

# UKeto noZuri bafunda nge- COVID-19





## INDLELA YOKUFUNDA LE NCWADI

Le ncwadi ibhalelwe ukusiza izingane ukuthi zihlale zinempilo futhi zinolwazi nge-COVID-19.

Abazali, abanakekeli bezingane kanye nothisha bangafundela izingane le ncwadi, bazikhuthaze ukuba ziyijabulele futhi ziphawule ngezithombe nangezinto ezitholwa uKeto noZuri, maziqhubeka ziqhubeka nencwadi.

Imibuzo embalwa ekupheleni kwencwadi izokusiza ukuba uqhubeke nale ngxoxo ebalulekile futhi usize izingane ziqhubeke zifunde ngendlela yokuhlala zinempilo.

Le ncwadi ibhalwe ukusetshenziswa njengemihlahlandlela ye-Covid-19 yeNhlango Yezempilo Emhlabeni.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



UKeto noZuri bazalwa ndawonye futhi bangabangani abakhulu. Bayakuthanda ukugijima ngaphandle, badlale esikoleni, badanse futhi benze ubuso obuhlekisayo.





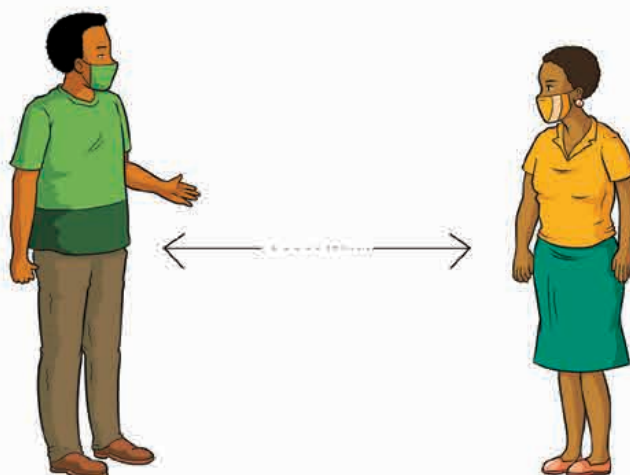
Muva nje, baye baqaphela ukuthi abantu abadala baziphatha ngendlela ehlukile kulezi zinsuku.



Bafaka izifonyo ezimboza amakhala nemilomo yabo.



Abasondelani



Bachitha isikhathi esiningi besendlini futhi ...

... manje banemithetho emisha.



