

COVID-19 E HARA RONA HA E TSAMAYE

RE TLAMEHA HO ITHUTA HO PHELA LE YONA



Ho itshireletsa, rona le malapa a rona, basebetsi-mmoho le batho bao re dulang le bona metseng ya rona re tlameha ho hopola ho etsa dintho tsena:



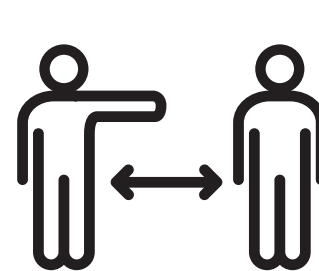
Ho rwala dimaske tse kwahelang dinko le molomo ha le re dibakeng tsa batho bohle



Ho hlapa matsoho a rona ka dinako tsohle ka sesepa le ka metsi kapa sanitizer



Kwahela melomo le dinko tsa rona ka setsu kapa thishu ha re kgohlela kapa re thimola



Ho leka ho sielana sebaka sa bohole ba dimithara tse 1.5 ho isa ho tse 2 ho tloha bathong ba bang



Ho qoba dibaka tse nang le batho ba bangata

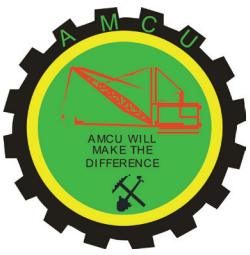


Le ho enta khahlanong le COVID-19 ha e fumaneha

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Ho bontsha boikarabelo.
Re le ngatana-nngwe re ka kgona
ho lwantsha COVID-19 **#BeatCovid.**





LEBAKA LEO O TLAMEHANG HO ENTA KA LONA

**Ente e tla sireletsa
wena le batho bao
o ba tsotellang hore
ba se fumane lefu
lena le mahlonoko
la COVID-19.**

Ho sa tla nka dikgwedi tse
ngata pele ente e fumaneha
bakeng sa batho ba bangata.
Esita le hona nakong eo e
fumanehang, ha se motho e
mong le e mong ya tla entwa,
jwalo ka batho ba kulang
haholo kapa ba ka tlase ho
dilemo tse 18.



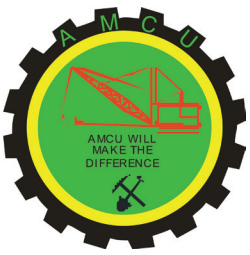
**Haeba batho ba bangata ba entwa ka ente hape ba
latela mehato yohle ea thibelo, ho tla ba le monyetla
o fokolang haholo wa hore kokwana ena e name.**

Ha o mengwa ho tla entwa, o kgethilwe ka lebaka la mosebetsi oo o o etsang, kapa ka hobane e ka
nna ya ba o kotsing e kgolo ya ho fumana tshwaetso. Re ka kgetha ho ema ka maoto le ho itshireletsa
le ho sireletsa ba bang ka ho entwa ka ente. **Batho ba sa entwang ba tshetlehile ka wena.**

Re khetha ente #WeChooseVacciNation.
Re le ngatana-nngwe re ka kgona ho
lwantsha COVID-19 #BeatCovid.

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KAMOO ENTEE SEBETSANG KATENG



Ente ya COVID-19 e thusa mmele wa rona ho lwantsha kokwana.

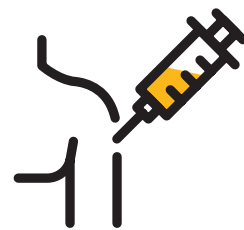
E sebetsa tjena:

1



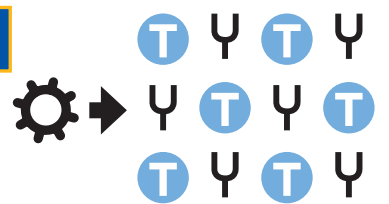
Borasaense ba sebedisa diphatsa tsa lefutso (gene) ya COVID-19 ho etsa ente.

2



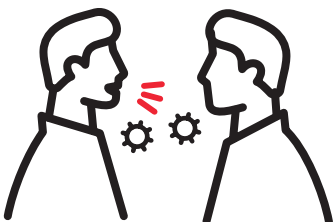
Ente e hlajwa mosifeng o sephakeng sa rona.

3



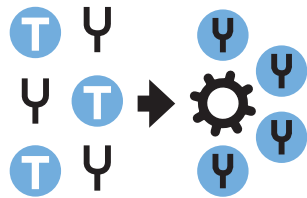
Ente e bolella mmele wa rona hore o hlahise disele tse bitswang T-cell le masole a mmele. Tsena ke disele tseo ka tlhaho mmele wa rona o di etsang ho lwantsha ditshwaetso.

4



Haeba hamorao nakong e tlang re pepesetswa kokwaneng ena

5



mmele wa rona o se o le malala-a-laotswe ho qala ho lwantsha kokwana ena ya COVID-19 ka disele tse bitswang T-cell le masole a mmele.

