

Kaedi ya maeto ka diphoho



#UnityInAction

Mengwe ya ditlamorago tsa leroborobo la COVID-19 ke meelwane e e tswaletsweng, ditšhono tse di kwa tlase tsa bojanala, le loapi le le tswaletsweng tsa diphoho.

Go simolola ka Mopitlwe 21, 2021, le jaaka go phasaladitswe mo Lekwalodikgang la Puso, ke, maemelo a difofane fela a le 22 a selegae a a dirang mmogo le a boditšhabatšhaba:

Difofane tsa selegae:

Maemelo a difofane a a latelang a buletswe kgwebo:

- Bram Fischer International Boemelo jwa Difofane
- Cape Town International Boemelo jwa Difofane
- East London Boemelo jwa Difofane
- George Boemelo jwa Difofane
- Hoedspruit Boemelo jwa Difofane
- Kimberly Boemelo jwa Difofane
- King Shaka International Boemelo jwa Difofane
- Kruger Mpumalanga International Boemelo jwa Difofane
- Lanseria International Boemelo jwa Difofane
- Margate Boemelo jwa Difofane
- Mthatha Boemelo jwa Difofane
- OR Tambo International Boemelo jwa Difofane
- Phalaborwa Boemelo jwa Difofane
- Pietermaritzburg Boemelo jwa Difofane
- Pilanesburg Boemelo jwa Difofane

- Plettenberg Bay Boemelo jwa Difofane
- Polokwane Boemelo jwa Difofane
- Port Elizabeth International Boemelo jwa Difofane
- Richards Bay Boemelo jwa Difofane
- Sishen Boemelo jwa Difofane
- Skukuza Boemelo jwa Difofane
- Upington International Boemelo jwa Difofane



Difofane tsa boditšhabatšhaba di tsamaya go tswa kwa:

- OR Tambo International Boemelo jwa Difofane
- King Shaka International Boemelo jwa Difofane
- Cape Town International Boemelo jwa Difofane

Tsotlhe di le tharo di buletswe ditiragatso tse di tlhomilweng tsa boditšhabatšhaba le difofane tse di hirilweng tse di nang le bapalami. Di dira gape mo diureng tse di beilweng tsa taolometsamao.

Go ya kwa maemelong a difofane:

Fa o ya kwa maemelong a difofane, go tsaya mosepele mo diureng tse di beilweng tsa taolometsamao go letleletswe. Thekete ya sefofane e tshwanetse go ntshiwa jaaka sesupo sa kwa o yang kwa teng, fa go ka diragala gore o emisiwe ke batlhankedi ba ditirelo tsa pharakano.

Ikaelo ya tsela ka pabalesego go kgabaganya maemelo a difofane:

Dikgato tse di supilweng ka fa tlase di akaretse mo difofaneng tsa selegae le tsa boditšhabatšhaba:



- O laelwa ke melawanatsamaiso ya COVID-19 go tshegetsa sekgala sa katologano le go rwala mmaseke.



- Thempereitšhara ya gago e ile go sekasekiwa.



- Diteroli di phepafadiwa ka kupamegare, fela go botlhokwa go phimola dintlhana tsa yone tsa go e tshwara fa o e dirisa.



- Dirisa kupamegare mo diatleng fa o neelana ka dithekethe tsa go palama sefofane kgotsa fa o amogela dithekete go tswa kwa badiring.



- Elatlhoko gore difofane di le dintsi di setse di amogetse pholisi ya go se kgome sepe mo ditokomaneng tsa badirisi bangwe le bangwe kgotsa mo didirisiweng tsa sebele kwa ntle ga fa ba thusa bapalami ba nang le ditlhokego tse di kgethegileng.



- Fa dibese di abiwa mabapi le go ya le go fologa sefofane, ke 50% fela ya ditulo e e tshwanetseng go nna le batho. Dikaedi go tswa kwa badiring di tshwanetse go salwa morago, mme ditešene tsa tiriso ya sephepafatsitlosotwatsi kwa dibeseng di tshwanetse go dirisiwa.

Difofane tsa Selegae:

Fa o dirisa sefofane sa selegae, baeng ba ba nang le ditokomane tsa ketelo ke bone fela ba ba letleletsweng go tsena kwa dikagong tsa boemelo jwa difofane.

