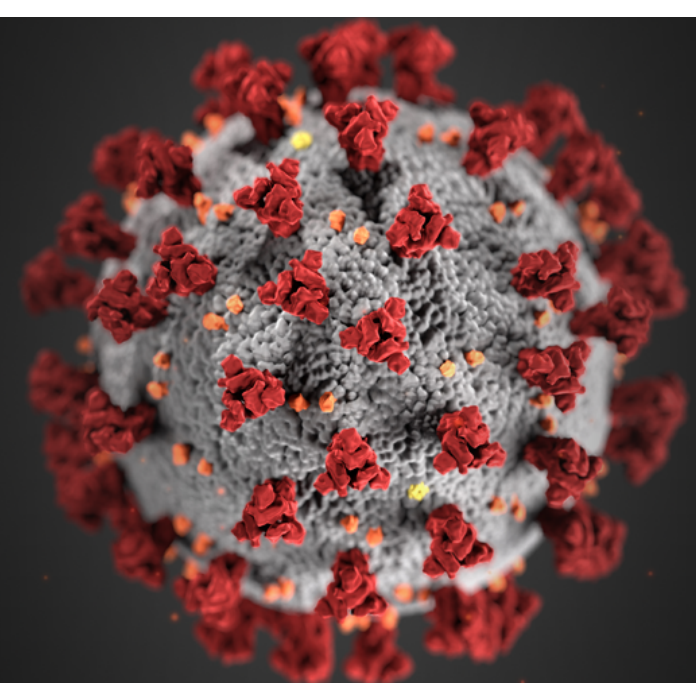


IZINDLELA ZOKUZIVIKELA EKUHAQWENI YIGCIWANE I-CORONAVIRUS



IYODWA KUPHELA INTO OKUMELE UYIQONDE NGENDLELA IGCIWANE I-CORONAVIRUS ELIBHEBHETHEKA NGAYO.

LELI GCIWANE LIYABHEBHETHEKA UMA AMACONSI/AMATHE AMANCANE ANGABONAKALI APHUMA EMLONYENI WOMUNTU LAPHO ETHIMULA, EKHWEHLELA NOMA EKHULUMA ENGENA EMEHLWENI AKHO, EMAKHALENI NOMA EMLONYENI

NGAKHO-KE UMA UBONA NOMA ULAPHO KUNOMUNTU OKHWEHLELAYO, OTHIMULAYO NOMA OGULAYO,

UNGAKHETHA UKWENZA LOKHU OKULANDELAYO:

1. SUKA EDUZE KWAKHE UTHI UKUQHELA NGEBANGA ELINGU 2m kuya 0.5m, LOKHU KUZOKUGCINA UPHEPHILE EKUNGENWENI NGAMACONSI ABANZI OKUNGENZEKA ANEGCIWANE.

NOMA,

2. NIKEZA LOWO MUNTU ISEMBOZA-BUSO (MASK). ANGAKHWEHLELA/ATHIMULE KUSO NGAPHAKATHI NGALEYO NDLELA AMATHE AVIMBEKE UKUSABALALA KWABANYE, KUSEMQOKA UKUSUKA EZINDAWENI EZIGCWELE ABANTU ABANINGI NGOBA NGEKE UZE WAZI UKUTHI UBANI OGULAYO LAPHO.

Abantu asebehaqekile ngaleli gciwane kungenzeka bangakhombisi zimpawu, kodwa qaphela ukuthi BANGALIBHEBHETHEKISA.

NOMA KUNJALO, NGEZINYE IZIKHATHI AMATHE OMUNTU ANGASABALALA EZINTWENI ISEBENZISAYO NOMA EZISEDUZE KWAKHE:

IZANDLA
IZIBAMBO ZEZICABHA
AMABHANDE NEZINSIMBI ZOKUBAMBELELA EZITIMELANI
AMAPENI OKUBHALA
I-MOUSE YEKHOMPHYUTHA
AMA-CHOPSTICKS NOMA UKHEZO LOKUDLA
AMA-TISSUE
AMATHULUZI EZOBUCHWEPHESHE
AMABHATHINI ASE-LIFTHINI
IZINKOMISHI
IZINSIMBI ZOKUBAMBELELA EZITEBHISINI NANGAPHANDLE KWEZEMBOZA-BUSO

UMA KWENZEKA UTHINTA LEZI ZINTO EZIBALIWE NGEPUHUTHA, BESE UTHINTA UBUSO,
• GEZA UBUSO BAKHO NOBALABO OSONDELENE NABO
KUNGENZEKA NONKE NIHAQEKE BESE NIHLASELWA UKUGULA.

AMAGCIWANE ANGAHLALA AMAHORA ANGU-24 NOMA USUKU LONKE EBAMBELELE KULEYO NDAWO ASAKAZEKELE KUYO, IYODWA KUPHELA INDLELA ONGAYISEBENZISA UKUZE UWASUSE, GEZA NGENSIPHO.

KUSEMQOKA FUTHI UKUQINISEKA UKUTHI WENZA LEZI ZINTO EZINE UKUZIVIKELA

1. UNGALOKOTHI UTHINTE UBUSO BAKHO. (NGISHO NOBUKANOMA UBANI OMUNYE.) UMA KUPHOQA, QALA UGEZISISE IZANDLA ZAKHO NGAMANZI NENSIPHO.

KUSHO UKUTHINI UKUGEZISISA?

- GEZA INGAPHANDLE LEZANDLA ZAKHO
- PHAKATHI KWEMINWE
- NGAPHANSI KWEZINZIPHO IMIZUZWANA ENGU-20

2. LAHLA IZEMBOZA-BUSO EMGQONYENI NGOKUSHESHA LAPHO SEZIQALA UKUBA NAMAFUTHA OKUNGCOLA, UNGALOKOTHI UZIFAKE ISIKHATHI ESINGAPHEZULU KOSUKU! KUNAMAGCIWANE AZALEKAYO NGAPHAKATHI KWEZEMBOZA-BUSO UMA SEZIFAKWE ISIKHATHI ESIDE QAPHELA, UNGALITHINTI INGAPHANDLE LEZEMBOZA-BUSO NGEZANDLA EZINGENAMAGILAVU NOMA IPHEPHA ELIZOLAHLELWA UMA KWENZAKILE WASITHINTA, UNGAKHATHAZEKI, GEZA IZANDLA ZAKHO NGENSIPHO NGEMUVA KOKUTHINTA.

3. UNGALOKOTHI USHIYELE OMUNYE UKUDLA, NISEBENZISE AMATHULUZI NDAWONYE, IZINKOMISHI, AMATHAWULA NEZIPUNI ZINGAGEZIWE NGENSIPHO UMUNTU MAKABE NAWAKHE AMATHAWULA

4. GEZA IZANDLA ZAKHO NGENSIPHO NGASO SONKE ISIKHATHI...
-NGAPHAMBI KOKUDLA
-NANGEMUVA KOKUBA SENDAWENI YOMPHAKATHI

MASIPHEPHE SONKE!

ULWAZI OLUQUKETHWE LUTHOLAKALE KULE MITHOMBO:

1. "How to Avoid the Coronavirus? Wash Your Hands" by Elizebeth Rosenthal, in The New York Times, Opinion. (Jan 28 2020)
2. "The Wuhan Virus: How to stay Safe", by Laurie Garrett, in Foreign Policy, Report. (Jan 25,2020)

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