

Igciwane elibizwa  
ngokuthi yi-coronavirus  
selimenyezwe  
njengesimo sezempilo  
esiphuthumayo  
Yinhlango Yezempilo  
Yomhlaba (World Health  
Organization (WHO)).



**MINERALS COUNCIL**  
SOUTH AFRICA

Yilokhu esikwaziyo:

**Okokuqala, yehlisa umoya. Ungazivikela wena kanye nomndeni wakho.**

# Uzigcina kanjani uphilile ngesikhathi uthatha uhambo



**Yidla kuphela  
ukudla okuphekwe  
kwavuthwa kahle,  
ikakhulukazi inyama**



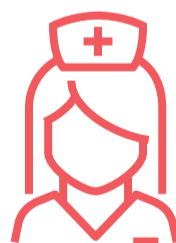
**Geza izandla zakho, njalo  
ngemva kwesikhathi  
esithile, usebenzisa  
insipho kanye namanzi**



**Gwema ukuthintana  
nabanye abantu uma  
ukhwehlela noma unemfiva**



**Uma ugula ngesikhathi  
uthatha uhambo, yazisa  
umuntu othile ngalokhu  
bese uyobona udokotela  
ngokushesha**



**Uma ubona udokotela,  
mtshele ukuthi  
ubuvakashela kuphi**



**Uma ukhwehlela futhi  
uthimula, mboza umlomo  
kanye nekhala lakho  
ngendololwane noma  
nge-tissue**

Umthombo wolwazi: Inhlango Yezempilo Yomhlaba (World Health Organization)



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# Ukuze uzivikele wena kanye nabanye ekuguleni

## Geza izandla zakho



Ngemva kokukhwehlela noma ukuthimula	Uma unakekela umuntu ogulayo	Ngaphambi, ngesikhathi kanye nangemuva kokulungisa ukudla	Ngaphambi kokudla
Ngemva kokusebenzisa indlu yangasese	Lapho izandla zibukeka zingcolile	Ngemva kokuthinta izilwane	Ungathimselfi phansi endaweni yomphakathi

Umthombo wolwazi: Inhlangano Yezempilo Yomhlaba (World Health Organization)



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