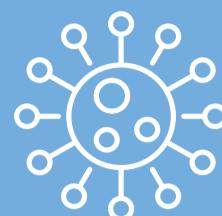
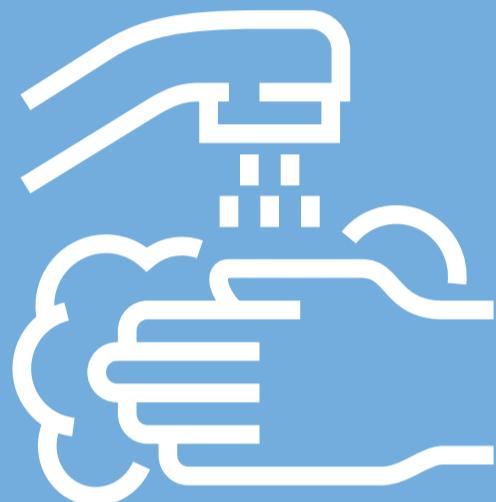




ODINGA UKUKWAZI MAYELANA **NE-CORONA VIRUS**



NGINGAZIVIKELA KANJANI MINA NABANYE EKUGULENI?



Geza izandla zakho
njalonjalo futhi uzigezisise
isikhathi esiyimizuzwana
engama-20 ngensipho
namanzi noma usebenzise
isihlanzi sezandla esenziwe
ngo tshwala



Gwema ukusondelana kakhulu nanoma
ubani onemfiva nokhwehlelayo. Gwema
ukusondelana kakhulu nabanye abantu
uma ukhwehlela noma unemfiva



Vala umlomo wakho nekhala lakho
ngendololwane noma nge-tissue
uma ukhwehlela noma uthimula



Yidla ukudla okuphekisisiwe kuphela,
ikakhulukazi inyama namaqanda



Ungathimiseli phansi emphakathini

HLALA UNGUMQEMANE: Thola umgomo wakho womkhuhlane