



**GROCOTT'S MAIL**

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Olu shicilelo lokuhlala ngendlu lweCOVID-19 leGrocotts Mail, kukusebenziana phakathi kweRhodes Unniversity DSI/NRRF kwiBiotechnology Innovation & Engagement, iCommunity Engagement, iBiotechnology, iPharmacy, iJournalism & Media Studies, iCommunications and Advancement, Centre for Social Development, iLebone Centre, Inumeracy Chair, iPsychology Department, iMakana Municipality, iDepartment of Health, iSouth African Police Service kunye nosaziwayo basekuhlaleni. Sinizisela umyalezo obalulekileyo, #StayHome - #SaveLives

Bonisa ukuthalela indawo ohlala kuyo ngokugcina lemigomo. Kwaye uncede:

- \* Gcina umgama ongange: 1.8m phakathi kwakho nomnye umntu
- \* Hlamba izandla ngesepha
- \* #StayAtHome

# Ulwazi ngamandla



UVuyokazi Shwempe ufundela indodakazi yakhe ibali, uLuhlumile Shwempe (10), ngaphandle ekhayeni labo eNkanini. ULuhlumile wenza ibakala lesihlanu, nanjengaye wonke umntana kweli lo Mzantsi Afrika, ukhathazekile ngokuchaphazele izifundo kulonyaka. linqununu zezikolo eMakhanda zithi noxa oomabonakude noonomathotholo bencedisana nabantwana ngezifundo, abazali abafana noVuyokazi bayafuneka ekudlaleni indima yootitshala kubantwana babo. Izifundo zakwi-Internet azifikeleleki kubantwana baseMakhanda ngenxa yamaxabiso e-Data. IRhodes Community Engagement kunye neGrocotts Mail zithathe amaphephandaba eGrocotts Mail, kwakanye namaphepheke olwazi oluphangaleleyo lweCovid-19, bawasa kumakhaya ngamakhaya. Okuqulathwe lolushicilelo lokuhlala ngendlu, ngamabali kunye novavanyo lwengqondo yabantwana. Umnfanekiso: Sue MacLennan

## Inyani okanye Amampunge

NguSTEVEN LANG

Nangona ubhubhani we-Covid-19 engalunganga, isixa esikhulu sokuhluwza kolwazi senza ukudideka okuninzi kakhulu. Ngeziphi iindaba zokwenyani, zeziphi ezamampunge? Yeyiphi indlela ebalaseleyo yokuzikhuela thina kunye nabo sibathandayo kwamampunge?

Phantse yonke imibutho yeendaba kwihiabathi lonke ingumatshini wamabali malunga naalentsholongwane. Ukongeza koku, wonke umntu kwamacandelo eendaba, imibutho engekho phantsi korhulumentu kunye namashishimi amaninzi abucala onke anento

yokuthetha malunga nalobhubhane. Olunye lolwazi olukhutshwa kulamacancelo yinyani kwaye luxabisekile, kodwa oluninzi ulwazi ziindaba ezingenamsebenzi, kwaye ezinye zazo ngamampunge – ngoko qaphela.

Ubona njani ukuba ulwazi luyinyani okanye yintsomi/ amampunge? Nazi iiingcebiso ezimbalwa ezinokunceda uhlae usempilweni:

- Khangelu umthombo wolwazi. Luvela kubani? Ukuba awunakuqiniseka ngokunyaniseka komthombo - ungawuhoya umyalezo.

- Ngokwesiqhelo ukuba umyalezo (ku-WhatsApp, kwi-SMS) uthunyelwe kumthombo ongachazwanga – mcime umyalezo lowo.

- Ukuba umntu uqala umyalezo ngo “Ndibile... okanye “bath...” ungazidubi ngokumamela.

- Ukuba kubonakala ngathi ayiqhelekanga - sithembe isazela sakho. Ungayikhathaleli ngaphandle kokuba ungfumana ulwazi olufanayo kwimithombo emibini eyahlukeneyo ngokupheleleyo.

- Nokuba uyive kumomathotholo ayithethi ukuba iyinyani. Isenokuba ngumphulaphuli othe wafowunela

waxelela isizwe ukuba utatazala wakhe ucinga ntoni ngomba othile.

- Ukuhleba yinto echitha ixesa, kodwa ngamaxeshwa e-Covid-19, kunokuba yinto enobungozi.

- Sukuhleba ngentsholongwane ngaphandle kokuba ungugqirha oqeqeshelwe impilo yoluntu.

- Ukuba ubona umntu onikisa ingcebiso kumabonakude, phambi kokuba umamele qiniseka ukuba ngu Mongameli uCyril Ramaphosa, Umphathiswa Wezempiro uZweli Mkhize okanye umntu oqinisekileyo ukuba Yingcali kwezonyango.