Ga go na bopaki jo bo tlhokegang go baeti ba ba setseng ba amogetse moento kgotsa ba ba nang le setifikeiti sa semolao sa teko ya COVID-19.



- Fitlha kwa boemelo jwa difofane e ka nna diura di le pedi pele ga nako ya diphoho.



- Rwala mmaseke ka ntlha ya fa disireletsi tsa sefatlhego di sa letlelelwa



- Nna le setifikeiti sa kalafi fa o ka se kgone go rwala mmaseke



- Ipaakanyetse go diragatsa tlhatlhobo ya thempereitšhara.

Ditsamaiso tsa ka fa gare ga sefofane:



- Ditsamaiso tsa ka fa gare ga sefofane di a tshwana mabapi le difofane tsa selegae le tsa boditšhabatšhaba. Pharologano e kgolo fela e mo goreng kabelo ya dijo ga e a letlelelwa mo difofaneng tsa selegae, fa di abiwa mo go tsa boditšhabatšhaba.



- Bapalami ba difofane tsa selegae ga ba a letlelelwa go tla ka dijo le go ja dijo tsa bone mo difofaneng. Metsi a a leng mo dibotlolong ke one fela a ileng go abiwa fa a kopiwa.



- Bapalami ba ba tshwenyegang ka boleng jwa mowa mo sefofaneng ba ka repa ka ntlha ya fa balaodi ba selegae ba na le difofane tse di nang le ditlhotlhi tsa HEPA (mowa wa bokgoni jo bo kwa godimo) tse di tlosang ditwatsi le megare le mowa o o ntšhafaditsweng mo mannong a bapalami mo sefofaneng mo metsotsong mengwe le mengwe e le meraro.

Mo nakong ya diphofo:



- Dimmaseke di tshwanetse go rwalwa go thiba molomo le nko.



- Motsamao mo teng ga manno a bapalami mo sefofaneng o tshwanetse go tilwa.



- Fa o fologa sefofane, emela dikaedi go tswa kwa badiring ba mo sefofaneng.



- Tihola foo o dutse fa fatshe le go tswa fela fa sekgala sa katologano se diragadiwa.



Fa o dirisa matloboithusetso a ka fa teng ga sone, elatlhoko mekgwa ya iphemelo e e latelang:

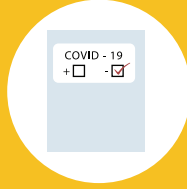
- Letlelela nako go feta pele o dirisa tirelo eo morago ga tiriso ke mopalami yo mongwe.
- Fa sekhurumelo sa ntloboithusetso se bulegile, se tswale le go tsamaisa metsi pele o e dirisa.
- Phepafatsa diatla tsa gago ka sephepafatsitlosotwatsi pele o tsena le fa o tswa kwa ntloboithusetso eo.
- Efoga go kgoma sekhurumelo sa ntloboithusetso ka diatla tsa gago. Dirisa thišu le go phepafatsa diatla ka sephepafatsitlosotwatsi.

Ditlhokego mo difofaneng tsa boditšhabatšhaba:

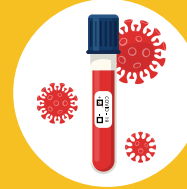
Mo difofaneng tsa boditšhabatšhaba, kabelo ya dijo e letleletswa. Ke maikarabelo a motsamaiisi go diragatsa dikaedi, dikgato tsa pholo le tsa pabalesego tsotlhe tse di tlohegang go kgaola kanamo ya COVID-19.



- Fa o tsaya maeto a boditšhabatšhaba, o tshwanetse go nna le setifikeiti sa moento, kgotsa bosupi jwa teko e e supang go se nne teng ga COVID-19 mo go wena, se se lemogiwang ke Mokgatlo wa Lefatshe wa Pholo, se se abilweng go sa fete diura di le 72 pele ga letlha la leeto.



- Fa o sa kgone go neelana ka bosupi jwa teko e e supang go se nne teng ga COVID-19, o ile go tshwanelwa ke go dira teko ya antijene e o tshwanetseng ke go e duelela fa o goroga.



