

Hungu leri ri nyika vuxokoxoko lebyi tirhisiwaka eka ndzhawu yo tirhela loko swita ka COVID-19. Muthori u fanele ku endla tindlela ta nsirhelelo eka ndzhawu yo tirhela ku tiyisisa ndzhawu yo tirhela leyi nga hlayiseka eka vatirhi. Swilaveko leswi nga vuriwa ka swiletelo leswi nga humesiwa ehansi ka nawu wa khombo 'Disaster Management Act' swi fanele ku tekeriwa enhlokweni, ku katsa na nkatsakanyo wa swileriso ka rihanyo lerinene emintirhwani na swiboho leswi tekiweke swa vuhlayiseki eka tindzhawo to tirhela ka tona.



SWIKOWETO SWA VAEHLEKETELERIWA VA COVID-19
(KU NGAVA NA SWIKOWETO SWINWANA KUMBE KU NGARI NA SWI NWANA SWA SWIKOHETO; HI
KUYA HI HLAMUSELO YA NICD YATI 18 MAY 2020)



KU KHOHLOLA KU HELELA HI MOYA KU VAVA KA MINKOLO



KU LAHLEKERIWA HI NUHWELO KU LAHLEKERIWA HIKU RINGA KA RIRIMI

TLHAMBUKELO

- ▶▶ Loko vanhu va khumbana na ku khoma ndhawu leyi nga na xitsongwanatsongwana
- ▶▶ Ku tlulela loko nga vangaku hi manthonsi loko munhu a khohlola eka mpfhuka lowu nga hundzeki timitara timbiri.

VATIRHI LAVA NGAKA NXUNGETO WA COVID-19

Hambileswi vanhu hinkwavo va nga ehansi ka nxungeto wo tluleriwa hi ntungu wa covid-19, kuna vanhu vo karhi lava ngale ka nxungelo wu kulu wa mavabyi loko vo khomiwa hi xitsongwatsongwani. Ntlawa wa vanhu lava wu katsa:

- Vatirhi lava ngani malembe ya makume ntsevu (60 years) niku hundza
- Vatirhi lava ngani malembe ya nwana na yanwana vari ni swiyimo swofana na leswi (ngopfu ngofu swiyimo swoka swinga tshunguleki):
 - o Vuvabyi bya mahahu
 - o Vuvabyi bya chukele
 - o Vuvabyi bya ngati
 - o Vuvabyi bya mbilu
 - o Vuvabyi bya tinsu (lebyi nga vekerwa tiphayiphi to hefemula ta moya)
 - o Vuvabyi bya xivindi (including cirrhosis)
- Vatirhi lava va ngana miri wu kulu (body mass index \geq 40)
- Vatirhi lava nga tsana emirirhi
- Vatirhi lava nga biha a mirhi hiku hundza mavhiki ya makume mbirhi nhungu (28 weeks)- (ku katsa na swiyimo leswi nga hlamuseriwa ehehla)

NXUNGETO WA VATIRHI, TIFANELO, YIMELO, VUTIHLAMULERI

LAVISISANI TINDHAWU LETI NGANA NXUNGETO

Muthori u fanele a endla ndzavisiso wa khombo endzhawini yo tirhela:

- Lavisisa mintiro kumbe tindzhawu leti nga vaku na tluleto wa xitsongwatsongwani.
- Lavisisani vatirhi lava nga tluleriwaku hiku olova.
- Lavisisani eka tirho wunwana na wunwani kumbe ndzhawu, mitekela enhlokweni kulangutisisa ku munhu uva ka nghozi hindlela yini, ku katsa na nhlayo ya xitsongwatsongwani.
- Komba leswi fanelaku ku endliwa ku lawula, ku katsa na leswi nga tirhisiwaku ku nsirhelela vanhu eka tirhu wihi kumbe wihi kumbe ndzhawu hikuya hi mpimu wa khombo
- Tekela enhlokweni makhombo ya nwana lama nga andzisaku xitsongwatsongwani xa covid-19
- Tihela u kambisisa ndzavisiso wa khombo loko matirhelo ya ncica kumbe loko kuri na munhu loyi anga tluleliwa hi ntungu wa covid-19.

