

COVID-19: Hlala uphephile ngalezi insuku zesifo seCoronavirus.

Njengayo yonke imikhuhlane, ukuphatha kuhle impilo yakho yikho okuqinisa amasotsha womzimba (*immune system*). Nikeza umzimba amandla wokuvikela isifo se COVID-19 kanye leminyeye imikhuhlane. Ongakwenza yilokhu:

Nikeza umzimba amandla wokuvikela isifo se COVID-19 kanye leminyeye imikhuhlane.

- Dlana ukudla okulomsoco wokwakha umzimba (*proteins and vitamins*). Imisoco leyi eyizakhamzimba itholakala ngokudla inyama, inhlanzi lobanje udle izithelo kanye lembhida (*garlic and ginger*).
- Abalesikhumba esimhlophe, kumbe lamaxhegu lezalukazi kumele bothamele ilanga ukuze bathole i*Vitamin D*, ngoba yiyo eqinisa isikhumba somzimba.
- Natha amanzi amanengi ngelanga (*2 litres per day*).
- Phumuza umzimba ngokulala okwamahola ayisikhombisa kusiya ngalombili (*7 – 8 hrs*).
- Khumbula ukugeza izandla ngasosonke isikhathi uvela esambuzi (*toilet*), kumbe ungakabambi ukudla.



- Yelula umzimba, hatshi ukuhlala ndawonye ugoqekile. Hamba ujikajike lapho okhona. Ungahlabela ukuze uvule amaphapho.
- Unganathi utshwala ngoba buyabulala amasotsha womzimba (*immune system*).
- Ungabhemi igwayi ngoba liyalimaza amaphapho ayiwo aqakathekileyo ekuphefumuleni. Njalo iCoronavirus ihlasela kakhulu amaphapho ukuze ungaphefumuli.

Zifundise ukuhlala ukhululekile emoyeni lasengqondweni

- Abantu badalelwa ukuhlala ndawonye. Kodwa ngenxa ye Coronavirus abantu sebehlela behlukene. Lokho sekudala ukuhlukumezeni emoyeni lasengqondweni zabantu. Ukuthi umoya wakho uhlale ukhululekile, yenza lokhu:
- Susa umqondo wakho ebubini, cabanga ngobuhle bemvelo obadalwa nguNkulunkulu, kumbe abangane abakuthandayo. Bonga konke okuhle okwakuvelelayo okulokhe kukujabulisa lamanje.
- Nxa ulokhe usizwa umoya wakho uphansi, tshayela abangane ucingo ubazisa ngalokho ozizwa uyikhona. Kumbe nje ungaxoxisana lomakhelwane. Kodwa lingasondelelani, lingabuthani, lingabambani ngitsho lezandla.
- Ungenza loba yini enhle exotsha isizungu. Hlabela, bhala kumbe funda ingwalo ezikujabulisayo. Thunga kumbe pheka okuncane nje okuxotsha isizungu.
- Zama ukunceda labo abahluphekayo, mhlawumbe nje uncede abantwana.

Khuthaza umphakathi wakho ukuthi uqaphele isifo se Coronavirus.

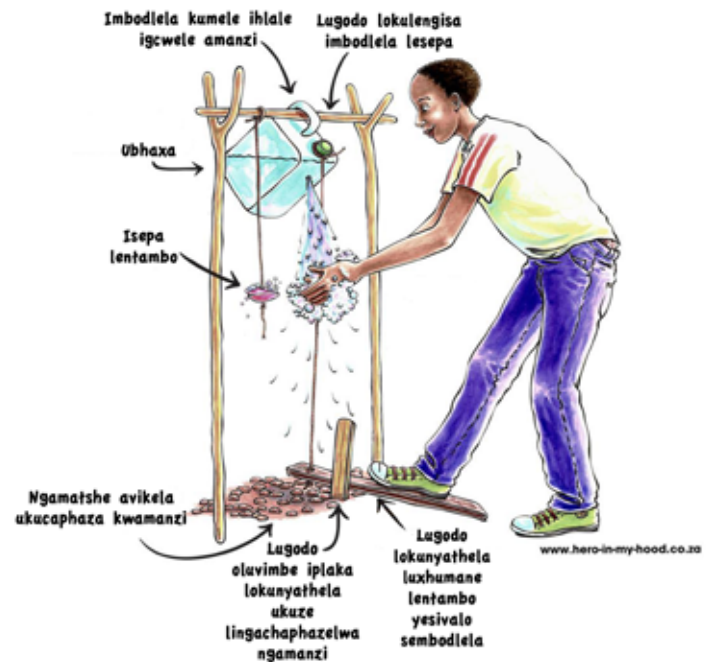
ICoronavirus izengamandla wokuzobhubhisa izizwe. Yingakho wonke umuntu uzama ukuzivikela. Kodwa kunzima ukuvikela wena wedwa. Kumele sibambane ukuze iCoronavirus ingasabalali.

Kumele sisebenzisane lomphakathi wonke ukwenzela ukuthi:

- sithole ukudla sonke, sabelane, silime njaio sinnedisane.
- sithole amanzi ahlanzekileyo sonke.



- sakhe izindawo zokugezela izandla lapho okudlula khona abantu.
- sivikele abantwana labagulayo, njalo sivimbe lodlame.
- Abagulayo njalo behlala bodwa kumele sibavakatshela siyebanceda. Kodwa siqaphele ukuzivikela ngendlela yakhona.



Qaphela njalo leminywe imikhuhlane, hatshi iCOVID-19 yodwa.

Lanxa isifo seCOVID-19 singesiphuthumayo okwakathesi, akumelanga sikhohlwe ukufundisana lokuncedisana ngezinye izinhlelo eziqakathekileyo kumphakathi. Izinhlelo zokubeletha, lokuhlabisa abantwana, le*TB*, letshukela kanye lolwe *HIV*, le *malaria* kumele lezi izinhlelo zingaphazanyiswa. Kumele ziqhubeke njengendlela yakhona ngoba lazo ziyingozi emphakathini. Kodwa imithi yakhona kumele ihanjiswa ezindlini. Lokhu kwenzelwa ukugwema abantu bengabuthani ezibhedlela lasema *Clinic*.