



Lokufanele ukwazi nge CORONAVIRUS

CONVID-19

Yini iCoronavirus?

Lolu luhlobo lweligciwane lelisha lelibanga umkhuhlane lomkhulu lobitwa ngekutsi yi corona virus disease (COVID-19). Leligciwane lihlaselelwa tilwane nebantfu.

Landza kanjani leligciwane?

Leligciwane lacala etilwaneni lapho betitselelana todvwa. Ngekutsintsana kwebantfu netilwane tase letilwane titselela bantfu. Nyalo leligciwane selandza ngesivini ngekutselelana kwebantfu nangabe loyo lonalo atsimula noma akhwehlela.

Ngubani losengotini?

Wonkhe umuntfu usengotini. Timphawu letinebungoti nekufa kuvamile kubantfu lesebakhulile, nalabasha. Bantfu labanekugula lokufaka ekhatsi sifo senhlitiyo nesemaphaphu, labanetinkinga tesibindzi noma labanemasotja emtimba lamancane, ngibo lababekeka engotini lenkhulu.

Timphawu talomkhuhlane lomkhulu?

Timphawu talomkhuhlane tifanana ncamashi! netemkhuhlane lowetayelekile kepha lona uyingoti futsi nawephute kwelashwa betemphilo kuvamisa kutsi simo semphilo sibe bucai. Labanyenti labangenwe nguleligciwane bavamise kubonakala nganati timphawu:

- Kushisa kwemtimba
- Kukhwehlela
- Buhlungu bemphimbo
- Kuphefumula kamatima

Kungatfoli lusito masinyane kungagcinela ekulahlekeni kwemphefumulo.

Lingavikeleka njani leligciwane?

Kumelula, yenta naku lokulandzelako onkhe emalanga:

- Ungasondzalani nemuntfu lokhombisa timphawu temkhuhlane (kushisa kwemtimba, kukhwehlela, kutsimula).
- Ungatitsinti emehlo, emakhala nemlomo ngetandla letingaka gezwa.
- Geza tandla emahlandla lamanyenti usebentisa insipho nemanti lahlobile lageletako lokungenani 20 seconds. Sebentisa lensipho lengadzingi emanti (*alcohol-based hand sanitizer*) nangabe kute emanti nensipho dvutane.
- Hlala ekhaya nangabe unetimphawu temkhuhlane khona ungetotselela labanye lokugula.
- Lophatsekile uyencuswa kutsi asebentise i face-mask kutimbhonya emakhala nemlomo
- Mbhonya umlomo nemakhala nge thishu nawukhwehlela noma utsimula, ulahle lethishu emgconyeni bese ugezisisa tandla ngensipho nemanti lageletako.
- Hlanta tintfo letivamise kuphatfwaphatfwa noma kutsintfwa lokufana netibambo teminyango, njalo njalo.
- Nangabe utfolakele kutsi unalo ligciwane iCorona, tikhweshise kulabanye khona ungetubatselela.

Uyelapheka yini lomkhuhlane lomkhulu?

Akukho lokucondzene nekwelapha lomkhuhlane lomkhulu. Umuntfu lonetimphawu temkhuhlane kumele aphutfume emtfolamphilo kuyotfola lusito kucedza timphawu nekunakekeleka kubetemphilo.

Imilayeto

- **Lobekaye eveni lehlaselekile nge Corona Virus noma lonetimphawu temkhuhlane, kumele bativete emtfolamphilo lodvute nabo noma bangatsintsani nalabanye lokungenani emalanga langu 14.**
- **Caphela ngaso sonkhe sikhatsi ungasondzalani nemuntfu lonetimphawu temkhuhlane.**
- **Mbonya umlomo netimphumulo nawutsimula noma ukhwehlela.**
- **Geza tandla njalo njalo usebentisa insipho nemanti laphephile lageletako**
- **Yiphekisise inyama nemacandza.**
- **Gwema kutsintsana nemfuyo kanye netilwane tasendle.**



What you need to know about **CORONAVIRUS**

CONVID-19

What is Corona Virus?

This is a new virus that causes respiratory illness in people and animals and can spread from person-to-person through sneezing and cough droplets. This virus has signs and symptoms similar to the common cold but is dangerous and if not reported early and managed by Health Workers it can cause severe illnesses in human beings and it can kill.

How does Corona Virus spread?

Initially, the virus was believed to be spread to human beings through contact from infected animals. Currently, transmission is human-to-human, it occurs when an infected person's sneeze or cough droplets come into contact with others.

Who is at risk?

The full clinical presentation of the disease is still under investigation. However, most patients who have been seen so far present with:

- Fever
- Cough
- Sore throat
- Shortness of breath

If not reported and managed early, it can lead to death.

How can Corona Virus be prevented?

There are simple everyday actions that can help prevent the spread of the virus:

- Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough,
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and running water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Stay home when you experience these symptoms to avoid spreading illness to others.
- The sick are encouraged to use a face-mask to cover the nose and mouth.
- Cover the mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the dustbin and wash your hands thoroughly with soap and running water.
- Regularly clean and disinfect frequently touched objects and surfaces such as door handles.
- When infected with Corona Virus, avoid company and try to be alone.

Is there a vaccine?

There is currently no vaccine to protect against the Corona Virus. The best way to prevent infection is to avoid being exposed to this virus or to the sick.

Is there a treatment for Corona Virus?

There is no specific treatment. However, people who have been infected should immediately, seek medical care to help relieve symptoms and manage complications.

KEY MESSAGES

- **Travellers from any of the Corona Virus affected places or any person with signs symptoms should report to the nearest health facility or stay in isolation for at least 14 days.**
- **Be on the lookout and avoid close contact with persons who show flu-like symptoms**
- **Cover the mouth and nose when sneezing or coughing.**
- **Regularly wash hands with soap and running water.**
- **Thoroughly cook meat and eggs.**
- **Avoid unprotected contact with live wild or farm animals.**