



agriculture & rural development

Department: agriculture & rural development
PROVINCE OF KWAZULU-NATAL



Mrs. B.N. Sithole-Moloi
MEC: Department of Agriculture & Rural Development
KwaZulu-Natal

Siyayinqoba

CORONA VIRUS

COVID-19



THERE'S ONLY ONE THING YOU NEED TO UNDERSTAND ABOUT HOW IT SPREADS

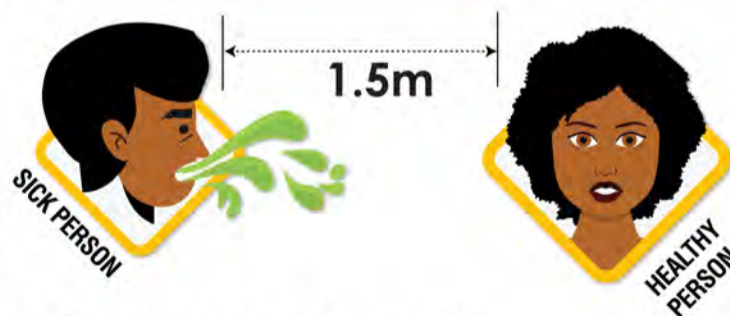
Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

THE VIRUS SPREADS WHEN SALIVA DROPLETS GET INTO YOUR:



So if you see someone who is visibly coughing /sneezing/sick, you can choose to:

1. Keep your distance at 1.5 meters.



(1.5m will keep you safe from large droplets)

2. Avoid crowds



(People who are infected can show no symptoms, but are still infectious)

SOMETIMES A SICK PERSON'S SALIVA CAN GET ON OTHER THINGS...



AND IF YOU TOUCH ANY OF THESE THINGS BY ACCIDENT, AND THEN TOUCH YOUR FACE, RUB YOUR EYES OR YOUR LOVED ONE'S FACE, YOU MIGHT ALL FALL SICK.

GROWING KWAZULU-NATAL TOGETHER

#PHEZU'KOMKHONO





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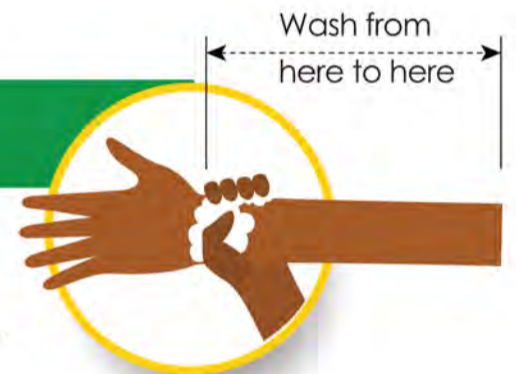
4 PRECAUTIONS TO FOLLOW TO AVOID BEING INFECTED



1

WASH YOUR HANDS

Wash your hands with soap thoroughly. Wash the back of your hands, between the fingers and under the nails. Always wash your hands with soap before you eat and after being out in public.



2

GOOD PERSONAL HYGIENE

Cover your mouth with a tissue paper when coughing or sneezing. Avoid touching your face with dirty hands at all times. If you have to, be sure to wash your hands with soap thoroughly first.



3

DO NOT SHARE FOOD AND UTENSILS

Bacteria can be transmitted onto knives, forks, spoons and straws. Only use clean utensils and do not share drinks. Always clean your hands before eating.



4

SEE A DOCTOR IF YOU ARE UNWELL

Typical symptoms include cough, runny nose, fever and shortness of breath. If you are experiencing any of these symptoms, seek medical attention promptly. Call the clinic or doctor ahead of your visit and inform them of your symptoms and travel history.

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www.kznonline.gov.za

24HR NICD HOTLINE 0800 029 999

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES

The situation is evolving check update on www.health.gov.za and www.nicd.ac.za



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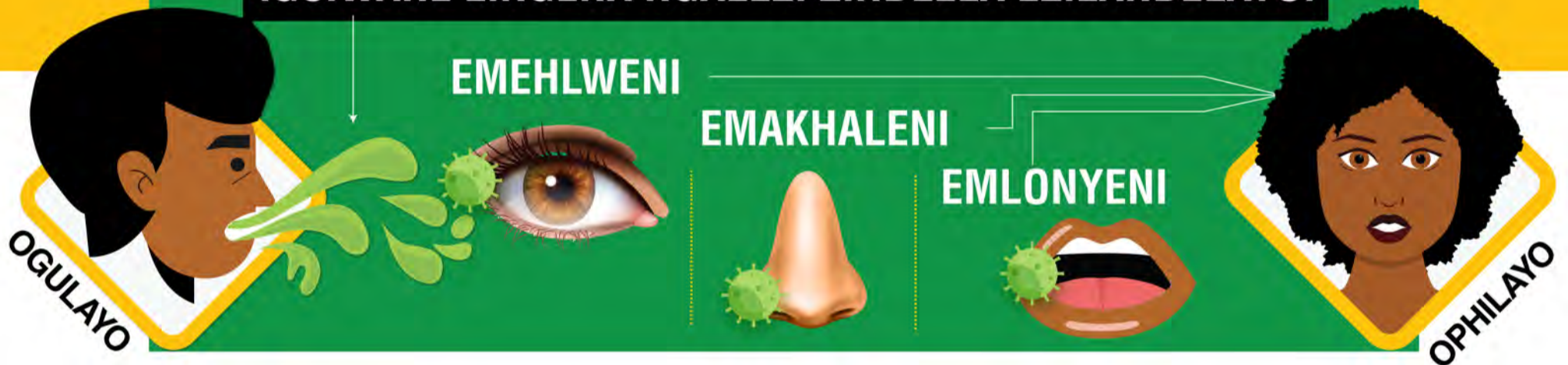
I-CORONA VIRUS