XANA UNA KU HLEKETELELA LESWAKU UNGA VA U HLANGANILE NA COVID-19

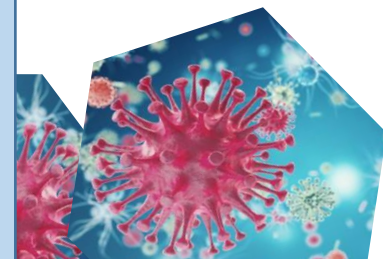
- ▶▶ Tivisa nkulukumba wa wena kumbe kliniki ya rihanyu ra vatirhi hi xihatla.
- ▶▶ Loko u ri na swinxungeto, tivisa muongori wa wena hi mayelana na lava i hlanganeke na vona na marendzo eka tindhawu leti hlaseriweke hi COVID-19.

XANA COVID -19 XI HLAHLUWIWA NJHANI?

Loko muongori a hleketelela leswaku u hlaseriwile hi COVID-19, nhlahluluvu wu ta laveka. Va National Institute for Communicable Diseases (NICD) va nga khumbiwa ku kuma vuxokoxoko hi vutalo. NICD's Webpage (www.nicd.ac.za) yi nyika vuxokoxoko hi vuenti hi mayelana na hlamuselo ya munhu loyi angale ka ndzavisiso na maendlelo yo kambela. Swikambelo swi nga endliwa ndliwa ka tindhawu to hlahluva ka vaaka tiko kumbe tindhawu ta vukamberhi ta NHL. Kumbe u va khumba eka tiqingho leti (public/vaaka tiko : 080 002 9999) kumbe vatirhi va rihanyu: 0800 029 999

VUTIHLAMULERI BYA VATIRHI

H	lambani mavoko hi minkari hikwayo mi tirhisa xisibi na mati (tisekonde ta makumembirhi) kumbe mi tirhisa swo hlamba mavoko leswi swi nga na makume nkombo wa tiphesente ta xihoko
L	andzelelani milawu na maendlelo ya swarihanyo na vuhlayiseki
T	sundzukani ku pfala nomo na tinhopfu hi xikokola kumbe hi thixu loko mi khohlola na ku entshemula
X	a nkoka i ku fambela kule na swinxungeto na ku papalata ku tluleta vanwani xitsongwatsongwani
T	iyisisani ku ambala, ku hlulula na ku cukumeta swiambalo swa nsirhelelo hi ndlela leyi nga fanela
V	ika xiyimo xinwana na xinwani lexi nga vaku nghozi ka vutomi na rihanyu
T	i kambeli swikoweto swa vuvabyi kutani u ti hambanyisa ka lava va nga vabyeki , kumbe u tivisa eka varhangeri loko swi humelela



Maendlelo yo nsivela niku hunguta ku hangalasa xitsongwatsongwana xa COVID-19

Maendlelo lamanene yaku tisivela

- ▶ Muthori unwana na unwana u fanele ku endla makungu yaku pfula mintirhi niku veka maendlelo yo nsivela vatirhi
- ▶ Muthori u fanele a endla ndzavisiso wa khombo a tekela enhlokweni swi miyimo swale tirhweni
- ▶ Avelani vatirhi mahungu ni tidyodzo ta nkatsakanyo wa mindzeriso , ku katsa ni maendlelo lama fanelaka ku landzeleriwa
- ▶ Vatirhi vafanela ku teka masiku vatshama kaya loko vavabya, ni loko vari ni swikoheto swo yelana na covid-19
- ▶ Murhangeri u fanela ku hlawuriwa kuri ava kona ku hlamula swirilo swa vatirhi, niku twarisisa hungu eka vatirhi
- ▶ Hungutani nhlayo ya vatirhi emitirhweni hiku landzela swikombiso leswi; ku fika himi karhi yo hambana, ku chichana, niku tirhela ekaya
- ▶ Hungutani ku hlangana ka vatirhi ku katsa niku hlangana ka vatirhi ni vaaka tiku.
- ▶ Muthori u fanele ku tivisa vandzawulo ya rihanyo niva ndzawulo ya vatirhi loko ku tshika kuva na vunhu loyi a nga na covid-19 etirhweni.
- ▶ Lavisani xivangelo xaku tumbuluka ka xitsongwatsongwani , niswi vangelo swaku ntsandzeka ku nsivela , mitlhela miendisisa nsivelo wa khombo
- ▶ Pfunetani va ndzawulo ya swa rihanyo hiku va lavisa vanhu lava ngava vavile kusuhi na munhu la ngana covid-19 laha swi fanelaka

