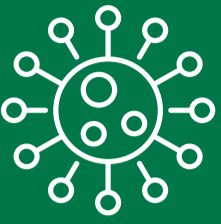




SEO O HLOKANG HO SE TSEBA MABAPI LE KOKWANAHLOKO YA CORONA VIRUS



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.