6

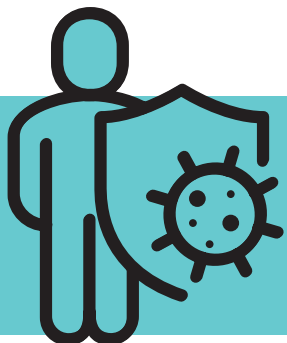


Sena se bolela hore re hahla boitshireletso ba mmele kgahlanong le COVID-19.

7



Esita le haeba re ka fumana COVID-19, sena se tla etsa bonnete ba hore re fumana feela matshwao a bobebe a ho kula.



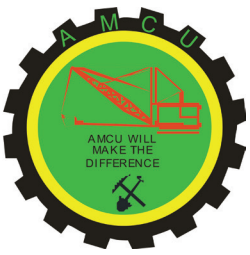
Haeba batho ba bangata ba fumana ente ena, ho tlaaba thata haholo bakeng sa hore COVID-19 e name.

Ho entwa ka ente ya COVID-19 ho tla boloka bophelo ba batho ba bangata.

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Re khetha ente
#WeChooseVacciNation.





NA ENTE ENA E TLA SEBETSA?

Diphetho tse tswang diphuputsong tsa ente ena le ho thakgolwa ha matsholo a kentelo ho potoloha lefatshe di bontsha hore ente ena e a sebetsa. Ente ena e tla thibela batho ba bangata ba entilweng hore base fumane COVID-19.

Batho ba palo e nyenyane ba ka nna ba fumana COVID-19 kamora hore ho entwa, empa ho na le monyetla o moholo wa hore ba ke ke ba kula haholo mme ba ke ke ba hloka ho amohelwa sepetlele.



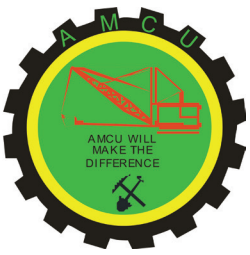
NNETE KE ENA:

ente ya COVID-19 e tla boloka bophelo ba batho ba bangata

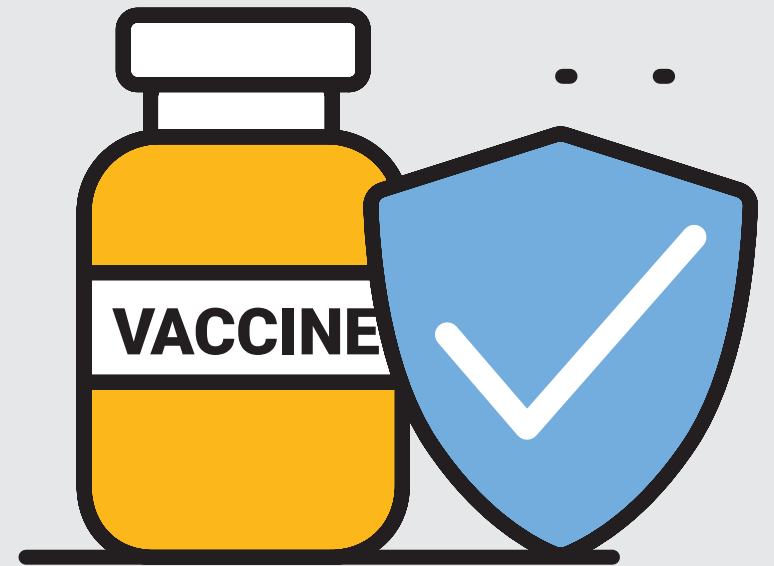
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Itshireletse le ho sireletsa batho ba bang ka ho tshehetsa **#VacciNation**





NA ENTE ENA E BOLOKEHILE?



**Batho ba dimillione
ho potoloha lefatshe
ba entuwe ka ente
ya COVID-19.**

Diente kaofela di feta
diphuputsong tse thata haholo
tsa bongaka ho paka hore di a
sebeta le hore di bolokehile.



Ke feela diente tse ileng tsa etswa diteko le ho fuwa tumello
ke South African Health Products Regulatory Authority
(SAHPRA) tse ka sebediswang.

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NA HO NA LE DITLAMORAO TSE BAKWANG KE ENTE?

**Batho ba bangata ba
tla ikutiwa ba phetse
hantle kamora ho
entwa ka ente.**



Batho ba bang ba tla ba le mesifa e opang,
kapa ba tla ikutiwa ba tjhesa kapa ba
kgathetse, kapa ba ka ba hlooho e bobebe
kamora ho entwa ka ente.

**Matshwao ana a ho kula a tla fela
kamora letsatsi kapa a mabedi.**



Ditlamorao tsena di etsahala ka lebaka
la karabelo ya mmele wa hao enteng ena
mme boitshireletso ba hao ba mmele bo
tsoha molota.