- Fa teko ya gago e netefatsa gore o na le mogare fa o goroga, o ile go tshwanelwa ke go itlhaola malatsi a le lesome le go duelela seno.



- O tshwanetse go rwala mmaseke fa o le mo teng ga sefofane.

Ditheo tsa difofane di dira eng go se tshola se sena COVID-19:

Difofane go kgabaganya lefatshe, fa e le tsa ditirelo tsa selegae kgotsa tsa boditšhabatšhaba, di begile gore di tsaya dikgato tse di farologaneng go fokotsa kotsi ya ditshwaetso tsa COVID-19. Le fa dintlha tseno di farologana go tswa go sefofane sengwe le sengwe, mekgwa ya iphemelo e e tlwaelesegileng ke:



- Go phepafatsa sefofane ka fa teng ka sephepafatsitlosotwa tsi le le go dirisa mouwane wa tlosaditwatsi ka nako ya go fofa.



- Go neela badiri ba ba dirang ka balopaditirelo dimmaseke le diphepafatsitlosotwat si tsa sebele.



- Go neela sefofane ka ditlhotlhi tsa Mowa wa Tiragatso e e kwa Godimo (HEPA). Di tsamaisa le go ntšhafatsa mowa mo mannong a bapalami mo sefofaneng fa e ntse e tshola manathwana a le mannye a bokana ka maekerone di le 0.1 go ya go 0.3 tse di leng dinnye go kgoreletsa manathwana a COVID-19.



- Netefatso ya gore sekgala sa katologano mo teng ga sefofane se a diragadiwa ka go se rekise ditulo tsotlhe.



- Kabo ya didiriswa tsa boitekanelo tse di nang le mmaseke, dipampiri tse di metsi tsa go iphimola, ditlafafo, le diphepafatsitlosotwatsi tsa diatla go bapalami

Diphaposi tsa go leta tsa kwa boemeding jwa difofane di neelana ka boiketlo jo bo babalesegileng:

Diphaposi tsa go leta tsa kwa boemeding jwa difofane di neelana ka boiketlo le boitapoloso pele difofane tsa selegae le tsa boditšhabatšhaba di nna teng kwa maemelong a difofane a Aforikaborwa. Di laolwa ke ditheo tsa poraefete le go neelana ka ditirelo fela go baeng ba ba nang le tshwanelo, ditirelo tse di farologaneng, le diura tsa tiragatso di a farologana.

Ditsamaiso tse dišwa tsa tiragatso:

Go netefatsa gore baeng ba ka di dirisa ka pabalesego, mekgwa ya iphemelo e e atolositsweng ya COVID-19 e tsentswe tirisong kwa diphaposing tsa go leta tsa kwa boemedi jwa difofane. Maemo ao a akaretsa:



- Kganelo ya palo ya baeng ba ba letleletsweng kwa diphaposing tsa go leta kwa boemeding jwa difofane le go gatelela gore badirisi ba dire kopo pele ga nako go kgona go amogelwa kwa teng. Ga go na baeng ba ba ileng go letlelelwa go tsena ba sa dira kopo pele ga nako.



- Go upa megare mo bodilong le go phepafatsa mafelo ka sephepafatsitlosotwatsi. Dikgato tseno di akaretsa:
Tiriso ya dikupamegare 'ya nako e telele' tse di nang le nako ya botshelo ya magareng ga malatsi a le 90 le a le 180 tse di tšhametsweng segolobogolo mafelo a metsamao e le mentsi.
Phepafatso e e tšweletseng le tiriso ya sephepafatsitlosotwatsi mo bodilong ka nako ya tiragatso.
Peo ya didiriswa tse di nang le diphepafatsitlosotwatsi kwa matsenong le mo ditirelong gore baeng ba di dirise.



- Pateletso ya tsenyotirisong ya mekgwa ya iphemelo ya sebele ya COVID-19 e e akaretsa:
Pateletso ya go rwala dimmaseke ka dinako tsotlhe kwa ditirelong tsa diphaposi tsa go leta.
Phokotso ya go dula kwa teng gore sekgala sa katologano se tsenngwe tirisong.
Kemiso ya ditirelo tsa setlwaedi tsa dijo tse di tletseng tsa gore batho itshohlele.



