



**C RONA VIRUS (COVID-19) LE DIMARAKA TSE SA REROANG (STREET VENDORS)**

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.



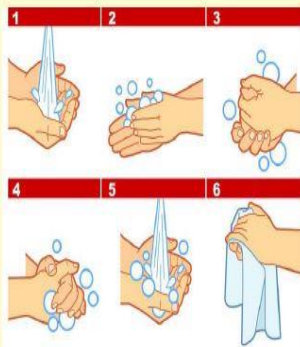
Apara ho tshireletsang sefahleho (face mask) haeba o na le matshwao a tshwaetso

**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 sebetsa 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.



**HA HONA LE MOREKISI-MMOHO YA NANG LE TSHWAETSO YA CORONA VIRUS**

- ▶ Tsebisa baetapele ba sechaba sa barekising tseleng hang-hang, hore ba tsebe hore na banka bohato bofe le ho beha mehato e loketseng ea thibelo.
- ▶ Sebedisana mmoho le balaodi ba ho tswa Lefapheng la Bophelo . Ba tla hlahloba hore na ke mang ea lokelang ho beoa ka thoko
- ▶ Tsebisa basebetsi-mmoho empa u boloke lekunutu
- ▶ Tloha hang-hang mme o seke wa rekisetsa sebakeng seo
- ▶ Etsa tlhoekiso e felletseng le ho nyanyatsa ka sebolaya-dipeo-tsa-mafu sebakeng seo.

# **RONAVIRUS (COVID-19) LE DIMARAKA TSE SA REROANG** **(Street Vendors)**

## BA REKISANG TSELENG BALOKELA HO:



Hlwekisa le ho hlakola **sebaka seo o rekisetsang ho sona ka sebolaya-dispeo tsa mafu** pele u qala ho rekisa letsatsi le letsatsi, khafetsa motshehare le pele u tsamaya.

Hlatsoa matsoho ka sesepa le metsi kapa sebelisa **sebolaya-dispeo tsa mafu** (Sanitizer):

- Pele le kamorao ho pheha kapa ho tshwara dijo
- Ha o tswa ka ntloaneng (**toilet**)
- Kamora ho hlakola nko ya hao, ho thimola kapa ho khohlela
- Kamora ho tshwara diphoofolo kapa dihlahisoa tsa diphoofolo
- Pele o ja

O SE KE WA dumedisa batho ka matsoho, ho hakana kapa ho **suna**.

Dula lapeng ha o kula.

Basebetsi-mmoho ba tlameha ho boloka dimithara tse 1 - 2 ho tloha ho emong.

Bareki ba tlameha ho ema bonyane mithara **ole mong** ho barekisi nakong ya ho reka.

Bareki ha baa lokela ho ama kapa ho tshwara dintho tseo ba sa tlo di reka.

Sesebediswa sa semmuso sa ditaba: [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za) kapa WhatsApp "Hi" ho 0600 123 456

**Tlhaiso-leseding e batsi, ikopanye le,**

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