

Ukugcina izingane ziphephile



#UnityinAction

Yize izingane zivame ukuba nezimpawu ezincane zokugula, i-COVID-19 iyatholakala ezinkulisa nasema-preschool njengoba esemphakathini. Ngakho ukugcina izingane nothisha bazo yikho bephephile okuseqhulwini.

Imihlahlandlela yokuvikela izingane nezikole:

Othisha nabazali bangasiza izingane zifunde izinyathelo ezilula zokubavikela ekuthelelekeni noma ekusabalaliseni i-COVID-19.

Lokhu kubandakanya:



Ukukhuthaza izisebenzi zasesikoleni nezingane ukuba zizimboze ngethishu lapho zikhohlela nalapho zithumula.



Amathishu asesetshenzisi we kumele alahlwe uma esesetshenzisi swe.



Izandla kumele zigezwe ngaleso sikhathi ngensipho namanzi.



Kumele kusetshenziswe i-sanitizer yezandla uma ingekho insipho namanzi.

- Izingane ezineminyaka engaphezu kwemibili, zingasebenzisa i-sanitiser ene-alcohol engama-60% okungenani. Izingane ezingaphansi kweminyaka eyisithupha kumele zisebenzise i-sanitiser zigadwe umuntu omdala.
- Izingane ezincane nezinsane ezingakwazi ukugeza izandla ngokwazi kumele zisizwe. Emuva kokusiza izingane ngokugeza izandla noma ukugqoka isifonyo, izisebenzi zasesikoleni kumele nazo zigeze izandla zazo.

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Zonke izingane nezisebenzi zasesikoleni kumele zigeze izandla zazo ngensipho namanzi ezikhathini ezisemqoka ezilandelayo:



- Lapho kufikwa esikoleni



- Ngaphambi nangemuva kokulungisa ukudla noma iziphuzo.



- Ngaphambi nangemuva kokudla noma ukuphatha ukudla noma ukunika izingane ukudla.



- Ngaphambi nangemuva kokusiza izingane ukugqoka noma ukulungisa izifonyo zazo.



- Ngaphambi nangemuva kokunika izingane imithi noma ukuzigcoba.



- Ngaphambi nangemuva kokushintsha inabukeni.



- Emuva kokusebenzisa indlu yangasese noma emuva kokusiza ingane isebenzise indlu yangasese.



- Emuva kokuthinta uketshezi oluphuma emzimbeni.



- Emuva kokuphatha izibi.

Amathiphu okuphepha lapho kushintshwa amanabukeni:



- Uma kudingeka ukuba kushintshwe inabukeni, geza izandla kanye nezandla zengane ngaphambi kokuba uqale. Gqoka amaglavu uma ushintsha ingane.



- Uma kungenzeka, abantu abashintsha izingane kumele kungabi yibo abalungisa ukudla.



- Uma kungumuntu oyedwa owenza yomibili imisebenzi, kumele avame ukugeza izandla ngenkathi eshintshanisa le misebenzi.



- Emuva kokushintsha inabukeni, ukugeza izandla zakho noma ngabe ugqoke amaglavu, hlanza indawo ebeyinenabukeni ngesibulalimaciwane.



- Uma kusetshenziswe amanabukeni endwangu, akumele ahlanjululwe noma awashelwe esikoleni.



- Kunalokho, amanabukeni angcolile nokungcola okuphakathi kwawo kumele kufakwe ebhakedeni elinoplastiki bese linikwe abazali noma abemisebenzi yezokuwasha.

