

# CORONAVIRUS

— COVID-19

## — IZIMPAWU —

Izimpawu ze-COVID-19 | Igciwane leCorona

-Abantu abasengozini enkulu: abantu asebekhulile, abakhuluphele, abantu abanezifo zamaphaphu noma ukukhubazeka kwamaphaphu, abanesifo sikashukela, abantu abanesifo senhliziyo, i-immunocompromised (amasosha omzimba abuthaka, kufaka phakathi abantu abane-HIV / AIDS)

-Imvamisa yezimpawu: Umkhuhlane (88%), Ukukhwehlela (68%), Ukukhathala (38%), ukukhiqizwa kwesikhwehlela (33%), Ukuphefumula komoya omfushane (19%), imisipha ebuhlungu (15%), Ubuhlungu bekhandu (14%), umphimbo obuhlungu (14%), ukugabha noma isifo sohudo (9%), iConjunctivitis (3%), ukulahleka kokuhogela nokunambitha izikhalazo ze-thoracic

-80% yabantu abangenwe yileli gciwane libonisa kuphela izimpawu ezithambile. Kujwayelekile kubantu abanezimpawu ezinzima kakhulu ukuthi ukwanda kwezimo kuqala ngemuva kwezinsuku ezingama-5-7. Ngemuva kwezinsuku ezingama-5-7, ukukhathala nokukhathala kuvamile phakathi kwabantu abanezikhalazo ezinzima.

-Kwenzeka futhi ukuthwala igciwane lapho ungakhombisi zimpawu

-Uma ukuba nezimpawu kubiza kuqala lapho kungenzeka khona ngaphambi kokuvakashela udokotela noma umtholampilo ukugwema ukutheleleka

## — YINI I-CORONA? —

Isifo i-Coronavirus (COVID-19) yisifo esithathelwanayo esidalwa yigciwane elisha.

Lesi sifo sibanga ukuphefumula (njengomkhuhlane) ngezimpawu ezinjengokukhwehlela, umkhuhlane, futhi ezimweni ezinzima kakhulu, ukuphefumula kanzima.

Izimpawu zingavela ezinsukwini ezi-2-14 ngemuva kokuvezwa.

Izimpawu ezengeziwe, kungenzeka ukuthi uthetheleke nge-COVID-19 | ICoronavirus. Funa ukwelulekwa ngudokotela uma uba nezimpawu, uma umkhuhlane wakho ungaphezu kwama-38 degrees Celsius futhi uma ususondelene nomuntu one-COVID-19 noma izimpawu.

Ngeminye imininingwane nge-COVID-19, thintana nenombolo yocingo yamahhala yenhlangothi yama-National Institute of Communicable Diseases (NICD) 0800 029 999.

Noma vakashela iwebsite: <https://www.gov.za/Coronavirus>

## — UKUVIMBELA —



### Imaski Yobuso:

Lokho kukhombisa izimpawu zalesi sifo kufanele sigqoke imaskhi yokusiza ukuvikela ukusabalala kwalesi sifo.

Ukugqoka imaskhi akunconywa kulabo abaphilile. Kungakhula ukutheleleka.

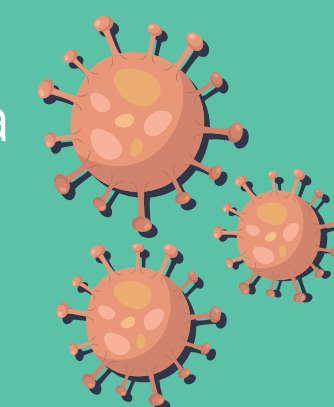


### Washa izandla:

Ukugeza izandla zakho ukuvikelwa okungcono.

Geza kaningi  
-Sebenzisa insipho namanzi  
-Ukugeza okungenani imizuzwana engu-20

Sebenzisa i-sanitizer yesandla  
-Isekela utshwala  
-Ukugeza akukho okungekho



### Gwema ukugcwala izindawo noma oxhumana naye oseduze:

Ikakhulu nabantu abagulayo nabadala

Hlala ekhaya lapho ugula.  
Musa ukudalula abanye.



### Mboza ukukhwehlela noma ukuthimula:

Sebenzisa isicubu yiyona ndlela engcono kakhulu

Sebenzisa isicubu-ke

-Yilahle kude  
-Geza izandla zakho.

