

KHAUKHA KHA KORONA

COVID-19

khaukha sina?

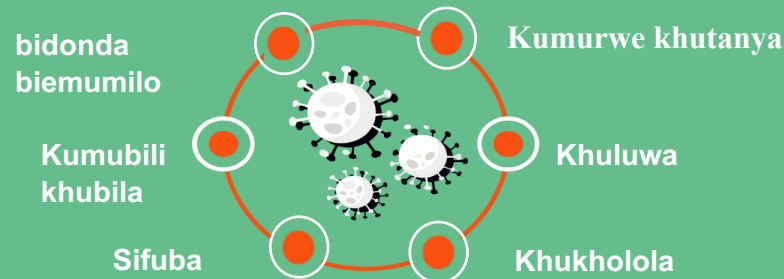
Bulwale bwa korona buli (Covid-19) buli bulwale bwe khuambiana burerwa ne khuukha kha khaya nikhobalanga bali korona

Khaukha khano khali khakhekaila engila ye khuela mumundu, (enga okhwasimula) okhwichana ne chidalili nga khukholola, embeo musifuba, namwe nechile sana, khuela ne butinyu.

Yesiyesi anyala khusuta bulwale buno nakhekesiane chidalili chosichosi changaki echi tawe.

CHIDALILI

Chidalili ya COVID-19 | Khaukha khai korona



Chidalil chinyala chekesha khuchakila chindalo (2-14). Noli ne chidalili, okhinda khuba nabwo. Nyola limanya okhwama khu musilikhi kabali obona chidalili echo. Sipimo sie bukhafu mubili mwoo nesiba angaki we chikhumi chitaru na munane(38), ne kabali waibakho alala nomba simbi nende omundu walwala khaukha khano namwe chidalili chachana yima musilihi .

Noli ne chidalili che khaukha khano khupa lusimu nyo khunamba 0755838835 namwe 0726323112 bila malipo nokhabukula hatua ye khucha ebusilikhi namwe khubona omusilikhi tawe, nyo wolane khulekha khuambia abasiabo tawe.



Face mask (Barakoa)

Abo abekesia chidalili che bulwale buno yenyekhana babe nabafwala vitambala bie munwa ne molu, nyo khaukha khano khakhatila babandi tawe .



Okhaba mubandu bakali tawe

kwanza basakhulu nebalwale.

Sikala engo noli omulwale wa korona okhaambia abandi tawe.

Okhara abasio mu hatari ye khuyola khaukha khano tawe.



SABA KIMIKHONO

Khusaba kimikhono nikhwo khuli khwe nganga khulayeta khukhingililila khunyola khaukha kha korona.

Saba buli ase norumikhila esabuni ne kamechi kamalafu. Nosaba kimikhono okhasaba asi we chi nukta ishirini tawe.



Umba emunwa nokholola namwe ne wasimula

Rumikhira etisiu mala otupe, saba kimikho kiowo

Nokhali netisiu ta, khololela namwe yasimula mukhumbo mwoo.