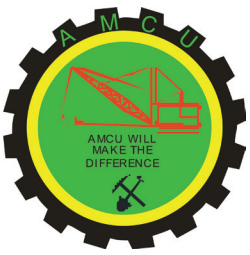


**Ho entwa ka ente ya COVID-19
ho tla boloka bophelo ba batho
ba bangata.**

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Itshireletse le ho sireletsa batho ba
bang ka ho tshehetsa **#VacciNation**.
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ho lwantsha COVID-19 **#BeatCovid**.





KE TLA ENTWA NENG?



MEKGAHLELO E

3

Diphepelo tsa ente ena ke tse lekanyeditsweng hajwale. Ho entwa ho tla etswa ka mekgahlelo e 3:

MOKGAHLELO WA 1:

Basebetsi ba rona ba tlhokomelo ya bophelo ke bona ba tla entwa pele.



MOKGAHLELO WA 2:



Batho ba sebetsang mesebetsi ya bohlokwa haholo:

Maponesa, basebetsi ba merafong le batho ba sebetsang batho ba leng ditshebeletsong tsa tshireletso (security), mabenkeleng a dijo, dibakeng tsa lepato, matitjhere, ditshebeletsong tsa dibanka le bomasepala, mafapheng a ditaba tsa lehae, taolong ya madiboho a naha le dikoung tsa mawatle le tsa bophelo

Batho ba leng kotsing e kgolo ya tshwaetso:

Batho ba nang le dilemo tse 60 le kahodimo ho moo le batho ba hodileng ba nang le mafu a sa tshwaneng ho bona a kang TB, mmele o moholo haholo, HIV, lefu la diphio le lefu la tswakere

Batho ba dulang dibakeng tse nang le batho ba bangata haholo:

Dibaka tsa botshabelo (shelters), dibaka tsa tlhokomelo ya maqheku, ditjhankane, dibaka tsa batshwaruwa

MOKGAHLELO WA 3:



Baahi kaofela ba Afrika Borwa ba nang le dilemo tse ka hodimo ho tse 18.

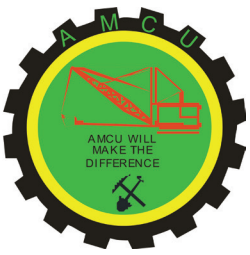
Hopolang hore re tlameha ho tswela pele re etsa dintho tse nepahetseng ho itshireletsa le ho sireletsa batho ba bang ha re ntse re emetse ho entwa, le kamora hore re entwe.

Re khetha ente **#WeChooseVacciNation.**

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HLOKOMELANG KOTSI YA TLHAHISOLESSEDING YA LESHANO

**DITABA TSA
LESHANO**

**E ba le boikarabelo ke
seo o se buang le hore
na o itshwara jwang.**



Fumana tlhahisoleseding
ya moraorao ka ho sebedisa
mehlodi e tshepahalang
ya tlhahisoleseding.

O se dumele ntho e nngwe le e nngwe eo
o e balang inthaneteng, eo o e bonang
ho TV, kapa eo o e utlwang ho metswalle
kapa ditho tsa lelapa.



Mehlala ya mehlodi
e tshepahaang ya
tlhahisoleseding ya
COVID-19.



World Health
Organization



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



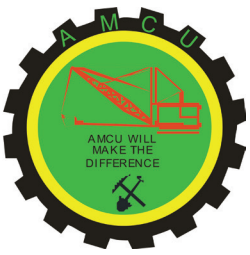
**Fumana thuso haeba o ikutlwa o tshwenyehile
- ikopanye le ngaka ya hao kapa mooki haeba
o na le dipotso mabapi le ente.**

Re khetha ente **#WeChooseVacciNation.**

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ho lwantsha COVID-19 **#BeatCovid.**

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RE AMOHELA LE HO AROLELANA BOIKARABELO

Re tshehetsa ho thakgolwa
ha letsholo la kentelo
Afrika Borwa.



**JWALO KA
MEKGATLO YA
BASEBETSI LE
DIKHAMPHANI,**
re tla etsa bonnete
ba hore bahiruwa
ba fumana
tlhahisoleseding e
nepahetseng mabapi
le diente le hore na di
sebeta jwang.

**JWALO KA
DIKHAMPHANI
TSA MERAFO,**
re tla thusa ho enta
basebetsi ba rona ba
tlhokomelo ya bophelo,
basebetsi ba rona ba
ka fumanang tshwaetso
le bahiruwa bohle ba
bang, metse ya rona ya
merafong kapele ha tsena
di fumaneha.

**JWALO KA
BAHIRUWA LE
JWALO KA BAAHI**
re na le boikarabelo ba ho thibela ho
nama ha COVID-19, le ho itshireletsa
le ho sireletsa batho ba bang.

Re khetha ente **#WeChooseVacciNation.**
Re le ngatana-nngwe re ka kgona ho
lwantsha COVID-19 **#BeatCovid.**

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