



I-COVID-19 ISAZOHLALA IKHONA

SIDINGA UKUFUNDA UKUPHILA NAYO



Ukuze sizivikele thina, imindeni yethu, esisebenza nabo kanye nemiphakathi kumele sikhumbule ukuthi:



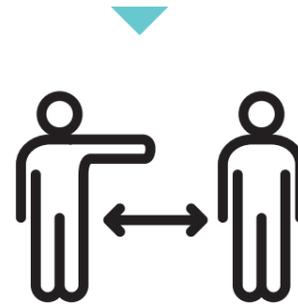
Sigqoke izifonyo ezivala amakhala kanye nemilomo yethu kuzo zonke izindawo zomphakathi



Sigeze izandla zethu njalo ngensipho namanzi noma nge-sanitiser



Simboze imilomo kanye namakhala ethu ngezindololwane noma ngama-tissue lapho sikhwehlela noma sithimula



Sizame ukugcina ibanga lokuqhelelana elingamamitha ayi-1.5 ukuya kwayi-2 ukusuka kwabanye abantu



Gwema izindawo zomphakathi ezinabantu abaningi



Nokugoma i-COVID-19 uma isitholakala

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Yenza okufanele.
Ngokubambisana singakwazi
ukunqoba i-COVID-19 **#BeatCovid.**





KUNGANI KUFANELE UGOME

**Umuthi wokugoma
uzovikela wena
nalabo obathandayo
ekugulisweni kakhulu
yi-COVID-19.**

Kuzothatha izinyanga eziningi ngaphambi kokuba umgomo utholakale kubantu abaningi. Noma kunjalo, akuwona wonke umuntu ozogonywa, njengabantu abagula kakhulu noma labo abangaphansi kweminyaka yobudala engu-18.



Lapho bebaningi abantu abathatha umgomo futhi balandele zonke izindlela zokuvimbela, mancane amathuba okuthi igciwane lisabalale.

Lapho umenyelwa ukuthola umgomo, ukhethwe ngenxa yomsebenzi owenzayo, noma ngoba kungenzeka ube sengozini enkulu. Ungakhetha ukusukuma uzivikele wena nabanye ngokuthatha umgomo. **Labo abangazange bagonywe bathembele kuwe.**

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INDLELA OKUSEBENZA NGAYO UMGOMO



Umuthi wokugomela i-COVID-19 usiza imizimba yethu ukuthi ilwe negciwane.

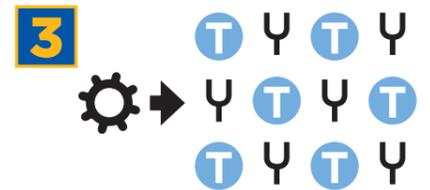
Nansi indlela osebenza ngayo:



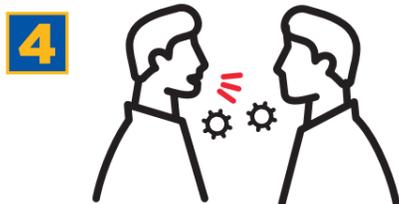
1 Ososayensi basebenzisa isakhi sofuzo se-COVID-19 ukwakha umgomo.



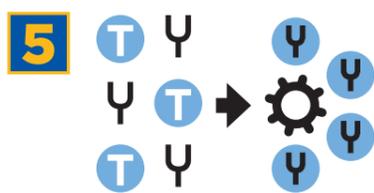
2 Umgomo ujoywa emisipheni esezingalweni zethu.



3 Umgomo utshela imizimba yethu ukuthi ikhiqize ama-T-cell nama-antibodies. Lawa ngamaseli akhiqizwa yimizimba yethu ngokwemvelo ukuze ilwe nezifo.



4 Uma sithola igciwane ngokuhamba kwesikhathi



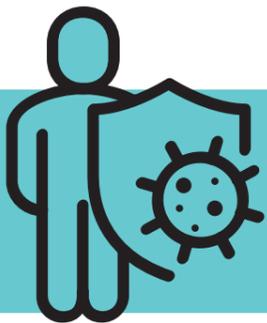
5 imizimba yethu isuke isiqalile ukuzilungiselela ukulwa negciwane le-COVID-19 ngama-T-cell kanye nama-antibody ethu.



6 Lokhu kuchaza ukuthi sizobe sesakhe okokuzivikela ku-COVID-19.



7 Noma ngabe singayithola i-COVID-19, lokhu kuzoqinisekisa ukuthi sithola kuphela izimpawu ezingekho mandla.



Lapho abantu abaningi bethatha umgomo, kuzoba nzima kakhulu ukuthi i-COVID-19 isabalale.

Ukuthatha umgomo we-COVID-19 kuzosindisa izimpilo.





NGABE UZOSEBENZA UMGOMO?

Imiphumela ezingcwaningweni zokugoma kanye nokukhishwa kwemigomo evela emhlabeni wonke isikhombisa ukuthi uyasebenza umgomo. Umgomo uzovikela abantu abaningi abagonyiwe ekutheni bathole i-COVID-19.

Inani elincane labantu lisengathola i-COVID-19 ngemuva kokugonywa, kepha cishe ngeke ligule kakhulu futhi lidinge nokulaliswa esibhedlela.



