

Liqephe lena la tlhahiso-leseding le fana ka tsebo le keletso mabapi le COVID-19 ka kakaretso sebakeng sa mosebetsi. Boramosebetsi ba tlameha ho kenya tshebetsong mehato ya thibelo ya tshwaetso dibakeng tsa mosebetsi, ho netefatsa tikoloh e bolokehileng le bophelo bo botle ho basebetsi. Dikgato tsa molao le ditaelo tse fanweng tlasa Molao wa Tsamayiso ya Dikoduwa di ile tsa nkuwa, ho kenyelletsa le ditaelo tsa mehato ya bophelo bo botle le polokeho dibakeng tsa tshebetso.



**MATSHWAU A LEFU LA COVID-19
(WITH OR WITHOUT OTHER SYMPTOMS; NICD CASE DEFINITION 18 MAY 2020)**



HO KGOLLELA



HO FELLWA KE MOYA



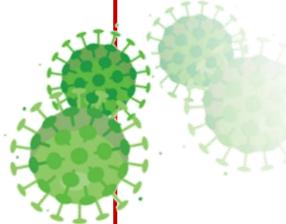
MMETSO O BOHLOKO



HO SE KGONE HO UTLWA MENKO



HO SE KGONE HO UTLWA TATSO YA DIJO



**KOTSI HO BASEBETSI, DITOKELO, SEABO,
BOIKARABELO**

**HO HLOKOMELA TSE KA BAKANG
HO ATA HA COVID-19**

Boramosebetsi ba lokela ho etsa tlhahlobo ya kotsi mosebetsing:

- Qaqisa mesebetsi kapa dibaka tseo tshwaetso e ka hlhang ho tsona
- Tseba basebetsi ba fokollwang ke bophelo, mme ba ka tshwaetseha habonolo
- Lekola kotsi ya tshebetso e ngwe le e ngwe le sebaka ka seng, ho latela bokgoni bo phahameng ba tshwaetso
- Qolla mehato e loketseng ya taolo, ho kenyelletsa tshebediso ya PPE, bakeng sa mosebetsi o mong le o mong kapa sebaka ho latela tekanyo ya kotsi
- Nahana ka dikotsi tse ding tse ka hlhang ka le baka la COVID-19
- Lekola tlhahlobo ya dikotsi ha ho eba le diphetho tse teng tshebetsong ya mosebetsi, kapa ho latela tlaleho e tiisitsweng ya COVID-19 mosebetsing.

BASEBETSI BA KOTSING YA HO TSHWAETSWA

Batho bohole ba kotsing ya ho tshwarwa ke COVID-19, empa dihlopha tse itseng tsa batho di kotsing e kgolo ya ho kula ka matla haeba ba tshwaeditswe ke kokwana-hloko ena.

Basebetsi bana ba tlkotsing ba kenyelletsa:

- **Basebetsi ba dilemo tse 60 le ho feta**
- **Basebetsi ba dilemo dife kapa dife banang le mafu a latelang a sa foleng (haholo-holo haeba maemo a sa laolwe hantle):**
 - Lefu le sa foleng la matshwafo
 - Lefu la tswekere
 - Phallo e phahameng ya madi / kgatello e matla ya madi
 - Lefu la pelo
 - Mafu a a di phiyo
 - Lefu la sebete
- **Basebetsi ba nang le botenya bo matla (index ya mmele ≥ 40)**
- **Basebetsi ba fokollwang ke masole a mmele**
- **Baimana ba nang le dibeke tse 28 ba imile (haholo-holo mmoho le maemo ana a ka hodimo)**
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**NAA O BELAELA HORE O
TSHWAEDITSWE KE COVID-19?**

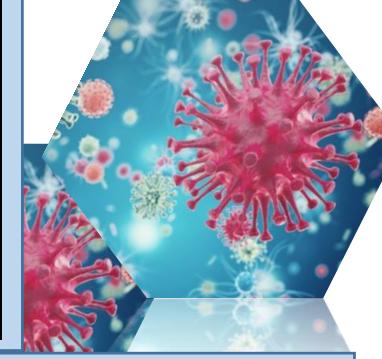
- Hlokomedisa mookamedi wa hao kapa kliniki ya bophelo bo botle mosebetsing.
- Haeba o na le matshwao a tshwaetso, tsebisa ba tsa bophelo bo botle ka maeto a hao le ho kopana le batho ba fumanweng ba na le COVID-19.

