



**MINERALS COUNCIL**  
SOUTH AFRICA



**Khumbul'ekhaya**

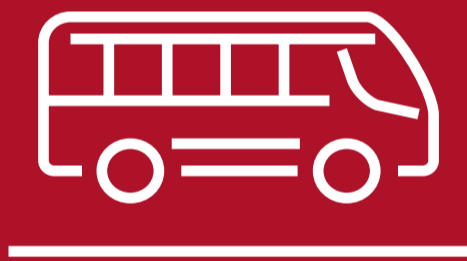


# POLOKEHO PELE

## Kahodimo ho tsohle



Mosebetsing



Tseleng



Lapeng

**Nahana polokeho.  
Sebetsa ka polokeho. Bolokeha.**

#MakingMiningMatter



**DULA O BOLOKEHILE  
MME O PHETSE HANTLE**  
LAPENG LE MOSEBETSING



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# E LA HLOKO, E BA MALA-A-LAOTSWE

**Jwalo ka ha re  
sebetsa re habile qetellong  
ya selemo, ho bonolo ho  
lahlehelo a ke tsepamiso**



Re tlameha ho ba hlokolotsi  
haholo hona jwale ho  
thibela diketsahalo tse kotsi  
polokehong

**Nahana polokeho.  
Sebetsa ka polokeho. Bolokeha.**

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# LELAPA LA HAO LE HO EMETSE

## hore o fihle lapeng o bolokehile



Diketsahalo tse kotsi  
polokehong di na le kgahlamelo  
e kholo ka ho fetisisa ho  
baratuwa ba rona lapeng

### Hopolang ka bona

## Nahana polokeho. Sebetsa ka polokeho. Bolokeha.

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**BOHLOKO BA**  
**COVID-19**  
**HA BO YA FELA**

**Kaofela re sa le kotsing ya bona.**  
**TSWELANG PELE:**

 <p>Ho rwala maske ya lona</p>	 <p>Ho hlapa matsoho a lona kamehla</p>	 <p>Ho thimolela kapa ho kgohlella hara setswe se kobilweng</p>	 <p>Ho itlwaetsa ho sielana sebaka le batho ba bang</p>	 <p>Ho apara PPE ya hao ka nepo mosebetsing</p>
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**Ho thibela ho namiswa ha kokwanahloko le ho sireletsana**

**Nahana polokeho.**  
**Sebetsa ka polokeho. Bolokeha.**





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# BOPHELO LE BOIKETLO BA HAO DI **BOHLOKWA**

## Tseba boemo ba hao ba HIV, le boemo ba hao ba mafu a mang a sa foleng



Haeba o kula, e nwa moriana  
oo o o laetsweng ke ngaka



Ikwetlise ho ipoloka o shahlile e  
bile o phetse hantle, beha leihlo  
boima ba hao ba mmele (BMI)

**Hlokomela bophelo ba hao ba kelello, fumana thuso  
haeba o ikutiwa o imetswe kelellong - buisana le  
ngaka ya hao, motswalle, baetapele ba bodumedi**

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# HO WA HA MOBU

## KE SESOSA SE KA SEHLOHONG SA MAFU MERAUFONG

### Etsa bonnete ba:



Ho lemoha dikotsi



Ho tlaleha dintho dife kapa  
dife tse o ngongorehisang

Hopola hore o na le tokelo ya ho ikhula  
mosebetsing haeba o ikutlwa hore  
bophelo ba hao bo kotsing

## **Nahana polokeho. Sebetsa ka polokeho. Bolokeha.**

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