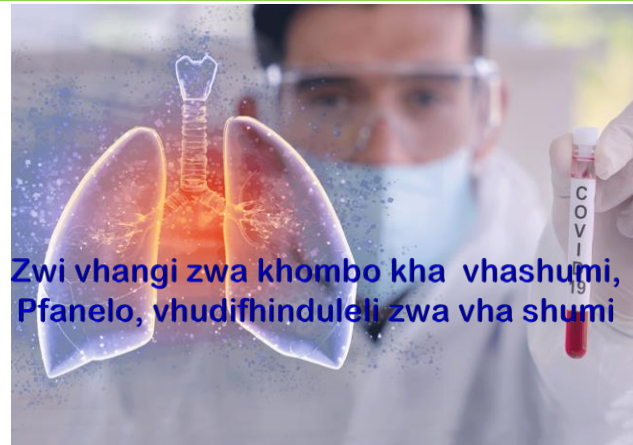


TSHITSHILI TSHA COVID-19 MISHUMONI

Mulaedza u wanalaho kha helino siatariri u disa pfunzo ya nga tshitshili tsha COVID-19 mishumoni. Vha rangaphanda (vhatholi) vha tea u vhea zwiga zwa u thogomela vhashumi u uri vha vhe vho vhulungeaho mishumoni. Thodea dzo do dzhielwa nzhele dze dza andanzwa kha mulayo na ndangulo nga fhasi ha ndango ya musu wa khombo, ho dzheniswa thanganyelo ya ndango kha mutalo wa vhashumi na u vhulungea hovho mishumoni.



Zwi vhangwi zwa khombo kha vhashumi, Pfanelo, vhudifhinduleli zwa vha shumi

KHUMBULELWA YA TSUMBA DWADZE YA COVID-19. (VHENA KANA VHA SINA DZINWE TSUMBA DWADZE)



UHOTOLA



U FHELELWA NGA MUYYA



ZWILONDA MUKULONI



U SA PFA MINUKHO



U SA PFA MIDIFHO YA ZWILIWA

PHIRELA

- ▶ Vhukwamedzani na munwe kana u fara fhethu ho tshikafhalaho.
- ▶ I diswa nga mashotha a mufemo vhukule ha mithara mivhili (2) zwo vhangwa nga u hotola na ngau atsamula.

– VHASHUMI VHARE KHA KHOMBO

Naho muthu munwe na munwe a tshi nga kavhiwa nga COVID-19, vhanwe vhatu vha kha khombo khulwanesa ya u farwa nga malwadze a shishi na u tangana-tangana arali vhatshi nga kavhiwa nga hetsho tshitshili. Vhashumi vhare khomboni ndi vha tevhelaho:

- Vhashumi vha re na minwaha ya furathi (60) na u fhira .
- Vhashumi vha minwaha minwe na minwe vhare na vhwadze kana malwadze a shushaho a tevhelaho (vhukuma arali u vho vhwadze vhu sa khou langiwa zwavhudi) :
 - Vhwadze ha mafhafhu
 - Vhwadze ha swigiri
 - Mutsiko wa malofha
 - Vhwadze ha mbilu
 - Vhwadze ha dzi tswio (vha re khan ndingo ya dialysis)
 - Vhwadze ha tshivhindi (hure na cirrhosis)
- Vhashumi vhare na muvhili wo kalulaho (body mass index ≥ 40)
- Vha shumi vhare na maswole a muvhili asa shumihho zwavhudi (asinaho mannda kana matuku)
- Vhashumi vhare vhaimana nga dzivhege dzi padaho fumbili malo (28) (nga maanda arali anavhunwe ha malwadze o sumbedzaho afho nth)

U WANULUSA VHUBVO HA VHULWADZE

Vha ranga phanda vha tea u ita tsezuluso ya tshi vhangwa khombo mishumoni:

- Vha tea u vbona fhethu hune hanga disa phirela.
- Vha vhone vha shumi vhare khomboni
- Vha sedzuse afho hune hanga vha na khombo, zwi nga disaho khombo iyo.
- Vha vhe na zwi pilela khombo uya nga khombo ya afho hu shumelwaho hone
- Vha sedze na inwe ya khombo yo bvededwaho nga COVID-19.
- Musi hu tshi vha na vhwadze vha to duluse tshiitisi

VHA VHONA UNGA VHO KAVHIWA NGA COVID-19

- ▶ Avha divhadze muhwane wavho kana vhave kiliniki ya vhashumeli na zwenezwo.
- ▶ Arali vhana tsumba dwadze, khavha divhadze mutoli wavho wazwa mutakalo ngaha vhatu vhevha vhuya vha tangana na vho vhare na COVID-19 ka na u ya nda ha mashango he vha vhuya vhadela.

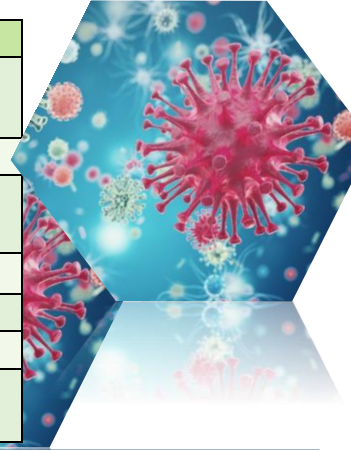
COVID-19 I THATHULUSIWA HANI?

Arali wa zwa mutakalo a tshi nga vha humbulela uri vha nga vha vhe na tshitshili tsha COVID-19, ndingo dzi tea u itiwa. Tshi imiswa tsha NICD (www.nicd.ac.za) vha nea vhatanzi nga u dodombedza na maitete a hone malugana na muhumbulelwa 9PIU) na ndila ya u itwa ndingo. Vha nga itwa ndingo zwibadela kanazwimiswa zwa mutakalo zwisi zwa mushuso, na NHLs kiliniki ire kha modoro u tshimbilaho hothe. nomboro dza COVID-19 ndi 0800 029 999.

