



LWEZIDINGO  
ZE-PPE

# UMA UMSEBENZI WAKHO UKUYISA EMAKHAYA ABANTU...

- ★ Vula isivalo selilodwa lamabhodlela owanikeziwe ezifutho angama-500ml, bese ufaka isipuni esisodwa (15ml) se-Jik.
- ★ Gcwalisa ngamanzi ahlanzekile bese uvalisisa isivalo siqine. (LIBEKE KUDE NALAPHO KUFINYELELA KHONA IZINGANE: uma iyiphuzile, yiphuzise amanzi amaningi bese uphuthuma emtholampilo kodwa ungaphoqi ingane ukuba iphalaze.)
- ★ Yifake esikhwameni sakho, kanye nendwangu yokuhlaza kanjalo ne-PPE efanele yokuhambela amakhaya (buka ngezansi).
- ★ Faka i-PPE efanele lelo khaya. Buka ithebhula elilandelayo ukuze uthole ulwazi oluthe xaxa.
- ★ Uma usola noma wazi ukuthi umuntu othile kulelo khaya une-Covid, mnike **imaski Yohlobo I** ukuba ayifake.
- ★ Geza izandla zakho uma kunensipho namanzi asempompini, noma zikhuhle ngesibulalimaggiwane esine-alcohol.
- ★ Uma ungeve umnakekela, qhela ngamamitha ama-2 emuntwini onemfiva, noma okhwehlayo noma ozizwa egula.
- ★ Sebenzisa isifutho se-Jik ukusula noma yimaphi amatafula, umbhede noma amakhawunta okungenzeka uwathinte.

**OKUMELE  
UKWENZE  
UMA UNGENA  
EKHAYA...**

# IYIPHI I-PPE OYIDINGAYO?

**ISIGULI SINEGCIWANE LE-COVID ELAZIWAYO**

Isiguli sigula kakhulu noma siyakhwehlela, kanti ngokomsebenzi wakho kudingeka usithinte

Isiguli asiguli kakhulu futhi ngeke usithinte

**ISIGULI KUSOLAKALA UKUTHI SINE-COVID**

**AKEKHO EKHAYA OKUSOLAKALA NOMA OKWAZIWA UKUTHI UNE-COVID**

		IMASKI			AMAGILAVU	IZIBUKO ZENGILAZI	IPHINIFA	IGAWUNI
		N95*	uHlobo II	uHlobo I				
ISIGULI SINEGCIWANE LE-COVID ELAZIWAYO	OKWAKHO	★			★	★	★	★
	okwesiguli			★				
ISIGULI ASIGULI KAKHULU FUTHI NGEKE USITHINTE	OKWAKHO		★		★	★	★	★
	okwesiguli			★				
ISIGULI KUSOLAKALA UKUTHI SINE-COVID	OKWAKHO		★		★	★	★	
	okwesiguli			★				
AKEKHO EKHAYA OKUSOLAKALA NOMA OKWAZIWA UKUTHI UNE-COVID	OKWAKHO			★	★			
	okwesiguli							

\* Uma i-N95 ingekho, sebenzisa imaski Yohlobo II

\*\* Uma enganele amamaski oHlobo I ezigulini, watshela asebenzise amamaski endwangu

\*\*\* Iskrini sobuso singasetshenziswa kunezibuko

## UMA USUHAMBA...

- ★ Shiya isiguli sisafake imaski yaso!
- ★ Phinda usule izindawo ezisobala ngoketshezi lwe-Jik uma kuke kwakhona izinqubo ozenzayo.
- ★ Geza izandla zakho noma uzikhuhle ngesibulali magciwane esine-alcohol.
- ★ Faka zonke izinto ezithintekile ngegcwane esikhwameni sepulastiki.
- ★ Yazisa umndeni ukuthi uwukhathalele.

## UMA UFIKA EKHAYA...

- ★ Khumula i-PPE ngokucophelela bese uyilahla njengoba ufundisiwe.
- ★ Uma unamanzi asendlini, geza eshaweni.
- ★ Nethwezeka bese uthokozela isikhathi ndawonye nomndeni wakho.