- Ukuba ubo nethamsanqa lokufikelela kwi-intanethi, nazi

iindawo ezithile onokuzithembu:

- JWebhu yoRholumente wase Mzantsi Afrika ngeCoronavirus: <https://www.gov.za/Coronavirus>

- Iziko leSizwe leZifo ezasulelayo: <https://www.nicd.ac.za/>

- Umbutho wezeMpilo kwiHlabathi (WHO): <https://www.who.int/emergency/diseases/novel-coronavirus-2019>

Sukusasaza amarhe- kunokuba yingozi. Amarhe anokuhokelela ekuziphatheni ndlonto-ndlonto okanye ukothuka. Amarhe angakhokelela kwiimeko ezothusayo njenga ngokuya abantu bebezifihlela iphepha lokuya ngasese.

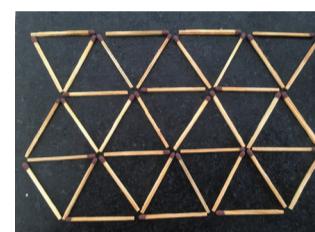
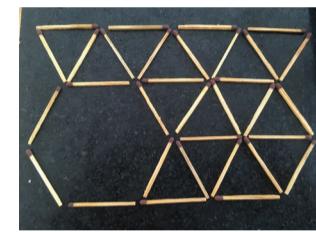


## Ngoku ezinye iZibalo

Cinga ngegobolondo yofudo, kune neepateni ezikwiqokobhe lofudo. Kubonakala ngathi bal-ungelane omnye komnye. Ngoku kwiMathematics kukho ezinye iimilo ezihambelana ngoku-chanekileyo kune nezinye kwaye iimilo zingenzi, umzekelo: unxantathu-olingga icala ulin-gana ngokugibeleyo nabanye oonxantathu abalinganayo. Kwenzeka into efanayo ngesimo sehexagon esinamacala ama-6, kodwa imilo enamacala ama-5, esiyibiza ngokuba yipentagon, ayisihambelani kakuhe nezinye iipentagons. Kwenza okwethutyanana emva koko iqala ukuba nengxaki kwaye uayibona loo nto ukuba ujonga ibhola yomnyazi.

1. Fumana ezinye izinti zomdlalo- ungazikhanyisi! -Kwaje usebenzise imatshisi ukwenza iimilo. Unokwenza oonxantathu, izikwre kune nayiphi na enye imilo oyaziyo. Jonga ukuba ungamelana iimilo kune ukwenza iipateni. Ukuba wenza oonxantathu ungabafaka kumgca omde omnandi usebenzisa imiphetho yoonxantathu bakho.

2. Mingaphi imilo eyahlukeneyo oyibonayo kule patheni yematsishi? Ezinye zinokuba ngunxanthathu omncinci kwaye ezinye zinokuba ngox-antathu ezinkulu. Kukho nemilo emacula mane kune namacala amathandathu ukuba ujonga kufutshane.



3. Xa iimilo zidibene ngokuchanekileyo, njengeethayile, siybiza ngokuba yi-tessellation. Unokonwaba ngokuthatha isikwre, usike iibits ezantsi kwaye uzongeze eqengeni ukuze uzenzele eyakho imilo. Njengalo mzekelo ungezantsi:

Qala ngesikere	Sika oonxantathu abaphantsi	Hambisa oonxantathu bobabini phezulu	Phinda emva koko ufake umbala kwipateni yakho ukuba uyafuna

Early Childhood Literacy Programme  
**BUDDING Q** BuddingQ is a fun, play-based motor skills development programme. It helps children develop the skills needed for reading and writing.

### Make a Ball!

YOU NEED:  
PLASTIC BAGS  
CANDLE  
MATCHES



## Ibali: Ufudo ufumene ikhaya lakhe

Ufudo ufumene ikhaya lakhe Ngenye imini uFudo wayehamba-hamba ethafen. Wayekhang-a-khangela efuna-funa. Waqwalasela mgama, encine namehlo kuloo ngca. Waza ke wadlu kuNkumba.

"Ingaba kukho into oyikhangelayo?" wabuza uNkumba.

"Ewe Nkumba, ndikhangela indlu yam. Ingaba ukhe wayibona?" Kubuza uFudo.

Bakhangela bakhangela, kodwa kwakungekho nomncinci umkhondo wendlu yakhe. Ilanga lalisele lenyukele phezulu esibhakabhakeni.

Emva kwethutyanana badlula kuNgqatyan.

"Ingaba kukho into eniyikhangelayo?" wabuza uNgqatyan.

"Ewe Ngqatyan, ndikhangela indlu yam. Ingaba ukhe wayibona?" wabuza uFudo.

UNgqatyan wathi, "Hayi, khange ndiyibone, kodwa ndiza kunikhangelisa!"

