

# Coronavirus – COVID-19

## Kuyini iCOVID-19?

I COVID-19 yisifo esidalwa ligciwane okuthiwa yiCoronavirus. Lincane kakhulu leligciwane libonakala ngemitshina eyenzelwa lokho (*microscope*). Impawu zeCOVID-19 zifana xathu lezomvimbano: ukukhwehlela, ukuphefumula nzima, ukuphathwa luqhuqho, ukuphela amandla kanye lenhlongu zomzimba. I COVID-19 ivala ukuphefumula ngokulimaza amaphaphu njalo ihlabise ngesihlabo (*pneumonia*).

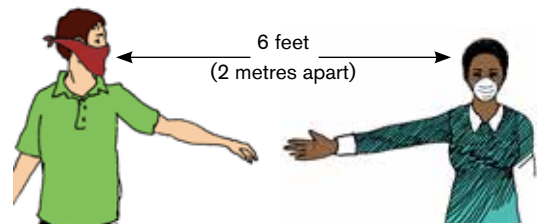
## Ithelelwana njani iCoronavirus?

ICoronavirus ingena emlonyeni, emakhaleni, lasemehlweni nxa umuntu olayo ephefumula, ekhuluma, ekhwehlela, loba ethimulela emoyeni duze lawe. ICoronavirus iyakwanisa njalo ukunamathela ezindaweni ezibambekayo ngezandla. Lawe usubamba lapho ugcine usuyithethe. Nxa isikubambile ungezwa inhlongu ngemva kwensuku izinhlanu (*5 days*). Kodwa njalo ilakho ikucatsha ithule zwi emzimbeni okwensuku ezimbili kusiya kwezilitshumi lane (*2-14 days*). ICoronavirus iyakwanisa ukungena ebadaleni kanye lebantwaneni icatshe njalo ingabagulisi. Kodwa isabalale kuyo yonke indawo igulise abanye abaseduze lalabo ecatshe kubo. Igciwane le Coronavirus lithelwana lula lapho okulabantu abahleli beminyeni ndawonye.



## Ngonjani ongahlaselwa yiCoronavirus?

Ayikhetshi. Ihlasele wonke umuntu. Kungenzeka ikugulise kodwa uphephe. Abanye iyababulala. ICorona virus iyakwanisa ukugulisa umuntu iphindaphinde nxa engahlatshwanga ivaccine. Abasengozini yokuhlaselwa yiCoronavirus ngasebekhulile njalo lalabo abavele bephethwe ngezinye izifo ezitshiyeneyo. Kodwa nxa abantu bonke bengahlatshwa ivaccine, izinga leCoronavirus lingehla libephansi.



Qhelelanani njalo hlalani ligqoke ama mask wokuzivikela. Nxa wonke umuntu engagqoka imask, I COVID-19 ingaba nganeno.

## Ungazivikela njani?

Ukuhlatshwa i COVID-19 vaccine yiyo indlela engcono ezayenza sonke sihlale siphephile, njalo sivikelekile. Kodwa ngesikhathi ivaccine ingakafinyeleli ebantwini bonke, kungcono sihlale sigqoke imask, singangeni exukwini labantu njalo asigezeni izandla ngasonke isikhathi. Singazikhohlisi: amaphilisi (antibiotics) lemithi yesintu ayingeke iliqede igciwane le Corona.

- **Gqoka imask:** Ukugqoka imask nxa usemphakathini yikuvikela wena kanye labanye. Kumbe nje ungavala amakhala lomlomo ngelembu elomileyo kumbe ngephepha elomileyo. Nxa usuvalele hlala unjalo ungathintathinti imask. Phela ungangenwa yi COVID-19 kodwa wena ungazi. Uyisabalalise ebantwini bagule bonke kodwa wena ulokhe ungazi. Yingakho kubalulekile ukugqoka imask kuyo yonke indawo lapho ongena khona. Akumnandi ukugqoka imask, kodwa gqoka uzaze ujaye njengabo dokotela labo nesi. Injongo yikusiza imphefumulo yethu. Nxa imask ingeyelembu hlala uyigeza ngasonke isikhathi.
- **Qhelelanani 2 metres apart (6 feet)** nxa liphandle

