

# GOLDEN RULES TO HELP PREVENT THE SPREAD OF COVID-19

IMIQATHANGO YOKUNQANDA UKUNWENWA KWE COVID-19

JOU OPTREDE KAN LEWENS RED



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01

**Wash your hands frequently with soap and water and use sanitiser**

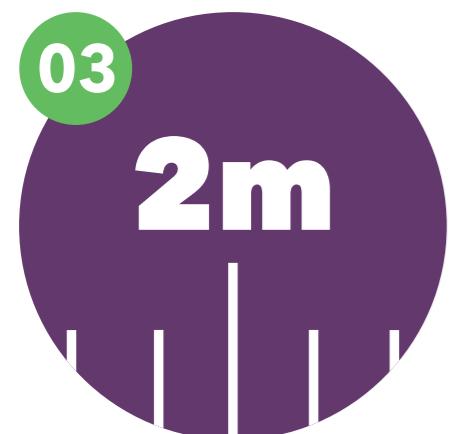
Hlamba izandla zakho ngamanzi nesepha okanye i sanitiser ngalo lonke ixesha



02

**Wear your mask at all times, except when eating and drinking**

Nxiba i mask ngalo lonke ixesha, ngaphandle kokuba uyatya okanye uyasela



03

**2m**

**Maintain a 2 metre physical distance from others**

Mela kumgama ongangee mitha ezimbini ebantwini



04

**Avoid touching your eyes, nose and mouth**

Sukuphatha amehlo, impumlo kwakunye nomlomo wakho



05

**If you are experiencing COVID-19 symptoms, call the Health Care Centre or your Doctor**

Ukuba uva iimpawu ze COVID-19, fowunela i Health Care Centre okanye ugqirha wakho

**REMEMBER: IF YOU TAKE CARE OF YOURSELF, YOU TAKE CARE OF OTHERS.**

# HOW TO WEAR A MASK SAFELY

UYINXIBA NJANI I MASK NGOKUKHUSELEKILEYO

HOE OM 'N MASKER RÉG TE DRA



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## Clean your hands before touching the mask

Coca izandla zakho phambi kokubamba i mask yakho.

Was jou hande voor dat jy aan die masker raak.

01



## Clean your hands before removing the mask

Coca izandla zakho phambi kokususa i mask

Maak jou hande skoon voor dat jy die masker af haal.

03



## Cover your mouth, nose and chin

Yequma umlomo, impumlo nesilevu nge mask yakho

Bedeck jou mond, neus en ken.

02



## Avoid touching the mask when it is on your face

Sukuyibamba i mask yakho xa sele uyifakile

Moenie aan die masker raak as dit op jou gesig is nie.

04



## Wash the mask with soap and detergent, preferably in hot water, at least once a day

Hlamba i mask nge sepha, emanzini ashushu kubekanye ngemini

Was die masker met seep en waspoeier, verkieslik in warm water, ten minste een keer per dag.

