

Leliqeuba liphethe imininingwane emayelana ne COVID-19 emsebenzini. Abaphathi kumele bathathe izinyathelo zokuvikela abasebenzi ukuze baqiniseke ukuthi abasebenzi basebenzela endaweni ephephile futhi ehlanzekile. Kuleliqeuba kusetshenziswe izimfuneko ezitholakala kwizimiso zomthetho, nemihlahlandlela etholakala ku-Disaster Management Act, kanye nemikhombandlela yezempilo nezinyathelo zokuphepha emsebenzini.

IZIMPAWU ZESIFO SE – COVID-19

(ZIKHONA NOMA ZINGEKHO EZINYE IZIMPAWU; INCASELO YE-NICD 18 MAY 2020)



UKUKHWEHLELA



UKUPHEFUMULA
KANZIMA



UMPHIMBO
OBUHLUNGU



UKUNGEZWA IPHUNGA
EMAKHALENI



UKUNGEZWA I-TASTE
EMLOMENI

UKUTHELELANA KWEGCIWANE

- Ngokuxhumana kwabantu noma ngokuthinta izindawo ezisuleleke ngegciwane
- Ingabhebhethuka ngamathonsi ofuba ibanga elingafika kumamitha amabili (2m) ngokukhwehlela nangokuthimula.

ABASEBENZI ABASENGCUPHENI

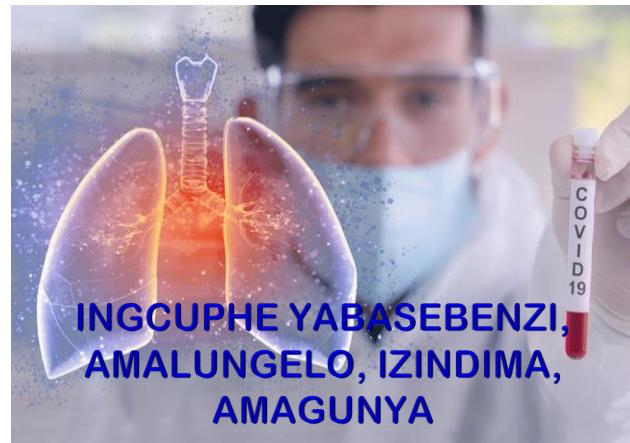
I-COVID-19 ingaphatha noma ubani, kodwa kusalabo bantu abasengcupheni ephakeme youkuba bangaba nezinkinga ezinzima uma bengathola leligciwane. Izigaba zabasebenzi abasengcupheni ilezi:

- **Abasebenzi abangaphezu kweminyaka engu-60.**
- **Abasebenzi abanoma iyiphi iminyaka kodwa banalezifiso ezilandelayo (ikakhulukazi uma isifo singanakekelwa):**
 - Isifo esingapheli samaphaphu
 - Isifo sikashukela
 - Umfutho wegazi ophakeme
 - Isifo senhliziyo esinzima
 - Isifo esingapheli sezinso (osebenzia i-dialysis)
 - Isifo esingapheli sesibindi (Kanye nesifo sokuqina kwesibindi)
- **Abasebenzi abanomzimba omkhulu (inkomba yomzimba omkhulu ≥ 40)**
- **Abasebenzi abanamasotsha omzimba angasebenzi kahle**
- **Abasebenzi abakhulelw amasonto angu-28 nangaphezulu (ikakhulukazi uma enezinye zalezifiso ezingaphezulu)**

IHLONZWA KANJANI I - COVID -19?

Uma abezempilo besola ukuthi une - COVID-19, kumele ukuhlolwe igazi (i-laboratory test). I-webpage ye-NICD (www.nicd.ac.za) ini keza imininingwane echazayo kanti futhi nemihlahlandlela mayelana nencazelo yomuntu osolwa ukuthi unalesisifo (PUI), nangenqubo elandelwayo ukuze uhlolwe igazi. Ungahlola igazi ema-laboratory omphakathi noma angasese, kanti futhi nakuma-NHLS mobile facilities.

Inimbolo yomphakathi ye-COVID-19 yamahala: 0800 029 999



**INGCUPHE YABASEBENZI,
AMALUNGELO, IZINDIMA,
AMAGUNYA**

UKUKHOMBA IMITHOMBO ENGABAKHONA

Abaqashi kumele benze i-risk assessment endaweni yokusebenzela:

- Bakhombe imisebenzi noma izindawo zokusebenzela lapho ukuthelelana kwegciwane kungeneka khona.
- Bakhombe abasebenzi abangaba engcupheni.
- Bahlaziye ubungozi kuyo yonke imisebenzi nezindawo zokusebenzela
- Bakhombe izinyathelo ezifanelekile, nezimpahla zokuzivikela kuyo yonke imisebenzi.
- Bacabangisise bonke ubungozi obufike naleligciwane le - COVID-19
- Babhekisise i-risk assessment uma kunenguquko yendlela yokusebenza, noma omunye wabasebenzi etholakale analeligciwane.

UNEZINSOLO ZOKUTHI UBUSENDAWENI ENE - COVID-19

- Yazisa umphathi wakho noma umtholampilo wabasebenzi ngokushesha.
- Uma ubonisa izimpawu, yazisa abezempilo ngohambo obe nalo noma ngabantu oke wahlanganelea nabo abane - COVID-19.



