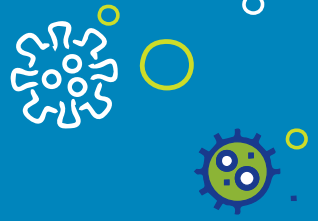


STOP UKUNWENWA KWALE NTSHOLONGWANE



I-coronavirus iyanwenwa, nangona kungamelanga siphaphazele, kumele senze izinto zococeko.

Yenza izinto zococeko

Oku kuthetha ukuba ucoceke kwaye wenze izinto zococeko kangangoko, imini yonke.

Uzenza njani izinto zococeko



Hlamba izandla rhoqo ngesepha namanzi kangangemizwana engama-20 ubincinane – okanye sebenzisa isicoci-zandla ukuba awukwazi ukuzihlamba.



Musa ukuziphatha ebusweni, kwaye uzungaxhawuli izandla zabantu.



Lahla ithishyu esetyenzisiweyo, okanye khohelela kwaye uthimtele kwikona yengalo yakho, uze uhlambe izandla zakho.



Sebenzisa izinto zokutya ezicocekileyo kwaye sukusebenzisa ezisetyenziswa ngomnye umntu.



Gcina izinto ozibambayo zicocekile kwaye zama ukungayibambi imiphezulu yeendawo ebanjwa nguwonkewonke.



Khutheni kubalulekile?



- Ucoceko luthetha ukuba mancinci amathuba okuba ulosuleleko lunwenwe.
- Oko kuthetha ukuba inkqubo yethu yezempilo ayisayi kuxinzeleleka kakhulu.
- Kukwanceda kananjalo ukukhusela abemi abasengciphekweni omkhulu, njengabantu abadala kakhulu, kunye nabantu abanezifo ezinganyangekiyo.

Yintoni engenye onokuyenza?

- Musa ukubamba nabani na ongelilo ilungu losapho lwakho ohlala nalo.
- Nceda uhlale ekhaya ukuba uyagula.
- Vulela umoya ofreshi ungene, yitya ukutya okusempilweni, yenza imithambo rhoqo kwaye ulale ngokwaneleyo.



Oku kusenokubanzima, kodwa kumele wenze konke onakho. Ngoku lixesha lokuba ube nobuntu kwaye uxhasane nabanye abantu ngeli xesha loxinzelelo.

24 UMnxeba kaZwelonke woKuxela
i-Coronavirus : 0800 029 999

24 UMnxeba wePhondo woKuxela
i-Coronavirus : 021 928 4102

24 UWhatsApp kaZwelonke
we-Coronavirus : 0600 123 456



URhulumente
weNtshona Koloni

UKUFUMANA EZINYE IINKCUKACHA:
www.westerncape.gov.za/coronavirus