Ukulawula ukwabelana ngamathoyizi:



- Hlanza futhi uhlanze amathoyizi nge-sanitiser. Amathoyizi angafakwa emlonyeni kumele ahlanzwe nge-sanitiser emuva kokusetshenziswa ingane ngayinye noma angasetshenziswa nhlobo uma engeke ahlanzeke futhi kubulawe amagciwane kuwo nge-sanitiser. Abantu abahlanza amathoyizi kumele bagqoke amaglavu.
- Kumele ibe yinye ingane esebenzisa ithoyizi eliyindwangu ewashekayo ngesikhathi; noma, kumele angasetshenziswa nhlobo amathoyizi anjalo. La mathoyizi kumele awashwe ngaphambi kokuba asetshenziswe enye ingane.
- Ungaziniki izingane ezikwamanye amaqembu ezinsane noma izingane ezicathulayo lawo mathoyizi ngaphandle kwalapho ewashiwe futhi kwasetshenziswa i-sanitiser kuwo ngaphambi kokuba asuke kwelinye iqembu aye kwelinye.
- Izincwadi zezingane ezingamaphepha azithathwa njengezinto ezingabeka abantu engozini, ngakho azizidingi izinqubo zokwengezela zokuhlanza nokubulala amagciwane.

Ukungenisa nokukhipha umoya:



- Enza konke okusemandleni ukungenisa umoya emaklasini nasezikhungweni zokunakekela izingane. Umoya waphandle uyasiza ukugcina amaconsana egciwane angahlangani ngaphakathi.
- Uma isikhungo sakho noma inkulisa ine-air conditioning, yivulele phezulu ingenise umoya emahoreni amabili ngaphambi nangemuva kokungena kwezingane esikhungweni noma enkulisa.
- Sebenzisa ophephela abaphephile ezinganeni ukwandisa umsebenzi owenziwa ngamafasitela. Nalapho lingekho ifasitela elivuliwe, abalandeli bangathuthukisa ukuhamba komoya futhi banqande amaconsi egciwane ekungeneni ezindaweni ezicineni.

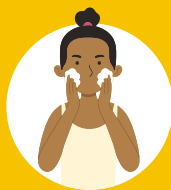
Ukungenisa nokukhipha umoya kubalulekile ezimotweni ezisetshenziswa isikhungo ukuthutha izingane nezisebenzi. Vula amafasitela ukwandisa ukungena komoya ovela phandle uma kuphephile ukwenza njalo.

Ukubamba, ukuwasha, noma ukufunza ingane:

Ngokuvamile, izingane ezisema-preschool, noma izingane nezinsane esezinkulisa zizodinga ukududuzwa nokuphathwa. Uma ubambile, ugeza, noma ufunza izingane ezincane, zivikele ngokwenza okulandelayo:



- Ukuvama ukugeza izandla.



- Ukugeza izandla zakho, umqala kanye nanoma yikuphi lapho okungenzeka ukuthi uthintane noketshezi lwasemzimbeni wengane.



- Gwema ukuthinta amahlo ube ubambe, ugeza, noma ufunza ingane.



- Uma uketshezi lwasemzimbeni lungena ezimpahleni zokugqoka zengane, yishintshe ngaleso sikhathi bese ugeze izandla.



- Geza izandla zakho ngaphambi nangemuva kokuphatha amabhodlela ezinsane alungiswe ekhaya noma esikhungweni.

Ukugqoka izifonyo:



- Bonke abantu kusukela eminyakeni emibili, kumele bagqoke isifonyo esimboza umlomo nekhala uma benabantu abangasibo abakubo.



- Eklasini kumele kuqikelele nasezindaweni zokudlala lumele kuqikelelwe ukugqagqana kwabantu.



- Izingane ezizelwe nezinsane akumele zifakwe izifonyo.

Ukukhumbuza izingane ngokumele zikwenze ukugwema igciwane le-COVID-19:



- Izimpawu ezikumaphosta asebenzisa izithombe ukuqonda isimo azobekwa ezindaweni azobonakala kuzo.



- La maphosta kumele akhuthaze izindlela zokuzivikela zansukuzonke futhi achaze indlela yokunqanda ukusabalala kwamagciwane.



- Zonke izimpawu kumele zibe ngezifanele amazinga okufunda asesikhungweni.

Amareferensi

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