



CORONAVIRUS (COVID-19) LE BA REKISANG TSE LAHLILWENG

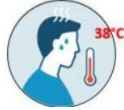
Matshwao a lefu la COVID-19 a iponahatsa ka mor'a matsatsi a

2 to 14

ka mor'a tshwaetso



Ho kgohlela



Motjheso/feberu



Ho bipetsana/ sitwa ho hema



Mmetso o bohloko



Hlooho e opang

Matshwao a mang ke;
• Ditlhabi le ho opelwa mmeleng
• Mokgathala
• Bohloko bo boholo ka sefubeng

Lefu la COVID-19 le ka netefatswa feela ka diteko tsa laboratoring

Haho so be le pheko kapa ente e thibelang lefu la COVID-19.

O ka tshwaetswa ha o:

- Amana le motho ya nang le kokwana-hloko, mme a kgohlela
- Tshwara ntho kapa sebaka se nang le tshwaetso, mme o itshwara sefahleho, molomo, nko kapa mahlo pele o hlatswa matsoho.

Mekgwa ea ho thibela tshwaetso

Metsotswana e 20



Hlwekisa matsoho, mme o ithimole le ho kgohlela ka tshwanelo.



Qoba ho ba haufi le batho ba kgohlelang.



Se ye mosebetsing ha o kula. Dula hae



Hlakola dibaka tsohle ka sebolaya-dipeo-tsa mafu.



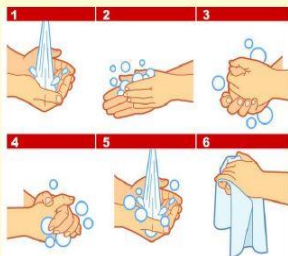
Apara ho tshireletsang sefahleho (face mask) haeba o na le matshwao a tshwaetso

Keletso ka ho hlwekisa

- Hlwekisa le ho nyanyatsa ka sebolaya-dipeo-tsa-mafu kgafetsa, dibaka tse nang le sephethephete mme di ka ba le tshwaetso.
- Qoba ho ama mahlo, molomo kapa nko ea hao ka nako ea tshebetso.
- O ka sebedisa blitjhi (e.g. Jik) e hlapolotsweng kapa dibolaya-dipeo-tsa mafu tse ding.
- Hlakola ka mmopo o metsi, eseng o ommeng.
- Sebedisa diatlana tse lahlwang hang ha motho a qeta ho di sebedisa (disposable gloves).
- Haeba o sebeta o sa rwala diatlana, hlatswa matsoho hang ha o qeta ho hlwekisa.

Hlatswa matsoho ka nepo;

- Hlatswa matsoho metsotswana e 20.
- Hopola ho hlatswa pakeng tsa menwana le bokahodimo ba letsoho o sebedisa metsi le sesepa.



O etsa jwang ha o belaela hore o na le tshwaetso ya COVID-19

Tsebisa mookamedi wa hao le setsi sa bophelo bo botle se haufi, hore o tle o hlahlajwe kapele.

O ETSA JWANG HA EBA HONA LE MOTHO A TSHWAEDITSWENG KE COVID-19 HO BA REKISANG TSE LAHLILWENG?

- ▶ Tsebisa baetapele ba sechaba sa barekising tse lahlilweng hang-hang (waste pickers), hore ba tsebe hore na banka bohato bofe le ho beha mehato e loketseng ea thibelo.
- ▶ Baetapele ba sechaba sa barekising tse lahlilweng ba lokela ho tsebisa sechaba sa barekising tse lahlilweng empa ba boloke lekunutu.
- ▶ Sebedisana mmoho le balaodi ba ho tswa Lefapheng la Bophelo .

Ho boloka basebetsi ba rekisang tse lahlilweng ba bolokehile

KOKWANA-HLOKO YA CORONA LE BA REKISANG TSE LAHLILWENG: FOKOTSA KOTSI EA TSHWAETSO



- Hlatswa matsoho kgafetsa ka sesepa le metsi (metsotswana e 20) kapa o sebedise di-hlatswa matsoho (hand sanitizer), tse nang le bonyane 60% alcohol.
- Fela hopola hore di-hlatswa matsoho (hand sanitizer) hadi hlatswisi jwalo ka ho hlapa ka se sepa le metsi ha matsoho a hao a leditshila haholo.



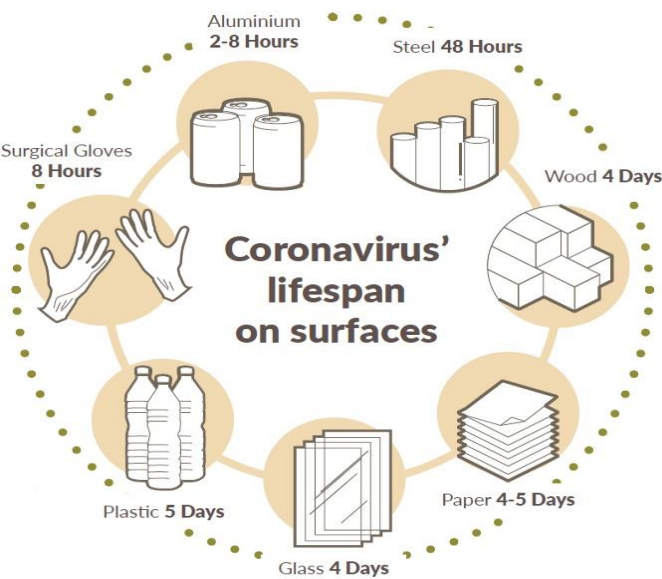
- Kwahela molomo le nko ka thishu kapa setsu ha o kgohlela kapa o ithimola.
- Lahlela thishu e sebeditseng moqomong mme o hlatswe matsoho.



- Ha o kula kapa o belaela hore ekaba o na le tshwaetso a tshwanang le feberu, ho kgohlela, hlooho e opang, mmetso o bohloko kapa ho fellwa ke moya, dula hae kapa o etele setsing sa bophelo kapa sepetelele.
- Basebetsi ba phetseng hantle feela ba dula le motho ya tshwayeditsweng ke covid-19, ba se sebetse, ba mpe ba ye setsing sa bophelo.
- Ha o belaela hore o amane le motho ya nang le tshwaetso ya covid-19, dula hae matsatsi a 14.



- Qoba hoba haufi haholo le batho, kapa sehlopha sa batho ka hoba hole ka sebaka sa dimithara tse ka bang 1-2 ha ho khoneha.
- Nahana ka ho ya mosebetsing ka nako tse fapaneng, ho fana ka monyetla wa hokena sebakeng sa tshebetso (landfill) le se bangata, ka nano e le nngwe.
- Tlohela ho tshwarana ka matsoho ha o dumedis batho – sebedisa mekgwa emeng ya ho se



- Hopola ka nako tsohle hore dintho tse bokelloang di kaba le ditshila tsenang le tshwaetso ea kokwana-hloko ea COVID-19.
- Kokwana-hloko e ka phela dihora tse ngata ho isa matsatsi dinthong tse kang aluminium, gloves le plastiki, HO BOHLOKWA HO HLAPA MATSOHO KGAFETSA!

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