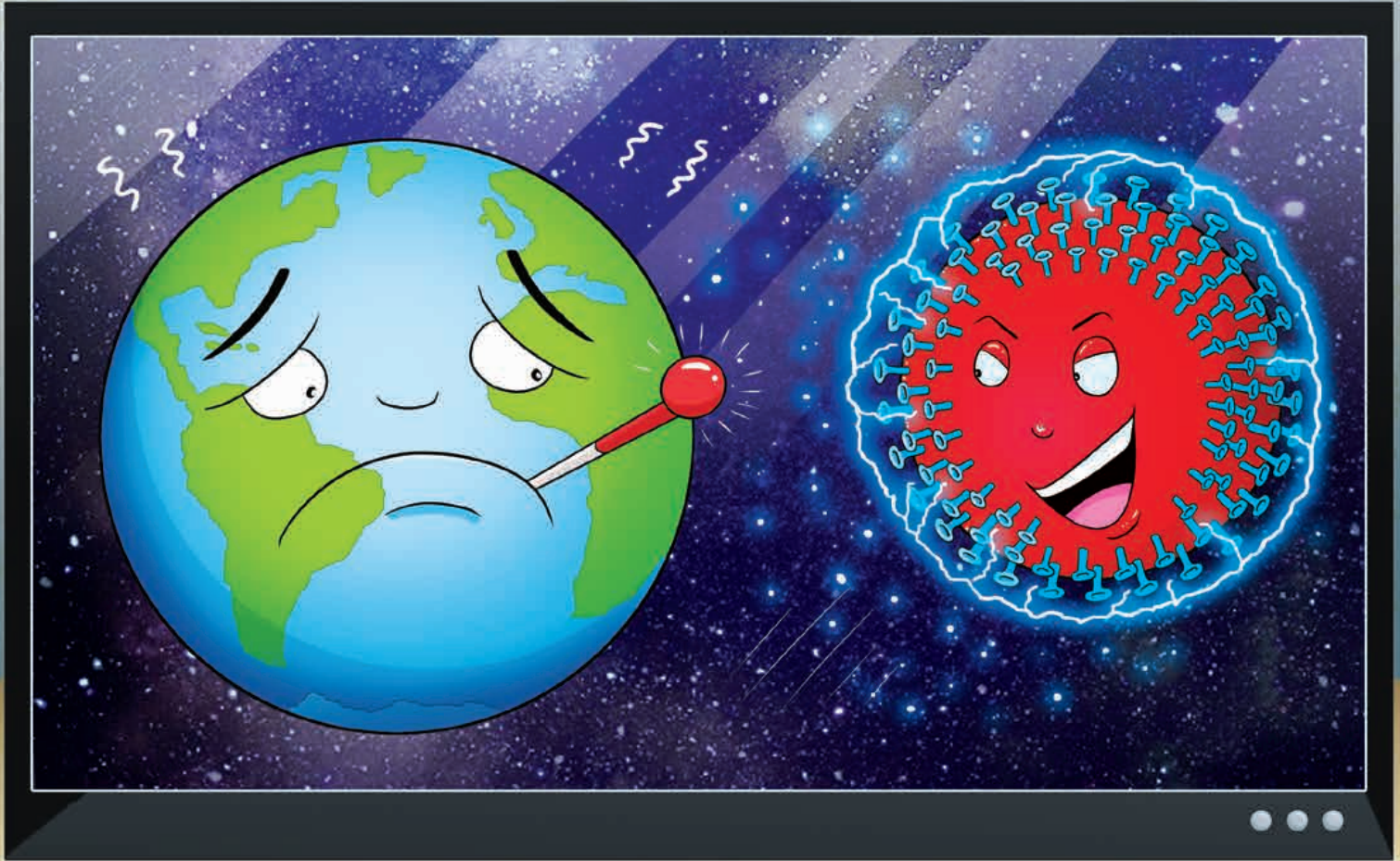
Keto, woza  
uzogeza  
izandla zakho!

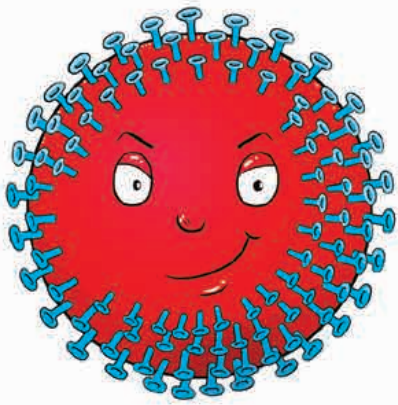
Zuri, faka  
isifonyo!