# MAINTAIN PHYSICAL DISTANCING

QINISEKA UMELA MGAMA EBANTWINI  
HANDHAAF 'N FIESIESE AFSTAND



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01



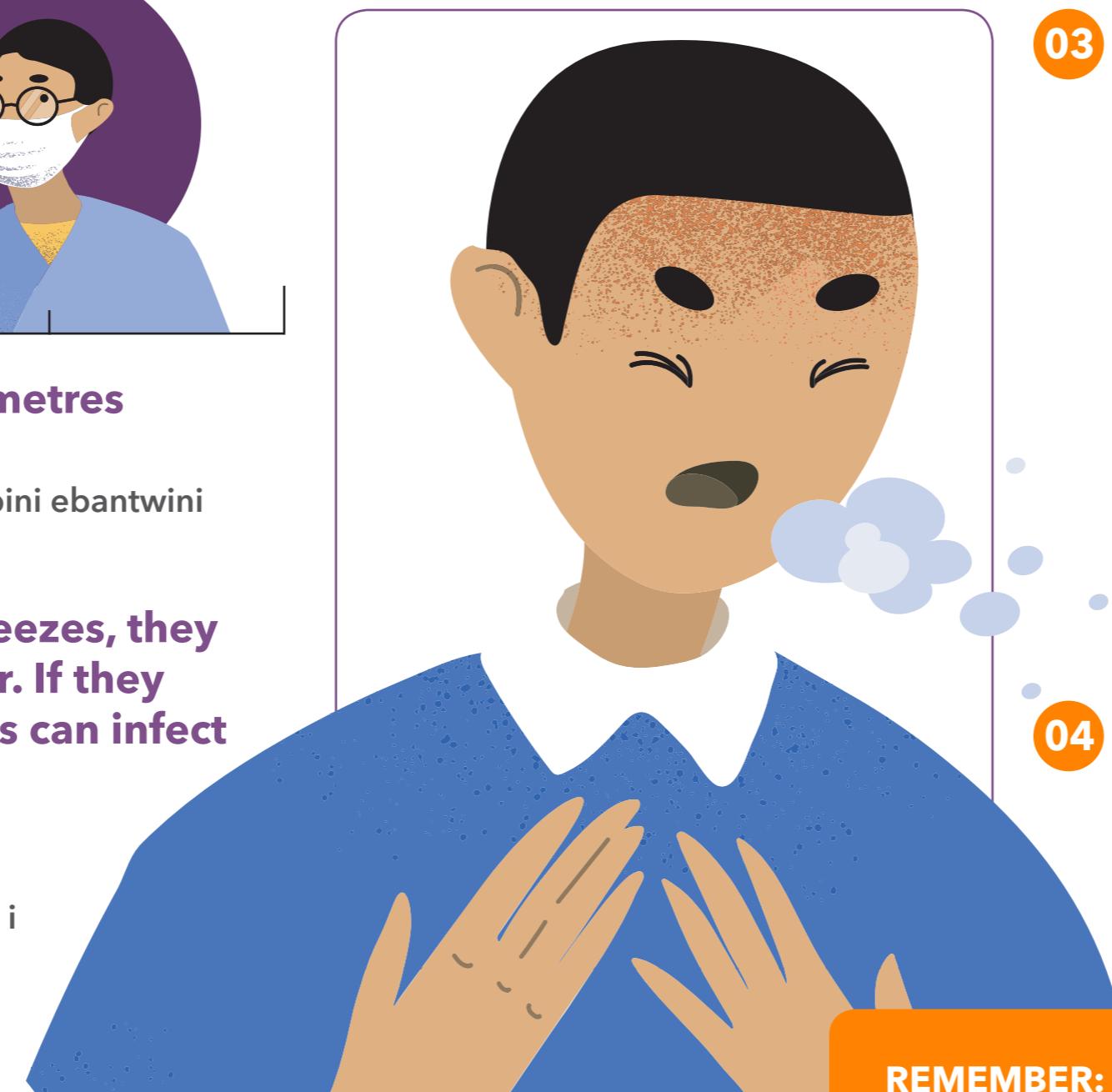
**Keep a distance of at least 2 metres between yourself and others.**

Mela kumgama ongangee mitha ezimbini ebantwini

02

**When someone coughs or sneezes, they spray tiny droplets into the air. If they have coronavirus, the droplets can infect others who breathe them in.**

Xa umntu ekhohlela okanye ethimla, usasaza amaqabaza amathe emoyeni. Ukuba lamaqabaza anentsholongwane i corona, anako ukwesulela abanye abantu abaphefumla ecaleni kwavo.



03

**The virus can also spread when the droplets land on surfaces or on people's hands.**

Intsholongwane inako ukunwena xa amaqabaza amathe ewela phantsi okanye ezandleni zabantu.



04

**Stay at home as much as possible and cough into a tissue or your elbow.**

Hlala endlini kangangoko kwaye ukhohlelele kwi tissue okanye kumphakathi wengqiniba.

# HAND HYGIENE TO HELP STOP THE SPREAD OF COVID-19

IMIQATHANGO YOKUHLAMBA IZANDLA KAKUHLE UNQANDA UKUNWENWA KWE COVID-19

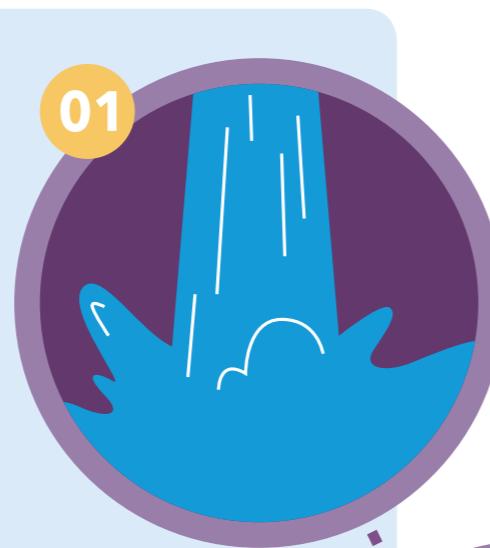
WAS JOU HANDE EN GEBREUIK ALKOHOL-BASIS HANDREINIGER OM DIE VERSPREIDING TE KEER



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## Wet your hands and put soap on them

Manzisa izandla zakho usimela ngesepha



## Scrub all sides for 20 seconds, including palms, back of your hands and in between your fingers

Krwela izandla zakho macala onke, uqulathe iintende zezand-la, umphandle kunye naphakathi kweminwe yakho



