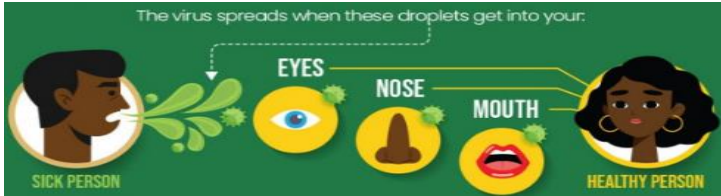




## **C** **RONAVIRUS (COVID-19) NABATHATHI BEMFUCUMFUCU**

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

### **TRANSMISSION**



### **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), ineminingwane nemihlahlandlela yokuqoqa, yokuphatha kanye nokuhambisa amasampula (clinical samples) asuka ezigulini ezisaphenywayo ziye egumbini lazo.



### **WENZENJANI UMA KUNESIGINISEKO SOMUNTU ONE COVID-19 EMAKETHE?**

- ▶ Ngokushesha wazise abaholi bomphakathi wabathola imfucumfucu ukunquma inkambo yokusebenza futhi babeke nezindlela zokuvikela ezifanele.
- ▶ Abaholi bomphakathi kufanele bazise bonke abakhiqizi bemfucuzo ngamacala aqinisekisiwe nangokuchayeka kwabo ku-COVID-19 kodwa bagcine imfihlo.
- ▶ Sebenzisana nezikhulu ezilandela labo abathintekile ezivela emnyangweni wezempilo.

# Ukugcina abathathi imfucu bephephile

## CORONA VIRUS AND WASTE PICKERS: REDUCING THE RISK OF INFECTION



- Geza izandla zakho kaningi ngensipho namanzi imizuzwana engama-20 ikakhulukazi ngemuva kokushaya ikhala, ukukhwehlela, ukuthimula noma ngemuva kokuthinta izinto ezinjengama-trolleys asetshenziselwa ukuthutha izinto.
- Uma insipho namanzi kungatholakali, sebenzisa i-sanitiser yesandla equkethe okungenani i-60% utshwala noma ufinyelele emanzini avela kumaphoyinti aseduze anikezwe ngumasipala wendawo.
- Kepha khumbula, i-sanitiser yesandla ingahle ingasebenzi njengokugeza izandla zakho ngensipho namanzi uma izandla zakho zingcolile kakhulu noma zinamafutha.



- Uma ukhwehlela noma uthimula, amboza umlomo nekhala ngengalo yakho egobile noma izicubu.
- Faka itishu ezisetshenziwe emgqonyeni bese ugeza izandla.



- Hlala ekhaya uma ugula noma unezim pawu ezinjengomkhuhlane, ukukhwehlela, ikhanda, umphimbo obuhlungu, ukuphefumula kabuhlungu noma vakashela umtholampilo / isibhedlela esiseduze
- Abakhiqizi bezimfucuza (Waste pickers) abangaguli kodwa kukhona ilungu lomndeni eline-covid-19 ekhaya kufanele bazise umtholampilo / isibhedlela esiseduze.
- Zihlukanise ube wedwa izinsuku eziyi-14 uma ukhe wachayelwa umuntu onaleli gciwane.



- Gwema ukusondelana nanoma ngubani kanye nemibuthano emikhulu ngokugcina ibanga elingamamitha ayi-1-2 kude nomunye.
- Futhi cabanga ngokunikezana ithuba lokusebenza lapho nisebenzela khona ukuze ningasondelelani.
- Musa ukubamba ngesandla uma ubingelela abantu - sebenzisa ezinye izindlela ezingezona zokuxhumana.



- Ukuhlukaniswa kwezenhlalo kubalulekile ukunciphisa ukusabalala kwe-COVID-19.
- Khumbula njalo ukuthi izinto eziqoqiwe futhi zahlelwa zingangcoliswa yigciwane.
- Leli gciwane lingaphila amahora amaningi nezinsuku ezintweni ezinjenge-aluminium, amagilavu okuhlinza kanye nepulasitiki, ngakho-ke kubalulekile ukugeza izandla zakho kaningi.

Ngeminye imininingwane, thintana

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[www.nicd.ac.za](http://www.nicd.ac.za)

or

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Information in this fact-sheet is correct as at 29 March 2020. Please consult NICD, NIOH and WHO websites for updated information, that we will share as and when it becomes available