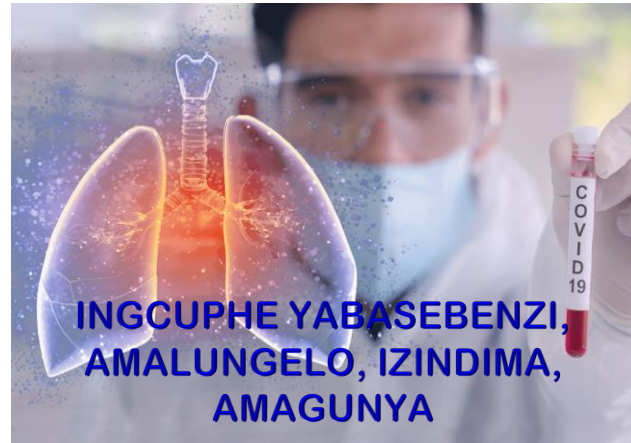


Leliqeqeba liphethe imininingwane emayelana ne COVID-19 emsebenzini. Abaphathi kumele bathathe izinyathelo zokuvikela abasebenzi ukuze baqiniseke ukuthi abasebenzi basebenzela endaweni ephephile futhi ehlanzekile. Kuleliqeqeba kusetshenziswe izimfuneko ezitholakala kwizimiso zomthetho, nemihlahlandlela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



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

IZIMPAWU ZESIFO SE – COVID-19

(ZIKHONA NOMA ZINGEKHO EZINYE IZIMPAWU; INCAZELO YE-NICD 18

MAY 2020)



UKUKHWELELA



UKUPHEFUMULA
KANZIMA



UMPHIMBO
OBUHLUNGU



UKUNGEZWA IPHUNGA
EMAKHALENI



UKUNGEZWA I-TASTE
EMLOMENI

UKUTHELELANA KWEGCIWANE

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

ABASEBENZI ABASENGCUPHENI

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

- Abasebenzi abangaphezu kweminyaka engu-60.
- Abasebenzi abanoma iyiphi iminyaka kodwa banalezizifo ezilandelayo (ikakhulukazi uma isifo singanakekelwa):
 - Isifo esingapheli samaphaphu
 - Isifo sikashukela
 - Umfutho wegazi ophakeme
 - Isifo senhliziyo esinzima
 - Isifo esingapheli sezinsu (osebenzisa i-dialysis)
 - Isifo esingapheli sesibindi (Kanye nesifo sokuqina kwesibindi)
- Abasebenzi abanomzimba omkhulu (inkomba yomzimba omkhulu ≥ 40)
- Abasebenzi abanamasotsha omzimba angasebenzi kahle
- Abasebenzi abakhulelwe amasonto angu-28 nangaphezulu (ikakhulukazi uma enezinye zalezifo 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) inikeza 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

**UKUKHOMBA IMITHOMBO
ENGABAKHONA**

Abaqashi kumele benze i-risk assessment endaweni yokusebenzela:

- Bakhombe imisebenzi noma izindawo zokusebenzela lapho ukuthelelana kwegciwane kungenzeka 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 nenqubomgomo yezempilo 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, ukhiphe, ulahle izimpahla zokizivikela ngendlela.
R	Bika zonke izimo ezingaletha ubungozi empilweni noma kwezempilo 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 yokusebenzela.
- ▶ Nikezela abasebenzi ngolwazi nangoqeqesho kwezomthetho, kanye nezinyathelo okumele zithathiwe ukhlonipha umthetho.
- ▶ Abasebenzi kumele bathathe ikhefu lokugula, bahlale ekhaya uma begula noma bebonisa izimpawu ezihlobene ne-COVID-19.
- ▶ Kumele kukhethwe umphathi ozonakekela ukukhathazeka kwabasebenzi futshi bagcinwe benolwazi.
- ▶ Nciphisa inombolo yabasebenzi endaweni yokusebenzela ngokusebenzisa amashift, ukungasebenzi zonke izinsuku, ukusebenzela kude nendawo yokusebenza.
- ▶ Nciphisa ukuhlangana kwabasebenzi, Kanye nokuhlangana kwabasebenzi nomphakathi.
- ▶ Umqashi kumele azise umnyango wezempilo nomnyango wezabasebenzi ngabo bonke abasebenzi abatholakala bene-COVID-19.
- ▶ Phenya isizathu sawo wonke umsebenzi ohlonziwe nge-COVID-19, thola uma kunezinyathelo zokulawula ezingaphumelelanga, ebese ubhekisisa 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 isithiyi kuzo zonke izindawo zokusebenzela
- ▶ Uma kunesidingo nikela abasebenzi izimpahla zokuzivikela
- ▶ Qalisa isikhathi sekhefu esihlukahlukene ukugwema ukugcwala kwabasebenzi enkantini.

AMALUNGelo ABASEBENZI

Amalungelo abasebenzi amayalana nokuthi abaqhashi nabaphathi:

- ▶ Baqiniseke ukuthi zonke izinyathelo zokuvikela zenziwe ukunciphisa amathuba okutheleleka, kanye nokuhlinzeka kwezimpahla zokuzivikela.
- ▶ Banikela ngoqeqesho 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 wesinxhephezelo.

Izinyathelo zempilo nokuphepha

- ▶ Wonke umsebenzi kumele ahlolwe izimpawu ze-COVID-19 uma efika endaweni yokusebenzela.
- ▶ Umsebenzi kumele abike zonke izimpawu anazo uma efika emsebenzini, nalezo azibona eseqalile 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 zihlantiswe njalo ngaphambi, ngesikhathi noma sekuqedliwe ukusebenza.
- ▶ Qinisekisa ukuthi izindawo zokuhlana 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 nabavakashi emisebenzini.
- ▶ Zonke izindawo zokusebenzela kumele zithole umoya,

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