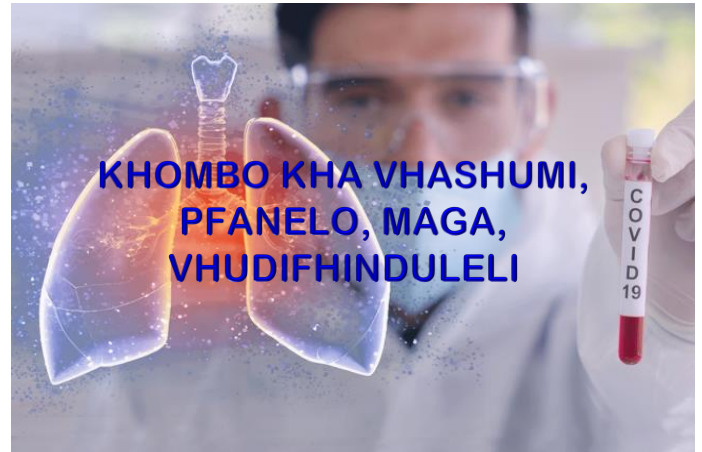


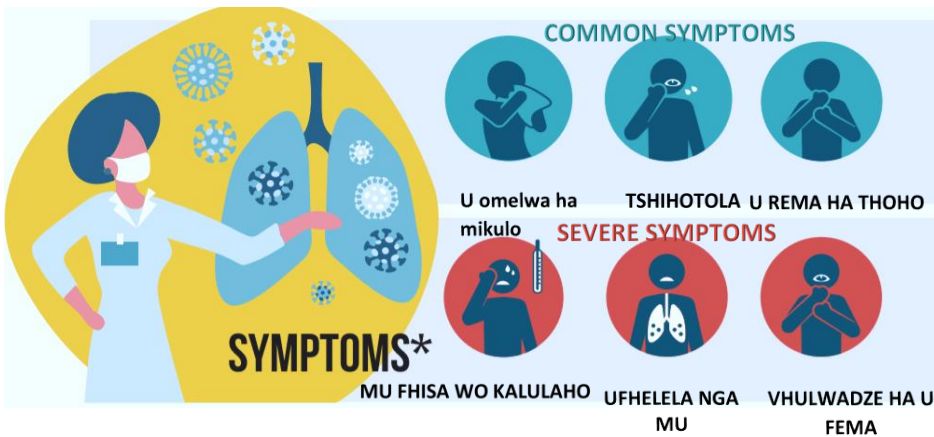
Tshitzhili tsha corona tshidi vhonadza nga ndila dzo fhambananaho, sa mutetemelo kana malwadze a fanaho na mphigela (u fana na, MERS - Middle East Respiratory Syndrome and SARS – Severe Acute Respiratory Syndrome). Tshitzhili tsha corona tshino vhidzwa COVID-19 tsho thoma kha shango la Wuhan, khala China nga nwedzi wa Nyendavhusiku 2019.

Dzangano la zwa mutakalo la lifhasi - World Health Organization (WHO) vha khou shuma vhukuma na vshadzulisi vha malwadze, mivhuso khathihi na mirado yo fhambananaho u bvedza ndivho ya u dzivhela COVID-19 sa izwi zwinzhi zwi kha di gudiwa nga ha u dzivela ili dwadze.

Ngeletshedzo ya tshihadu kha zwine vhashumeli vha mutakalo vha tea u di tsireledza ngayo nau thivhela u phadaladza vhulwadze uvhu l do dzulela u netshedzwa vhulwadze uvhu vhu pfukhela hani?