UFudo waqhubeke nohambo lwakhe, ebeleke uNkumba noNgqatyan.

Bakhangela bakhangela, kodwa kwakungekho mkhondo wandlu. Ilanga lalisele lithambeka ngoku. UBhantom wathi, "Hayi, khange ndiyibone, kodwa ndiza kunikhangelisa!"

UBhantom watsibela emqolo kuFudo waza ke uFudo waqhubeke nohambo, ebeleke uNkumba, uNgqatyan, uBhantom kune noMpuku.

Bakhangela bakhangela, kodwa kwakungekho mkhondo wandlu. Ngoku ke kwakusele kuqalisu umoyana ohlabayo.

UMpuku wathi, "Hayi khange ndiyibone, kodwa ndiza kunikhangelisa!"

Bakhangela bakhangela, kodwa kwakungekho mkhondo wandlu. Umoya wawuphaphatkisa amaggabi aze ajikeleze ngasezinyaweni azikaFudo.

UFudo wafunyanwa

kukudinwa. "Nina niyandisinda," watsho ngesigqala.

Umoya waya ucina ngokuqina. Isibhakabhaka saguquka saba mnyama.

"Owu, ingaba iphi na indlu Yam?" Kwavakala iindudumo ezindulini. Kwalenyeza imibane mgama. Chapha-chapha yaqalisa ukunetha imvula.

"Owu, ingaba indlu yoFudo?" kwabuza uNkumba, uNgqatyan, uBhantom kune noMpuku bayu kuwa qelete.

Umoya wavuthuza kakhulu. Waphaphathekisa kakhulu. Waphaphathekisa uNkumba, uNgqatyan, uBhantom kune noMpuku bayu kuwa qelete.

Emva koko kwalandela isichotho, qhufu-qhufu.

UFudo woyika kakhulu kangangokuba wazisonga wangena kwiqokobhe lakhe. Kwakushushu kamnandi kea pho.

"Owu, nantsi ke indlu Yam!" watsho uFudo.

"Owu, nantsi ke indlu kaFudo!"

### Umsebenzi: Phendula le mibuzo ilandelayo malunga nebali

1. Ukhangela ntoni?

2. Ukhumbula ntoni ngelibali?

3. Ungakhumbula zonke izilwanyana ezikhoyo?

4. Ingaba lava njani oluFudo ekugqaleni kwebali?

5. Ekugqibeleni xa ukhumbula ukuba iqokobhe laliyindlu yalo, na nje ngomntu kanjalo wena xa usekhaya uva kufudume?

6. Kumnandi ngaphakathi?

7. Wonwabile nosapho lwakho?

8. Zingaphi izilwanyana ozikhumbulayo kwelibali?

9. Kwa kukho uFudo kune nezinye eziphi izilwanyana?

10. Zazingaphi izilwanyana ndicela uzame ukhumbule?

11. Cinga ngezilwanyana ezinanzi ozaziyo aphozihlala khona, cela umntu omdala abenako ukunkunda

12. Sesiphi esinye islwananya esihamba nendlu yaso kuyo nje ngoFudo?

13. Ingaba yona intaka unqatyaneyayo indlu ihlalaphi?

14. Yenza ibhola zomhlaba uzibeve phandle iintsukwana ezimbalwa, usebenzisa umhlaba othambileyo or ontushutushu uzyeye apholokuthi ilanga likuncedise ukuzomisa kwenzela ubenokudlala ngazo zibe ngamapetyu.

15. Imidlalo ekhoyo ebalini efana nondize kuba usendlini ungakwazi udlale ujikeleze indlu okanye kwindawo onozifhla kuyo?

16. Okanye ba ungaphakathi endlini usebenzise izitya endlini ezifana neMagi apho unokwazi ufhila ngaphantsi kwayo? Kodwa abantu odlala nabo funeke bacimele bangakuboni ukuba ufhilalaphi.

17. Khawuzame ubaliFudo usebenzise ingubo okanye ibhokisi ihlale uyisondeze kuwe ubone ba uFudo luphila njani na nendlu yalo esoloko ihamba nayo, ingaba uzokuva kumnandi na kuwe?

18. Umsebenzana emawuwenze: ThathaiBhokisi ethambileyo efana neBhokisi yePapa iOats uyisike onxanthathu onako ukubenza ubadibanise, zifake kumgca omde ubone ba zokuma njani ni na?

Throw, catch, dribble, kick...