TSHWAETSO YA COVID -19 E NETEFATSWA JWANG?

Haeba mosebeletsi wa tsa bophelo bo botle a belaela hore o na le lefu la COVID -19, ho tlameha ho etswe diteko (tsa mamina kapa sekgohelela) laborating ho hlhanglo le ho netefatsa seo. Lesedi le tsebo e pharaletseng di ka fumanwa ho tswa ho National Institute for Communicable Diseases (NICD). Hape o ka ipalla leqephe la bona ho marangrang a internet (www.nicd.ac.za) ho tseba haholowanyane. Mona o ka fumanwa keletso ka ho nka mamina/dikgohlela tsa mokudi, ho di romela laborating le mecha ya ho fumanwa ba belaellwang ba na le tshwaetso ya COVID-19. O ka ba letsetsa dinomorong tsena (sechaba: 080 002 9999) kapa (ba tsa bophelo: 082 883 9920).

BOIKARABELO BA BASEBETSI

H	Iatswa matsoho kgafetsa ka sesepa le metsi (metsotswana e ~20) kapa o sebedise dihlatswa-matsoho (hand sanitizer)
L	atela melao le melawana ya bohlweki le paballeho ka nako yohle.
H	opola ho kwahela molomo le nko ka thishu kapa setsu ha o kgohlela kapa o ithimola.
T	aba ya bohlokwa-hlokwa ke ho qoba ho tshwaetswa kapa ho tshwaetsa ba bang.
L	atela mekgwa e nepahetseng ka nako yohle ha o apara, o hlobola le ho lahla diaparo tsa ho itshireletsa.
T	laleha hang ha o lemoha maemo a ka behang bophelo ba batho kotsing kapa mathateng.
I	tlthatlhobe le ho hlokomela matshwao a ho kula, mme o dule tulong e ikgethang kapa o tsebise mookamedi wa hao mosebetsing hang ha o kula.



Taolo ya sebaka sa tshebetso

HO THIBELA LE HO FOKOTSA TSHWAETSO YA COVID-19

- Mohiri e mong le e mong o tlameha ho theha moralo wa ho bula hape, ho hlakisa mehato ya ho kgutla ha basebetsi
- Mohiri o lokela ho etsa tlhahlobo ya dikotsi a nahanelo maemo a itseng a sebaka sa mosebetsi
- Mohiri o lokela hofa basebetsi tlhaiso-leseding le kwetliso mabapi le melao le melawana e sebetsang, le mehato e sebedisitsoeng ho latela tsena
- Basebetsi ba lokela ho nka matsatsi a phomolo a ho kula mme ba dule hae ha ba kula kapa ba bonahatsa matshwao a amanang le COVID-19
- Motsamaisi o tlameha ho kgethwa ho sebetsana le ditaba tsa basebetsi le ho etsa bonneta ba hore ba dula ba tseba
- Fokotsa palo ya basebetsi ka nako e lenngwe ka (mohlala) ho sebetsa ka di-shift, ho fapanystsana (rotation), ho sebeletsa hae (remote working)
- Fokotsa kamano dipakeng tsa basebetsi, le dipakeng tsa basebetsi le sechaba
- Mohiri o tlameha ho tsebisa Lefapha la Bophelo le Lefapha la ho Kgiro le Mosebetsi ka lefu le leng le leng le fumanweng la COVID-19 hara basebetsi
- Fuputsa sesosa sa tlaleho engwe le engwe e fumanweng, batlisisa hore na ho na le ho hloleha ha mehato ya taolo, mme o hlahllobe kgonahalo ya kotsi hape
- Thusa Lefapha la Bophelo ka ho fumana ba bang ba tshwaeditsweng moo ho hlokalang

