

Mekgwa ya pabalesego kwa maokelong



#UnityinAction

Jaaka lerorobo la COVID-19 le tsamaile go latela dikgato tse di farologaneng, le pateleditse ditheo tse di jaaka maokelo go tlwaela maemo ano ka go tsenya tirisong mekgwa ya pabalesego le iphemelo ya COVID-19.

Ditsibogelo tse di tlwaelesegileng kwa maokelong di akaretsa:



- Batho ba ba etelang maokelo ka peelano ba tshwanetse go rwala dimmaseke, go tsewa dithemphereitshara le go tlatsa ditokomane tsa dikgokagano. Sekgala sa katologano le bophepa jwa diatla di ile go patelediwa.



- Didiriswa tsa itshireletso ya sebele (PPE) di abelwa badiri botlhe le dingaka.
- Badiri botlhe ba ba tsenang kwa maokelong ba tshwanetse go tlatlhoibiwa.



- Tekanyetso ya diura tsa ketelo e ile go tsenngwa tirisong.



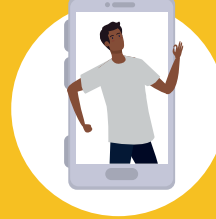
- Baeng ba tshwanetse go ikobela mekgwa ya thibelo e mengwe e e jaaka (go apara diaparo tsa iphemelo) e e ka tlhokegang kwa diyuniting tse di rileng.



- Diketelo di ilelitswe kwa mafelong ao go netefaditsweng kgotsa go akanngwang fa go na le balwetsi ba COVID-19 ba ba tlhokometsweng kwa teng.



- Go balwetse ba ba lwalang thata kwa mafelong ano, diketelo di ile go letlelelwa fela morago ga dipuisano magareng ga balaodi ba bookelo le dingaka ba ba alafang molwetse yoo.



- Tlhaeletsano ka didiriswa tsa eleketeroniki, tse di jaaka megala ka kgatisotshwantsho di letleletswe.



- Phepafatso ya tikologo e dirwa go latela maemo a thibelo ya tshwaetso.

Ditaolo tse di rileng kwa dikarolong tse di farologaneng tsa bookelo moo balwetse ba senang ditshwaetso tsa COVID-19 di akaretsa:



- **Diwate ka Kakaretso:** Moeng a le mongwe ka letsatsi metsotso e le 30.



- **Wate ya Bana/ICU:** Motsadi a le mongwe o ile go letlelelwa go robala kwa teng le molwetse yo e leng ngwana yo o amogetsweng kwa teng. Motsadi yo mongwe o ile go letlelelwa go eta metsotso e le 30 ka letsatsi.



- **Wate ya Masea le ICU ya Masea a a sa tswang go tsalwa:** Batsadi ba ka di etela gangwe ka letsatsi ba le babedi. Nako ya ketelo e ile go latela ka fao molaodi a bonang ka teng.



- **DiICU tsa bana:** Moeng a le mongwe ka letsatsi metsotso e le 30.

Ditaolo tsa kwa Wateng ya Bobelegisetso:

Ditlhokego tsa pele ga go amogelwa kwa bookelong:

Dikatlanegiso tsa Mokgatlho wa SA wa Dingaka tse di Belegisang le Bakaenakholoji ba bomme ba ba solofetseng go belega di jaana.



- Diteko tsa COVID-19 go simolola ka dibeke di le 38 ' tsa popego go ya kwa pele (fa go kgonega e ka nna diura di le 72 pele ga kamogelo).



- Itlhaolo kwa gae e ka nna malatsi a le supa pele ga letlha la bofelo la pelego.

Fa kamogelo ya gago e se e e logetsweng leano mme e le ya ka bonako:



- Teko e diriwa ka nako ya kamogelo.



- Fa dipholo tsa mme yo o imileng di netefatsa gore o na le COVID-19 kgotsa fa maemo a bone a sa itsiwe (sekao, a emetse dipholo ka ntlha ya kamogelo e e sa logelwang leano), didiriswa tsa tshireletso tse dingwe di ile go aparwa ke badiri ba kwa bookelong le dingaka.



- Fa diteko tsa mme yo o imileng di netefatsa gore mogare o teng, mogatse kgotsa molekane wa gagwe ga a tshwanelwa go ya le ene kwa bookelong fa a ya go belega.

Ka nako ya go belega:



- Borre le balekane ba ka nna teng mme ba tshwanetse go apara didiriswa tsa itshireletso (PPE) tse di abiwang ke bookelong ka nako ya go belegwa ga lesea kwa phaposi ya go belegela kgotsa teatereng.



- Ketelo ya 'go belega' e lekanyeditswe kwa karolong ya pele go belega kgotsa ya pelegi ka karo go fitlha mme a fetisetwa kwa wateng.

Morago ga pelego:



- Ke rre fela kgotsa molekane a letleletsweng go eta fela go lekanyeditswe go ura mo nakong ya morago ga pelegi go fitlha motho yoo a gololwa.

Ditshupetso

<https://www.lifehealthcare.co.za/covid-19-coronavirus/support-and-self-care/>
<https://www.mediclinic.co.za/en/corporate/we-re-here-for-you/what-to-expect-when-going-in-for-elective-surgery.html>