



# ODINGA UKUKWAZI MAYELANA NE-CORONA VIRUS



## NGINGAYITHOLA NGOKUTHINTA IZINTO?

Yebo, kwesinye isikhathi amathe omuntu ogulayo angangena ezintweni ezifana:



Nezandla zabo



Izibambo zezicabha



Amapeni



Amadivayisi adijithali  
njengomakhalekhukhwini  
namakhompyutha angomathangeni



Ukudla nezitsha zokudlela



Unqenqema lokubambelela  
ezitebhisini



**Ungathinti ubuso bakho, umlomo, ikhala noma amehlo ngaphandle kokugeza izandla zakho.**