Mehato ya ho Arohana ha Setjhaba

- Hlophisa sebaka sa mosebetsi ho boloka bonyane mithara le halofo pakeng tsa basebetsi ka dinako tsohle ha ho kgonahala
- Haeba ho sa kgonehe, beha ditshireletso tsa mmele dipakeng tsa batho kapa dibakeng tsa tshebeletso
- Moo ho hlokalang, fana ka PPE e nepahetseng ho basebetsi
- Kenya tshebetsong dinako tsa phomolo tse fapaneng moo ho ka kgonehang ho qoba ho qhoqha ka thata dibakeng tse tlwaelehileng jwaloka di-kantini

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3. World Health Organisation. Coronavirus Disease (COVID-19) technical guidance: Guidance for schools, workplaces and institutions. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/guidance-for-schools-workplaces-institutions>
4. Centers for Disease Control and prevention. Coronavirus Disease 2019 (COVID-19). Businesses and Workplaces. <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>

DITOKELO TSA BASEBETSI

Ditokelo tsa basebetsi ke hore bahiri le balaodi ba etse tse latelang:

Mekgwa e nepahetseng le maemo a paballeho e latelwe ka nako tsohle ho thibela tshwaetso, esita le diaparo tsa ho itshireletsa tse lekaneng di be teng.

Ba fane ka thuto le lesedi le tataisang basebetsi le hoba hlokomedisa ka mehla ka kotsi ya ho fumana tshwaetso ya COVID-19.

Basebetsi ba be le bolokolohi ba ho tlaleha ba sa tshabe ho kgethollwa le ho nyefolwa.

Eletsa le ho kgothaletsa basebetsi ho ithlatlhoba, ho tlaleha matshwao a tshwaetso, mme ba dule hae haeba ba kula

Dumella basebetsi ho sebedisa tokelo ya ho hana ho sebetsa ha ba na le lebaka le utlwahalang la ho dumela hore bophelo ba bona bo kotsing.

Tlalehela komishinara ya dithlapiso (compensation ommissioner) haeba tshwaetso e bakilwe ke mosebetsi

Mekgwa le disebediswa tsa ho thibela

- Mosebetsi e mong le e mong o tlameha ho hlahljwa matshwao a bonwang a amanang le COVID-19 ha a fihla mosebetsing
- Basebetsi ba tlameha ho itlaleha matshwao a mang ha ba fihla, kapa haeba ba qala ho ba le matshwao ha ba le mosebetsing
- Basebetsi ba nang le matshwao ba tloswe har'a ba bang, mme ba hlophisetswe dipalangwang tse sireletsehileng ho ya hae kapa setsing sa tlhokomelo ya bophelo, ha ho hlokalala
- Fana ka sanitizer (e nang le mokedikedi wa 70%) hore e sebediswe ke basebetsi bohole dibakeng tsohle tsa mosebetsi.
- Sebaka sa mosebetsi le disebediswa, mmoho le dibaka tse sebediswang tse tlwaelehileng di lokela ho bolawa dikokwana-hloko pele ho mosebetsi, khafetsa nakong ya tshebetso le ka mora mosebetsi
- Etsa bonneta ba hore ho na le dibaka tse lekaneng tsa ho hlapela matsoho mmoho le thaole tsa pampiri
- Basebetsi ba tlameha ho apara tse hlokalang, ha ba fuoa PPE joalo ka ha tlhahlobo ea bokgoni ba kotsi bo bontsha.
- Mohiri o lokela ho fa mohiruwa e mong le e mong bonyane di-mask tse pedi; Motho e mong le e mong o tlameha ho rwala mask ha a le sebakeng sa sechaba, ho kenyelletswa bareki kapa baeti mosebetsing.
- Sebaka se seng le se seng sa mosebetsi se lokela ho fokwa ke moyo hantle ka mekhwa ya tlhaho kapa mochini

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