- Kitsiso ya maemo a mašwa a ditirelo tsa dijo. Maemo ao a akaretsa:
Kabo ya lemme go mongwe le mongwe le dijo tse di bofefo.
Dilwana tse di tšwetsweng le dibotlolo tsa diloki tse di tlodiwang ka kupamegare ka metlha.
Kabo ya dino tse di leng mo botlolong le tse di leng mo dithining.
Phetolo ya ditirelo tsa itirelo tsa dino tse di bolelo go ya go tse di abiwang ke mongwe yo o dirang ka dino tse di bolelo.
Go fetola pampiri ya llene ka dipampiri tsa go iphimola tse di kgonang go latlhiwa.



- Go tswala nakwana ditirelo tsa laeborari tse e leng karolo ya ditirelo di le dintsi le go tlosa dibuka le dimakasine go tswa kwa mafelong a go leta.



- Go tswala mafelo a tokafatso ya botsogo le ditirelo tsa dišawara tse di neng di abiwa.

Dipotso tse gantsi di bodiwang ke gore:



A ke tshwanetse go bofa merwalo ya me ka polasetiki, le gore ke eng gape se se diriwang go netefatsa gore morwalo ga o itemogele mogare?

- Ee. Khampani ya kwa Maemelong a Difofane e tlhoka gore dibeke di bofiwe ka polasetiki mabapi le difofane tsa boditšhabatšhaba le tsa selegae. Mo godimo ga foo, batho ba ba tshwarang dibeke ba apara PPE fa ba thusa bapalami le go tshwara merwalo.



A balelapa ba me ba ka tla kwa boemelong jwa difofane go ntaela?

- Nnyaa. Mo go palamiwang difofane go buletswa bapalami fela. Ditokololo tsa balelapa di ka go isa le go go tsaya kwa ntle ga mo go palamiwang mme ba ka se kgone go tsena kwa ntle ga fa o na le bogole le go tlhoka thuso go tsenela tirelo.



Ke tshwanetse go dira eng fa ke ile go palama sefofane mme ke na le bogole?

Se se gaisang se o tshwanetseng go se dira ke go amana le modiredi wa difofane le go elatlhoko gore setheo sa difofane se ka go thusa jang. Difofane tse di farologaneng di ka kopa gore:

- Bapalami ba foune e ka nna diura di le 48 pele ga fa ba palama.
- Bapalami ba ba nang le bogole ba ile go kopiwa go neelana ka foromo e ka nna diura di le 24 pele ba tsamaya gore dipaakanyo tse di maleba di dirilwe.

Ka kakaretso, thuso go bapalami e ka aroganngwa go latela ditlhopha di le mmalwa. Maemo ao a akaretso:

- Go kgatlhantshiwa le go thusiwa go palama sefofane kwa ntle ga tiriso ya setuloteti.
- Go tlhoka setuloteti go tsena le go tswa kwa sefofaneng, go ile go go kgontsha go palama le go tswa ka go thusiwa.
- Go tlhoka setuloteti go tsena le go tswa kwa sefofaneng le go thusiwa go palama le go fologa direpodi tsa sefofane.



Ke itse jang gore dituloteti di phepa?

- Khampani ya kwa Maemelong a Difofane ya Aforikaborwa e phepafatsa dituloteti ka sephepafatsitlosotwatsi morago ga tiriso.



Ke fokotsa jang kabo ya me ya laesense ya ID le laesense ya go kgweetsa go fokotsa ditšhono tsa phetisetso?

- Bapalami ba rotloetsa go dirisa botseno jwa mafaratlhatlha go fokotsa go kgoma ditokomane tsa lekwaloitshupo la bone la sebele. Basireletsu ba ile gape go kopa gore bapalami ba tsenye dikarata tsa bone tsa go palama mo sekeneng.

Dikaelo

<https://www.gov.za/covid-19/individuals-and-households/travel-coronavirus-covid-19>
<https://indianexpress.com/article/business/aviation/airlines-spicejet-indigo-emirates-united-airlines-keeping-their-aircraft-coronavirus-safe-6599837/>
<https://www.independent.co.uk/travel/news-and-advice/coronavirus-flights-how-disinfect-clean-plane-seats-symptoms-a9365126.html>
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