**KHOMBO KHA VHASHUMI,
PFANELO, MAGA,
VHUDIFHINDULELI**



VHASHUMI VHARE KHA KHOMBO YA U KAVHIWA

muthu munwe na munwe u khomboni ya u kavhiwa nga COVID-19, fhedzi khombo khulu l kha vhashumi vhano tea u thogomela vhalwadze vho kavhiwa na vhaongi uya ngau fhambana havho. tangana na vhatu vhane vho kavhiwa nga tshitzhili. Vhashumi vhane vhavha na maswole a muvhili are fhasi vha khomboni vhukuma (u to fana na vhatu vhane vhavha na vhulwadze ha mafhafhu, swigiri na vhulwadze ha mbilu). Tshigwada tsha vhashumi vhane vha khomboni khulu ndi zwi itevhelaho:

- **Vhashumi vha vhashumaho nga zwa mabupo** (tshigwada tsha vhaendedza mabupo, vhakulumagi mabuponi na vho makhanike)
- **Vhashumi vha mikanoni** (vhalindii vhsireledzo, navha ofisiri vha mikanoni)
- **Vhashumi vhazwa mutakalo** (vhashumi vha ambuleseni, manese, matokotela, na vhanwe vhashumi vhazwa mutakalo)
- **Vhashumi vha laborothari** (e.g. vhadivhi vhazwa mishonga, vhadivhi vha zwa malwadze, na vha todulusisi)
- **Vhashumi vha shumaho nga vhatu vholovhaho na Mimotshari (u fana na vhashumi vha motsharani, vhadivhi vha u todulusa tsholaho mufu)**
- **Vhalangi vha mathukhwi kana malatwa** (vhashumaho nga u dobela mashika, na vha kunakisaho madi)

Arali mushumi wazwa mutakalo wavho anga humbulela uri vho kavhiwa nga COVID-19, vha tea u ita ndingo na zwenezwo. Vha National Institute for Communicable diseases (NICD) vhateu u kwamiwa u wanulusa zwinzhi. Siatari la NICD ndi webpage (www.nicd.ac.za), li netshedza zwidodombedzwa zwothe ngaha u dzhia, u fara na u endedza ndingo dza tshitzhili ubva kha vhalwadze vhane vkhadi toduluswa uya laborothari. Kana vha vha kwama kha: 080 002 9999 kana vhwama vhashumela vhapo kha: 082 883 9920.

U WANULUSA VHUMVO HA VHULWADZE

Vharangaphanda mishumoni vhateu u jiela nzhele zwitterhelaho:

- vhateu u wanuluse fhethu hune hangavha hanga disa khombo kha vhashumi na u vhea maga a u thivhela tshitzhili.
- vhateu u sedzuluse arali vhashumi vhovha na thanganelo na muthu ane a khou humbulelwa uri una COVID-19 musi vha mushumoni.
- avha wanuluse fhethu hune hanga vhea vhashumi khomboni (fhethu hune vhashumela hone) kana zwishumiswa zwine vha zwishumisa zwine zwina tshitzhili.
- avha toduluse vhatu vho kho lwala, vha sedzuluse tsumba dwadze na u sedzulusa uri vho vhuya vha endela

VHA VHONA UNGA VHO KAVHIWA NGA COVID-19

- ▶ Avha divhadze muhulwane wavho kana vhaye kiliniki ya vhashumeli na zwenezwo.
- ▶ Arali vhana tsumba dwadze, khavha divhadze mutoli wavho wazwa mutakalo ngaha vhatu vhevha vhuya vha tangana navho na fhethu hune ho kwamea nga COVID-19 he vha vhuya vhadela.

COVID-19 I WANULISIWA HANI?

VHUDIFHINDULELI HA VHASHUMI

- W** Khavhadzulele u tamba zwanda nga tshisibe na madi lwa mithethe I swikaho fumbili (2000)
- O** U tevhedza milayo na maitele a zwa udi tsireledza kha zwa mutakalo
- R** Avha dzulele u thivha ningo na mulomo nga tshikuda vhavha kana thishu musi vhatshi betela kana vhatshi etemula
- K** Udi bvisa khavhane vhavha na tshitzhili
- E** Khavha ambare, vhabvule, vhadovhe vha late zwishumiswa zwa u thivhela dwadze
- R** khavha vhige zwiimo zwine zwanga vhea vhutshilo na mutakalo khomboni khomboni
- S** Avhadi sedzuluse tsumba dwadze na u dibvisa kha vhatshi kana vha vhiga vhlwadze kha vhaulwane , arali zwo itea vha mushumoni.

