

Ukuqonda mayelana ne-COVID-19

Izimpawu



Ukukhwehlela



Umphimbo obuhlungu/
Ukuba nephika



Imfiva ($\geq 38^{\circ}\text{C}$) nemikhuhlane -
amazinga okushisa omzimba
angaphezulu kwamadigri angama-38

Qaphela izimpawu zakho kanye nezimo

Emasontweni amabili (ezinsukwini eziyi-14) ngaphambi kokugula, ingabe:



Uye wakashela yini endaweni
eyaziwa ngokuthi ikhungethwe
yi-COVID-19?



Uye wasebenza yini
eduzane nomuntu
one-COVID-19



Uye waba sendaweni eyodwa yini
nelungu lomndeni eline-COVID-19?



Uye welashwa yini
esikhungwini eselapha
abantu abane-COVID-19?



Ingabe ningabasebenzi bezempilo
abanakekela abantu abane-COVID-19

Gxila ekuzivikeleni



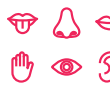
Yemboza ikhala lakho nomlomo
ngethishu uma ukhwehlela noma
uthimula



Hlanza izindawo ubulale
amagciwane



Geza izandla zakho imizuzu
engama-20, uma insipho namanzi
kungekho sebenzisa isihlanzi
sezandla esine-alkoholi



Gwema ukuthinta ubuso
bakho ngezandla
ezingageziwe



Gwema izindawo eziminyene
abantu. Gwema ukusondelana
nabantu abagulayo



Gwema ukusebenzisa
izithuthi zomphakathi uma
unezimpawu zalesi sifo

Kumele wenzenjani uma usola ukuthi une-COVID-19?

Uma kwenzeka usola ukuthi une-COVID-19, sicela ushaye Ucingo Lwezokwelapha mayelana ne-COVID-19 ukuze uthole izeluleko mayelana nokuvimbela, ukuxilongwa kanye nokwelashwa. Shayela ku-0861 493 587 bese ukhetha u-2 maqondana nelungu bese ukhetha u-6

COVID-19

Coronavirus

☎ 0861 493 587 or *134*928#

✉ service@kaelo.co.za

🌐 www.kaelo.co.za

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