegcikwane ukuthumele iphasela mancane, futhi ubungozi bokuthi uyithole ephaseleni eselihambe ezindaweni ezinamazinga okushisa angafani mancane.

**Ingabe ikhona yini into okungamele ngiyenze?**

Lokhu okulandelayo akunamthelelo okulweni ne-COVID-19 futhi kungahle kukulimaze.

* Ukubhema
* Ukuthatha amakha osiko
* Ukufaka ama-mask amaningi
* Ukuziphuzela ama-Antibiotics

**Kodwa-ke, umangabe unomukhuhlane noma akuphefumuleki kahle, funa usizo lwezempilo ngokushesha** ukuze unciphise izimpawu futhi ungaguli kakhulu futhi ubenesiqiniseko ukuthi uyasho ukuthi ukewavakasha noma cha.

**Shayela I-COVID-19 hotline ku: 0800 029 999**

**Thumela u-Hi ku-whatapp ku COVID-19 Connect ku: 060 012 3456**

**Vakashela i-website ku www.sacoronavirus.co.za**