

KU KOMBA KU HAMBANA EXIKARHI KA MUKHULWANA, KU KHOMIWA HI XIRHAMI NA COVID-19



#UnityinAction



CDC yi vula leswaku hambiloko COVID-19, mikhuhlwana na swirhami swi ri na swikombeto swo fana, ku komba ku hambana exikarhi ka leswinharhu swa koteka.

Tafula leri ri hlamusela swikombeto swa COVID-19, mukhuhlwana, na xirhami.

<https://www.medicalnewstoday.com/articles/coronavirus-vs-flu#symptoms>

*Ku katsa na ku qhavulana hi ku vuyelela u khomiwile hi swirhami

	COVID-19	MUKHULWANA	XIRHAMI
Nkarhi wa mfukamelo	Masiku ma2-14	Siku ri1-4	Siku ri1-3
Ku sungula ka swikombeto	Switsongotsongo	Xitshuketa	Switsongotsongo
Ku khohlola	Wu tolovelekile	Wu tolovelekile	Ko vevuka kufika eka ka le xikarhi
Ku talelwa	Wu tolovelekile	Mikarhi yin'wana	Ko vevuka
Ku hisa miri	Wu tolovelekile	Wu tolovelekile	Wa kala
Nkarhalo	Wu tolovelekile	Wu tolovelekile	Mikarhi yin'wana
Ku huma marhimila	Mikarhi yin'wana	Mikarhi yin'wana	Wu tolovelekile
Mpfaleko wa tinhompfu	Mikarhi yin'wana	Mikarhi yin'wana	Wu tolovelekile
Nchuluko	Mikarhi yin'wana	Mikarhi yin'wana	Wa kala
Ku pandza ka miri	Mikarhi yin'wana	Wu tolovelekile	Switsongonyana
Nkolo wo vava	Mikarhi yin'wana	Mikarhi yin'wana	Wu tolovelekile
Ku pandziwa hi nhloko	Mikarhi yin'wana	Wu tolovelekile	Wa kala
Ndzahleko wa navelo wa swakudya	Mikarhi yin'wana	Wu tolovelekile	Mikarhi yin'wana
Swiphiqo swa ku hefemula	Wu tolovelekile	Mikarhi yin'wana	Mikarhi yin'wana
Ku twa ku titimela	Mikarhi yin'wana*	Swi tolovekile hi mpimo wa le xikarhi	A swi tolovelekangi
Ndzahleko wuntshwa wa nantswo kumbe risema	Mikarhi yin'wana	Mikarhi yin'wana	Mikarhi yin'wana

Ku kamberiwa COVID-19 na leswi u faneleke ku swi endla loko u ri na yona

Steps to help prevent the spread of COVID-19 if you are sick.

Ku sivela ku hangalaka ka COVID-19 endla leswi landzelaka:



- Ambala xipfalax-ikandza.



- Hlamba swandla swa wena nkarhi na nkarhi.



- Basisa swivandla leswi khumbiwaka swa le henhla masiku hinkwawo.



- Tshama ekaya.



- Khubumeta mikhohlolo na mientshemulo ya wena.

U nga avelani michumu ya le mutini wa ka n'wina:



- U nga avelani tindhichi, tinghilazi to nwa hi tona, tikhapi, swo dyela, mathawula, kumbe swo andlalela mubedo na vanhu van'wana endlwini ya ka n'wina.

Loko u vabya, landzelela magoza lama:



- Tshama ekaya handlekaloko u fanele ku ya kuma nhlayiso wa swa vutshunguri.
- Vanhu vo tala lava nga na COVID-19 va na vuvabyi byo vevuka naswona va hola va ri ekaya.
- Wisa naswona tshama u ri karhi u nwa mati
- Bela riqingho u nga si ya kuma nhlayiso wa swa vutshunguri.

Veka tihlo eka swikombeto swa wena.



- Swikombeto swa COVID-19 swi katsa ku hisa miri, ku khohlola, ku talelwa na swo tala.
- Landzelela swileriso kusuka eka munyiki wa wena wa nhlayiso wa swa rihanyu na le ka ndzawulo ya rihanyu ya miganga.

Tshama ekule na vanhu van'wana na swifuwana endlwini ya wena.



- Tshama ekamareni ro karhi hi mikarhi leyo tala hilaha swi kotekaka hakona.
- Tshama ekule na vanhu van'wana na swifuwana endlwini ya wena.
- Loko swi koteka, u fanele ku tirhisa kamara ro hlambela ro hambana.
- Loko u dinga ku va ekusuhi na vanhu van'wana kumbe swifuwo leswi nga endzeni kumbe ehandle ka yindlu, ambala xipfalaxikandza.

Loko u lava mpfuno wa swa vutshunguri bya xilamulelamhangu



Loko munhu un'wana a ri na xivavi xo phikelela kumbe ntshikelelo exifuveni.



Ku nga koti ku pfuka kumbe ku nga khomiwi hi vurhongo.



Milomu ya nhlonge yo kwalala, yo basuluka kumbe ya muhlovo wa wasi.