Maendlelo yaku tihambanisa ni vanhu

- ▶ Lunghisani tindhawu to tirhela eka tona kuva ni pfhuka nyana wa mitara na hafu (1.5m) exikarhi ka vatirhi
- ▶ Loko swi nga koteki, vekelani xo hambanisa exikarhi ka tindlawu to tirha ka tona
- ▶ Laha swi lavekaka, avelani vatirhi swo ti sirhelela
- ▶ Endlani kuri vatirhi vanga tikumi vateka karhi wo wisa hi nkarhi unwe, ku lawula ku tala ka vanhu ka tindhawu to toloveleka

TIMFANELO TA VATIRHI

Timfanelo ta vatirhi ti katsa vathori ni varhangeri:

Va tiyisisa leswaku switirhisiwa swo sivela na vusirheleli swi hunguta nxungeto wa COVID-19, leswi katsaka na ku nyika swiambalo swo ti sirhelela

Va nyiketa vudyondzisi na vutivi eka vatirhi mayelana na nxungeto wa xitsongwatsongwani emintirhweni

Simeka maendlelo ya ku tivisa vuvabyi ku ngari hava ku chava kumbe ku hlawuriwa

Tsundzuxa na ku hlohlotela vatirhi ku ti kambela hi voxwe na ku tivisa loko vari ni swikoweto swa COVID-19, na ku tshama ekaya loko vavabya

Ku pfumelela na ku seketela vatirhi leswaku va sukela yinwani ya mintirho leyi nga vaku na nxungeto eka vutomi na rihanyo ra vona

Tivisa va ndzawulo ya mavabyi ya le mintirhweni (CCOD) loko vuvabyi byi fambisana na ntirho

Maendlelo ya swarihanyo na vuhlayiseka

- ▶ Muthoriwa unwana na unwana u fanele ku chekisiwa swikoweto swo yelana na swa covid-19 loko a fika etirhweni.
- ▶ Vatirhi va fanele ku tivisa loko vari na swinwana swa swikoheto loko va fika etirhweni, kumbe loko vari etirhweni.
- ▶ Vatirhi lava ngani swikoweto swo yelana na covid-19 vafanele ku vekiwa ka ndhawu(kamara) leyi vatirhi vanwa va nga taka vanga fikeli eka yona, mitlhela mi lulamisa ni movha wo vavisa ekaya kumbe etindhawini ta vutshungurhi
- ▶ Avelani vatirhi swo basisa mavoko leswi swi ngana xihoko xa tiphencentre ta makume nkombo (70%) kuri swi tirhisiwa hi vatirhi hinkwavo
- ▶ Tindhawu taku tirhela eka tona na switirhisiwa ku katsa na tindhawu to toloveleka ti fanele ku basisiwa hi mikarhi hikwayo loko ku sunguriwa ku tirha nile xikarhi ka siku, nile maheteleleni.
- ▶ Tiyisisani kuri kuva na tindhawu to basisa mavoko na swo tisula (paper towels).
- ▶ Vathori vafanele ku ambala leswi lavekaka, miavela vatirhi timask timbirhi hi kuya hi ndzavisiso wa kombo
- ▶ Muthori u fanela ku nyiketa vatirhi timask timbirhi, mutirhi un'wana na un'wana u fanela ku ambala swa kuti nsirhelela (cloth mask) loko ari xikarhi ka vanhu, ku katsa na loko ari na tikhasitama na vaedzi etirhweni
- ▶ Tindhawu hinkwato taku tirhela eka tona tifanele tiva na swo ngenhisa moya.

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