



I-C  RONA VIRUS (COVID-19) NABATHENGISI BASEMGWAQWENI (Street Vendors)

I-coronavirus entsha ka-2019 noma i-SARS-CoV-2, uhlobo olusha lomkhuhlane othinta amaphaphu kanye nomgudu wokuphefumula futhi ugulisa abantu, ikakhulukazi abantu abanamasosha omzimba abuthakathaka. Lokugula kubangelwa yigciwane elibizwa ngokuthi yi-Corona Virus (COVID-19) futhi kungaba mnene ngokufana nomkhuhlane ojwayelekile noma onzima kakhulu njenge-pneumonia. Zonke izingxenyane zomphakathi, kufaka phakathi amabhizinisi, abazisebenzelayo nabaqashi kumele babambe iqhaza ekunqandeni ukusakazeka kwalesi sifo

TRANSMISSION



- ▶▶ Ukuxhumana nomuntu noma ukuthinta izindawo ezingcolile
- ▶▶ Isakazeka ngamaconsi okuphefumula ngaphakathi kwebanga lamamitha amabili (1-2m) ngokukhwehlela nangokuthimula
- ▶▶ Isikhathi sokubonakala kwezimpawu siphakathi kwezinsuku ezi-2-14

COMMON SYMPTOMS



Cough



Fever



Shortness of breath



Sore throat



Headache

Other symptoms include:
Body aches and pains
Weakness or fatigue
Severe respiratory distress

IXILONGWA KANJANI I-COVID-19?

Uma usola ukuthi kungenzeka ukuthi une-COVID-19, kuzodingeka ukuhlolwa kwelaboratri. Izinhlobo zelaboratri eziqoqiwe kungaba amafinyela noma isikhohlela. I-National Institute for Communicable Diseases (NICD), inemininingwane nemihlahlandlela yokuqoqa, yokuphatha kanye nokuhambisa amasampula (clinical samples) asuka ezigulini ezisaphenywayo ziye egumbini lazo.

Protect yourself and loved ones from coronavirus.

Wash your **hands** regularly with **soap** and **water** or use an **alcohol-based** hand rub.

Cover your mouth and nose while **sneezing** or **coughing**.



Avoid close contact with anyone who has a cold or flu-like symptoms.

If you have fever, cough and difficulty breathing, **seek medical care early**.



WENZENJANI UMA KUNESIGINISEKO SOMUNTU ONE COVID-19 EMAKETHE?

- ▶▶ Ngokushesha wazise abezempilo yezemvelo endaweni yangakini ukunquma inkambo okufanele yenziwe.
- ▶▶ Sebenzisana nezikhulu ezilandela labo abathintekile ezivela emnyangweni wezempilo.
- ▶▶ Yazisa osebenza nabo ngokuchayeka kwabo ku-COVID-19 kepha gcina imfihlo.
- ▶▶ Phuma ngokushesha futhi uvale esakhiweni lapho igciwane eliqinisekisiwe le-COVID-19 litholwe khona.
- ▶▶ Yenza ukuhlanza okuphelele nokubulala magciwane kuleyondawo yokusebenza.

RONAVIRUS (COVID-19) NABATHENGISI BASEMGWAQWENI **(Street Vendors)**

ABATHENGISI BASEMGWAQWENI KUFANELE BA:



Hlanza futhi usule yonke indawo esitalini sakho nge-disinfectant yasekhaya ngaphambi kokuthi uqale ukuthengisa zonke izinsuku, njalo phakathi nosuku, nangaphambi kokuba uhambe.

Geza izandla zakho ngensipho namanzi noma usebenzise i-sanitizer:

- Ngaphambi nangemva kokulungisa noma ukuphatha ukudla
- Ngemuva kokusebenzisa indlu yangasese
- Ngemuva kokubamba ikhala lakho, ukuthimula noma ukukhwehlela
- Ngemuva kokuphatha izilwane noma imikhiqizo yezilwane
- Ngaphambi kokudla

UNGABINGELELI abantu ngokuxhawula, ukucabuza noma ukwanga..

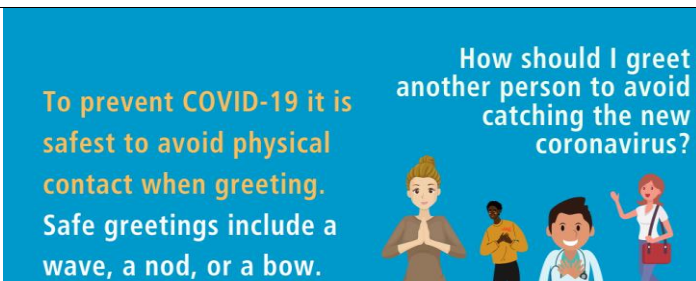
Hlala ekhaya uma-ugula.

Abasebenza ndawonye kufanele bagcine amamitha ayi-1 - 2 kude komunye.

Amakhasimende kufanele ame amamitha ayi-1 kude nabathengisi ngesikhathi sokuthenga.

Amakhasimende akufanele athinte noma aphaathe izinto angeke azithenge.

Isisetshenziswa esisemthethweni sezindaba : www.sacoronavirus.co.za or WhatsApp "Hi" ku 0600 123 456



Ngeminye imininingwane, thintana:

NICD: 080 002 9999 NIOH: info@nioh.ac.za

www.nicd.ac.za or www.nioh.ac.za



**NATIONAL INSTITUTE FOR
OCCUPATIONAL HEALTH**

Division of the National Health Laboratory Service



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Information in this fact-sheet is correct as at 30 March 2020. Please consult NICD, NIOH, CDC and WHO websites for updated information, that we will share as and when it becomes available