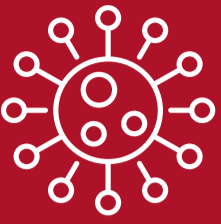




SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO YA CORONA VIRUS



Lefu la coronavirus le boletswe jwalo ka boemo ba bophelo ba tshohanyetso ba lefatshe lohle ke Mokgatlo wa Bophelo wa Lefatshe (World Health Organization).

SEO O HLOKANG HO SE TSEBA KE SENA



**Ha ho
lebaka
la ho
tshaba**



Ha se batho bohle ba tla
tshwaetswa ke vaerase
ena ba tla kula



Bohlweki bo nepahetseng
ba mmele bo ka sireletsa
wena le lelapa la hao

KE ENG?

Coronavirus, ke kokwanahloko ya vaerase, e tshwanang le ya sefuba kapa mokgohlane (flu).

Matshwao a ho kula ekaba a bobebe bakeng sa batho ba itseng, empa ekaba a bolayang bakeng sa batho ba bang.



SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO YA CORONA VIRUS



MATSHWAO A HO KULA KE AFE?



Feberu



Mokgathala



Ho kgohlela ho omeletseng



Bothata ba ho hema

Batho ba bang ba ka nna ba ba le mahlaba le ho opelwa, nko e thibaneng kapa e tswang mamina, mmetso o bohloko kapa letshollo.

NA E A BOLAYA?

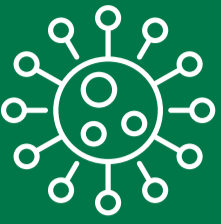
**Ha se batho
bohle ba tla ba le
vaerase ena ba tla
kula haholo.**

Bongata ba batho (ba ka bang 80%)
ba tla hlahohelwa ntle le ho hloka
kalafo e kgethehileng.

Motho ya ka bang 1 hara batho ba
bang le ba bang ba 6 ya fumanang
vaerase ena o tla kula hoo a ka shwang.



SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO YA CORONA VIRUS



E JALEHA JWANG?

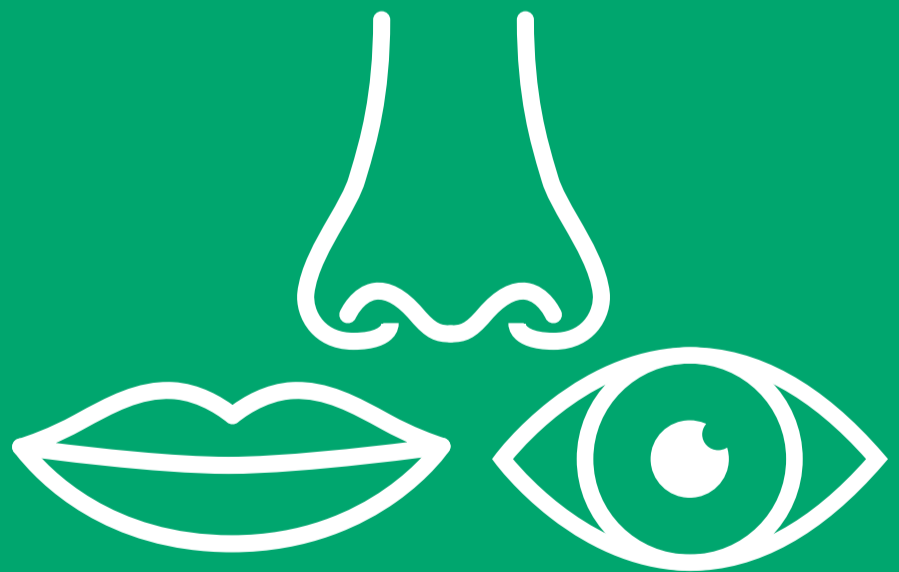
Vaerase ena e a tshwaetsanwa mme e jaleha ho tswa bathong ba tshwaeditsweng ho ya bathong ba bang ka:



**Moya
ka ho o
hemela
kahare le
ho thimola**



Kopano e atamelaneng ya batho, jwalo ka ho thetsana le ho dumedisana ka matsoho



Ho thetsa ntho kapa sebaka se nang le vaerase hodima sona, ebe o thetsa molomo wa hao, nko kapa mahlo ntle le ho hlapa matsoho a hao



SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO
YA CORONA VIRUS



NA NKA E FUMANA KA HO THETSA DINTHO?

E, ka dinako tse ding mathe a motho ya kulang a ka fetela dinthong tse jwalo ka:



Matsoho a hae



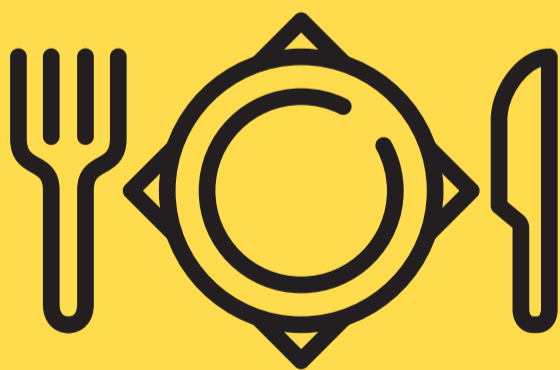
Mehele ya mamati



Dipene



Disebediswa tsa dijithale jwalo ka diselefounu le dilephopo



Dijo le disebediswa tsa ka tlung



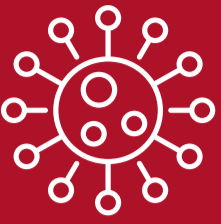
Ditshepe tsa boitshwareletso ditepising



Se ke wa thetsa sefahleho sa hao, molomo, nko kapa mahlo ntle le ho hlapa matsoho a hao.

