

Hiobisa Ieli khasi ngemibala

I-CORONA- VIRUS

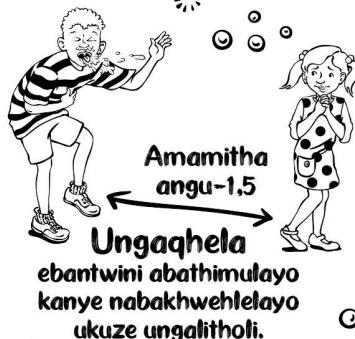
(ephinde yaziwe
ngokuthi
yi-Covid-19)



IZINDABA EZINHLE

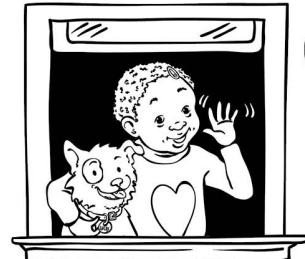


Insipho ishabalala igciwane ngaphambi kokuthi lingene emzimbeni wakho.



Amamitha
angu-1,5

Ungaqhela
ebantwini abathimulayo
kanye nabakhwehlelalo
ukuze ungalitholi.



(lukuqhetelana)

Ungaqhela
ezixukwini
ngoba awazi
ukuthi ubani
ogulayo.



Ungagcina iminwe
yakho engageziwe kude
NOBUSO bakho
NEKHALA lakho
NOMLOMO wakho
NAMEHLO akho.

Ungakhwehlelalo
futhi uthimulele
endololwaneni yakho noma
ku-tissue – ukuze amafinyila
angayi yonke indawo.
(imboza lokho kukhwehlelo)

Ungazivocavoca.
uphuze amanzi
amaningi bese udla
izithelo kanye nemifino
eminingi ukuze uhlale
uphilile futhi unamandla.

Ungaba
iqhawe bese
uvimba igciwane
ekutheni lisabalale
nokuthi lenze abantu
bagule.



Ungageza izandla
zakho kaningi NGENSIPHO.
Zigeze imizuzwana engama-20
– ikakhulukazi uma ungena
ngaphakathi, ngaphambi
kokudla kanye nangemuva
kokusebenzisa indlu yangasese
(futhi nangaphambi kanye nangemuva
kokuba ukopolate
ikhala).



ungaba
nomusa –
sisonke
kulento

Ungatshela abangani bakho



Abantu
abaningi
bazoba ngcono,
kodwa abantu
abadala
kanye nabantu
abanezingka
zezempi
bangagula
kakhulu!

Asiqikelele
senzele bona.