## Dry with a clean cloth or wave your hands in the air

Sula ngelaphu elicocekileyo, okanye womise ngokuvuthulula izandla zakho emoyeni

## Use the hand sanitiser provided around campus as often as possible

Sebenzisa i sanitiser ekhoyo kumagumbi onke kangangoko unako





## SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhoea



## IIMPAWU ZE COVID-19 ZIQUKA

- Umkhuhlane nengqele
- Ukukhohlela
- Ukusokola ukuphefumla
- Ukudinwa oko
- Izihlunu okanye umzimbaobuhlungu
- Intloko ebuhlungu
- Ukungava ivumba okanye incasa
- Umqala obuhlungu
- Ukuvaleka kweempumlo okanye imifinya engapheleyo
- Ukugabha
- Isisu esihambisayo

## COVID-19 SIMPTOME

- Koors of kouekoors
- Hoes
- Asemhalingsprobleme
- Moegheid
- Spier- of liggaamspyne
- Hoofpyn
- Smaak- of reukverlies
- Seer keel
- Kongestie of loopneus
- Naarheid of braking
- Diarree

# WHAT WILL HAPPEN IF I HAVE SYMPTOMS?

Kuzakwenzekantoni xa ndinezimpawu?  
Wat moet ek doen as ek COVID-19 simptome het?



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## DON'T PANIC

### Thoba amaxhala

**Stay at home or in your room and call your doctor or the Health Care Centre on 046 603 8523.**

Hlala endlini okanye egumbini lakho ufwunule ugqirha wakho okanye e Health Care Centre on 046 603 8523.



For more information: [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)  
Health Care Centre: 046 603 8523  
National WhatsApp line: 0600 123 456  
National Hotline: 0800 02 9999



**If you are showing symptoms, a COVID-19 test will be conducted**

Xa ubonakalisa iimpawu ze COVID-19, uvavanyo luzakwenziwa.

**You will be required to self-quarantine until your results come back.**

Kuzakufuneka uzikhwebule ebantwini, uhlale wedwa kude kufike iziphumo zovavanyo.

**REMEMBER: IF YOU TAKE CARE OF YOURSELF, YOU TAKE CARE OF OTHERS.**

Khumbula: Ukuba uyazikhusela, ukhusela nabanye.

Onthou, as jy na jouself omsien, sien jy ook na ander mense om

# WHAT IF I, OR SOMEONE I KNOW TEST POSITIVE FOR COVID-19?



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Ndithini xa mna okanye umntu okufutshane nam ufumaneka eneCOVID-19?

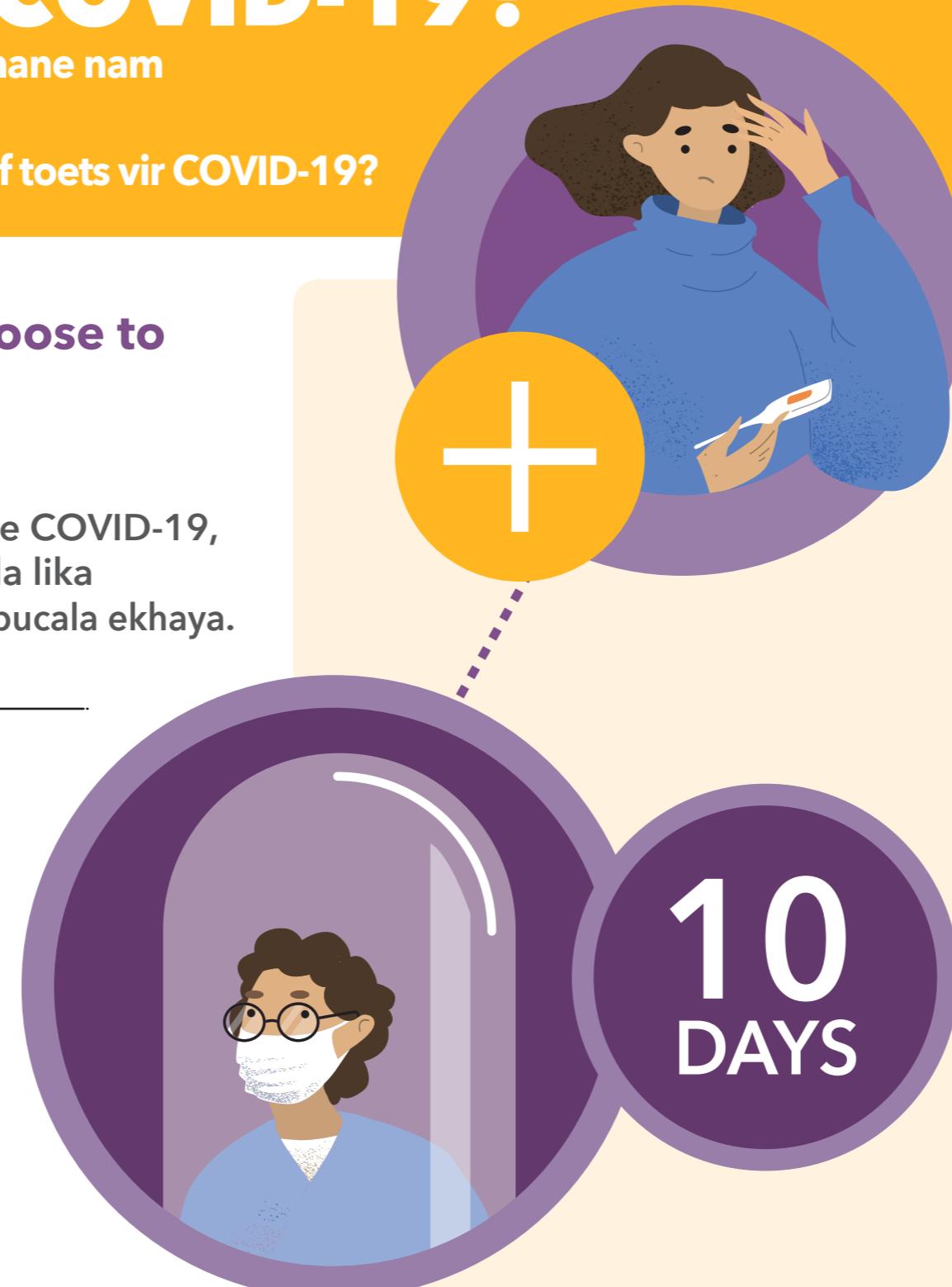
Wat as ek, of iemand wat ek ken, positief toets vir COVID-19?

