



LOGWALASELO
LWE-PPE

XA UMSEBENZI WAKHO UKUSA EMAKHAYENI ABANTU...

- ★ Jija uvule isiciko senye yeebhotile zokutshiza ze-500ml ozinikiweyo, uze ugalele icephe lokuphaka elinye leJik engange-15ml.
- ★ Yizalise ngamanzi acocekileyo uze uvale isiciko siqine nkqi. (YIGCINE APHO BANGAFIKIYO KHONA ABANTWANA: ukuba anokuginywa, nika lowo amanzi amaninzi uze uye ngqo eklinikhi kodwa musa ukumenza ukuba ahlanze umntwana.)
- ★ Yifake esingxobeni, kunye nelaphu lokucoca ngokunjalo nePPE ukwenzela utyelelo lwemizi (jonga ngezantsi).
- ★ Nxiba iPPE elungele olo tyelelo lomzi.
- ★ Ukuba ukrokrela okanye uyazi ukuba kuloo mzi kukho umntu oneCovid, mnike imaski yoHlobo loku-1 ukuba ayinxibe.
- ★ Hlamba izandla zakho ukuba ikhona isepha namanzi aphuma empompini, okanye zihlikihle ngesibulali-zintsholongwane esinealkoholi.
- ★ Ngaphandle kwaxa ubanika ukhathalelo olungqalileyo, zigcine kumgama weemitha ezi-2 emntwini onefiva, okanye okhohlelayo nokuba uziva egula.
- ★ Sebenzisa isitshizi seJik xa usula naziphi iitafile, ibhedi okanye iikhawuntala onokuzichukumisa.

OFANELE UKUKWENZA XA UNGENA EMZINI...

YEYIPHI I-PPE OYIDINGAYO?

ISIGULANA SINOSULELEKO OLWAZIYO LWECOVID

Isigulana sigula kakhulu okanye siyakhohlela, futhi umsebenzi wakho udinga ukuba usibambe

Isigulana asiguli kakhulu futhi akuyi kusibamba

ISIGULANA SINECOVID EKROKRELWAYO

EMZINI AKUKHO MNTU UKROKRELWA OKANYE WAZIWA NGOKUBA UNECOVID

		IMASKI			IIGLAVU	IINDONDO	IAPRON	IGAWUNI
	ye-N95*	yoHlobo II	yoHlobo I					
OKWAKHO	★			★	★	★	★	★
<i>okwesigulana</i>			★					
OKWAKHO		★		★	★	★	★	★
<i>okwesigulana</i>			★					
OKWAKHO		★		★	★	★		
<i>okwesigulana</i>			★					
OKWAKHO			★	★				

* Ukuba ayikho iN95, sebenzisa imaski yoHlobo lwesi-II

** Ukuba azizanelanga izigulana ezoHlobo loku-I, mabasebenzise imaski yelaphu

*** Kungasetyenziswa isikrini sobuso endaweni yeendondo

XA SOWUHAMBA...

- ★ Imaski yesigulana yishiye kuso!
- ★ Phinda usule imiphezulu kwakhona ngomxube weJik ukuba kukho naziphi iinkqubo ozenzileyo.
- ★ Hlamba izandla zakho okanye zihlikihle ngesibulali seentsholongwane esinealcohol.
- ★ Faka naziphi izinto ezingcolisekileyo kwisingxobo seplastikhi.
- ★ Yazisa usapho ukuba ulukhathalele.

WAKUFIKA EKHAYA...

- ★ Khulula iPPE ngocoselelo uze uyilahle ngendlela ofundiswe ngayo.
- ★ Ukuba ninamanzi aqukuqelayo, hlamba phantsi kweshawa.
- ★ Phumla uze uzinike ixesha lokuba nosapho lwakho.