

COVID-19: ukugcinwa kwe vaccine (imithi yokuvikela)

Kubalulekile ukuthi ivaccine igcinwe endaweni eqandayo. Kusukela lapho eyenziwa khona ize iyefika ebantwini kumele ibe igcinwe endaweni eqandayo. I vaccine ingahlaliswa endaweni engaqandiyo iyawonakala icine ingasasebenzi. Yingakho kumele ubale uzwise imilayo ukuze ulandele indlela okumele igcinwe ngayo. Amanye ama vaccine afuna ukugcinwa endaweni eqandayo esezingeni eliyi -25° to -15°C (-13° to 5°F). Kodwa amanye afuna ukugcinwa endaweni eqanda okuyi 2° to 8°C (35° to 46°F).

Kumele ivaccine ifinyelele wonke umuntu

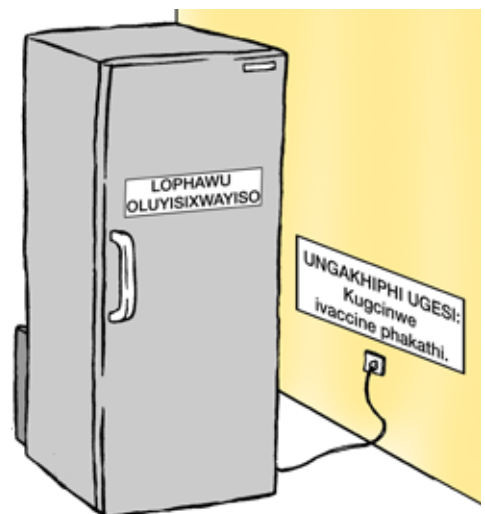
Tshela wonke umuntu esigabeni sakini lapho okuhlathiswa khona, lokuthi ilanga lokuhlabisa linini. Umlayezo kawusabalale ufike kuye wonke umuntu endaweni zonke. Umuzi ngamunye kumele uthole ulwazi ngokuhlabisa ivaccine. Yingakho kubalulekile ukuthi lingene emakhaya liyehlaba ogogo labo khulu, kanye lalabo abangasakwanisi ukuzihambela. Izindawo zokuhlaba azibe seduze lomphakathi. Kodwa nxa isimo senza indawo ibe katshana labantu kumele ubagadise labo abangakwanisi ukuzihambela. Njalo kumele ubavikele bengatshiswa lilanga, banike amanzi wokunatha, kumbe bavikele benganethwa lizulu.



Funda ubelolwazi ngokugcina kuhle I COVID-19 vaccine

Loba ngubani uyakwanisa ukukhuthaza abantu ukuthi behlatshwe, njalo kulula ukufundisa abantu ukuhlaba ijekiseni ye vaccine. Imfundiso yakhona igoqela izifundo ezilezihloko ezilandelayo:

- Ilungiswa njani ivaccine.
- Zingakanani njalo zingaki izilinganiso zokukhanda ivaccine.
- Igcinwa njani indawo eqandayo ye vaccine.
- Kusetshenziswa hlobo bani lwamajekiseni.
- Uhlaba njani ijekiseni ye vaccine emthanjeni.
- Igcinwa njani imniningwane yokwenzileyo njalo leyabantu obahlatshiweyo.



Mayelana lempilo yakho kanye leyalabo obancedayo kumele ugeze izandla, ufake imask njalo ugqoke ama gloves ngasosonke isikhathi. Nxa uhlaba ijekiseni ye vaccine gqoka imask yohlobo lwe N-95. Cela omunye akuncedise ukuhlaba abantu beqhelelene (2 metres apart). Sebenzisa usungulo lwejekiseni kanye kuphela. Ungaqeda luthathe uyelahlela endaweni ephephileyo.

Ingumlandu wakho yonke ingcekeza edalwe ekuhlabeni ivaccine.

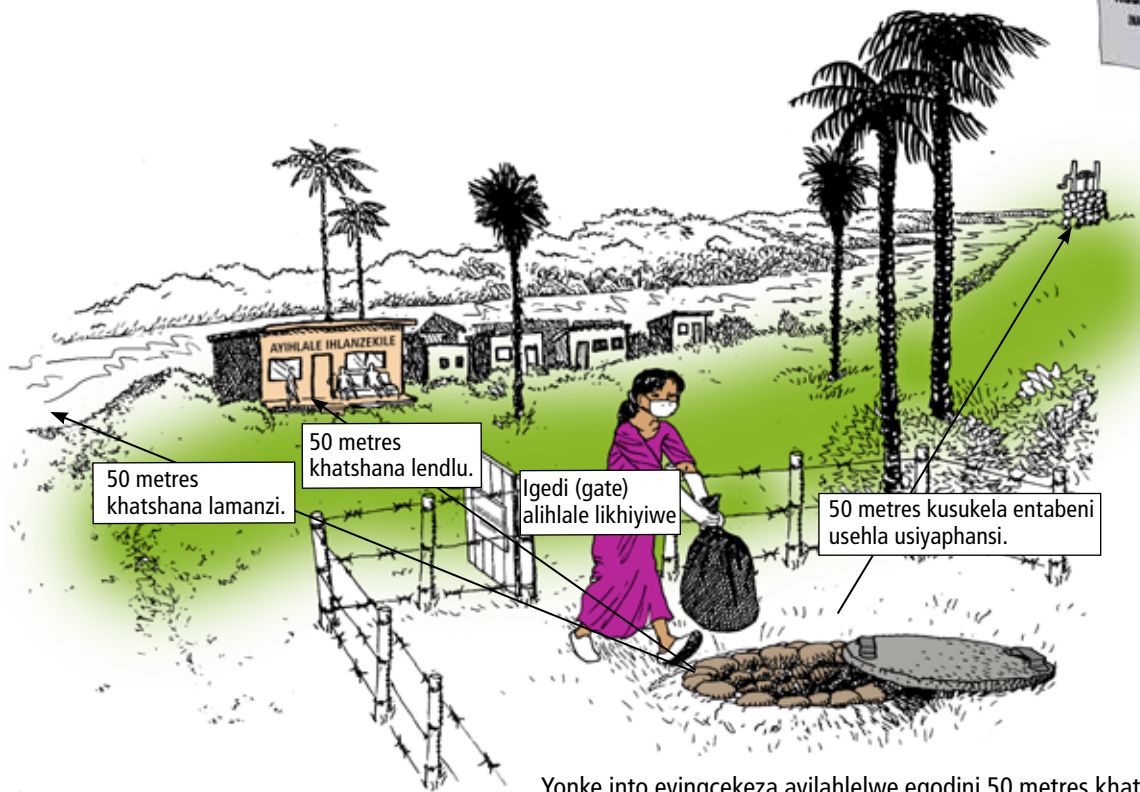
Ama plastic, izimbodlela, amajekiseni lezichibi ezisetshenzisiweyo ngesikhathi kuhlatshwa ivaccine zibanga ingcekeza lemikhuhlane ebantwini. Yingakho kumele uhlelo lokuhlabisa I COVID-19 vaccine lugoqele:

- lokubutha ingcekeza yonke edaleke ekuhlabiseni.
- kube lendawo eyodwa ephephileyo yokulahlela ifucufucu yezokwelapha (medical waste).
- ukuncedisa ama Clinics ukulahlela egodini yonke ingcekeza.

(Funda: 'Hesperian's Community Guide to Environmental Health' Chapter 19: Health Care Waste).



Nxa seligcwele ibhokisi, livale ngci kumbe libhadele nge samende qede uligqibele egodini.



Yonke into eyingcekeza ayilahlalwe egodini 50 metres khatshana.