

COVID-19: Usugula yini nge COVID-19?

Ngaphandle kokuhlolwa, kunzima ukuthi wazi ogulayo ukuthi uphethwe yini. Isifo seCOVID-19 singena emuntwini ngempawu ezinengi. Ezinye zazo zibangwa ngeminye imikhuhlane.

Iziboniso eziyingozi nge COVID-19 yilezi:

<p>? Ukuvaleka ukuphefumula kumbe isifuba esibuhlungu. Uqhuqho olungaphezulu kwe 39°C. Lamaphilisi okwehlisa ukutshisa komzimba kasasebenzi.</p>	<p>➔ Umuntu ohlangana lalezi izimpawu kumele axhumane labezempilo ngokuphangisa. Njalo Labantu ohlangane labo kungenzeka ukuthi labo sebemumethe lesi sifo.</p>
<p>? Uzwa umzimba utshisa, uyakhwehlela, uzizwa udiniwe, uyavaleka nxa uphefumula, lomzimba ubuhlungu, ujuluka amakhovula, lamakhala kasezwa ukunuka?</p>	<p>➔ Lezi kungaba zimpawu zeCOVID-19. Nxa lezi izimpawu ziqhubekela phambili, phangisa uxhumane labezempilo. Kumele uyehlolwa ukuze kutholakale iqiniso lokuthi yini imbangela.</p>
<p>? Kumbe uyathimula, lomphimbo ubuhlungu?</p>	<p>➔ Lanxa lezimpawu zifana leze COVID-19, kodwa kungenzeka kube ngezegciwane lezinye izifo. Yingakho kumele njalo nje uyehlolwa ukuvikela wena kunye labanye abaseduzelawe.</p>
<p>? Ukhona yini ozizwa evaleka, ejuluka amakhovula, elunywa emehlweni kumbe ikhanda libuhlungu? Mhlawumbe lokho kungaba kubangwa ngokunye nje okungazwani lomzimba (<i>allergies</i>).</p>	<p>➔ Abasengozini enkulu ngamaxhegu lezalukazi ezileminyaka edlula amatshumi ayisithupha (<i>60 years and above</i>).</p>