

I-COVID-19 ISAZOHLALA IKHONA

SIDINGA UKUFUNDA UKUPHILA NAYO



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



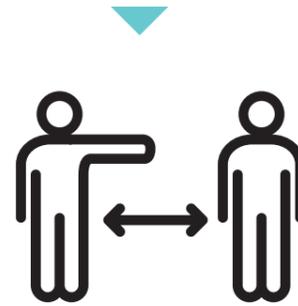
Sigqoke izifonyo ezivala amakhala kanye nemilomo yethu kuzo zonke izindawo zomphakathi



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

