

UKWAZI UMEHLUKO PHAKATHI KOMKHUHLANE, UKUNGENWA AMAKHAZA KANYE NE-COVID-19



#UnityinAction



I-CDC ithi yize i-COVID-19, umkhuhlane ukungenwa amakhaza okuvamile kunezimpawu ezifanayo, ungakwazi ukubona umehluko phakathi kwalokhu okuthathu.

Leli thebhula lendlala izimpawu ze-COVID-19, umkhuhlane kanye nokungenwa amakhaza okuvamile.

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

*Kubandakanya ukuqhubeka nokungqangqazela ngenxa yokugodola

	I- COVID-19	UMKHUHLANE	UKUNGENWA AMAKHAZA
Isikhathi Sokugonqa	Izinsuku ezi-2-14	Usuku oku-1-4	Usuku olu-1-3
Izimpawu Ezifika Ngaleso Sikhathi	Kancane kancane	Ezikukhungathayo	Kancane kancane
Ukukhohlela	Okuvamile	Okuvamile	Okuncane kuya kokumaphakathi
Ukunqamukelana kokuphefumula	Okuvamile	Ngokunye	Okuncane
Ukushisa ngokweqile komzimba	Okuvamile	Okuvamile	Kungavuthwa
Ukukhathala	Okuvamile	Okuvamile	Ngokunye
Ikhalo Elinamafinyila	Ngokunye	Ngokunye	Okuvamile
Ukucinana kwekhala	Ngokunye	Ngokunye	Okuvamile
Ukukhishwa isisu	Ngokunye	Ngokunye	Kungavuthwa
Ubuhlungu bomzimba	Ngokunye	Okuvamile	Okuncane
Umphimbo obuhlungu	Ngokunye	Ngokunye	Okuvamile
Ukuphathwa ikhanda	Ngokunye	Okuvamile	Kungavuthwa
Ukungakuthandi ukudla	Ngokunye	Okuvamile	Ngokunye
Izinkinga zokuphefumula	Okuvamile	Ngokunye	Ngokunye
Ukugodola	Ngokunye*	Okuvame kakhudlwana	Okungavamile
Ukunasakwazi ukunambitha noma ukunukisa okuyinto entsha	Ngokunye	Ngokunye	Ngokunye

Ukuhlolola i-COVID-19 nalokho okumele ukwenze uma ikungenile

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

Ukuvikela ukusabalala kwe-COVID-19 enza okulandelayo:



- Gqoka isifonyo.



- Vama ukugeza izandla.



- Hlanza izindawo ezithintwa kakhulu nsuku zonke.



- Hlala ekhaya.



- Zimboze lapho ukhohlela nalapho uthimula.

Ungazisebenzisi izimpahla zasekhaya ngokuhlanganyela nabanye abantu:



- Ungazisebenzisi izitsha ngokuhlanganyela, izingilazi zokuphuza, izinkomishi, izipuni nezimfologo zokudla, amathawula, noma izingubo zokundlala umbhede nabanye abantu ekhaya.

Uma ugula landela lezi zinyathelo:



- Hlala ekhaya ngaphandle kwalapho udinga imithi.
- Abantu abaningi abane-COVID-19 bagula kancane futhi bangasinda besekhaya.
- Phumula futhi uhlale uphuza amanzi.
- Shaya ucingo ngaphambi kokuthola usizo lwezempilo.

Qaphela izimpawu onazo.



- Izimpawu ze-COVID-19 zibandakanya imfiva, ukukhohlela, ukunqanyukelwa umoya nokunye.
- Landela imiyalelo kamhlinzeki wezempilo wakho kanye nomnyango wezempilo wasendaweni.

Ziqhelanise nabanye abantu kanye nezilwane zasekhaya



- Zama ngakho konke ukuhlala egunjini elilodwa.
- Hlala kude nabanye abantu kanye nezilwane zasekhaya kini
- Uma kungenzeka, kumele usebenzise indlu yokugezela engasetshenziswa ngabanye.
- Uma udinga ukuhlala nabanye abantu noma izilwane noma ukuphumela phandle gqoka isifonyo.

Kumele ulufune nini usizo lwezempilo oluphuthumayo



Uma umuntu enobuhlungu obungapheli noma ukucindezeleka esifubeni.



Uhluleka ukuphaphama noma ukuhlala uphapheme.



Kushintsha ibala lesikhumba liba mhloshana, liphashe noma luhlaza zasibhakabhaka, nezindebe.