

JONGANA NEMPI- LO YAKHO JONGANA NEKAMVA LETHU

Njengoko sisiya phambili, kubalulekile ukuba siqhubekwe nokukhathalela impilo yethu ngokubanzi -
ukuze sikwazi ukujongana nekamva lethu.



Kuya kufuneka siyinakekele impilo yethu yomzimba kunye nengqondo ngokunjalo nokuba sempilweni.

 <p>Musa ukuwaphosa amadinga onawo wezempilo.</p>	 <p>Wathathe rhoqo amayeza wakho ezigulo ezingapheliyo.</p>	 <p>Musa ukuluphosa ugonyo losapho.</p>	 <p>Yitya ukutya okusempilweni kwaye uzilolonge.</p>
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Ukuze uhlale ukhuselekile, kubalulekile ukuba siqhubekwe neMigawo ePhambili emi-5 yothintelo. Yiba nenkathalo ngakumbi ukuphepha iindawo ezinokuba nezinga eliphezulu lolosuleleko.

UKUKHETH' IZINTO NGOKUKHUSEL EKILEYO

Njengoko sisiya phambili, kubalulekile ukuba sikheth' izinto ngokukhuselekileyo. Zama ukuyiphepha imisitho enokuyisasaza intsholongwane ngokukhawuleza ngexesh' elifutshane:



Iindawo ezinabantu abaninzi



Iindawo ezinabantu abaninzi abakufutshane nawe



Iindawo ezivalekileyo ekusondelelwene kakhulu kuzo

Nxiba imaski rhoqo xa uphakathi kwabantu kwaye ulandele iMigaqo ePhambili emi-5 ethi



1. Hlamba izandla
2. Musa ukubamb' ubuso
3. Gcina umgama oyi-1,5m phakathi kwakho nabany' abantu
4. Gquma xa ukhohlela
5. Uyagula? Hlala eKhaya

YIPHEPHE INDAWO

- * engangen' umoya ngokwaneleyo
- * egcwel' abantu iindawo ezigcwel' abantu ngaphakathi

HLALA UKHUSELEKILE

**YIYA
PHAMBILI**



URhulumente
weNtshona Koloni
EzeMpilo

Uyagula? Hlala ekhaya uze utsalel' umnxeba ku-080 928 4102 okanye uye ku-<https://www.westerncape.gov.za/dept/health>