

ODINGA UKUKWAZI MAYELANA NE-CORONA VIRUS



UBANI OSENGCUPHENI ENKULU?

Abantu abadala, labo abanezimo ezivele zibagulisa ngokwempilo nabantu abanamasosha omzimba abuthakathaka basengcupheni enkulu yokuthinteka uma kuqhathaniswa nabanye abaphile saka.

**Zivikele
ngale
ndlela:**



Ukwazi isimo sakho



Ukusebenzisa imithi yakho



Ukugezisa izandla zakho njalonjalo
nokumboza umlomo wakho lapho
ukhwehlela noma uthimula