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**NAKHU OKUMELE UKWAZI
NGOKUSABALALA KWAYO**

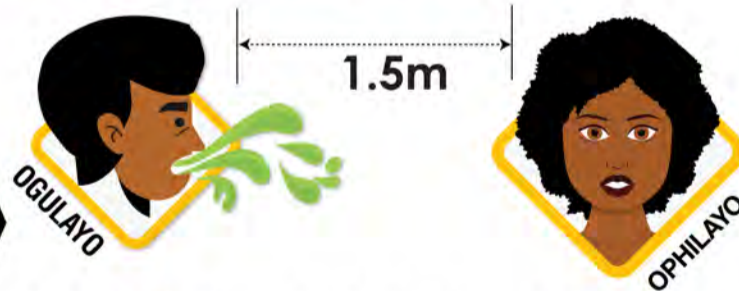
*I-Coronavirus yiqeqebana lamagciwane adala izinkinga zokuphefumula okungabalwa kuwo umkhuhlane ojwayelekile kuya ezifweni ezibucayi ezifana ne-Middle East Respiratory Syndrome (MERS), okuyisifo esihlasela umgudu wokuphefumula isigubhukane, esaqala emazweni ase-Middle East kanye ne-Severe Acute Respiratory Syndrome (SARS).

IGCIWANE LINGENA NGALEZI ZINDLELA EZILANDELAYO:



Ngakho-ke uma ubona umuntu onezimpawu ezilandelayo; ukukhwehlela/ ukuthimula/ ukugula, ungakhetha ukuba:

1. Ushiye ibangana ngo 1.5m.



(Ukuqhela kwakho kwenza uphephe emaconsini amakhulu)

2. Gwema izixuku



(Abantu abathelelekile kungenzeka bangazikhombisi izimpawu ngaleso sikhathi yize bethelalekile)

KUNGENZEKA AMATHE OMUNTU OGULAYO AFINYELELE EZINTWENI EZINJENGE...



UMA KWENZEKA UTHINTA OKUNYE KWALOKHU NGENGOZI BESE UTHINTA UBUSO, UCIKICE AMEHLO, NOMA UBUSO BOMUNYE UMUNTU, NINGAZITHOLA SENIGULA.

**GROWING
KWAZULU-NATAL
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KZN Provincial Communications_2020





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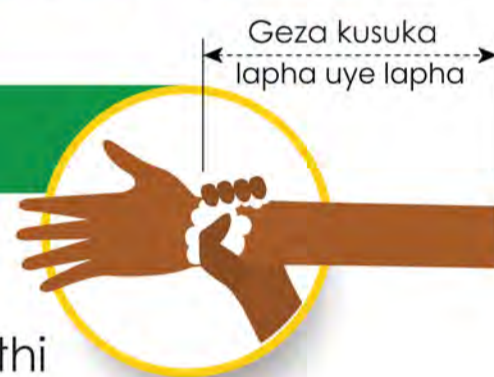
4 IZINTO EZINE OKUFANELE UZIQAPHELE UKUGWEMA UKUTHELELEKA



1

GEZA IZANDLA ZAKHO

Gezisa izandla zakho ngensipho. Geza ingemuva lezandla, phakathi neminwe, nangaphansi kwezinzipho. Ngaso sonke isikhathi geza izandla ngensipho ngaphambi kokudla nasemveni kokuhlangana nomphakathi.



2

UKUBALULEKA KOKUHLALA UHLANZEKILE

Kufanele uqinisekise ukugeza izandla zakho ngaso sonke isikhathi. Gwema ukuthinta ubuso bakho ngezandla ezingcolile ngaso sonke isikhathi. Vala umlomo ngethishu uma ukhwehlela noma uthimula.



3

MUSA UKWABELANA NGOKUDLA NANGEZITSHA

Asigweme ukwabelana ngokudla nangeziphuzo. Igciwane lingadlulela ematafuleni, emakhabetheni, emimeseni, ezimfologweni, ezipunini, nakuma-straw. Sebenzisa kuphela izitsha ezihlanzekile bese ugeza izandla ngaphambi kokudla ngaso sonke isikhathi.



4

BONANA NODOKOTELA UMA UNGAPHILILE

Uma uke wathintana noma wasondelana kakhulu nomuntu onalel igciwane bese uba nalezizimpawu ezilandelayo: ukukhwehlela, ukujuza ekhaleni, nokuphelelwa wumoya. Thola usizo lokwelashwa masinyane.

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www.kznonline.gov.za

UCINGO OLUVULWE UBUSUKU NEMINI (24 HRS) U 0800 029 999

HLALA UQAPHILE FUTHI UHLALE UNAKEKELA IMPILO KAHLE

Isimo silokhu siguquguquka, bheka okusha ku: www.health.gov.za naku www.nicd.ac.za