

UKUNQANDA UKOSULELANA KWE COVID- 19

XHOSA

AKUKHO MFUNEKO YOKUBA SOTHUKE QHA KUFUNEKA SONKE SISEBENZISANE SIBAMBISANE SILANDELE INDLELA EYIYO UKUZE SIKWAZI UKUNQANDA UKOSULELANA NGE COVID-19. MASIZAME NGALO LONKE IXESHA UKULANDELA LE MIQATHANGO ELANDELAYO:



**SICELA
NITHANDAZE
EKHAYA**

Ungayi ezindaweni zokuthandaza nase caweni ngeli xesha esikulo. Kulumkeleni ukuya kwindawo ezinabantu abaninzi. Ukuhlangana kwabantu abaninzi kuyi ngozi empilweni. Intlanganiso ezidlula abantu abalikhulu zisamisiwe kweli Lizwe lase Mzansi Africa.



**HLAMBA IZANDLA
ZAKHO NGALO
LONKE IXESHA**

Hlamba izandla zakho imizuzwana engamashumi amabini ngesepha namanzi. Hlamba izandla zakho ngalo lonke ixesha.



**GCINA UMGAMA
OBONAKALAYO
KWABANYE ABANTU**

Gcina umgama obonakalayo phakathi kwakho nabanye abantu lonke ixesha.



**UNGABUPHATI
UBUSO BAKHO**

Zama ukungabuphati ubuso bakho, ingakumbi impumlo yakho, umlomo namehlo.



**UNGAPHATI
IZANDLA ZABANYE
ABANTU**

Ungaphati izandla zabanye abantu xa ubulisa. Unga bamba ingqiniba okungcono.



**VALA UMLOMO XA
UKHOHLELA NAXA
UTHIMLA**

Vala umlomo wakho xa ukhohlela naxa uthimla, xa ukhohlela, sebenzisa ingqiniba yakho.



**HLALA EKHAYA XA
UNGAZIVA
KAMNANDI**

Hlala ekhaya xa ungaziva kamnandi. Xa ubona impawu, tsalela umnxeba u toll-free hotline ku 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.