# Indlela yokunxiba iMask yakho



## 1. Indlela yokunxiba imaski

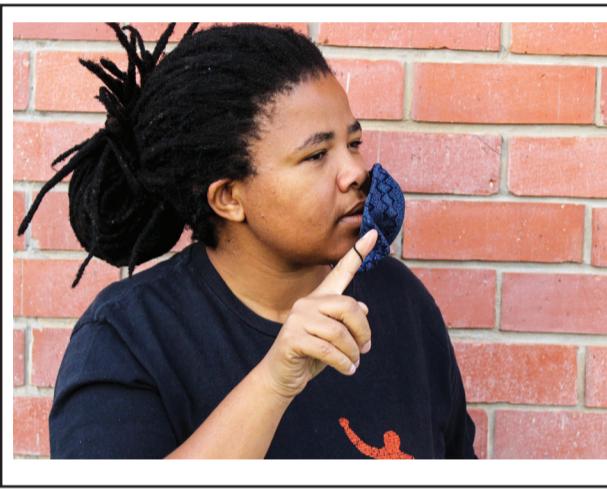
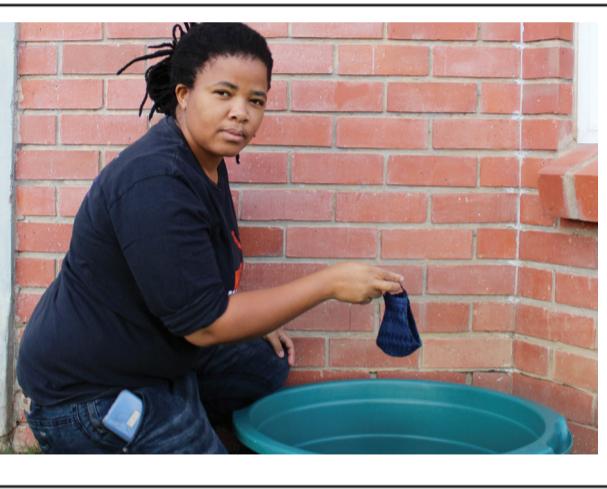
Hlamba izandla imizuwana eyi-20 ngesepha namanzi phambi kokuba unixe imaski yakho. Unako nokusebenzisa isibulali ntsholongwane (hand sanitizer ngamakhumsha) ukucocisisa ngononophelo izandla imizuwana eyi-10. Thatha imaski ecocekiyelo uqaphele umphambili nomva wayo kwakanye nomzantsi nomphezulu wayo. Gquma umlomo nempumlo ngoku jikelezisa ezindlebeni okanye emveni kwentloko umtya wokuyibophya.

## 2. Qinisekisa ukuba imaski uyinxiba kakuhle

Imaski kumele ukuba ikulingane futhi ubenako ukuphefumla kakuhle xa uyinxibile. Imaski mayingabiwoko-woko kodwa maybe nazo izikhewana phakathi kwayo nobuso bakho. Imaski mayihlale phezulu kwempumlo kodwa ukwazi ukuphefumla ngokukhululekileyo.

## 3. Musa ukuphatha umphambili wemaski

Musa ukuphatha umphambili wemaski ngezandla zakho xa ugqibile ukuyinxiba. Oku kuncedisana nokunqanda ukusuleleka yintsholongwane ezandleni xa intsholongwane incamathele kumphambili wemaski. Iphinde incide ekunqandeni ukusuleleka yintsholongwane encamathele ezandleni iye kumphambili wemaski. Ukuba ubambhe imaski ngempazamo khawuleza uhlambé izandla imizuwana eyi-20 okanye usebenzise isibulali ntsholongwane (hand sanitizer ngamakhumsha).



## 4. Yibanecebo lokuba uzakuyenza ntoni i maski yakho xa sele ugqibile

Yenza isigqiba sokuba uzyoyithini imaski xa sele ugqibile ngayo. Ukuba luuhlobo lwemaski olusetenyenzisa ixeshana, yilahle emgqomeni ovalekayo. Ukuba yimaski ongaphinda ukwazi uyisebenzisa njenge maski yelaphu, yifake ebhegini okanye uyifake kwamazi ashushu anesepha ukuze ukwazi uyihlamba ngoku khawuleza.

## 5. Ukukhulula imaski

Hlamba izandla zakho ngononophelo phambi koba ukhulule imaski yakho. Qala ngokuyikhulula emva uzame ukuba ungawuphati umphambili wayo. Bambha kuphela imitya yemaski xa uyikhulula. Musa ukuphatha ubuso xa ukhulula imaski, yifake ngokukhawuleza ebhegini. Hlamba izandla zakho ngononophelo usakuggiba ukuyikhulula.

## 6. Ukulahla /ukuhlamba imaski

Kubalulelike uwazi umehluo kwintlobo yemaski ezikhoyo. Imaski yokunqanda uthuli ne maski esetyenziswa ezibhedele kumele zilahlwe kumgqomo ovalekayo. Imaski yelaphu kumele ihlanje ngamanzi anesepha yomiswe elangeni iyure ezingaphezulu kwesthanu. Uvumelekile ukuba uyi-ayine imaski yakho xa unomqweno wokwenza oko.



