

Ukuqonda i-COVID-19

Limpawu



Ukukhohlela



Umqala obuhlungu/
Iphika



Ifiva ($\geq 38^{\circ}\text{C}$) nengqele -
iqondo lobushushu elingaphezulu kwama-38

Beka iliso kwiimpawu kunye nemeko yakho

Kwiiveki ezimbini (iintsuku ezili-14) phambi kokuba ugule, ingaba:



Uke waya kummandla owaziwayo ngokuqhambuka kwe-COVID-19?



Wasebenza kufutshane nomntu onemeko ye-COVID-19?



Ubusendlini enye nomntu onemeko ye-COVID-19?



Wanyangwa kwisibonelelo esikhathalela abantu abanemeko ye-COVID-19



Ingaba ungumsebenzi wokhathalelo lwempilo okhathalela umntu onemeko ye-COVID-19?

Jolisa kuthintelo



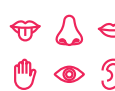
Yogquma impumlo nomlomo wakho ngethishu xa ukhohlela okanye uthimla



Coca kwaye ubulale iintsholongwane kwimiphezulu



Hlamba izandla zakho imizuzwana engama-20, ukuba ayifumaneki isepa namanzi sebenzisa isibulala ntsholongwane esisekelwe kwi-alkoholi



Kuphephe ukuphatha ubuso bakho ngezandla ezingahlanjwanga



Ziphephe iindawo ezigcweleyo. Kuphephe ukudibana ngokusondeleyo nabantu abagulayo



Kuphephe ukusebenzisa isithuthi sikawonke-wonke ukuba uneempawu

Yintoni oyenzayo xa ukrokrela ukuba une-COVID-19

Xa unokukrokrela ukuba une-COVID-19, ncedfa uqhagamshelane nomNxeba wethu wezoNyango we-COVID-19 ngecebo elinxulumene nothintelo, ukufunyaniswa ngoxilongo nonyango. Tsalela ku- 0861 493 587 uze ukhethe ukhetho lwesi-2 lwelungu uze ke ukhethe ukhetho lwesi-6

COVID-19

Coronavirus

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