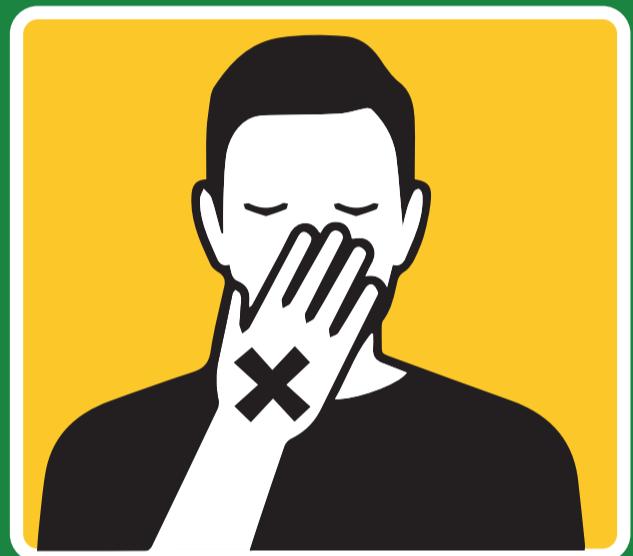
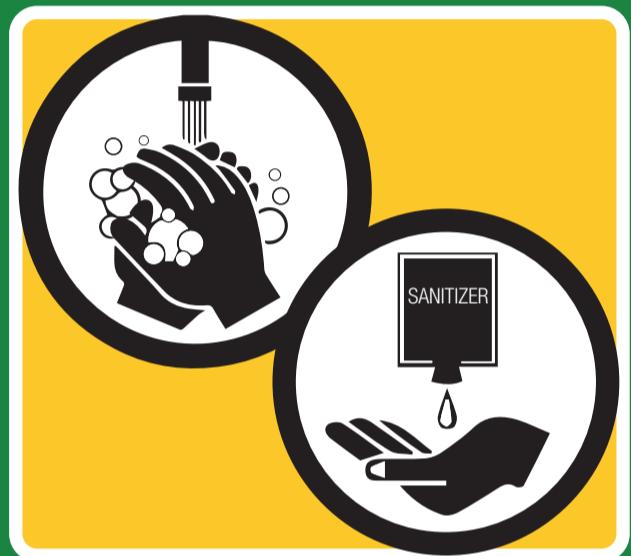




Izindlela zokuzivikela ekungenweni yi-Coronavirus

I-Coronavirus iyabhebhetheka uma lowo emhaqile ekhwehlela, ethimula noma ekhuluma. Sithinta izinto eziningi ngezandla zethu ngaleyo ndlela sicoshe amagciwane anhlobonhlobo agcina esesingena uma sithinta amehlo, amakhala nomlomo.



1. Geza izandla zakho imizuzwana engu-20 ngensipho namanzi usebenzise nesibulala magciwane.

2. Gcina ibanga eliyimitha (1 metre) phakathi kwakho nanoma ubani okhwehlelayo noma othimulayo.

3. Gwema ukuthinta amehlo, amakhala nomlomo ngezandla ezingahlanziwe.



4. Uma uthimula noma ukhwehlela sebenzisa i-tissue noma ingaphakathi lendololwane usithe umlomo nekhala.

5. Uma unomkhuhlane, ukhwehlela noma kunzima ukuphefumula, shayela ucingo abakwa-NICD.

6. Qiniseka ukuthi izindawo ezivulekile ovamise ukuzithinta ngezandla zesulwe ngesibulala magciwane.