

# COVID-19 KE TLWAELO YA RONA E NTJHA

## Re tlameha ho ithuta ho phela le yona

Tswelang pele:



Ho sielana sebaka dipakeng tsa lona le ba bang



Rwalang maske



Hlapang matsoho kgafetsa le ho sebedisa sebolaya-kokwanahloko



Qoba matshwele



Mme le hlajwe ente haeba le na le monyetla wa ho etsa jwalo.



Letsatsing lena la Naha la Bophelo le Polokeho Merafong, ha re tsepamiseng tlhokomelo ya rona botjha ho etsa dintho tsohle tse nepahetseng ho itshireletsa, le ho sireletsa batho bao re ba ratang.