**Ungazihlamba njani izandla ngemizuzwana eyi-20 ukuze ulwe iCovid-19 xa ungenawo amanzi etepu**

## Uzodinga



Ikhundlela nomatshishi



Imbombhozi ye2L enesiciko



Isikhonkwane



iplayisi



Igaqa lesepha

### 1. Yomba umngxunyana

- Bambha isikhonkwane ngeplayasi.
- Layita ikhandela ngomatshisi.
- Shushubeza ubutsolo besikhonkwane.
- Gqoboza imbombhozi ngesikhonkwane esitshisayo
- Kumlinganiso ongu- 2 cm ukusuka ezantsi

### 2. Gcwalisa imbombhozi

- Vala umngxunya ngomnywe.
- Gcwalisa imbombhozi ngamanzi.
- Valisisa imbombhozi ngesiciko sayo

### 3. isixhobo sokuhlamba izandla

- ukusisebenzisa, vula isiciko sembombhozi kuzophuma amanzi kumngxunya
- Valisisa ngesiciko ukuze unqamle amanzi angaphumi
- Qaphela, amanzi angaphuma kancinci xasele uvalile

### 4. Hlamba izandla usebenzisa oku

- Beka imbombhozi egumbhini lokuphekela okanye lokuhlambela
- Sebenzisa esi sixhobo hlambé izandla zakho usebenzise isepha
- Qinisekisa ukuba amanzi anako ukuphuma kwimbombhozi imizuwana edulileyo ku-20 ukuze ukwazi ukuhlambisiza izandla

## Icandelo Iwezempiro ziylungele iCovid-19

### Iikliniki zizohlala zivuliwe ngelixesa lokuhlala ngendlu

Iikliniki zonke eMakhandla zizobe zivuliwe ngelixesa lokuhlala ngendlu. Abasebenzi bezempilo bayabongoza ukuba abahlal bawagcine amadinga abo abawenzileyo ukundwendwela ikliniki. Oku kuzoncedisana nokunciphisa amanani abantu abaza ekliniki nabakwisakhiwo sekliniki.

Ikwengenza,eJoza klinik, kukhona inani elimisiweyo labantu abanokuyokuhoywa ngexesa. Abasebenzi bezempilo ekuhlaleni bathumela abagulayo

kwindawo yokulinda ekufutshane, eNoluthando hall,babizwe xa kufike ixesa ledinga labo .Ukuba yimini yakho yokuza ekliniki nceda ushiye abantwana ekhaya.

### Abantwana bazogonywa emakhaya

Abongi bayacela uba abantwana bangaziswa ekliniki ukuzogomnywa.

"Sinamaqela ahamba ejikeleza egoma abantwana," utsho umeneja wecadeli Iwezempiro eMakhandla, Mo Docrat. "sizokuza apho abantu bakhoyo ukuzogoma abantwana."



# Ukulawula impilo yakho yengqondo ngexesha lommiselo wokuhlala ngendlu

**L**a ngamaxeshla angaqhelekanga aqinisekisa lamanyathelo angazange abonwa ngaphambili.

Unini lwethu loyika ukugula nokufa, ukuphulukana nabantu esibathandayo, ukuphulukana nomvuzo, ukuphulukana nethuba lokugqiba izifundo zethu, nokwahlulwa nabantu esibakhathaleyo ixesha elide.

Unini luxhalabile malunga nokuba bayakukwazi ukufikelela kwizifundo zekhosi ezikwi intanethi, okanye kwazi ukuqhubeka neemfuno zekhosi ngaphandle kokufikelela intanethi. A banye boyika ukungafumani amayeza okanye ukutya bokusindisa ubomi babo. Zonke ezi zinto zoyikwayo ziqaondakala ngokugqibeleyo.

Kubalulekile ukuba ukhumbule ukuba ixhala okanye umbilini yimpendulo esuka emzimbeni nasengqondweni xa kukho isoyikiso, kwaye intsholongwane i-coronavirus sisoyikiso ngokwenene.

Isikhokelo esingezantsi yingqokelela emfutshane yeengcebiso ezinokuthi zikuncede ulawule ngcono imvakalelo kunye nexhala lakho ngexesha lommiselo wokuhlala ngendlu (okanye ukunceda ukunqanda ukwanda), xa unini lwendela zethu eziqhelekileyo zokuzikhathalela zincitshisiwe.

**1. lingcebiso ngokubanzi Gcina inkubo.** Endaweni yokulala njengesiqhelo, sihlala emva kwexesha size silale nanini na xa siziva sithanda.

Ukanti ukulala rhoqo yinto ebalulekileyo yokugcina impilo entle yengqondo. Zama ukuba uqiniseke ukuba umhla wakho ngamnye unenjongo ethile, ngokuthi ucine inkubo.

