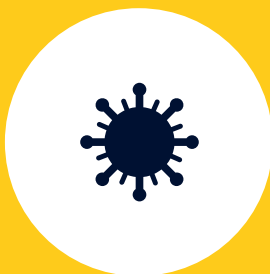


# UKUMELANA NE COVID

IMIGAQO YOKU LAWULA ISIFO SE COVID 19  
ESINEMPAWU EZINCINCI EKHAYA



# Zintoni iimpawu ze Covid 19?



Umkhuhlane

Ukukhohlela oko

Ukuphefumla nzima

Ukudinwa

Ukuqaqanjelwa ngumzimba

Ukuvaleka okanye ukubanomfinya kwi mpumlo

Intloko ebuhlungu

Umqala obuhlungu

Ukungeva vumba/incasa

Ukuba nesichaphu-chaphu okanye ukugabha

Isisu esihambisayo

Ukufumanisa ukuba une Covid19, okanye unempawu zayo  
yaye awukwazi ukuzihlola.

# Ungenza ntoni?



Hlala ekhaya iinstuku ezilishumi

Yehlisa umoya

Qiniseka ukuba kukho amalungu osapho akufuphi, nangakunceda  
ngokuyothenga ezivenkileni.

Hlala uqhagamshelana nabo uhlobene nabo ngomnxeba okanye ubatsalele  
umnxeba nge video

Musa ukuya emsebenzini

Musa ukusebenzisa izithuthi zika wonke wonke

Musa ukuya kwindawo ezinabantu.

Musa ukuya ezivenkileni.

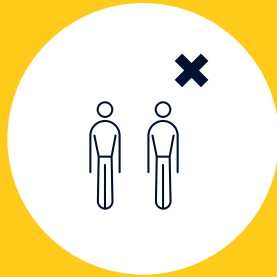
Musa ukundwendwela abantu.

Musa ukuya enkonzweni.

Musa ukuvumela amandwendwe emzini wakho

Musa ukuphuma endlini, ngaphandle kokuba udinga unyango

# XA UNE COVID 19, UHLALA NJANI BUCALA?



Zikhwebule ebantwini ohlala nabo endlini, uzihlalele kwigumbi elingena umoya ngokwaneleyo. Usapho lwakho malungahlali okanye lulale kwigumbi olisebenzisayo

Sebenzisa igumbi lokuhlambela elilodwa. Ukuba usebenzisa elo lisetyenziswa ngabanye abantu endlini, qinisekisa ukuba uyalicoca rhoqo emva kokulisebenzisa.

Musa ukusebenzisa izinto okanye iindawo ezisetyenziswa ngabanye abantu, yaye ucoce rhoqo emva kokusebenzisa ezondawo.

Yiba kumgama oyi mitha enesqingatha (1.5 metres or 3 steps) kubantu ohlala nabo endlini. Nxiba isifonyo ukuthintela intsholongwane inganwenweli kwabanye.

Khohlela okanye uthimlele ngaphakathi kwingqiniba egotyiweyo. Ukanti ungagquma umlomo nempumlo ngetshefu xa ukhohlela, okanye uthimla, emva kolisebenzisa ulilahle kumgqomo obekwe bucala.

Hlamba izandla imizuzwana engamashumi amabini rhoqo, usebenzisa isepha namanzi, okanye uzifafaze ngesibulali ntsholongwane esinotywala obukumyinge wepesenti, ezingamshumi asixhenkxe.

# YINTONI UMAHLUKO?



## UKUBEKWA WEDWA

Ufyaniswe unentsholongwane okanye unempawu ezobinsa ukuba ungane COVID 19.

Kufuneka ulumkele ukudibana nabanye abantu

- lintsuku ezilishumi emva kokuba uhloliwe, ukuba awunazimpawu.
- lintsuku ezilishumi emvakokubona iimpawu, ukuba sikufumene kancinci esisifo.
- lintsuku ezilishumi ukusukela kusuku lokugqibela ofakwe ngalo umongomoya (oxygen) ukuba ufumene unyango esibhedlele ngethuba ufuyenwe kakhulu sesisifo.

Akukho sidingo sokuba uphinde uhlolwe ukuqinisekisa ukuba awunaso esisifo, ngaphambi kokuthi uyeke ukubekwa bucala.

## UVALELO

Xa ubukhe wakufuphi nomntu one ntsholongwane.

Xa ubukhe wakufuphi nomntu ofyaniswe ene Covid 19, unazo okanye ungenazo iimpawu, yaye usadinga ukuhlolwa okanye ulinde iziphumo zokuhlolwa.

Ukuba awunazimpawu ungayeka ukuhlala bucala emva kwentsuku ezilishumi.

