

Ukumelana noxinzelelo olunxulumene ne-COVID-19 emsebenzini



Ngeke uphike ukuba ubhubhane we-COVID-19 ube neempembelelo kubomi bethu bonke. Singabantu ngabanye, sonke sohlukile kwaye ke ngoko, simelana noxinzelelo ngendlela ezahlukeneyo. Abantu abathile bayakuthanda ukusebenza bodwa emakhaya; abanye abakhetha ukusebenza noogxa babo basemsebenzini banokufumanisa kubafaka uxinzelelo kwaye kubenza amalolo ukusebenzela emakhaya.

Nangona ukubuyela emsebenzini kunokwehlisa ezinye zezi mpawu zinxulumene noxinzelelo, kunokuziphazamisa kananjalo iindawo zasemsebenzini apho uxinzelelo lokusebenza ngamaqela kunye nokoyika intsholongwane kunokuvuselela izinto ezinokwenzeka ngamandla ukusabela kwimeko.

Ezi zinto zinokwenzeka ukusabela kwimeko ayizozinto ongaba neentloni ngazo.



Ukuba ngaba uyasokola ukumelana nemeko emsebenzini kwaye uziva ngathi ufuna uncedo, sebenzisa iifasilithi eziyimfihlo zempilo nempilontle ezinikwa ziinkampani ezininzi.

Ungafuna kananjalo uncedo lwengcali okanye udibane nanye yemibutho emininzi eyaziwayo enika inkxaso yempilo yengqondo noluleko ngqondo, kuquka iQela lokuDakumba neNkxalabo laseMzantsi Afrika ku-

0800 567 567.

Iimpawu zoxinzelelo ekhaya kunye naseofisini zinokuquka:



Iimvakalelo zoloyiko, umsindo, usizi, ukukhathazeka, ukungabi namvakalelo, okanye udano.



Utshintsho ekucaceleni ukutya, amandla, iminqweno, kunye nemidla.



Ubunzima bokuzikisa ingqondo kunye nokwenza izigqibo.



Ubunzima bokulala okanye amaphupha amabi.



Ukuba khona kvento eyenzekayo emzimbeni, okufana nentloko ebuhlungu, iintlungu zomzimba, iingxaki zesisu, kunye nerhashalala yesikhumba.



Ukuba mandundu kweengxaki zempilo ophila nazo.



Ukuba mandundu kweemeko zempilo yengqondo.



Ukusebezisa ngokunyukileyo icuba, utywala, kunye nezinye iisabstensi

Iireferensi

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/returning-to-work.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Ingcebiso ze-CDC zokulwa uxinzelelo olunxulumene ne-COVID-19:

Iindlela ezisempilweni zokumelana noxinzelelo zinokuba lula njengezi:



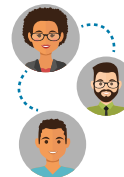
- Ukuthatha amakhefu ekubukeleni, ukufunda, okanye ukuphulaphula amabali eendaba, kuquka lawo akumakhasi onxibelelwano. Ukuphumla ekuveni ngobhubhane kunokukwenza uzive ngcono.



- Ukuzikhathalela ngcono. Ukuthamba, ukutya ngokusempilweni, ukulala ngokwaneleyo kunye nokuphepha ukusebenzisa utywala necuba ngokugqithisileyo, zonke zinganceda ukwehlisa ukuxhalaba.



- Ukuthatha ixesha uphumle.



- Ukudibana nabanye abantu abanemidla efana neyakho, okanye obathemba ngokwaneleyo ukuba ungade wabelane ngeengxaki zakho nabo.