

Izikhungo Zokunakekela Abantu Abakhulile



#UnityinAction

Ubungozi buyanda ngokuhamba kweminyaka yomuntu:

Ubungozi bokutheleleka nge-COVID-19 buyanda lapho abantu bekhula. Izikhungo zokunakekela abantu abakhulile eziningi eNingizimu Afrika zethule izindlela zokulawula eziqinile ezivame ukuvalela abantu abakhulile ezikhungweni.

Izindlela zokuqikelela ukuphepha zabantu abahlala ezikhungweni zokunakekela abantu abakhulile:

Abantu abazithola behlala ezikhungweni, bangalandela inqwaba yezinyathelo ukuze bahlale bephephile. Bangenza okulandelayo:



- Ukulandela uhlelo lwemisebenzi yosuku, lokulala nolokudla.



- Ukuhlala bexhumene nomndeni kanye nabangani ngocingo, ukufona ngohlelo lwevidiyo noma ukuxoxa ngemiyalezo, ama-imeyli noma ukubhala izincwadi.



- Ukuhlala ukhuthele ngokuzivocavoca okungenani imizuzu engama-30 ngosuku nokugwema ukungenzi lutho izikhathi ezinde.



- Ukuhlala uhlelo losuku.



- Ukuphuza amanzi nokudla ukudla okuhleleke ngokufanele. Lokhu kuqinisekisa ukuthi awomi, kuqinise amasosha omzimba akho futhi kunciphe amathuba okuguliswa yizifo ezingalapheki kanye nezifo ezithelelanayo.



- Ukugwema ukubhema nokuphuza utshwala ngoba:
 - Abantu ababhemayo basemathubeni amakhulu okuthola i-COVID-19 ngoba ukubhema kungaphazamisa amandla okusebenza kwamaphaphu futhi kwandise amathuba okudluliseka kwegciwane lisuka esandleni liya emlonyeni.
 - Ukuphuza kuphazamisa ukulala, kwandisa ubungozi bokuwa futhi kungahlangana nemithi kadokotela okumele uyisebenzise.



- Ukwenza izinto nemisebenzi oyithandayo noma ukufunda into entsha.

Uma uzigcina uphilile, amathuba okuthola igciwane angancipha ngokwenza okulandelayo:



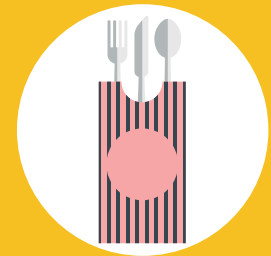
- Ukugqoka isifonyo uma uphuma egumbini lakho uthi usigcine simboze umlomo wakho nekhala uma usezindaweni okuhlanganyelwa kuzo njengasezindaweni zokuphumula nasezindaweni zokudlela.



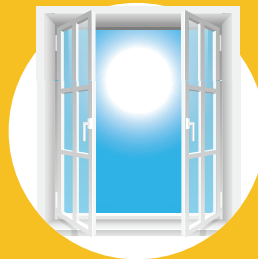
- Ukuqinisekisa ukuthi uhlala ugeza izandla noma usebenzisa i-sanitiser emini, ikakhulukazi ngaphambi nangemuva kokuthinta izindawo ezithintwa kakhulu.



- Ukugwema izincwadi, amabhuku kanye namaphephandaba okungenzeka abekelwe ukusetshenziswa ngabantu abahlala esikhungweni.



- Ukusebenzisa izipuni zokudla ezisongelwe umuntu ngamunye ezindaweni zokudlela.



- Ukugwema amaseviyethi endwangu kube ngayimaphepha alahlwayo. Uma kunesidingo, thola izipuni ozohamba nazo uma sewuya kodla.

- Ukugcina isibalo sabantu sisincane kakhulu ezindaweni okuhlanganyelwa kuzo nezindawo okugcwala kuzo futhi kuqinisekiswa ukuthi umoya uyangena futhi uyaphuma egumbini.

- Ukuqikelela ukugqagqana kwabantu ngaso sonke isikhathi.

Ukuba yisivakashi esiqikelelayo:

Ezikhathini eziningi, abaphathi bezikhungo zokunakekela abantu abadala babeka izindlela zokulawula eziqinile. Ngaphambi kokuvakasha, kuhlala kukuhle ukuba uqale ngokushaya ucingo ukuzwa ukuthi kulandelwa emiphi imithetho. Uma izivakashi zivumelekile, kumele:



- Zihlangane nabantu ezibavakashale phandle uma kungenzeka ukuze kuqikelelwe ukugqagqana kwabantu.

- Amaqoqo abantu abavakashayo makabe mancane. Kungaba ngcono kakhulu uma kungaba ngumuntu oyedwa ovakashayo. Uma bebaningana abantu abafisa ukuvakasha, kumele:
 - Uzame ukunciphisa isibalo sezivakashi.
 - Uma kungenzeka, zama ukuqinisekisa ukuthi ngabantu abaphuma emzini owodwa.
 - Makugqokwe izifonyo futhi kuqikelele ukugqagqana kwabantu.
 - Makuhlazwe izandla nge-sanitiser lapho bengena esikhungweni nangemuva kokuthinta izindawo.

- Maziphathe ukudla, iziphuzo kanye nezipuni zokudla. Mazifake yonke into esikhwameni emuva kokuyisebenzisa bese usilahle kuleyo ndawo noma ngaleso sikhathi uma befika ekhaya.



- Mazigweme ukuthinta izindawo ezivame ukuthintwa uma kungenzeka. Nangemuva kokuhlanganyela phandle, bangangena ngaphakathi. Uma wenza lokho, qinisekisa ukuthi uphatha i-sanitiser yezandla futhi uyisebenzise.



- Isikhathi sokuvakasha masibe sifishane. Ukuchitha izikhathi ezinde ndawonye kwandisa ubungozi bokuthelelana.

Amareferensi

www.coronavirus.westerncape.gov.za/news/updated-covid-19-prevention-and-management-protocols
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>
<https://www.healthline.com/health/coronavirus-tips-and-advice-for-older-adults>
<https://www.cebm.net/covid-19/how-can-pandemic-spreads-be-contained-in-care-homes/>
<https://www.houstonmethodist.org/blog/articles/2020/may/coronavirus-what-you-need-to-know-about-visiting-loved-ones-who-are-more-vulnerable/>