If you test positive, you can choose to go to an isolation facility or self-isolate at home.

Ukuba ufumaniseke unentsholongwane ye COVID-19, unakhetha ukyokuhlala kwigumbi labucala lika Rhulumente okanye uzhialele kwigumbi labucala ekhaya.

Persons who have been in direct contact with the individual positive for COVID-19, will be required to self-quarantine for 10 days after exposure. Please consult the COVID-19 HR Leave Protocol to see what leave you need to apply for.

Abantu ebebedibene ncakasana nomntu ofumaniseke ene COVID-19, bayanyanzeleka bazikhwebule ebantwini bahlalke bodwa kangangentsuku lintsuku ezilishumi. Jonga imigaqo yekhefu le COVID-19 ukuqiniseka loluphi uhlobo lwekhefu omawulithathe.



If you are feeling overwhelmed by COVID-19 and associated events on campus, please seek mental health support.

Ukuba uziva wonganyelwe zizinto ezenzeka ngenxa ye COVID-19, nceda ufune uncedo lwasengqondweni nasemphefumlweni.

You can contact the Counselling Centre on [counsellingcentre@ru.ac.za](mailto:counsellingcentre@ru.ac.za) or 046 603 7070 (08h00 to 16h30, Monday to Friday). For psychological emergencies, please contact the ER 24 Crisis Line on 010 205 3068.

Ungaqhagamishelana ne Counselling Centre ku [counsellingcentre@ru.ac.za](mailto:counsellingcentre@ru.ac.za) okanye 046 603 7070 (08h00 ukuya 16h30, ngoMvulo ukuya ngoLwesihlanu). Ukufumana , nceda utsalele umxeba we ER 24 Crisis Line ku 010 205 3068.



# IMPORTANT NOTICE FOR ALL STAFF, STUDENTS AND VISITORS

UMYALEZO OBALULEKILEYO KUBASEBENZI, ABAFUNDI NAMANDWENDWE

BELANGRIKE KENNISGEWING VIR PERSONEELLEDE, STUDENTE EN BESOEKERS

**Staff, students and visitors to strictly adhere to COVID-19 protocols**

**Abasebenzi, abafundi kwakunye namandwendwe mawathobele imiqathango ye COVID-19**

Visit [www.ru.ac.za/humanresources](http://www.ru.ac.za/humanresources)  
[www.ru.ac.za/rucoronavirusgateway](http://www.ru.ac.za/rucoronavirusgateway) for protocols and regulations

Ndwendwela ku [www.ru.ac.za/humanresources](http://www.ru.ac.za/humanresources)  
[www.ru.ac.za/rucoronavirusgateway](http://www.ru.ac.za/rucoronavirusgateway) ufumane imiqathango nemigqaliselo.



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