

# KOBOYA KOPANZA VIRUS YA COVID 19

LINGALA

TINA YA KOBANGA EZALI TE. SOKI BISO BANSO TOSALELI MATEYA MALAMU TOKOSUKISA BOPANZANI BWA VIRUS COVID 19. TOTOSA NA BOKEBI PENZA MITINDO MIYE:



**SAMBELA NA  
NDAKO NA YO**

Kokende na Ndako Nzambe to na moské/eglises mikolo miye te. Kasi sambela na ndako na yo. Makita ya bato ebele ezali mabe po na bokolongonu bwa nzoto. Makita ma bato koleka nkama (100) epekisami na Sidafrica.



**SOKOLA MABOKO  
MA YO MBALA  
NA MBALA**

Sokola maboko ma yo malamu penza (sima ya bowumeli ata koleka ba seconde tuku mibale na saboni pe na mayi mbala na mbala).



**ZALA TO TIKALA  
MOSIKA YA  
MONINGA**

Meka kotikala mosika na moto mosusu. Tikala mosika na bato tango nionso pe distance ya 1-2 metres.



**KOSIMBA ELONGI  
NA YO TE**

Kosimba eloko te mingi mingi zolo, monoko pe miso nayo soki maboko eswakwami te.



**KOSIMBANA  
MABOKO TE**

Kosimbana maboko te tango ya bopesani mbote. Esika ya bosimbani maboko po ya bopesani mbote, esengeli kotutisana mólókú (libólóngó ya loboko).



**ZIPA MONOKO TANGO  
YA KOKOSOLA PE  
KOSIKWA**

Tango ya kokosola pe kosikwa, salela kitambala ya kobwaka. Soki kitambala eza te kosola to sikwa na libolongo ya loboko.



**FANDA NA  
NDAKO SOKI**

Soki obandi komona bilembo benga na ebengeli ya ofele 0800 029 999.

For reliable information and updates, visit [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za).

This information was collated by The Scalabrini Centre of Cape Town from governmental resources.