

KUDZIVIRIRA KUTAPURIRANA HUTACHIONA HWE COVID-19

SHONA

MUSANYANYE KUVHUNDUKA. ASI TOSE TIKABATIRA PAMWECHETE, NEKUDZIVIRIRA ZVAKAKWANA, TINOMISA KUTAPURIRANA UTACHIONA HWE COVID-19. EDZA NEPAUNOGONA KUTEVEDZERA ZVINOTEVERA.



**MAKUMBIRISWA
NAMATIRAI
MUDZIMBA**

Makumbiriswa munamatire mudzimba panguva ino. Musaenda kumachechi panguva ino. Zvakare unganho dzevanhu vanodarika zana hadzisi kutenderwa muSouth Africa.



**GEZAI MAOKO
ENYU NGUVA
NENGUVA**

Geza maoko ako (ita saizvozvo kwemaseconds makumi maviri nesipo) nguva nenguva.



**MUSASWEDERA
PEDYO NEVAMWE
VANHU**

Makumbiriswa edzai kuisa muganhu unoita mita imwe chete kana maviri kubva pane vamwe vanhu pawagonera.



**USABATA HUSO
HWAKO**

Usabate huso hwako, zvikuru sei mhuno, muromo nemaziso, kana maoko ako asina kugezwa.



**MUSAKWAZISANA
NAMAOKO**

Musakwazisana nemaoko zvakare musagumhana pakumhoresana. Vhara muromo wako kana uchikosora.



**VHARA MUROMO
KANA UCHIKOSORA**

Kana paunokosora kana kuhotsira vhara netissue (unofanira kurasa chawashandisa kana wapedza). Kana usina tissue, kosorera kana kuhotsira pagokora pako



GARA KUMBA

Ukaita fungidziro yekuti wabatira chirwere ichi ridza runhare pa 0800 029 999.

For reliable information and updates, visit www.sacoronavirus.co.za.

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