



ODINGA UKUKWAZI MAYELANA **NE-CORONA VIRUS**



NGINGAYITHOLA NGOKUTHINTA IZINTO?

Yebo, kwesinye isikhathi amathe omuntu ogulayo angangena ezintweni ezifana:



Nezandla zabo



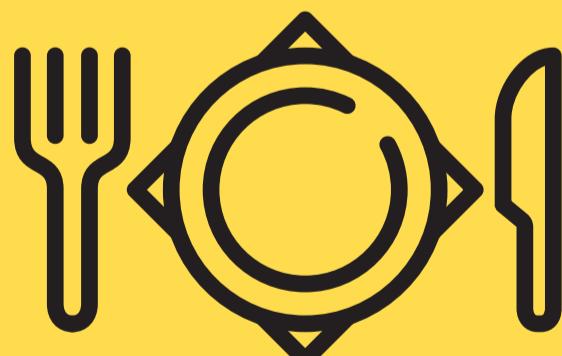
Izibambo zeziqabha



Amapeni



Amadivayisi adijithali
njengomakhalekhukhwini
namakhompyutha angomathangeni



Ukudla nezitsha zokudlela



Unqenqema lokubambelela
ezitebhisini



**Ungathinti ubuso bakho, umlomo, ikhala noma
amehlo ngaphandle kokugeza izandla zakho.**