**Amathuba okuzilolonga** ancitshiswe kakhulu yimithetho yommiselo wokuhlala ngendlu kwaye oku kuya kuba nefuthe elibi kwabo basebenzia ukuzilolonga okungqoqho ukuzigcina besempilweni. Ngeliheshla la mathuba ancitshisiweyo, kusenokwenzeka ukuba ukwazi ukuzilolonga:

ukwenza ii-pushups, ii-situps, ii-squats kunye nezinye iindlela zokuzilolonga zinokwenzwa ngokulula kwiindawo eziqhelekileyo.

**Lawula ukumamela kwakho iindaba.** Kulula ukubanjwa ngumjikelezo weendaba ezingapheliyo.

Zama ukungazijongi ngokunyanzelelileyo iindaba. Ukuba uluhlobo lomntu

othanda ukuzigcina unolwazi, ulwazi olulungileyo, cwangcisa ixesha lokumamela iindaba.

Kodwa uzilumkele iindaba oza kuzisebenzisa. Fumana ulwazi lwakho malunga ne-COVID-19 kwi-World Health Organisation (i-WHO), i- Center for Disease Control and Prevention (i-CDC), i- National Institute for Communicable Diseases (i-NCID) kunye neSebe lethu lezeMpilo leLizwe.

**Jonga ukusela kwakho utywala.** Utywala buyadandathika. Kwaye utywala abuphazamisi ulawulo lwemeko, imvakalelo, ukomelela ngaphakathi kunye nezinye iingxaki zasekhaya, utywala yinto embi kwimpilo yomntu, kubandakanya impilo yemiphunga yomntu. Ngamanye amagama, ukusela kunokwandisa umngcipheko wakho weengxaki ze-COVID-19.

Qhubeka uthatha naliphi na **iyeza elimiselweyo** ngokomyalelo wezikolezempilo. Eli asiloxesha elilungileyo lokutshintsha; ukuba kunjalo, qiniseka ukuba udibana nogqirha wakho.

**Ukulungisa ubudlelwane kunye nabo bahlala nawe ekhaya.** Lommiselo wokuhlala ngendlu ngokuqinisekileyo lithuba lokuchitha ixesha elisemgangathwena kunye nosapho lwakho. Thetha-theethani malunga noloyiko kunye nombilini eninawo ngokunkulumene ne-COVID-19, kodwa niqiniseke nangokuthetha ngamaphupha ngekamva lenu. Ukuba abantwana bayinxalenye yekhaya lakho, babandakanye nakwinco efanelekileyo yobudala ebavumela ukuba bavakalise uloyiko lwabo kunye nexhala labo. Khumbula, ixesha lokuhlangana elixabisekileyo libaluleke kakhulu kunobuninzi. Akunyanzeleka ukuba ube ngumkathaleli okanye iqabane elifanelekileyo ngezi ntsuku zingama-21, kodwa yiba nobubele kwaye uxizolele wena kunye nabanye.

**2. lingcebiso ezizodwa kwabo balwa ne-OCD, ukudandathika, iingcina zokuzibulala, umvandedwa, umbilini, ixhala kunye novalo**

**Ukweyela kunye nesinyanzeliso**

Ukweyela ziingcinga ezithandabuzekayo, imfanekiso kunye nezenzo ezbangela unzunguphalo, ngelixa isinyanzeliso ingumzamo wengqondo wokurhoxisa ukweyela, (ukuba ne-Obsessive Compulsion Disorder okanye

i-OCD ngokufutshane). Ukuphazamiseka okubangelwa yi-OCD yingxaki aphi ukweyela entweni kuqalisa ukuphazamisa ukusebenza kwakho emsebenzini. Olunye uhlobo oluqhelekileyo le-OCD luloyiko lokujonga ungciliseko kunye nemfuno enyanzelelileyo yokuhlamba izandla. Kubaluleke kakhulu ukucina ucoeko lwestiqu ukunciphisa umngcipheko wokosulelwa yi-Coronavirus.

Kodwa ukuhlamba izandla kunokwenzwa ngendlela egqithisileyo, kwaye enokubangela nayo lentsholongwane. Ngamanye amazwi, wulwe umnqweno wokuhlamba izandla zakho ngokugqithisekileyo, kuze ukwazi ukunqanda iOCD yokuhlamba izandla. Ukuba uyoyiswa yile-OCD, qiniseka ukuba ukhangela unyangi lwengqondo emva kommiselo wokuhlala ngendlu.