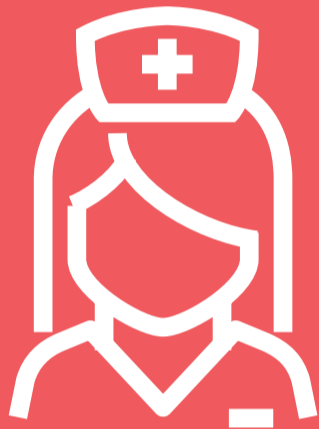


SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO
YA CORONA VIRUS



KE TLAMEHA HO ETSANG HAEBA KE NAHANA HORE KE NA LE VAERASE?

Haeba o na le **feberu**, o **kgohlela** MME o na le **bothata ba ho hema** o tlameha:



Ho bua le mosebetsi wa
tlhokomelo ya bophelo wa heno



Ho ba bolella ka maeto
a hao a moraorao



Le ho qoba ho nka maeto



Goba kopano le
batho ba bang

KE MANG YA KOTSING?

Mang kapa mang ya kopanang le vaerase ena a ka e fumana, EMPA maqheku le batho ba nang le mathata a bophelo bo se ntse bo se botle jwalo ka kगतello e phahameng ya madi, mathata a pelo, boitshireletso ba mmele bo fokolang kapa lefu la tswekere ba na le monyetla o eketsehileng wa ho kula ho mahlonoko.



SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO YA CORONA VIRUS



NKA ITSHIRELE TSA JWANG BATHONG BA BANG HORE KE SE KE KA KULA?



Hlapisisa matsoho a hao ka
**dinako tsohle nako ya
metsotswana** e 20 ka sesepa le
metsi kapa sebedisa lero la ho
hlapa la matsoho le bolayang
dikokwanahloko la joala



Qoba kopano le motho ofe kapa ofe
ya nang le feberu le ya kgohlelang.
Qoba katamelo e haufi bathong ba bang
haeba o hohlola kapa o na le feberu



Kwala molomo le dinko tsa
hao ka setsu kapa thishu ha
o kgohlela kapa o thimola



Eja feela dijo tse phehilweng ka
botlalo, haholo nama le mahe

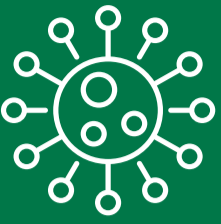


Se ke wa tsamaya o phahla

DULA O PHETSE HANTLE: Fumana kentelo ya hao ya mokgohlane



SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO YA CORONA VIRUS



E KA EMISWA JWANG?

Ho na le mehato eo o ka e nkang ho thibela ho tshwaetswa ke vaerase ena, le ho emisa ho jaleha ha yona.



Hajwale ha ho moriana o fumanehang ho ka thibela kapa ho alafa vaerase ena. Meriana ya tlwaelo e ka alafa matshwao a ho kula, ya thusa ho kokobetsa batho ba tshwaeditsweng ha boitshireletso ba bona ba mmele bo lwantsha vaerase.

Kgetho e ntle ka ho fetisisa ke ho qoba ho kula ho tloha qalong ka:

- Hlapa matsoho a hao
- Ho tseba boemo ba hao ba HIV, le ho sebedisa meriana ya hao ya HIV le Lefuba (TB)
- Ho fumana kentelo ya mokgohlane

Rwala 'mask' e sireletsang sefahleho haeba o kula o tshwerwe ke coronavirus kapa o hlokometse motho e mong ya kulang.

SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO
YA CORONA VIRUS



KE MANG YA KOTSING KA HO FETISISA?

Maqheku, batho ba se ntse ba na le bokudi bo bong le batho bao boitwanelo ba bona ba mmele bo ka nnang ba ameha ka tsela e kgolo ho feta batho ba bang.

**Itshireletse
ka:**



Ho tseba boemo ba hao



Ho sebedisa meriana ya hao

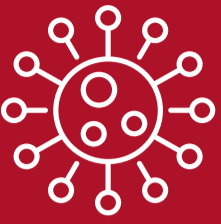


Ho hlapa matsoho a hao ka botlalo le ho kwahela molomo wa hao kamehla ha o kgohlela kapa o thimola



MINERALS COUNCIL
SOUTH AFRICA

SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO
YA CORONA VIRUS



NKA ETSANG HO QOBA HO TSHWAETSWA KE VAERASE EE?

Se ke wa thetsa sefahleho sa hao, molomo, nko kapa mahlo o sa hlapa matsoho a hao.



#MakingMiningMatter