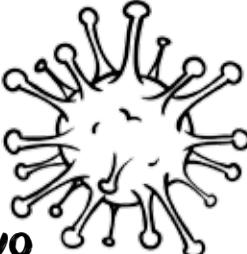


Faka imibala kulo mfanekiso

ICORONA VAYIRASI

(elinye igama layo

yiCovid-19)



be a
Hero in my Hood

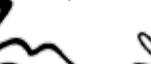
Ingakwenza
ube nefiva,
ukhohlele
uxakwe nakuku-
pheyfumla.

YHUU!
IMBI!

emehlwani



empumlwani



emlonyeni



(ifika kuzo zonke izinto
ezibanjwa ngabantu,
xa abantu bekhotha,
bekhothela, bethimla,
bephefumla naxa
betshical!)



Hlamba
zonke izinto.

Sula yonke
imigangatho.

IN WENWA



kwizinto
zokulayita
nokucima

kwii-
handles

kwiifoni



amathontsi

(Kumkhunyu nesikhohlela
esichaphazelekileyo)

kwimali

kwizihlangu

kwii-toys

kwiikomityi



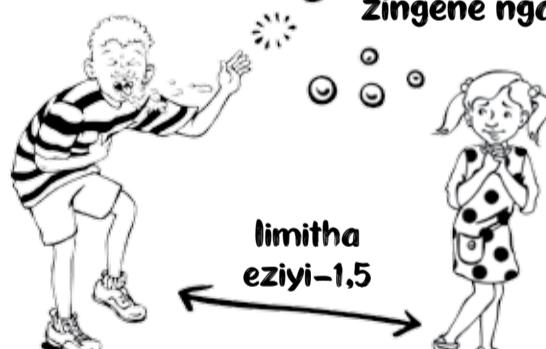
Le vayirasi ihlala kwizinto ngezinto
ithuba elide kodwa yoyisakala xa
kufike isephu kuqala ...

IINDABA EZIMNANDI



Inyaniso: nayiphi isepha iyayigulyula
imwebu yamatutha engqonge le vayirasi
yaye iwe iyitshabalalise!

Isepha ibulala iivayiras phambi kokuba
zingene ngaphakathi kumzimba wakho.



limitha
eziyi-1,5

Ungazicebula
kubantu abathimlayo
nabakhohlelayo ukwenzela
ungasuleki.



(ukuthi qelele komnye nomnye)

Ungazicebula
ukuba kunye
nabantu
abaninzi kuba
ungayazi ukuba
ngowuphi
ogulayo kubo.

Wena ungaba
liQhawe
ngokuthintela intsho-
longwane ukuba
ingasasazeki ingagulisi
abantu !



Unga-
hlamba izandla zakho
rhoqo ngeSEPHA. Zihlambe
izandla imizuzwana eyi-20 -
ngakumbi xa ungena endlini,
phambi kokuba utye naxa usand'
ukuya etoyilethi
(nasemveni kokuba ufake umnwe wakho
phakathi empumlwani).



Ungazenza
ii-exercises, usele
amanzi amaninzi,
utye ives nefruit
eninzi ukuze
womelele.



Ungacina izandla
zakho ezingacocekanga
kude eBUSWENI bakho.
Ngaphandle kweMPUMLO yakho
Ngaphandle koMLOMO wakho
Ngaphandle kwaMEHLO akho.



Ungakhohlela
yaye uthimle kwingqiniba
yakho okanye kwi-
phetshana lokwenza oko
- khona ukuze isikhohlela
singawi nokuba khuphi
(gquma xana ukhohlela).



Ungaba
nobubele,
thina sonke
sikunye kule
meko



Masilumke
ukukhusela bona.

Ungaxeleta abahlobo bakho!