## Ukudandathika

Ukurhoxa eluntwini kunye nokuncitshisa kwezinto zokwenza zimpawu ezimibini ezinokubangela ukuba kwande uxinzelelo nokudandathika. Sele sixoxile malunga nokuba kubaluleke kanganani ukuba ugcine unxibelelano lwakho lwasentlalweni kunye nabanye kangangoku, ngaphandle kokuzibeka wena okanye nabani na omnye umntu emngciphekwani. Oku kuthetha ukuba kufuneka sisebenzise ii-smartphones kunye netekhnoloji ukuthumela nokufumana imiyalezo, ukubonana nokuthetha kunye.

## Ukuzbulala

Kuyinto eqhelekileyo ukuba neengcina zokuzibulala xa uxinezelele okanye xa unayo nenyi ingxaki yengqondo. Ngelixa oku ngokuqinisekileyo kuhathaza kakhulu, ayisityongxamiseko yengqondo ngaphandle kokuba ezi ngecina zikhula zibe zizicwangciso eziqinisekileyo zokuhelisa ubomi bakho. Ukuzbulala akuyonto engenakuphepheka yokuhandzeleka okude. Ukuba ufikelela kwinqanaba aphi ucinga ukuba unokuba yingozi kuwe, funa uncedo. Thetha nomhlobo okanye ilungu losapho. Okanye tsalela umnxeba kule nombolo 0861 322 322.

## Umvandedwa

Zimbini izinto ezinokwenzeka apha. Ubbuhani we-coronavirus uza kuba lusizi kubantu abathile. Abasebenzi kwezempiro basengozini enku, kodwa nabanye banokuchaphazeleka kwiimeko ezenzwa ngulobhubhani. Ummiselo

wokuhlala ngendlu unganyusa amazinga obundlobongela basekhaya. Enye into enokuthi yenzeke kukuba abantu bafumanise ukuba ummiselo wokuhlala ngendlu kunye nokumamela iindaba ezinikisa umbilini ziya kuhulisa umvandedwa wangaphambi. Kwiimeko ezinjalo, abantu bahlala bexhamla kunyango lwengqondo. Ukuba emva kwenyanga kucacile ukuba usasokola, kufuneka ubone ugqirha wengqondo.

## Uhlaselwa luvalo

Wazi njani ukuba uhlaselwa luvalo? Zine impawo zokuhlaselwa luvalo: Ngexesha lokuhlaselwa luvalo ufumana uloyiko olukhulu. Uhlaselwa lwenzeka ngesiquphe, kungekho silumkiso.

Ezona mvakalelo zinzulu zidla ngokudlula ngokukhawuleza, ngaphakathi kwemizuzu emi-5 okanye eli-10 rhoqo.

Ngexesha lohlaselo ucinga ukuba kukho into eyoyikekayo inokwenzeka okanye sele iqalile ukwenzeka. Ungacinga ukuba unesifo sentlizyo, okanye sowuza kuphelewa ngumphefumlo. Ukuba ixhala lakho liyachaphazeleka kukuhselwa luvalo ngokupheleleyo, unokufumana iluncedo indlela yokuphefumla engummiselo. Zama ukuhlala uthre nkqo okanye ulale ngomqolo. Ukuba kunokwenzeka, phefumela empumlweni yakho ngesinqisho esibaliwego nesomeleleyo. Ukuphefumla kwakho akufuneki kube kubi kwayekuhafuzele.

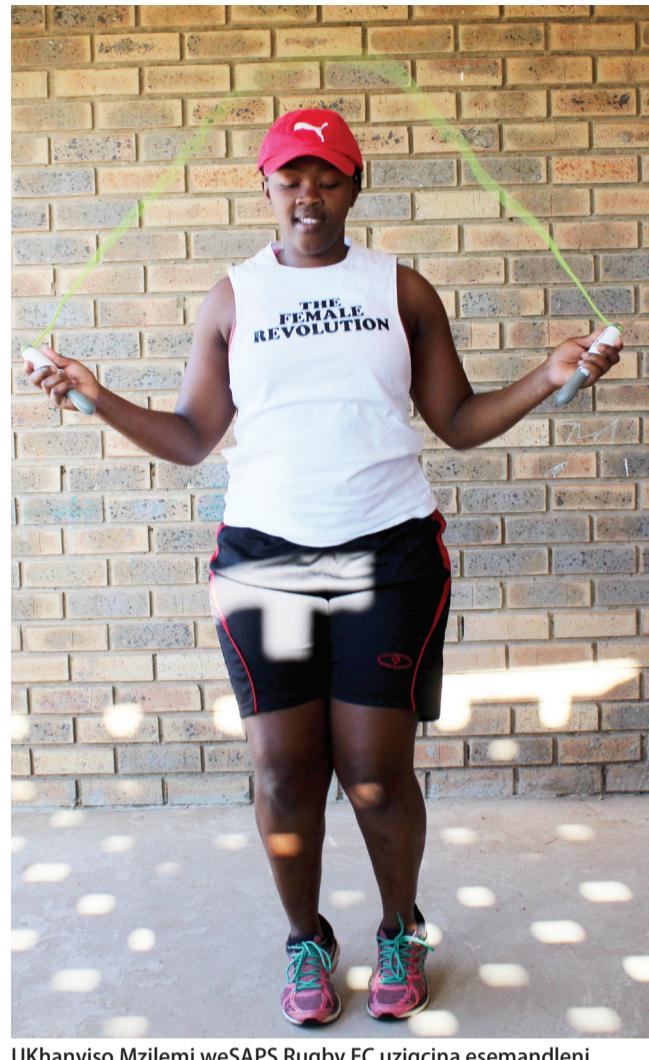
Kuza kubakho amathuba okuzibuyisela eqondweni, ukuzila ekulahlekelwani kwethu, kunye nokuqokelela iiziqwenga ukuze sikwazi ukuqhubeka ngobomi bethu. Ukuba eyona nto onokuyenza elungileyo kukusinda kweli xesa lokungaqiniseki kunye nokuvalelwaa, oko kulungile.