- **Zijayeze ukungangeni exukwini labantu njalo susa yonke into eminyeneyo endlini** engadala ukuthi ligule nge gciwane leCOVID-19. Kodwa uyaxwayisa: hlala ugqoke imask.
- **Geza izandla ngasosonke isikhathi.**
  - » Geza ngesepa kumbe ngemithi yakhona yokubulala amagciwane. Geza izandla zonke kanye lenzipho okwemizuzwana engamatshumi amabili (20 seconds).
  - » Geza izandla ngasosonke isikhathi nxa uqeda ukusebenzisa isambuzi (toilet), loba uqeda ukukhwehlela, ukuthimula loba uqeda kufinya. Qala ugeze andubana uzabamba ubuso bakho.
- **Nxa wena kumbe ohlala laye egula nge Coronavirus, qinisekisa ukuthi yonke into ebambekayo: izibambo zezivalo, izihlalo, amatafula, lakho konke okubambekayo kugeziswe ngesepa langamanzi kumbe ngemithi ebulala amagciwane (bleach):**
  - » **Alcohol:** Isopropyl alcohol yimithi elamandla eyenzelwa ukubulala igciwane leCoronavirus. 70% ngamandla abulala igciwane. Kodwa ungedlulisi inani eliyi 100%. Hlanganisa lamanzi okwenani eliyikomisho eyodwa yamanzi kwezimbili zeAlcohol 1 cup of water to 2 cups of alcohol.
  - » **Bleach** ivame ukubuya ihlanganiswe okuyi 5% solution. Hlanganisa lamanzi aqandayo hatshi atshisayo. Indawo enkulu evulekileyo njengendlu ifuna ibleach engamakomishu amabili egabheni lamanzi (2 cups of bleach in a 5 gallon bucket of water.) Kumbe i500ml ze bleach ku20 litres zamanzi.

### Zibambe ungathintani Labantu

Nxa kunzima ukuthola ivaccine, njalo usolela ukuthi indawo yakini isihlaselwe yisifo seCoronavirus, hlala uzinze ekhaya. Ungavakatshi. Ungangeni embuthanweni wabantu. Yebo kubuhlungu khona ukuhlala endaweni eyodwa, kodwa kusiza impilo zethu ngoba iCoronavirus isuka emuntwini iyekomunye isabalala ngokuthelelwana.

Kodwa nxa ulesizungu xoxisana labangane kumbe izihlobo ngocingo (phone). Kumbe nje lingaxoxa labomakhelwane kodwa litshiyeleni umkhandlo phakathi kwenu. Qhelelanani okwengalo ezimbili. Uyacelwa njalo wena olempilo enhle ukuthi uncede labo asebegula ngokubanikeza amanzi njalo lokudla. Sikhuthaza wonke umuntu ukuthi ayehlathswa i COVID-19 vaccine ngoba yiyo indlela ezaqeda ukuhlala siqhelelene.



- **Hlala ugqoke imask uma ugcine izigulane** ezilegciwane leCorona. Sebenzisa uhlobo lwe mask i N95 engela sivalo ngoba yiyo evikela ngcono. Kodwa nxa usebenzisa i mask yelembu sebenzisa elezendlalelo ezimbili kumbe ezintathu (2 or 3 layers). Njalo imask isetshenziswa kanje:
  - » geza izandla ngasosonke isikhathi ngesepa langamanzi, kumbe geza ngemithi yakhona. Njalo vimba umlomo lamakhala ngemask.
  - » ungabambabambi imask yakho nxa usuyigqokile. Ibambe kuphela nxa usuyitshintsha.
  - » njalo nxa imask isilunama ngenxa yokuyiphefumulela ikhiphe ngokuyibamba ngentambo adubana uzayilahlela ebhokisini lengcekeza. Geza njalo futhi izandla zakho.
  - » imask akumelanga uyiphindaphinde ukuyisebenzisa. Kodwa nxa sekwenzakele ukuthi uphinde uyisebenzise kungangcono uphinde eyohlobo lwe N95. Layo uqale uyikudumeze okwemizuzo elitshumi lantathu (30 minutes) ibe sezingeni elitshisa eliyi 72°C (160°F). Kumbe kungcono uhlale ulama mask amanengi ukuze uwatshintshanise.
- **Qaphela impilo yakho:** uma usukhwehlela, usukhefuzela, isifuba sibuhlungu njalo usuloqhuqho wohle uxhumane labezempilo ngokuphangisa. Phela iCOVID-19 iyingozi kakhulu ngoba iqala ngokuvala ukuphefumula. Xhumana labezempilo ngoba yiyo abaphethe yonke imithshina encedisa ukuvula umphefumulo.