



# ODINGA UKUKWAZI MAYELANA NE-CORONA VIRUS



## NGINGAZIVIKELA KANJANI MINA NABANYE EKUGULENI?



Geza izandla zakho  
**njalonjalo futhi uzigezise**  
isikhathi esiyimizuzwana  
engama-20 ngensipho  
namanzi noma usebenzise  
isihlanzi sezandla esenziwe  
ngo tshwala



Gwema ukusondelana kakhulu nanoma  
ubani onemfiva nokhwehelayo. Gwema  
ukusondelana kakhulu nabanye abantu  
uma ukhwehlela noma unemfiva



Vala umlomo wakho nekhala lakho  
ngendololwane noma nge-tissue  
uma ukhwehlela noma uthimula



Yidla ukudla okuphekisiwe kuphela,  
ikakhulukazi inyama namaqanda



Ungathimiseli phansi emphakathini

**HLALA UNGUMQEMANE:** Thola umgomo wakho womkhuhlane