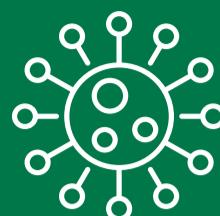


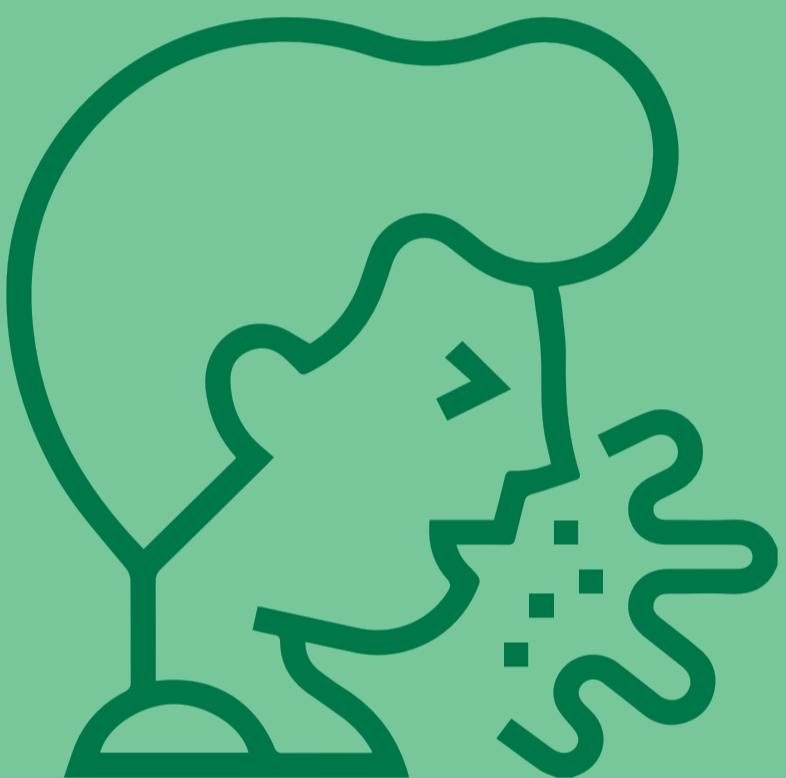


# ODINGA UKUKWAZI MAYELANA **NE-CORONA VIRUS**



## **ISABALALA KANJANI?**

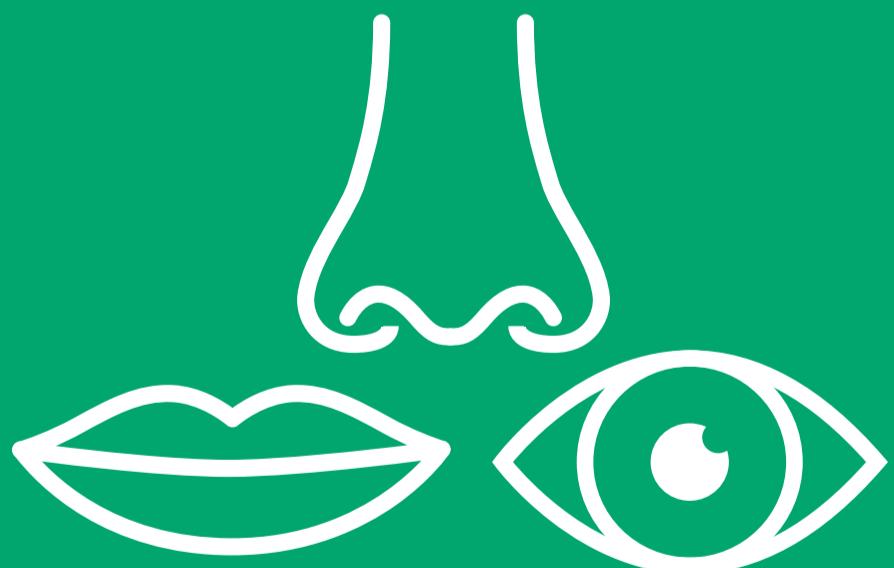
Igcwane liyathelana futhi lisabalala lisuka ebantwini eselibathelele kuya kwabanye ngale ndlela:



**Ngomoya  
ngokukhwehlela  
nokuthimula**



Ukusondelana,  
njengokuthintana noma  
ukuxhawulana



**Ukuthinta into noma indawo  
enalo igciwane, bese uthinta  
umlomo wakho, ikhala, noma  
amehlo ngaphandle kokuhlanza  
izandla zakho**