Ukuba uthe wanempawu, ubonwa njengomntu ophantsi kophando, yaye kumele uzivalele iintsuku ezilishumi xa kuqala iimpawu.

# Yintoni ukuba kufuphi nomntu one Covid 19?



Ukujongana ubuso ngobuso nomntu ophantsi kophando okanye ekunokwenzeka ukuba une Covid-19, nomntu othe wafunyaniswa ene Covid 19

Xa ukumgama ongaphantsi kwemitha enye.

Xa uchithe imizizuzu engapha kweshumi elinesihlanu nalomntu.

Nobabini ninganxibanga isifonyo.

## Xa uziva uphefumla nzima/kancinci?



Lala ngesisu kangangoko unako, zee intloko uyijongise ecaleni.

Kuyanceda ukufaka umqamelo ngobude phantsi kwentloko nesifuba xa usenza oku, okanye ulale ngemiqamelo emibini intloko iphakame kancinci, ukuncedisa ukuba ungaphefumli nzima.

Ungatshintsha ulale ngesisu, ngecala okanye uhlale nkqo.

# UKUBIZELA UMPHEFUMLO UWUBAMBE PHAMBI KOWUKHUPHA NGAPHANDLE, KUNCEDISA UKUVULA IMIPHUNGA NOKUHAMBA KOMONGOMOYA EZIPHUNGENI.



**Oku kuncedisa ukuvula iziphunga ezantsi ukuze incindi eqokeleleke apho iphume, xa ukhohlela iphumele ngaphandle.**

## **UKUPHEFUMLA NZULU noku NYANZELISA UKUPHEFUMLELA NGAPHANDLE**

Tsala umphefumlo ngempumlo. Xa ugqiba ubambe umphefumlo imizuzwana emihlanu. Emvakoko phefumlela ngaphandle ngomlomo. Yenza oku amatyeli amahlanu, uphefumle kahlanu. Xa ugqibile tsala umphefumlo okwesithandathu, xa ugqiba ukhohlele ngamandla, ugqume umlomo xa usenza oko. Ukuphefumla kathandathu uze ukhohlele ekugqibeleni kumele umjikelo omnye. Phinda oku imijikelo ibemibini.

## **UKUPHEFUMLA UQUTHE UMLOMO**

Tsala umphefumlo ngempumlo, uphefumlele ngaphandle ngokuphinda-phindene kabini ngomlomo oquthiweyo.

## **UKUPHEFUMLA NGESISU**

Lala ngomqolo. Nyusa okanye ugobe amadolo. Bizela umphefumlo nzulu ngempumlo, uvumele isifuba nesisu zivuleke. Phefumlela ngaphandle ngomlomo, ngokuphinda-phindwe kabini kunokuba ububizele umphefumlo. Yenza oku umzuzu ubemnye ze uphumle imizuzwana engemashumi amathathu.

## **UKUVUTHELA IBHALUNI**

Ungavuthela ibhaluni nanjengoko ukuvuthela into exhathisileyo kuvula isifuba.

# NGUBANI OSEMNGCIPHEKWENI WOKUFUNYANWA NGAMANDLA SEISIFO?



Umntu ongapha kweminyaka engamashu

Umntu otyebe kakhulu

Umntu ongazilongiyi

Xa unezigulo ezininzi

Xa unezigulo ezingalawulekiyo

Uxinizelelo lwegazi

Isifo seswekile

Izintso, intliziyo, kunye nesifo semiphunga

Umhlaza

Intsholongwane ka Gawulayo

Isifo sephepha



# UKUBA USEMNGCIPHEKWENI KAKHULU ZIBEKE ESWENI



Qinisekisa ukuba izigulo onazo ziyalawuleka. Sela amayeza oxinizelelo lwegazi, esifo seswekile, namanye ngokufanelekileyo yaye kwangethuba.

Beka esweni uxinizelelo lwegazi ne swekile. Ukuba unesifo seswekile, kungangcono ukuba ungesixhobo sokuzihlola esisetyenziswa ukujonga umlinganiselo weswekile, ukuze ukwazi ukuxelela abezempilo ukuba ibonisa iziphumo ezingaqhelekanga.

Ukubanesixhobo esibizwa i-pulse oximeter kungaluncedo. Esi sisixhobo esisebenza lula nesijonga umthamo womongomoya egazini, size siqaphele kwangoko ukuba ufuna unyango.

Ukugcwala komongomoya emntwini kumele kubengumyinge wepesenti ezingamashumi alithoba anesibini. (92%)

Umthamo owamkelekileyo womongomoya kwisixhobo i- pulse oximeter, uba phakathi kweepesenti ezingamashumi alithoba anesihlanu ukuya kwikhulu. (xa uphefumla ungaphakathi egumbini) Qaphela: Lomthamo ungahluka ukuba unokuphazamiseka kweziphunga. Ugqirha wakho angakuchazela ukuba ngowuphi umthamo owamkelekileyo kuwe.