PFANELO DZA VHASHUMI

Pfanelo dza vhashumi dzo angaredza vatholi na vharangaphanda kana vhalanguli:

- Kha vha vhone uri maga a u thivhela na udi tsireledza kha tshizhili a hone u itela u fhungudza khombo ho katelwa na u netshedza zwitsireledzii (PPE) zwo teaho.
- Avha dzulele u divhadza , u funza na u pfumbudza vhashumi ngaha khombo dzine vhangangana nadzo mushumoni nga COVID-19
- Avha ite uri vhashumi vhavhe na ndowelo ya u vhiga khombo vho vhofoholwa vha sina nyofho.
- Avha nee vhashumi thuthuwedzo ya udi tola, nau dzula hayani ari muthu ana tsumba dwadze dza covid 19
- Avha tendele vhashumi uri vhashumise pfanelo dza u di bvisa kha tshumelo dza mushumo dzine dzanga vha vhea mutakalo wavho khomboni.
- **Avha divhadze mukomishinari wa dzangano la ndiliso arali zwitshi kwamana na mushumo.**

Tsireledzo na ndango ya COVID-19 mishumoni

Thoduluso ya khombo l tea u itwa mushumoni u itela u vbona uri khombo ya COVID-19 yo hula vhungafhanani na u pfumbisa vhashumi.

Administrative Controls

- ▶ Muthuli munwe na munwe u tea uvha na pulane yau ranga mushumo uitela udi lugisela.
- ▶ Muthu wa zwamutakalo u tea u sumbedza vhatshi vane vha tea u kwamiwa vhatshi kana mushumo, mushumi na fasiliti yapo ya zwa mutakalo.
- ▶ Vhashumi vane vhone farwa nga COVID-19 vhatshi u fhandekanyiwa na vhanwe na zwezwo.
- ▶ Avha fhungudze tshivhalo tsha vhashumi tshine tsha tea u jena fhethu ho iledzwaho hune havha hu khou hambulelwa uri huna COVID-19 (e.g. healthcare facilities)
- ▶ Avha sumbedza maga a u vhiga arali huna khombo ine ya tea u vhwaga nga tshihadu.

ZWISHUMISWA ZWA UDI

- ▶ Avha ambare tshivala tshifhatuwo u itela u thivhela u kavhiwa nga tshitzhili.
- ▶ Vha tea u ambara magilafu arali vha tshi khou thogomela mulwadze kana u kulumaga fhethu hure na tshitzhili.
- ▶ Zwithusa u fema (e.g. N95) ndi zwa maitele a aerosol generating (e.g. nebulisers) kana arali vho eletshedzwa nga vha WHO
- ▶ Avha ambare zwiambaro zwa udi tsireledza arali vhatshi khou tangana na vhatshi vho kavhiwaho.

Environmental & Engineering Controls

- ▶ Dzi phera dzo khudaho dzire kule na dzinwe ndi dzone dzino todea kha COVID-19 (e.g. healthcare facilities)
- ▶ Udi thivhela u pfukelwa nga tshitzhili tshidaho nga muya zwi tea u jielwa nzhele musi khombo yo kalula.
- ▶ Mushonga wa u vhlulaya zwitshili (70% ethanol) u tea u shumiswa ukulumaga ho tshikafhalaho.
- ▶ Avha di bvisa kha u shumisa tshifafadzela madi kana zwi thubisa muya vhatshi kulumaga fhethu hune havha na tshitzhili.
- ▶ Mithini ya u kulumaga fhasi ndi yone ino todea (e.g.

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