I-Z-I-B-O-P-H-O ZABASEBENZI

W	Hlanza izandla njalo, usebenzise insipho namanzi (~20 sec) noma sebenzisa i-alcohol-based hand rub (~70%)
O	Lalela inqubo nenqubomgomoyezempilo nezokuphepha
R	Khumbula ukuvala amakhala nomlomo ngengalo noma nge-tissue uma ukhwehlela noma uthimula.
K	Okubalulakile ukugwema ukuzifaka noma ufake abanye abantu ebungozoni bokutheleleka ngaleligciwane.
E	Qiniseka ukuthi ufaka, ukiphe, ulahle izimphla zokizivikela ngendlela.
R	Bika zonke izimo ezingaletha ubungozi empilweni noma kwezempi洛 zabasebenzi.
S	Hlola izimpawu zalesifo kuwe, ebese uyaziqhelelanisa nabantu noma ubike kubaphathi bakho uma uthola ukuthi unazo izimpawu.



Ukuvimbela nokulawula ukutheleleka nge - COVID-19 emsebenzini

Izinyathelo zokuphatha

- Wonke umqashi kumele abe necebo lokuvula, elibonisa izinyathelo ezithathiwe zokubuya kwabasebenzi ngezigaba.
- Umqashi kumele enze i-risk assessment abheke zonke izimo zendawo youkesebenzela.
- Nikezela abasebenzi ngolwazi nangoqelesh kwezomthetho, kanye nezinyathelo okumele zithathiwe ukuhlonipha umthetho.
- Abasebenzi kumele bathathe ikhefu lokugula, bahlale ekhaya uma begula noma bebonisa izimpawu ezhlobene ne-COVID-19.
- Kumele kukhethwe umphathi ozonakekela ukukhathazeka kwabasebenzi futhi bagcinwe benolwazi.
- Nciphsa inombolo yabasebenzi endaweni yokusebenzela ngokusebenzia amashift, ukungasebenzi zonke izinsuku, ukusebenzela kude nendawo youkusebenza.
- Nciphsa ukuhlangana kwabasebenzi, kanye nokuhlangana kwabasebenzi nomphakathi.
- Umqashi kumele azise umnyango wezempilo nomnyango wezabasebenzi ngabo bonke abasebenzi abatholakala bene-COVID-19.
- Phenza isizathu sawo wonke umsebenzi ohlonziwe nge-COVID-19, thola uma kunezinyathelo zokulawula ezingaphumelelanga, ebese ubhekisiza i-risk assessment.
- Sizana nomyango wezempilo ngokuthola bonke abantu abahlanganyele nabantu abahlonzwe nge-COVID-19.

Izinyathelo zokuziqhelelanisa

- Lungisa indawo yokusebenzela ukuze abasebenzi bahlale ibanga eliyimitha nohhafu phakathi kwabo zinkathi zonke.
- Uma kungakhonakali ukubahlukanisa beka isithiyo kuzo zonke izindawo zokusebenzela
- Uma kunesidingo nikela abasebenzi izimpahla zokuzivikela
- Qalisa isikhathi sekhefu esihlukahlukene ukugwema ukugcwala kwabasebenzi enkantini.

AMALUNGELO ABASEBENZI

Amalungelo abasebenzi amayalana nokuthi abaqhathi nabaphathi:

- Baqiniseke ukuthi zonke izinyathelo zokuvikela zenziwe ukunciphisa amathuba okutheleleka, kanye nokuhlinzeka kwezimpahla zokuzivikela.
- Banikela ngoqelesh nangemfundiso eqhubekayo kubasebenzi ngokutheleleka kwe-COVID-19 emsebenzini.
- Badala usiko lokuba abasebenzi babike bakhululekile ngaphandle kokubandlululwa.
- Bacebisa, bakhuthaze abasebenzi ngokuzihlola, ngokubika izimpawu nokuba bahlale ekhaya uma bengazizwa kahle.
- Bavumela abasebenzi ilungelo lokuba bazihoxise emsebenzini uma benesizathu esizwakalayo, besola ukuthi impilo yabo ingaba isengozini.
- Babike konke ukugula okutholakale emsebenzini kukhomishini wesinxhephezel.

Izinyathelo zempilo nokuphepha

- Wonke umsebenzi kumele ahlolle izimpawu ze-COVID-19 uma efika endaweni youkusebenzela.
- Umsebenzi kumele abike zonke izimpawu anazo uma efika emsebenzini, nalezo azibona esequalile emsebenzini.
- Hlukanisa abasebenzi abanezimpawu, banike i-masiki, balungisele inqola ezobathatha ibase ekhaya noma emtholampilo ngendlela ekuyiyona.
- Nikezela nge-hand-sanitizer (ena- 70% alcohol) ukuba isetshenziswe ngabasebenzi kuzo zonke izindawo zokusebenzela.
- Amatafula, imishini, nezindawo okungenwa kuzo kakhulu kumele zihlanzisiswe njalo ngaphambi, ngesikhathi noma sekuediwe ukusebenza.
- Qinisekisa ukuthi izindawo zokuhlanza izandla zanele nokokuzisula izandla kukhona.
- Abasebenzi bagqoke izimpahla zokuzivikela abanikwa zona.
- Umqhashi kumele anikezele ngama-masiki endwangu amabili; Wonke umuntu agqoke imasiki yendwangu uma esemphakathini, kanye nekhasimende nabavakash emisebenzini.
- Zonke izindawo zokusebenzela kumele zithole umoya,

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