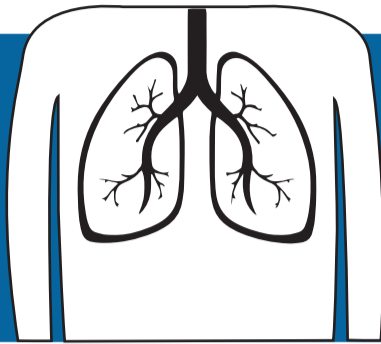


# COVID-19



## UKUKHATHAZEKA OKUKHULU

### OKUNYE UKUKHATHAZEKA OKUKHULU KUNGASIZA

Uma uzizwa ukhathazekile noma uhluphekile, awuwedwa. Ukukhathazeka kujwayelekile, futhi ezigabeni ezinengi kungaba lusizo. Ukuphenya lokudingisisa ngesikhathi semikhuhlane eyedlule kukhombisa ukuthi abantu abakhathazekileyo bavame ukwenza izinto ezingaba luncedo ukuvikela leli gcikwane, njengokugeza izandla njalo nje lokuhlalelana khatshana labanye.

#### THUNGAMELA/ HLELA UKUKHATHAZEKA KUBE YIKWENZA

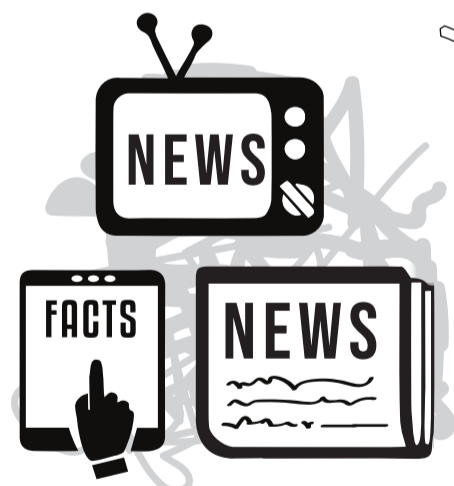
Sivame ukuzizwa sikhathazekile nxa izinto sezingasekho emandleni ethu, sicabange njalo ukuthi asilamandla okubhekana lezinto. Funda amaqiniso mayelana nge-COVID-19 ebantwini abalolwazi njalo abathembekileyo. Unanzelele izinto ezisemandleni akho ukuzilawula, okunje ngokuhlazeka okuhle nokuhlazeka ngokomzimba. Yenza uluhlu lwalokho ozokwenza ongalulawula :)

#### ENGINAKULAWULA

1. IZINDABA ENGIZIBALAYO
2. UKUBA LOKOKWENZA MIHLA NGEMIHLA
3. UKUXOXISANA LABANGANE
4. UKUQINISA UMZIMBA

#### NCIPHISA KUMBE YEKELA UKULALELA OKUPHUMA EZINTATHELINI ZEZINDABA OKUNGELA NCEDO

Ukuzwa izindaba ezinengi ezethusayo kwenza sibone sengathi kungathi kukhona okwesabisayo, kuphinde kumemethekise ukungahlaliseki lokukhathazeka. Loba kungani kuyalinga ukuthi kutholakale ulwazi, kumbe kunzima ukukwenqabela, ukunciphisa amathuba okwamukela okuphuma kuzindaba ngemihlobo yazo yonke mayelelana ngeCoronavirus kuyaphathisa ukumisa ukwesaba.



#### NCIPHISA KUMBE YEKELA UKWENZA IZINTO EZINGEZELELA UKUKHATHAZEKA

Zikhona izenzo ezithile ezingondla ukhathazeka kwethu, e.g. ukugxila kakhulu emizweni yomzimba, ukudingisisa lokucwayisisa ku-'Dr Google', ukuphuza lokubhema kakhulu, lokungalandeli uhlelo lokwenza ojayele ukukwenza nsukuzonke.

Ukunanzelele ukuziphatha kwethu, ukuzwisisa ukuthi kusiphatha/sizwa njani njalo lokuguquka ekuziphatheni ukuze sibelendlela ezingcono ezisisizayo ezisusa imizwa yokukhathazeka lokuba ngabahlukuzekileyo

