

What is the coronavirus?

The new coronavirus, also known as Covid-19, that is in South Africa causes a sickness that feels like a cold or flu. People with the virus can have a cough, a headache, a sore throat and a fever. It can also make it difficult to breathe. If you get the virus, you might not feel sick for a few days, but anybody with the virus can easily share it with others without knowing. Sometimes, the virus can hide in a person and not show symptoms for many days. It is like an invisible enemy. It is dangerous because it can kill people and many people will need the hospital.



Everybody is at risk to this virus and it has already spread to almost every country in the world. The virus is spread through the little bits of fluid that come from a sick person when they cough, sneeze, or rub their nose or eyes. The virus can also live on surfaces, like a metal rail, for about 3 days or more.

This is how we can all stop the virus from spreading:

- 1 Stay at home and stay 2 meters away from everyone and don't visit others, play with others from another house or go to the mall (social distancing)
- 2 Wash your hands with soap and water many times in a day
- 3 Do not touch your face. The virus can enter a person through the mouth, nose and eyes
- 4 Cough and sneeze into your elbow, and not your hand
- 5 Wear your mask in public and near sick people at home

How to use your Mask

WHEN TO WEAR YOUR MASK

Wear your mask in public places and around people. **BUT REMEMBER**, the mask can only work if you use it properly. You still need to wash your hands and keep your distance from people. Stay at home as much as possible.

TAKE CARE OF YOUR MASK

Wash your mask after every day you have used it. Wash it in warm water with lots of soap, and hang it in the sun to dry.

HOW TO WEAR YOUR MASK

Put your mask on and cover your nose and mouth before going out. You can secure the mask to your face with the elastic around your ears or tie it at the back of your head. Once the mask is on, covering your nose and mouth well, and comfortable, do not touch it as this can put germs onto your mask. Wash your hands **BEFORE** and **AFTER** touching your mask, even if you need to adjust it. **DO NOT** remove your mask to speak, cough or sneeze. When you take off your mask, remove your mask by touching the straps only and wash your hands afterwards.

Put your mask into the wash and not on a counter or table.

Masks can help a lot by containing germs in large droplets from coughing and stopping us from touching our nose and mouth. But, we still need to be careful to avoid the germs completely. To do this, we need to stay at home and wash hands regularly.



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HAND WASHING

Wash your hands very well. You can follow these steps. Washing your hands should take about 20 seconds. Alcohol hand-sanitizer will also kill the coronavirus on your hands.

WHAT ABOUT ANIMALS?

There is no risk of humans getting the coronavirus from animals such as dogs, cats, goats and chickens. So far, scientists have found no proof of people getting the coronavirus from domestic animals. This virus moves from human to human, and so people and places where people go are the most dangerous. Remember, the virus can live on a hard surface for about 3 days or sometimes more.

Please remember to stay safe, the best thing is to –

STAY AT HOME & WASH YOUR HANDS

NICD Hotline: 0800 029 999
www.sacoronavirus.co.za



Yini igciwane lecoronavirus?

I-coronavirus entsha, eyaziwa nangele Covid-19, elapha eNingizimu Afrika idala ukugula okuzwakala sengathi umkhuhlane.

Abantu abanaleli gciwane bangaba nokukhwehlela, ikhanda elibuhlungu, umphimbo obuhlungu kanye nemfiva.

Lingadala futhi izinkinga zokuphefumula.

Uma likungena legciwane, kuyenzeka kuphele izinsukwana uzizwa uphilile, kodwa noma ubani onegciwane angalisabalalisa kwabanye ngaphandle kokwazi. Ngesinye isikhathi, igciwane lingacasha kumuntu lingazivezi kuze kudlule izinsuku eziningi. Linjenge sitha esingabonakali. Liyingozi ngoba lingabulala abantu futhi abaningi bangene ezibhedlela.

Sonke sisengcupheni yalesi sifo kanti sesisabalele cishe wonke amazwe omhlaba. Igciwane lisabalala ngamaconsana awuketshezi asuka ekukhwehleleni, ekuthimuleni, ekuthinteni ikhala namehlo komuntu ogulayo. Igciwane lingaphila nakuzinto noma ezindawo, ezinjenge zindawo zokubambelele eziyinsimbi, cishe izinsuku ezi-3 noma ngaphezulu.

