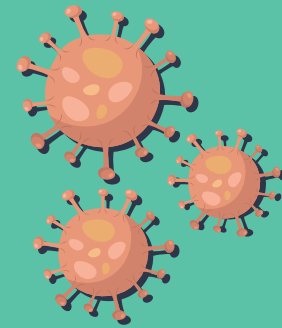


CORONAVIRUS

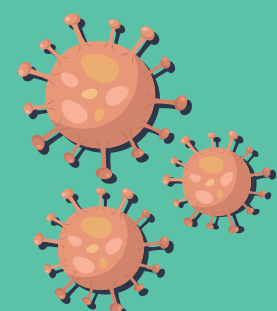
— COVID-19

— MATSHWAO —

Matshwao a COVID-19 | Coronavirus



- Batho ba monyetleng o hodimo wa ho tshwaetswa: maqheku, ba mmele e meholo, ba nang le lefu la matshwafo kapa bofokodi ba matshwafo, lefu la tswekere, ba lefu la pelo, bao sesole sa mmele se fokolang (ho kenyeletsa ba HIV/AIDS).
- Matshwao a bonahalang kgafetsa: (feberu 88%), (kgohlela (68%), mokgathala (38%), ho fellwa ke moya (19%), mesifa e bohloko (15%), hlooho e opang (14%), qoqotho e bohloko (14%), lehlatso kapa letshollo (9%), tshwaetso ya ka mahlong, tahlehelo ya monko le takatso ya dijo, masapo a sefuba a bohloko
- 80% ya batho ba tshwaeditsweng ba bontsha matshwao a bobebe. Matshwao a eketsehileng a ka qalella ho tota ho tloha ho matsatsi a 5-7. Mokgathala o mongata o tlwaelehile ho batho ba nang le matshwao a totileng kamora matsatsi a 5-7.
- Motho a ka ba le tshwaetso le ha a ke ke a bontsha matshwao a tshwaetso
- Haeba matshwao a tswaetso a bonahala, letsa mohalaha monyetla o le teng pele o ka etela setsi sa bongaka ele ho qoba tswaetso.



— KE ENG? —

Lefu la Coronavirus (COVID-19) ke lefu le tsoaetsanoang le bakoang ke vaerase e ncha.

Lefu lena le baka mafu a ho hema (joalo ka feberu) le matšoao a kang ho khohlela, feberu, le maemong a mang a matla, ho hema ka thata.

Matšoao a ka hlaha matsatsi a 2-14 kamora ho pepesetsoa.

Matšoao a ho feta moo, a na le ona tsoaetsoa ke COVID-19 | Coronavirus. Batla likeletso tsa bongaka haeba u ba le matšoao, haeba a hau feberu e ka holimo ho likhato tse 38 tsa Celsius mme haeba o na le eona o bile haufi-ufi le motho ea nang le COVID-19 kapa matšoao.

Bakeng sa tlhahiso-leseding e batsi ka COVID-19, ikopanye le National Institute of Communicable Diseases' (NICD) dihora tse 24 nomorong ena e sa lefellweng: 0800 029 999

Kapa etela leqephe la marang-rang: <https://www.gov.za/Coronavirus>

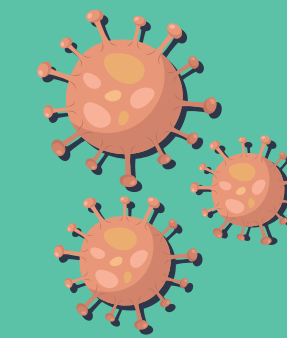
— THIBELO —



Maske wa dinko:

Ha u bontsha matshwao a lefu lena, motho o lokela ho rwala maske ho thusa ho se jale lefu lena.

Ho rwala maske ha ho kgothalletswe bakeng sa ba phetseng hantle. Hona ho ka eketsa tshwaetso.



Qoba ho ama batho:

Haholo-holo batho ba kulang le ba hodileng

Dula hae ha o kula. Seke wa beha ba bang tlokotsing.



Hlapa matsoho:

Ho hlapa matsoho ke tshireletso ya bohlokwa ka ho fetisisa

Hlapa kgafetsa
-Sebedisa sesepa le metsi
-Hlapa bonyane metsotswana e 20

Sebedisa sanitizer ya matsoho
-E nang le alcohol
-Ha ho hlapa ka metsi ho sa kgonahale



Kwahela molomo ha o kgohlela kapa nko ha o thimola:

Ho sebedisa tissue ke thibelo ya bohlokwa ka ho fetisisa.

Sebedisa tissue, mme
-U e lahle hang
-Hlapa matsoho

Ha tissue e le siko:
-Kgohlella setswing
-Thimolela setswing