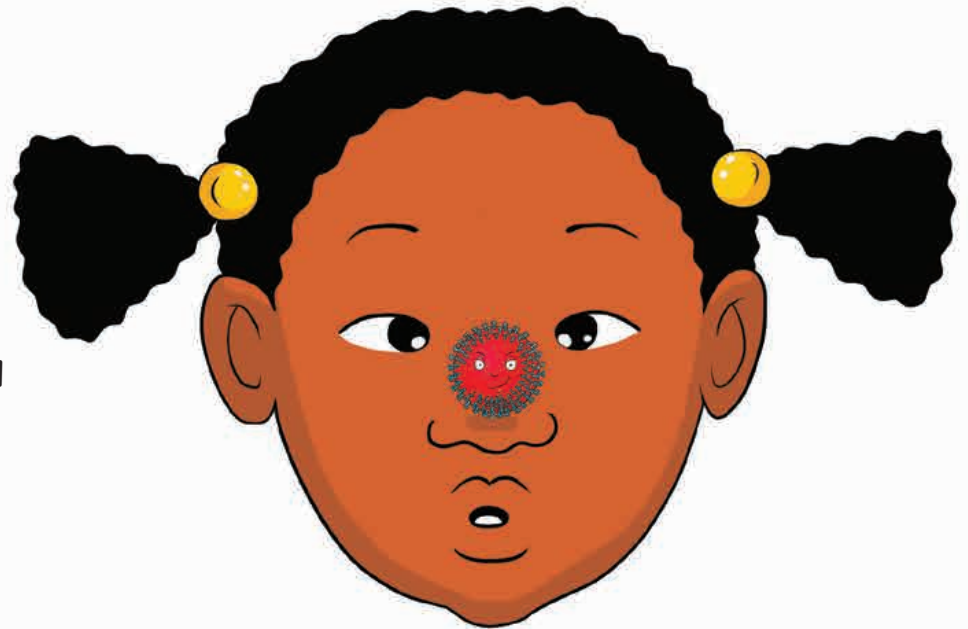
Konke lokhu kubangelwa yigciwane elisha elibizwa ngokuthi yi-SARS COV2 elenza abantu emhlabeni jikelele bagule.



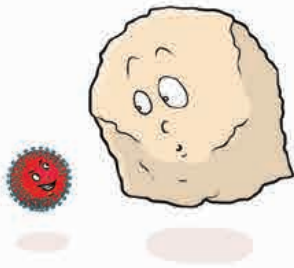


Igciwane lincane kakhulu.

Incane ukudlula ikhala lika Zuri ...



Lincane kunohlamvu  
lwesihlabathi!



Lincane kangokuthi ngeke ukwazi ukulibona  
uma ungasebenzisi i-microscope.





Igciwane liyakwazi ukusuka komunye umuntu liye komunye umuntu lihamba ngamathonsi amancane aphuma lapho umuntu ekhwehlela, ethimula noma ekhuluma.





Lingangena emzimbeni wakho nalapho isandla sakho sithinta amathonsi bese uthinta ubuso bakho ngezandla zakho ngaphambi kokuba uzigeze. Kubaluleke kakhulu ukuba amathonsi angabuthinti ubuso bakho. Kumele wonke umuntu afake isifonyo, singasiza ekuvimbeleni ukusabalala kwamagciwane akulawo mathonsi. Ukufaka isifonyo kuvikela umuntu osifakile kanye nabantu abaseduze naye.

Keto, ingabe usifakile isifonyo sakho?

Zuri, ingabe uzigezile izandla zakho?



Yingakho kubaluleke kakhulu ukufaka isifonyo sakho uma ukanye nabanye abantu futhi ugeze izandla zakho ngensipho ukuze uqikelele ukuthi uyawasusa lawo mathonsi okungenzeka uye wawathinta. Ungageza izandla zakho nangesibulala magciwane esenziwe ngotshwala.



Abantu abaningi abahaqwa yigciwane abaqapheli lutho olungalungile futhi bangase bangazi nokuthi bayagula. Pho, sazi kanjani lapho umuntu ehaqwe yigciwane? Abanye abantu abagcina begula ngenxa yaleli gciwane baba nomkhuhlane bakhwehlele futhi bangase bakuthole kunzima ukuphefumula.



Abanye abakwazi ukuhogela kahle ...



... abanye abakwazi ukunambitha kahle kanti abanye baba nesisu esibuhlungu futhi bazizwe begula.



Kodwa abantu abaningi abazizwa begula basheshe balulame lapho belashwa udokotela. Ngokudabukisayo abanye bayafa lapho begula kakhulu, lapho bengatholi ukwelashwa ngesikhathi noma lapho bengakutholi nhlobo ukwelashwa.





Abantu asebekhulile, njengogogo nomkhulu wakho, noma abantu abagulayo kakade, bangase bagule kakhulu ngenxa yaleli gciwane. Kumelwe sibavikele ukuze bahlale benempilo.

