

KUNGANI KUFANELE UGOME

**Umuthi wokugoma
uzovikela wena
nalabo obathandayo
ekugulisweni kakhulu
yi-COVID-19.**

Lapho abantu abaningi begoma
futhi belandela zonke izindlela
zokuvimbela, singafinyelela
masinyane ekuzivikeleni
komphakathi:

Yilapho i-COVID-19 inenkinga
yokusabalala ngoba iningi labantu
selivele livikelekile kuyo.



**Kuzothatha izinyanga eziningi ngaphambi
kokuba umgomo utholakale kubantu abaningi.**

Lapho umenyelwa ukuthola umgomo, ukhethwe ngenxa yomsebenzi owenzayo, noma ngoba kungenzeka ube sengozini enkulu. Ungakhetha ukusukuma uzivikele wena nabanye ngokuthatha umgomo. **Labo abangazange bagonywe bathembele kuwe.**