## Isishwankathelo:

{Amanqaku onokuthi uwalandele ukuze uzigcine usempilweni ngokwasengqondweni ngexesha lommiselo wokuhlala endlini:

- Gcina inkubo
- Fumana amathuba okuzilolonga eyadini
- Lawula ukumamela kwakho iindaba
- Lawula ukusela kwakho utywala
- Wasele Amayeza akho amiswelwe nguGqirha
- Lungisa ubudlelwane kunye nabo bahlala nawe ekhaya}

Isebe lezengqondo Iduyunesithi i-Rhodes



UKhanyiso Mzilemi weSAPS Rugby EC uzingcina esemandleni ngelithuba lokuhlala ngendlu. Umfanekiso: Sue MacLennan

## Zilolonge ngokhuselekileyo ngelithuba usekhaya

### NguCHRIS TOTOBELA

Eli liesha elinzima kuye wonke ubani kwaye uloyiko lubangela ukuba sizibhaqe sisenza izintu esingakhang siziwangcise.

Wonke ubani uzibhaqa evalelele ekhaya nosapho lwakhe nanjengoko eyalele njalo umongameli weli esenza iinzame zokunqanda ukunwenwa kwalentsholongwane yeCovid-19.

Ukuvalwa kweendawo ezithengisa utywala necuba kungabangela umsindo kakhulu kwabo abaqheliyeo ukuzibenzisa ezizinto nto ley enokubangela ukuba bazibhaqe sele behuphela loo msindo kumanina nasebantwaneni babo.

Eli lelona xesa ekufuneka ootata bazibonakalise bakhusele iintsapho zabo nanjengoko bezintloko zekhaya. Ukuhlukumeza oomama nabantwana akwamkelekangtu kwaphela. Nazi ezinye iindlela ezilula zokuzilolonga ngelithuba usekhaya kwaye ongakwazi ukuzenza nosapho lwakho, kodwa ningalibali ukugcina umgama oqingqiweyo phakathi kwenu.

• Ima ngenyawo unyuse iingalo uzolule zalathe phezulu uzisondeze kuwe ezindlebeni, iminwe mayidanyaze uyivula uyivala logama ubala izihlandlo ezilishumi.

• Zihlise kengoku uzizise phambi kobuso bakho uzolule kwakhona iminwe isenza kwa okuya kufanayo uphinde uzibalele izihlandlo imiqathango esiyinikiweyo.

Khumbula ukugcina umgama oqingqiweyo ukuba uyenza nomnye umntu le. Masiyibambe aplo okwaleveki sizokuphinda sibuye neminye imithambo elula yasekhaya kwiveki elandelayo. Sihlale sibambe konke esikuyalelwego ngabo basemagunyeni. Khumbula konke oku kwenzelwa ukukhusela impilo yethu naleyo yabo siphila nabo.

Ukuhla kwezinga lokusasazeka kwale ntsholongwane kuxhomekeke

kwindlela esiziphethe ngayo kwaye singayilwa le ntsholongwane xa

sibambisene sithobela yonke imiqathango esiyinikiweyo.

### LOCKDOWN EXTENDED TO END OF APRIL 2020 - WHAT PRESIDENT RAMAPHOSA SAID LAST NIGHT

• There are over 1.5 million confirmed cases of coronavirus worldwide. • Over 90 000 people across the world have died from this disease.

• The health systems of many countries have been overwhelmed.

"I have to ask you to make even greater sacrifices so that our country may survive this crisis and so that tens of thousands of lives may be saved. After careful consideration of the available evidence, the National Coronavirus Command Council has decided to extend the nation-wide lockdown by a further two weeks beyond the initial 21 days. This means that most of the existing lockdown measures will remain in force until the end of April."