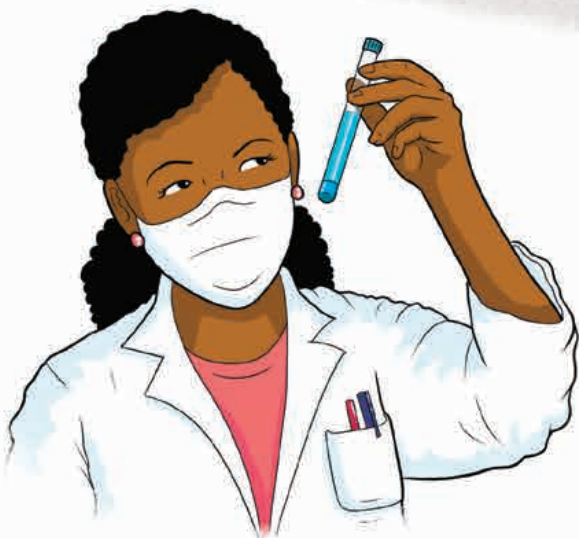
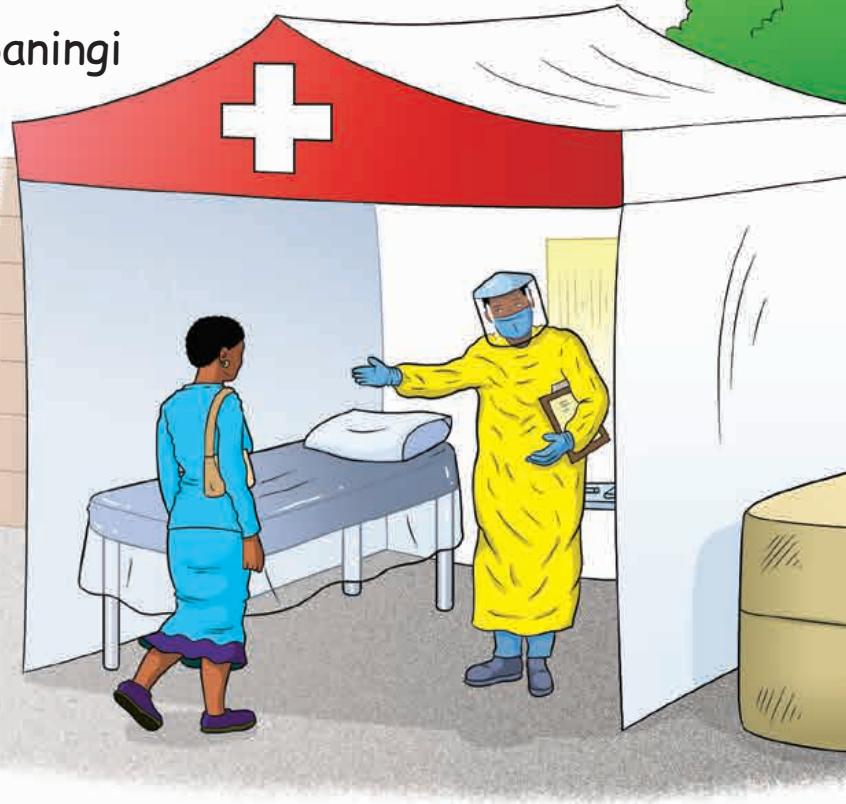


Yingakho njengamanje uKeto noZuri bengakwazi ukuvakashela umalumekazi wabo abamthandayo. Kumelwe baqaphele ngempela ukuze bangatheleli umalumekazi ngegciwane.





Abantu bangahlolwa ukuze babone ukuthi banalo yini leli gciwane. Lapho kutholakala ukuthi umuntu une-COVID-19, uzocelwa ukuba aqhele kwabanye abantu isikhathi esithile ukuze agweme ukuthelela abanye ngaleli gciwane. Lokhu kungavimbela ukuba abantu abaningi bagule. Umuntu ogulayo kungadingeka ukuba ayohlala esibhedlela isikhathi esithile.