Nomboro dza co.

VHUDIFHINDULELI HA VHASHUMI

W	Kha vha dzulele u tamba zwanda nga tshi sibe na madi (lwa mithethe ya fumbili) kana vha nga alikhoholo yo itelwaho u phumula zwanda.
O	Kha vha tevhedze milayo na maitete a zwa udi tsireledza kha zwa mutakalo
R	Kha vha elelwe u vala ningo na mulomo nga tshikudavhavha musu vha tshi hotola na u etsemula
K	Kha vha lwise usa pfukiselwa= na u sa pfukisela vhanwe
E	Khavha ambare, vhabvule, vhadovhe vha late zwishumiswa zwa u thivhela dwadze
R	khavha vhige /u divhadza ndila ine ya nga vhea vhutshilo kana mutakalo khomboni
S	Avhadi sedze arali vhe na tsumba dwadze, vha di khethe kha vhatu kana vha vhige vhlwadze kha vhaulwane , arali zwo itea vha mushumoni.



Tsireledzo na ndango ya COVID19 mishumoni

Maga a vhanguli

- ▶ Mishumoni hu tea u vha na ndila ya u vula mushumo, huvhe na zwa u tsireledza vhashumi.
- ▶ Ndingo dza u se dzulusa khombo dzi itiwe mishumoni
- ▶ Vha nee vhashumi ndivho na ngudo ya maitete na milayo na zwishumiswa .
- ▶ Mushumi u tea u dzhia maduvha a u awela a ulwala arali vheni tsumba dwadze malugana na COVID-19.
- ▶ Murangaphanda u tea u bvisa mbilaelo ya mushumi, na u mu tsivhudza misi yotho.
- ▶ Kha vha fhungudze tshi vhalo tsha vha shumi sa :ku dzhenele kwa vhashumi mushumoni shift regime, remote working arrangements U shumela hayani
- ▶ Kha vha fhungudze vhu kwamedzani ha vha shumi na lushaka.
- ▶ Vhaulwane vha tea u divhadza mbalo ya vha shumi vho kavhiwaho kha dzangano la zwa mutakalo, dzangano la zwa vhashumi.
- ▶ Vha sedzuluse tshivhanga ilo dwadze, vha vhone arali zwa u thivhela khombo zwi sa tsha pilela zwone, vha sedzuluse zwi disa khombo.
- ▶ Arali zwi tshi konadzea Vhathuse vha Dzangano la zwa mitakalo u wana vhothe vho kwameaho.

Maga a u vha tsini na tsini ha vhatu

- ▶ Kha vha vhe zwikalo zwi sumbedzaho vhukule ha 1.5m vhukati ha vha shumisani.
- ▶ Arali zwi sa konadzei kha vha vhee tshi thivheli vhukati ha hu no shumelwa hone.
- ▶ Arali hu zwa ndeme vha nee vhashumi zwi thivhela dwadze.
- ▶ Vha vhee zwi fHINGA zwo fhambanaho tshifhinga tha ula kana u awela uri vhatu vha dalese.

PFANELO DZA VHASHUMI

Pfanelo dza vhashumi dzi katela vhatoli na vhalanguli:

- Kha vha vhone uri maga a u thivhela na udi tsireledza kha tshizhili a hone u itela u fhungudza khombo ho katelwa na u netshedza zwitsireledzii (PPE) zwo teaho.
- Avha dzulele u divhadza , u funza na u pfumbudza vhashumi ngaha khombo dzine vhangana tangana nadzo mushumoni nga COVID-19
- Avha ite uri vhashumi vhavhe na ndowelo ya u vhiga khombo vho vhotholowa vha sina nyofho.
- Avha nee vhashumi thuthuwedzo ya udi tola, nau dzula hayani ari muthu ana tsumba dwadze dza covid 19
- Avha tendele vhashumi uri vhashumise pfanelo dza u di bvisa kha tshumelo dza mushumo dzine dzanga vha vhea mutakalo wavho khomboni
- Avha divhadze mukomishinari wa dzangano la ndiliso arali zwitshi kwamana na mushumo.

Maga a zwi tsireledzi zwa mutakalo

- ▶ Vhashumi vha tshi swika mushumoni vha tea u tolwa tsumba dwadze.
- ▶ Mushumi u tea u divhadza manwe a malwadze vha tshi swika , kana vha tshi farwa nga vhlwadze vhe mushumoni.
- ▶ Vha khethvha shumi vhare na tsumba dwadze, vha newe surgical mask, vha vha nee tshindedzi tsha uya hayani, kana zwi tsireledzi zwa mutakalo nga ndila kwayo.
- ▶ Vha nee vha shumi vhothe mushumoni zwa u kunakisa zwanda (containing 70% alcohol)
- ▶ Hu shumelwaho hone, zwishumiswa na hunwe vho hu tewa u kunakiswa misi yotho
- ▶ Hu tea u vha nah o no tambelwa hone zwanda na tshau phumula zwanda
- ▶ Vhashumi vha tea u ambara zwithivhela dwadze zwo teaho u ya nga ndingo dza khombo.
- ▶ Vhalanguli vha tea u nea vhashumi cloth mask mbili, muthu munwe na munwe u tea u ambara iyo cloth mask vhe tshishavhani, zwo katela na vha eni, vha rengi vhe mushumoni.
- ▶ Mishumoni hu tea u vha na muya u dzenaho wa mupo kana wo to itwaho.

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COVID-19

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