IQINISO LITHI: umgomo we-COVID-19 uzosindisa izimpilo

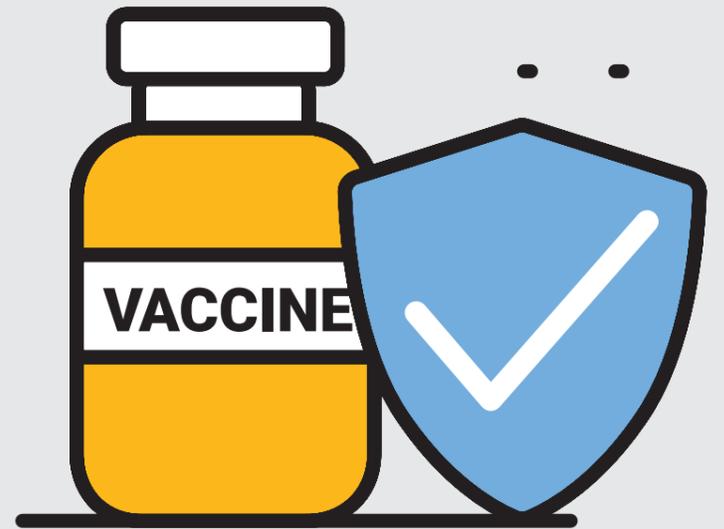
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Zivikele futhi uvikele abanye ngokusekela umgomo **#VacciNation**





INGABE UPHEPHILE UMGOMO?



Izigidi zabantu emhlabeni jikelele zithole umgomo we-COVID-19.

Yonke imigomo idlula ezingcwaningweni ezinkulu kakhulu zezokwelapha ukuze kufakazelwe ukuthi iyasebenza futhi iphephile.



Imigomo kuphela ehlolewe futhi yagunyazwa yi-South African Health Products Regulatory Authority (SAHPRA) engasetshenziswa.

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INGABE KUKHONA IMIPHUMELA ENGEMIHLE YOMGOMO?

**Iningi labantu lizozizwa
liphilile ngemuva
kokuthatha umgomo.**



Abanye abantu bazoba nemisipha ebuhlungu, noma bazizwe beshiselwa noma bekhathele, noma baphathwe ikhanda kancane ngemuva kokuthatha umgomo.

**Lezi zimpawu zizophela osukwini
olulodwa ukuya kwezimbili.**



Le miphumela engemihle yenzeka ngoba ukusabela komzimba wakho emgomweni kuqalisa ukusebenza kwamasosha akho omzimba.



**Ukuthatha umgomo we-COVID-19
kuzosindisa izimpilo.**

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NGIZOGONYWA NINI?

IZIGABA EZI-3

Imigomo ekhona njengamanje inomkhawulo wenani njengamanje. Ukugonywa kuzokwenziwa ngezigaba ezi-3:

ISIGABA 1:

Abasebenzi bethu bezempilo bazogonywa kuqala.



ISIGABA 2:



Abasebenzi abenza imisebenzi ebalulekile:

Amaphoyisa, abasebenzi basezimayini kanye nabasebenza kwezokuphepha, ekuthengiseni ukudla, abangcwabi, othisha, amabhange kanye nezindaba ezibalulekile zikamasipala nasemnyangweni wezasekhaya, ezokulawulwa kwemingcele kanye nezinsiza zezempilo echwebeni

Abantu abasengcupheni:

Abantu abaneminyaka yobudala engama-60 kanye nabantu asebekhulile, abakhuluphele ngokweqile, abanezifo abagula yizo ezifana Nesifo Sofuba, ukukhuluphala ngokweqile, Igciwane Lesandulela Ngculaza, isifo sezinsu nesifo sikashukela

Abantu abahlala ezindaweni eziminyene:

Izindawo zokukhosela, amakhaya okunakekelwa, amajele, izikhungo zokugcinwa esitokisini

ISIGABA 3:



Zonke izakhamizi zaseNingizimu Afrika ezineminyaka yobudala engaphezulu kweyi-18.

Khumbula ukuthi kufanele siqhubeke nokwenza okulungile ukuze sizivikele thina kanye nabanye ngenkathi sisalinde ukugonywa, nangemuva kokugonywa.

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QAPHELA ULWAZI OLUNGELONA IQINISO



Zibophezele kulokho okushoyo nakwindlela oziphatha ngayo.



Hlala unolwazi usebenzisa imithombo yolwazi ethembekile.

Ungakholelwa kukho konke okufunda ku-inthanethi, okubona kumabonakude, noma okuzwe ngabangani noma ngamalungu omndeni.



Izibonelo zemithombo yolwazi ethembekile ngokuphatelene ne-COVID-19.



World Health Organization



health

Department: Health
REPUBLIC OF SOUTH AFRICA



Thola usizo uma uzizwa ukhathazekile - xhumana nodokotela wakho noma unesi uma unemibuzo ngomgomo.

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SEMUKELA FUTHI SABELANA NGESIBOPHEZELO



**Siyakweseka ukukhishwa
komgomo yiNingizimu Afrika.**

**NJENGEZINYUNYANA
NEZINKAMPANI,
sizoqinisekisa ukuthi
abasebenzi banolwazi
olwanele ngemigomo
nokuthi isebenza
kanjani.**

**NJENGEZINKAMPANI
ZASEZIMAYINI,
sizosiza ukugoma
abasebenzi bethu
bezokunakekelwa
kwezempilo,
abasengcupheni bethu
kanye nabo bonke abanye
abasebenzi, kanye
nemiphakathi yethu
yasezimayini ngokushesha
lapho lokhu sekutholakala.**

**NJENGABASEBENZI
KANYE NEZAKHAMIZI
sinesibophezelo sokunqanda
ukusabalala kwe-COVID-19, nokuthi
sizivikele thina kanye nabanye.**

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