Nansi indlela thina sonke esingavimba ngayo ukubhebhetheka kwaleli gciwane:

- 1 Hlala ekhaya futhi ube sebudeni obungamamitha ama-2 kusuka kwabanye abantu, ungakasheli abanye, ungadlali nabakweminye imizi noma uye kunxanxathela yezitolo (gwema izixuku)
- 2 Geza izandla ngensipho namanzi njalo osukwini Ungathinti ubuso. Igciwane lingangena kumuntu ngomlomo, ngamakhala kanye namehlo
- 3 Khwehlelela uthimulele endololwaneni, kungabi sezandleni zakho
- 4 Faka isimfonyo sakho uma uphumela phandle noma useduze komuntu ogulayo.
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Sisetshenziswa kanjani isimfonyo

USIFAKA NINI ISIMFONYO SAKHO

Faka isimfonyo sakho uma usezindaweni zomphakathi naphakathi kwabantu. KODWA KHUMBULA, isimfonyo sisebenza kuphela uma usebenzisa ngendlela efanele. Kusamele ugeze izandla futhi uziqhelelanise nabantu. Chitha isikhathi esiningi ekhaya.

NAKEKELA ISIMFONYO SAKHO

Hlanza isimfonyo sakho nsuku zonke uma uqeda ukusisebenzisa. Sihlanze ngamanzi afudumele nensipho eningi, bese usineka elangeni some.

SIFAKWA KANJANI ISIMFONYO

Mboza amakhala nomlomo ngesimfonyo ngaphambi kokuphumela phandle. Ungabopha isimfonyo sakho ngomkhawulo wokuqina ngase zindlebeni noma usibophele ekhanda. Uma isusifakile isimfonyo mboza kahle amakhala, nomlomo, unethezeke, ungasithinti ngoba kungenzeka usisulele ngamagciwane. Geza izandla zakho **NGAPHAMBI** futhi **NGEMUYA** kokuthinta isimfonyo sakho, noma udinga ukusilungisa. **UNGAZE** ususe isimfonyo sakho uma ukhuluma, ukhwehlela noma uthimula. Uma ususa isimfonyo sakho bamba lapho siboshwa khona ugeze izandla ngemuva kwalokho. Beka isimfonyo sakho lapho uzosihlanza khona. Ungasibheki etafuleni.

Izimfonyo zingasiza kakhulu ukugwema amagciwane asemaconsaneni amakhulu asuka ekukhwehleleni nokuvimba ukuthinta amakhala kanye nemilomo. Kodwa, sidinga ukucophelela ukugwema amagciwane ngokuphelele. Ukwenza lokhu sidinga ukuhlala ekhaya nokugeza izandla ngaso sonke isikhathi.



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UKUGEZA IZANDLA

Gezisa izandla zakho. Ungalandela lezi zinyathelo. Ukugeza izandla ngensipho kumele kuthathe imizuzwana cishe engama-20. I 'hand-sanitizer' nayo ibulala i-coronavirus ezandleni zakho ngokushesha.

IZILWANE ZONA?

Abukho ubungozi bokusuleleka kwabantu i-coronavirus isuka ezilwaneni ezinjenge zinja, amakati, izimbuzi kanye nezinkukhu. Kuze kube manje, ososayensi abakabutholi ubufakazi bokusuleleka kwabantu izilwane zasekhaya. Leli gciwane lisuka kumuntu liye komunye umuntu, ngakho ke abantu kanye nezindawo ezihanjelwa abantu ilapho kunobungozi obukhulu. Khumbula, igciwane likwazi ukuphila endaweni cishe izinsuku ezi-3 kwesinye isikhathi ngaphezulu.

Uyacelwa ukhumbule ukhula uphephile, into ehle kakhulu ongayenza uku -

HLALA EKHAYA UGEZE IZANDLA ZAKHO

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