

AmaKhaya aHlala abaNtu abaDala



#UnityinAction

Ingozi inyuka ngokobudala:

Ingozi yosuleleko lwe-COVID-19 iyenyuka njengoko besiya besiba badala abantu. Amakhaya amaninzi ahlala abantu abadala aseMzantsi Afrika azise ulawulo olungqongqo kaninzi olwenza ukuba abantu abadala banyinelwe kwifasilithi.

Amanyathelo okulunkela kubantu abahlala kumakhaya abantu abadala:

Kubantu abazifumanisa benyinelwe kumakhaya ahlala abantu abadala, maninzi amanyathelo anokulandelwa ukuze bahlale besempilweni. La ngala:



- Ukugcina izinto ezenziwa ngesiqhelo kwimisetyenzana eyenziwayo, ukulala kunye nezidlo.



- Ukuhlala udibana kwaye ugcine uqhagamshelwano nosapho kunye nabahlobo ngomnxeba, iminxeba yevidiyo okanye ukuthumela imiyalezo, iimeyile okanye ukubhala iileta.



- Ukuhlala uzilolonga ngokwenza imithambo ubuncinane bemizuzu engama-30 ngemini kunye nokuphepha amathuba amade okungenzi nto.



- Ukumisela izinto ozenza ngesiqhelo zemihla ngemihla.



- Ukusela amanzi kunye nokutya izidlo ezinempilo ezinesondlo. Oku kuqinisekisa ukuba uhlala unamanzi emzimbeni, komeleza amajoni akho omzimba kwaye kwehlisa nengozi yezigulo ezingapheliyo onokuphila nazo kunye nezifo ezosulelayo.



- Uphephe ukutshaya nokusela utywala kuba:
 - Abantu abatshayayo kunokwenzeka bosulelwe yi-COVID-19 kuba ukutshaya kunokuyichaphazela imiphunga kwaye konyuse ithuba lokosulelwa yintsholongwane esuka esandleni isiya emlonyeni.
 - Ukusela utywala kuphazamisa ukulala, konyusa ingozi yokuwa kwaye kunokuba nento okuyenzayo kumayeza ayimimiselo.



- Ukuzibandakanya kwimisebenzi oyithandayo kunye nemisetyenzana oyonwabelayo okanye ufunde into entsha.

Ngexa uzigcine usempilweni, ukuba nokosulelwa yintsholongwane kunokwehliswa ngoku:



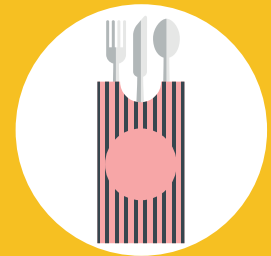
- Ukufaka imaski xa uphuma egumbini lakho kwaye uyigcine yogqume umlomo nempumlo yakho ngexa ukwindawo zomntu wonke ezifana namagumbi okuphumla kunye namagumbi okutyela.



- Ukuqinisekisa ukuba uzihlamba rhoqo izandla zakho okanye ubulala iintsholongwane ezandleni zakho ngexa lasemini, ingakumbi ngaphambi kunye nasemva kokuphatha imiphandle yeendawo ezigcwalwa kakhulu.



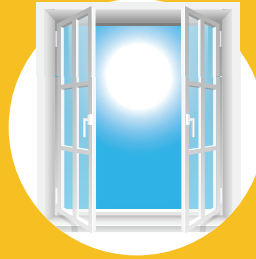
- Ziphephe incwadi, iimagazini namaphepha ndaba anokuba anikwa abahlali ukuba bawasebenzise.



- Ukusebenzisa izixhobo zokutya ezisongwe ngazodwa kwiindawo zokutyela.



- Ukuphepha iiseviyethi zelineni kunye nokusebenzisa iiseviyethi zephepha endaweni yazo. Ukuba yimfuneko, fumana izixhobo zokutya kwaye uhambe nazo xa uyokutya.



- Ukugcina amanani esezantsi kangangoko kunokwenzeka kumagumbi eentlanganiso kunye nakwiindawo zomntu wonke kunye nokuqinisekisa ukuba igumbi lingena kwaye liphume umoya kakuhle.



- Gcina ukuqelelana maxa onke.

Ukuba lundwendwe oluthatha uxanduva:

Kwiimeko ezininzi, abantu abasebenzayo kunye nabaphathi bamakhaya ahlala abantu abadala banolawulo olungqongqo olusebenzayo. Phambi kokutyelela, kusoloko kungcono ukutsala umnxeba kwangaphambili kwaye ufumanise ukuba yeyiphi imithetho esebenzayo. Ukuba iindwendwe zivumelekile, ke:



- Dibanani ngaphandle ukuba kuyenzeka ukuze kube nokugcinwa ukuqelelana.



- Wagcine emancinane amaqela atyeleleyo. Okufanelekileyo, lolona lungcono utyelelo lomntu omnye. Ukuba ngaba ngabantu abaninzi abanqwenela ukutyelela, ke:
 - Zama kwaye unyine inani leendwendwe.
 - Ukuba kuyenzeka, zama kwaye uqinisekise ukuba bavela kumzi omnye.
 - Faka iimaski kwaye ugcine ukuqelelana.
 - Bulala iintsholongwane xa ungena kwifasilithi kunye nasemva kokuphatha imiphandle yezinto.



- Hamba nokutya, izixhaso kunye nezixhobo zokutya. Faka ebhegini yonke into emva kokuyisebenzisa kwaye mhlawumbi uyilahle kwindawo leyo okanye msinyane nje ukuba ufike ekhaya.



- Kuphephe ukuphatha imiphandle yezinto eziphathwa ngumntu nanini na kusenzeka. Nangexa le ntlangano yangaphandle na, unokungena ngaphakathi. Ukuba uyakwenza oko, qiniseka ukuba uhamba nesibulala ntsholongwane sezandla uze usisebenzise.



- Lugcine lulufutshane utyelelo. Ukuchitha amathuba amade kunye konyusa ingozi yokusulela.

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