

Izindlela zasezibhedlela zokuphepha kwezikhungo



#UnityinAction

Njengoba ubhubhane lwe-COVID-19 ludlulele ezigabeni ezinhlobonhlobo, kuphoqe izikhungo ezinjengezibhedlela ukuba zihambisane nesimo ngokubeka izinqubo zokuphepha ze-COVID-19 kanye nezindlela zokuqikelela ukuphepha.

Izindlela ezivamile ezibhedlela zokubhekana nobhubhane:



- Abantu abaya ezibhedlela ngoba kuhlelelwe ukufika kwabo kudingeka bagqoke izifonyo, kuhlolwe izingakushisa lomzimba labo futhi bagcwalise amafomu aqoqa imininingwane eqondene nobhubhane. Kuphoqeelwa ukugqagqana kwabantu nokuhlanzeka kwezandla.



- Impahla yokuzivikela yomuntu siqu (ama-PPE) inikwa zonke izisebenzi nodokotela.
- Zonke izisebenzi ezingena esibhedlela kudingeka zihlolwe..



- Amahora okuvakasha ayancishiswa.



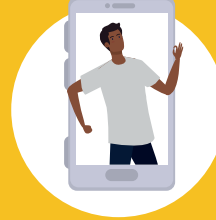
- Izivakashi kumele zilandele noma eziphi ezinye izindlela zokuzivikela (ezinjengempahla yokuzivikela) kungase kudingeke kumayunithi athile.



- Ukuvakashela izindawo okunakekelwa kuyo iziguli okuqinisekисwe noma okusolwa ukuthi zine-COVID-19.



- Ezigulini ezigula kabucayi kulezi zindawo zokwelashwa, ukuvakasha kuzovumeleka emuva kokuxoxisana nabaphathi besibhedlela kanye nodokotela abanakekela isiguli esithile.



- Ukuxhumana ngezinhlelo zezobuchwepheshe, ezinjengokufonelana ngamavidiyo kuvumelekile.



- Ukuhlanzwa kwendawo kwenziwa ngokwemigomo yokuvikela ukutheleleka emisiwe.

Kunezindlela zokulawula ezimisiwe ezingxenyeni ezithile zesibhedlela lapho kuneziguli ezingathelelekanga nge-COVID-19 okungabandakanya:



- Amawadi eziguli jikelele: Isivakashi esisodwa ngosuku esizohlala isikhathi esingengaphezu kwemizuzu engama-30.



- Amawadi Ezingane/i-ICU: Umzali oyedwa ozovumeleka ukuba alale nesiguli esilaliswe ewadini lezingane. Omunye mzali uzovumeleka ukuvakasha isikhathi esiyimizuzu engama-30 ngosuku.



- Iwadi lezinsane ne-ICU yezinsane: Abazali bangavakasha ngesikhathi esisodwa kanye ngosuku. Isikhathi sokuvakasha sizoncika ekuvumelaneni nomphathi.



- Ama-ICU abantu abadala: Isivakashi esisodwa ngosuku esizohlala isikhathi esingengaphezu kwemizuzu engama-30.

Izindlela zokulawula Amawadi Okubeletha:

Okudingekayo ngaphambi kokulaliswa:

Ngokwezincwadi ze-SA Society of Obstetricians and Gynaecologists kumele kwenzeke okulandelayo komama abalindele ukuthola izingane.



- Bahlolela i-COVID-19 kusukela evikini lama-38 ekhululelwe kuya phambili (uma kungenzeka kube semahoreni angama-72 ngaphambi kokulaliswa esibhedlela).



- Ukugonqa ekhaya okungenani izinsuku eziyisikhombisa ngaphambi kosuku lokubeletha olunqunyiwe.

Uma ukulaliswa esibhedlela kungahleliwe futhi kuphuthuma:



- Isiguli siyahlolwa laphe singena.



- Uma umama ozobeletha kutholakala ukuthi une-COVID-19 noma imiphumela yakho ingaziwa (isibonele, ulindele imiphumela uma ezolaliswa kungahleliwe), izisebenzi nodokotela bazogqoka impahla yokuzivikela yokwengezela.



- Uma umama olindele ukubeletha kutholakala ukuthi unegciwane, umlingani wakhe akavumelekile ukumphelezela laphe eseyobeletha.

Ngesikhathi sokubeletha:



- Obaba nabalingani bangaba khona kodwa kumele bagqoke impahla yokuzivikela yomuntu siqu (ama-PPE) asesibhedlela ngesikhathi sokuzalwa kwengane egumbini lokubeletha noma ethiyetha.



- Ukuvakasha okuqondene 'nokubeletha' kuvumeleke kuphela lapho umama esikwa nalapho esebeltha noma ehlinzelwa ukubeletha aze udluliselwe ewadini.

Emuva kokubeletha:



- Ngubaba noma umlingani kuphela ongavakasha ihora elilodwa ngosuku emuva kokufika kwengane kuze kugodukwe.

Amareferensi

<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>