

Njengokuba i-coronavirus (ekwabizwa ngokuba yi-COVID-19) ibhengezwe ngokuba sisifo esingubhubhane ogqugqisa ihlabathi liphela nguMbutfo weMpilo weHlabathi (i-WHO), nanga amanyathelo asixhenxe alula onokuwathatha ukuze uthintele ukuba wena nabanye abantu ningosulelwa yile ntsholongwane.

1

Hlamba izandla zakho rhoqo ngesepha namanzi, okanye usebenzisa ichiza lezandla lokubulala iintsholongwane



Musa ukuphatha-phatha amehlo, umlomo kunye nempumlo yakho

2

3

Khohlelela engqinibeni okanye kwi-tissue



Ziphephe iindawo eziphithizela abantu abaninzi, amatheko, iindibano zemidlalo nezenkolo

4

5

Ukuba ukrokrela ukuba une-coronavirus:

- 1 Hlala ekhaya
- 2 Tsalela le nombolo: 0800 029 999
- 3 Xelela umphathi wakho/i-HR
- 4 Ukuba awukwazi ukuya kwiziko lakho, xelela unobhala wakho ngezi zinto zikukrokrisayo



Ukuba unomkhuhlane, ukhohlo-khohlo olomileyo, unobunzima xa uphefumla, tsalela ugqirha

6

7

Hlala umamele iindaba nezinto ezintsha nge-coronavirus



Xa ufuna iinkcukacha ezithe vetshe, tsalela le nombolo yomxeba ye-NICD ingahlawulelwayo - 0800 029 999