# UKOMELEZA AMAJONI OMZIMBA



Yitya ukutya okuse gazini, sela amanzi, lala ngokwaneleyo, phumla ngokwaneleyo kodwa ukhumbule nokuzilolonga.

Yeka ukutshaya!

## **Thatha oku kulandelayo:**

- iVitamin D 50 000 iu kanye
- iZinc 200mg ngosuku, intsuku ezintlanu.
- iVitamin C 500mg kathathu ngemini, iintsuku ezintlanu.
- Ipilisi yeVitamin B complex kanye ngosuku.

# SEBENZISA AMAYEZA OKUNYANGA UMKHUHLANE UKUNCIPHISA IIMPAWU



Thabatha iPanado xa unomkhuhlane okanye iintlungu

Sela amanzi ashushu anobusi nelamuni usebenzise iipilisi zomqala ukuphelisa iintlungu emqaleni.

Rharhaza ngamanzi anetyiwa kabini ngemini

Futha okanye usebenzise isixhobo esikhupha umsi ofumisayo, ufake i-eucalyptus okanye i-Vicks nanjengoko umoya owomileyo ungayilungelanga imiphunga.

Amachiza esintu afana mbewu emnyama (black seed), iturmeric, ijinja (ginger) kwakunyenamanye amachiza endalo:  
Imithi eyaziwangokunceda ukudumba okanye iintlugu nengenabungozi  
**Nceda uqhagamshelane nabezempilo okanye ugqirha wakho phambi kokuba usebenzise oku.**

Musa ukusebenzisa amachiza abizwa ii-steroids, ngaphandle kokuba uyalelwe nguGqirha okanye abo banikeza ngenkonzo zezempilo.

Uninzi lwalamayeza akukho siqinisekiso sokuba ayasebenza okanye ayasetyenziswa ukunyanga xa umntu egula ngamandla esibhedlele

# ULUFUNA XA KUTHENI UNCEDO LWEZONYANGO?



Ukuba iimpawu onazo azibingcono kwintsuku ezisixhenkxe okanye imeko iya isibanzima.

Ukuba unokubhideka okanye kunzima ukunika ingqwalasela kulonto uyenzayo.

Ukuba uvukwe ngumkhuhlane okanye umkhuhlane uphinde wabuya.

Ukuba unentlungu esifubeni

Ukuba unesifo seswekile, yaye inyuke kakhulu (>18) okanye ihle kakhulu(<3.5). Umthamo weswekile uyohluka kumntu ngamnye. Phambi Kokutya umthamo: Uba ngu 4 ukuya ku7 mmol/L kumntu ono type 1 okanye u type 2 weswekile. Emva kokutya: ubangaphantsi kwe 9 mmol/L kumntu ono type 1 wesifo seswekile, uze ubengaphantsi kwe 8.5mmol/L kumntu ono type 2 weswekile.

Ukuba uphefumla nzima, yaye xa ubala ukuba utsala umphefumlo kangaphi emzuzwini- omnye, ufumanisa ukuba izinga lokuphefumla lingapha kwamashimi amabini anantlanu. Izinga lokuphefumla elilungileyo liphakathi kokuphefumla kalishumi elinesithandathu ukuya kumashumi amabini ngomzuzu. Nceda uqhagamshelane nabezempilo okanye uGqirha wakho.

Ukuba umthamo womongomoya kwisixhobo sowuhlola, i-pulse oximeter singaphantsi kwe 92%. Umthamo womongomoya olungileyo kwi-pulse oximeter uphakathi kwe 95% ukuya kwi 100%. (xa uphefumla ngaphakathi egumbini) Qaphela: Lomthamo ungohluka xa unengxaki yeziphunga. UGqirha wakho angakuxelela ukuba ngowuphi umthamo okulungeleyo.

## Sukuya kumagumbi okunyanga kaGqirha

**Tsalela uGqirha umnxeba ukuze akuxilonge esemnxebeni okanye esebenzisa ubuxhaka-xhaka balemihla, okanye ubize inqwelo yezigulane ikuse esibhedlele.**

Ulwazi olunikezelwe kolupapasho ludityanisiwe lusuka kwimithombo ethembekileyo, nequka Isebe Le Zempilo, iArhente ejongene nezempilo kumaziko emfundo ephakamileyo, iHigher Health, kwakunye nabasebenzi becandelo lezempilo abajongene nabasebenzi kunye nabafundi kule Dyunivesithi.