

LWENZA NTONI UGONYO?



1.

Umntu utofwa ngohlobo
oluphuculweyo
lwentsholongwane
(alubangeli ukuba ufumane
intsholongwane)



2.

Inkqubo yokukhusela
kwamajoni
omzimba isabela
ngokuvelisa amajoni
omzimba ukuqonda
intsholongwane



3.

Xa unokuthi usuleleke,
inkqubo yokukhusela
kwamajoni omzimba
akho iza kube ilungele
ukulwa nentsholongwane



Yintoni ukomelelela izifo ezisulelayo kwabemi bengingqi ethile?

Abantu abaninzi abagonywayo baza kudala ukomelelela izifo ezisulelayo kwabemi bengingqi ethile. Xa uluntu lwengingqi yakho lomelelele intsholongwane, ayinakunwena ngokulula

Yintoni ugonyo lweCOVID-19?

- Ugonyo lweCOVID-19 yindlela ephuculweyo yentsholongwane etofwa kuwe (ayiz'ukubangela ukuba ufumane intsholongwane)
- Inkqubo yokukhusela kwamajoni omzimba akho iza kuthi ivelise amajoni omzimba ukuqaphela intsholongwane ukuze ukuba ngaba wosulelekile umzimba wakho ukwazi ukulwa iCOVID-19

Yintoni ukugonya?

- Ukugonya yindlela elula, ekhuselekileyo, nesebenzayo yokukhusela abantu kwizifo eziyingozi, phambi kokuba bahlangane nazo. Kusebenzisa izikhuseli zendalo zomzimba wakho ukwakha ukumelana nosuleleko oluthile kwaye kwenza inkqubo yokukhusela kwamajoni omzimba yomelele

Lwenzani ugonyo?

- Lomeleza inkqubo yokukhusela kwamajoni omzimba akho
- Luthile kwizifo eziyingozi
- Lulula, lukhuselekile kwaye luyasebenza

Kutheni ugonyo lubalulekile kwiCovid-19?

- Ugonyo luvumela ukuveliswa kwamajoni omzimba ahlala ixesha elide kunye nokuveliswa kweeseli zenkumbulo
- Ukugonya yenye yeendlela ezingcono zokuphelisa imivuka emandundu yezifo ezithile
- Ugonyo luyinxenye ebalulekileyo yokunqandwa kwesifo kwaye luqikelelwa ukuba lusindisa phakathi kwabantu abazizigidi ezi-2 & 3 rhoqo ngonyaka Ngaphandle kugonyo, sonke singagula kakhulu, rhoqo ngokungaphaya
- Ummi waseMzantsi Afrika ngamnye ogonywayo uza kwenza umahluko ekufikeleleni kukomelelela izifo ezisulelayo kwabemi bengingqi ethile Ugonyo yeyona ndlela isebenzayo yokuba kubuyelwe kubomi
- obuqhelekileyo

Ingaba kukhuselekile ukuba abantu abane-HIV bafumane ugonyo lweCOVID-19?

- Ewe kukhuselekile. Amalingo ezonyango abandakanye abantu abaphila ne-HIV

Ingaba ndiza kuluhlawulela ugonyo lweCOVID-19?

- Akukho mntu uza kuhlawula ukuze afumane ugonyo

Ingaba ugonyo lweCOVID-19 luza kuba nefuthe kubantu abasele benezifo kakade?

- Ugonyo kufumaniseke ukuba lukhuselekile kwaye luyasebenza kubantu abanezifo ezahlukahlukeneyo ezinxulunyaniswa nengozi engaphaya yesifo esimandundu. Ezi ziquka isifo soxinzelelogazi oluphezulu, seswekile, sesifuba, semiphunga, sesibindi okanye sezintso, kunye nosuleleko oluluzengezeke oluzinzileyo nolulawulekayo

Ukuba ndikhulelwe, ndingalufumana ugonyo lweCOVID-19?

- Ewe, ukuba ukhulelwe, ungafumana ugonyo lweCOVID-19
- Ungafuna ukuba nencoko nonompilo wakho akuncede ukuba uthathe isigqibo sokuba uyafuna na ukugonywa. Ngelixa loo ncoko inokukunceda, ayifuneki phambi kogonyo



Masigonywe. Nceda ekubhaliseni ugonyo lweCOVID-19 abaneminyaka engaphezulu kwama-60 kusapho lwakho namhlanje



USSD - Dayala *134*832*IDNUMBER#
Whatsapp - ngokuthumela u-'Register' ku-060 012 3456
Online - <https://vaccine.enroll.health.gov.za>

Sisonke singakuphelisa ukunwena kweCoronavirus



Ukuhlala unxibe imaski yakho ngokufanelekileyo



Ukuhlala ngokuqeleleneyo



Ukuhlala ngokulumkela iindibano ezinkulu ezingaphakathi endlwini



Ukuhlala iifestile zivuliwe