IsiZulu

HLALA UPHEPHILE

GOMA UKUZE USINDISE ININGIZIMU AFRIKA

NGOKUBAMBISANA SINGALINQOBA IGCIWANE LE-*CORONA*

INKULUMO **YAMADODA NGOMGOMO**

I-*COVID-19* NEZOCANSI?

Ingabe i-*COVID-19* ingadala ukungavukelwa kumuntu wesilisa? CHA.

Imigomo ye-*COVID-19* ayidali ukungavukelwa kowesilisa noma ukungabi nabantwana. Ngakolunye uhlangothi, ukusuleleka nge-*COVID-19*:

- kungadala ukungavukelwa kanye nokungatholi abantwana kubantu besilisa.
- kungenyusa ubungozi bokungavukelwa (i-ED) ngokuphindwe kasithupha.

KUNGANI AMADODA EFA KAKHULU?

Amadoda amaningi (amadala) afa ukudlula abesifazane ngenxa yokusuleleka nge-*COVID-19* ngoba:

- Abesilisa ngokwendalo bathinteka kakhulu ngenxa ye-*COVID-19*.
- Amadoda awafuni usizo lwezokwelashwa ngokushesha.
- Mancane amadoda agomayo uma eqhathaniswa nabesifazane.

Masikhuthaze abafowethu kanye nabangani bethu ukuthi bathole umjovo ukuze sizigcine thina siphephile kanye nalabo esibathandayo.

UGOMA KANJANI?

Uma uneminyaka eyi-12 ubudala noma ngaphezulu, ungabe usalinda! Hamba uyogoma esikhungweni esiseduzane nawe. Akudingeki ukuthi ulinde i-SMS ekutshela ukuthi uyogoma nini futhi ugomele kuphi.

- Yiza noMazisi wakho, iPhasiphothi, incwadi engubufakazi Bokukhoseliswa noma inombolo Yezokufuduka.
- Ngakube uneminye imibuzo? Shayela ku-0800029999. Silapha ukuze sikusize.

AMAMPUNGE	AMAQINISO ANGEMPELA
Amampunge: Imigomo ye-*COVID-19* iyabulala.	INingizimu Afrika seyenze ingqophamlando ngokusetshenziswa kwemithamo yemigomo engaphezulu kweyizigidi ezingama-22. Akukho ukufa okuhlobene nomgomo okusatholakele. Imigomo inciphisa ubungozi bokugula kanzima, ukulaliswa esibhedlela kanye nokufa okuhlobene ne-*COVID-19*.
Amampunge: Ungayithola i-*COVID-19* emgomweni.	CHA! Angeke uthole i-*COVID-19* emgomweni ngoba umgomo awunalo igciwane.
Amampunge: Angikho ebungozini bokuguliswa i-*COVID-19* ngakho angiwudingi umgomo.	Imigomo inciphisa ubungozi besifo esibi, kodwa usengasuleleka ngegciwane futhi ulidlulisele kwabanye, ngakho-ke kubalulekile ukuthi ugonywe.
Amampunge: Umgomo ushintsha i-DNA yami.	Imigomo angeke ishintshe i-DNA yakho.
Amampunge: Imigomo inophawu lobusathane beSilo i-666.	Imigomo isekelwe kwezesayensi ezisegophelweni eliphezulu kakhulu futhi ayixhumani nanoma yiziphi izindaba zenkolo noma imimoya.

UKWESEKWA NGE-WHATSAPP
0600 123 456
INOMBOLO YEZIMO EZIPHUTHUMAYO
0800 029 999
sacoronavirus.co.za

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