

SISIZE SIGCINE AMABHIZINISI ETHU EVULIWE

GWEMA CORONAVIRUS (COVID - 19)

Uma ukule ndawo yebhizinisi, sicela:



- **Musa ukuxhawula izandla**, yiba nendlela ehlukile yokubingelela, kepha ake sigweme ukuxhawula isandla.
- **Gcina ibanga phakathi kwakho nomuntu okhuluma naye** - uhlale okungenani imitha elilodwa kude nomuntu okhwehlelayo, othimulayo noma onomkhuhlane, noma omunye umuntu ongasazi isimo sempilo yakhe.



- **Geza izandla zakho kaningi ngensipho** namanzi okungenani imizuzwana ewu-20. Uma insipho namanzi kungatholakali, sebenzisa i-alcohol-based i-sanitiser yesandla enikezelwe.



- **Vala umlomo nekhala ngendololwane noma ngethishu** lapho ukhwehlela noma uthimula. Phonsa izicubu emgqonyeni ngokushesha ugeze izandla.

- **Gwema ukuthinta amehlo akho, ikhala kanye nomlomo** njengoba izandla zakho zithinta izindawo eziningi ngoba lokho kungabhebhethekisa leli gciwane. Geza izandla zakho uma wenze njalo.

Noma ngabe ukude nebhizinisi lethu:



- **Thola usizo lokunakekelwa kwezokwelapha** uma unezimpawu ezinjengomkhuhlane futhi uzwa ukukhwehlela nobunzima bokuphefumula.

- **Gwema ukusetshenziswa kwemikhiqizo yezilwane eluhlaza noma engaphekiwe.**

- **Gwema ukuhamba noma ukuvakash** uma unomkhuhlane noma ukukhwehlela.

- **Gwema ukuxhumana nabantu abanezifo zokuphefumula.**



**Thina ngakolwethu uhlangothi sizoqinisekisa ukuthi
sihlanza futhi sikhupha amagciwane ezintweni
ezisezindaweni ezithintwa kaningi.**