

Amanyathelo okhuselo lweziko kwizibhedlele



#UnityInAction

Njengoko ubhubhane we-COVID-19 udlule kwizigaba zawo ezahlukeneyo, unyanzele amaziko afana nezibhedlele ukuba aziqhelanise nokwenza ukuba kusebenze iinkqubo kunye namanyathelo okulumkela i-COVID-19.

Ukusabela okuqhelekileyo ezibhedlele kuquka:



- Abantu abatyelela izibhedlele ngamaxesha ahleliweyo kufunwa ukuba bafake iimaski, bathathwe amaqondo obushushu kwaye bagcwalise amaphetshana oqhagamshelwano. Kuyanyanzeliswa ukuqelelana kunye nococeko lwezandla.



- Impahla yokhuselo lobuqu (personal protective equipment) (PPE) inikwa bonke abasebenzi kunye noogqirha.
- Bonke abasebenzi abangena esibhedlele kufunwa ukuba benze uhlolo.



- Ziyasebenza iiyure ezinyiniweyo zotypelelo.



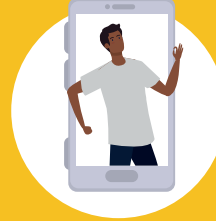
- Iindwendwe kufuneka zithobele nawaphi na amanye amanyathelo okhuselo (afana nempahla yokuzikhusela) enokufunwa kwiiyunithi ezithile.



- Zivaliwe izihlandlo zotyalelo kwiindawo ekukhathalelwa kuzo izigulane ezine-COVID-19 eqinisekisiweyo okanye ekrokrelwayo.



- Kwizigulane ezigula kakhulu kwezi ndawo zonyango, izihlandlo zotyalelo ziya kuvunyelwa kuphela emva kweengxoxo phakathi kwabaphathi besibhedlele kunye noogqirha abanyanga isigulane esithile.



- Unxibelelwano ngezixhobo ze-elektroniki, ezifana neminxeba yeevidiyo luvumelekile.



- Ukucocwa kokusingqongileyo kwenziwa ngokwemigangatho yothintelo losuleleko.

Ulawulo oluthile kumacandelo awohlukeneyo esibhedlele apho izigulane zingenayo i-COVID-19 luquka:



- Iiwadi jikelele: Undwendwe olunye ngemini ubuninzi bemizuzu engama-30.



- IiWadi zabaNtwana/ICU: Ngumzali omnye oza kuvunyelwa ukuba alale nesigulane esingumntwana esilalisiweyo. Omnye umzali uza kuvunyelwa ukuba atyelele imizuzu engama-30 ngemini.



- IGumbi labaNtwana kunye ne-ICU yeeNtsana ezisanda kuZalwa: Abazali banokutyelela kunye kanye ngemini. Ubude botyelelo buza kuba ngokwengqiqo yomphathi.



- Ii-ICU zabantu abadala: Undwendwe olunye ngemini ubuninzi bemizuzu engama-30.

Ulawulo lweeWadi zokuBeleka:

Iimfuneko zaphambi kokungeniswa:

Izindululo zoMbutho wezokuBeleka neZifo zabaseTyhini wase-SA koomama abakhulelweyo zingokulandelayo.



- Iimvavanyo ze-COVID-19 ukusukela kwiiveki ezingama-38 zokukhulelwa ukuya phambili (ukuba kuyenzeka ubuncinane kwiinyure ezingama-72 phambi kokungeniswa esibhedlele).



- Ukuzivalelwa yedwa ekhaya ubuncinane iintsuku ezisixhenxe phambi komhla ekulindeleke ukuba abeleke ngawo.

Ukuba ngaba ukungeniswa esibhedlele akucetywanga kwaye kungxamisekile:



- Uvavanyo luyenziwa xa engeniswa.



- Ukuba ngaba umama okhulelweyo une-COVID-19 okanye isimo sakhe asaziwa (umzekelo, ulindele iziphumo nokungeniswa esibhedlele okungacetywanga), impahla eyongezelelekileyo yokuzikhusela iya kunxitywa ngabasebenzi basesibhedlele kunye noogqirha.



- Ukuba ngaba umama okhulelweyo zimfunanisa enayo intsholongwane iimvavanyo, umlingane okanye iqabane alinako ukumkhapha liye naye esibhedlele ayokubeleka.

Ngexa lokubeleka:



- Ootata namaqabane banokuba khona kodwa kufuneka banxibe impahla yokuzikhusela buqu (personal protective equipment) (PPE) enikwa sisibhedlele ngexa lokubelekwa kosana kwigumbi lokubelekela okanye ethiyetha.



- Utyelelo 'lokubeleka' lunyinelwe ekulunyweni nasekubelekeni okanye ekuBelekeni ngoqhaqho de abe umama usiwa ewadini.

Emva kokubeleka:



- Ngutata okanye liqabane kuphela elinokutyelela iyure ngemini ngexa lethuba lasemva kokubeleka de aphume esibhedlele.

Iireferensi

<https://www.lifehealthcare.co.za/covid-19-coronavirus/support-and-self-care/>
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