

# UKUVIMBA UKUTHELELANA KWE COVID-19

ZULU

ASIKHO ISIDINGO SOKU KHATHAZEKA. KODWA UMASISEBENZISANA SONKE, UMA SILANDELA INDLELA EFANELE, SINGAKHONA UKU VIKELA UKUSAPHAZEKA KWE COVID-19. ZAMA NGAkho KONKE UKULANDELA LEMIGOMO ELANDELAYO.



**SICELA  
NITHANDAZE  
EKHAYA**

Ungayi ezindaweni zokuthandaza noma ema sontweni kulesikhathi esikuso. Ukuhlangana kwabantu abaningi kuyi ngizi. Imihlangano edlula abantu abangango 100 imisiwe kuleli zinga lase Mzansi Africa.



**GEZA IZANDLA  
ZAKHO NJALO**

Geza izandla zakho imizuzwana engamashumi amabili ngentsipho namanzi. Geza izandla zakho njalo nje.



**GCINA IBANGA  
KUBANYE  
ABANTU**

Gcina ibanga maphakathi kwakho nabanye abantu sonke isikhathi umaukhona - zama uku gcina imitha elilodwa kuya kwamabili kubanye abantu.



**UNGABAMBI  
UBUSO BAKHO**

Zama ukungabambi ubuso bakho, kakhulu impumulo yakho, umlomo namehlo, ngezandla ezingageziwe.



**UNGA BAMBI  
IZANDLA ZABANYE  
ABANTU**

Ungabambi izandla zabanye abantu uma ubingelela. Unga bamba indololwane okuncono.



**VALA UMA  
UKHWEHLELA NOMA  
UTHIMULA**

Vala umlomo wakho uma ukhwehlela noma uthimula, vala ngephepha lasendlini yangasese (ulilahle uma uqedha) uma ungenalo iphepha lasendlini yangasese, noma ukhwehlele kwindololwane yakho.



**HLALA EKHAYA**

Uma ubona izimpawu, shayela u toll-free hotline ku 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.