Ososayensi benze umuthi okhethekile obizwa ngokuthi umgomo ongasiza abantu bangaguli ngisho noma betheleleke ngegciwane.

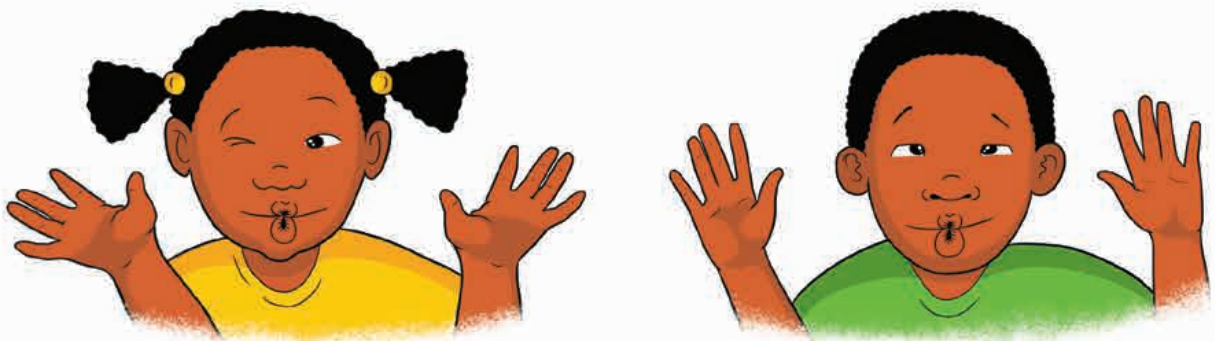
Amazwe amaningi aseqalile kakade ukugoma abantu kodwa kuzothatha isikhathi ngaphambi kokuba odokotela bagome wonke umuntu emhlabeni. Izingane azikwazi ukugoma kuze kube yilapho odokotela besitshela ukuthi umgomo uphephile ezinganeni.



Okwamanje, uKeto noZuri bayaqikelela ukuthi bahlala benempilo ngokuthi bafake izifonyo lapho bephakathi kwabantu, bavule igebe phakathi kwabo nabangane babo,



bangathinti amakhala, amehlo nemilomo yabo,



bazemboze ngethishu noma ngendololwane egobile lapho

bekhwehlela

noma

bethimula



nangokuthi ...



Keto!

Zuri!



... bageze izandla zabo njalo.

Gezani izandla zenu ngensipho namanzi nikwenze lokho nibe nibala kancane nize niyofika ku-20 ...

... noma nihlikihle izandla nge-sanitizer bese nilinda izandla zize zome.





## MASIKHULUME

I-COVID-19 iyisifo esibangelwa yigciwane elisha elisanda kutholakala elibizwa ngokuthi yi-SARS COV2. Kodwa ngenxa yokuthi leli yigama elide, abantu bavele bathi COVID-19. Kule ndaba, uKeto noZuri bafunde kanye nathi indlela yokuzivikela ekuguleni noma ekubhebhethekiseni igciwane kwabanye.

### Ake sibone ukuthi usakhumbula yini?

1. Vula i\_\_\_\_\_ phakathi kwakho nabanye.
2. Faka i\_\_\_\_\_ sakho lapho uphakathi kwabantu ongahlali nabo ekhaya.
3. Zama ukungathinti\_\_\_\_\_.
4. Zemboze ngethishu noma nge\_\_\_\_\_lapho ukhwehlela noma uthimula.
5. Khumbula ukugeza i\_\_\_\_\_zakho.

Khumbula iseluleko esinikwe uKeto noZuri sendlela engcono yokugeza izandla zakho. Geza izandla ngensipho namanzi ube ubala kancane uze ufike ku-20 noma uhlikihle izandla nge-sanitizer equkethe u-70% wotshwala bese ulinda izandla zome.



