

# GOVERNMENT NEWS

Let's grow South Africa together



## INENTINGS IS VEILIG

- Inenting is veilig en verminder die risiko van erge ongesteldheid, hospitalisasie en sterfte aan Kovid-19.
- 'n Omvattende ondersoek deur SAHPRA het bewys dat die Kovid-19-inenting nog geen sterftes veroorsaak het nie.
- Dit is normaal om ligte tot matige newe-effekte te ervaar wanneer mens ingeënt word, omdat jou immuunstelsel jou liggaam voorskryf om op 'n sekere manier te reageer.
- Hewige allergiese reaksies op die inenting is skaars en gebeur gewoonlik binne sekondes of minute vanaf toediening van die inenting.
- Om enige nadelige gevolge na aanleiding van inenting aan te meld, kontak jou plaaslike gesondheidsorgfasiliteit, laai die Medsafety Mobile-app op jou slimfoon of skakel die Kovid-19-hulplyn by 0800 029 999.

# GOVERNMENT NEWS

Let's grow South Africa together



## VACCINES ARE SAFE

- Vaccines are safe and they reduce the risk of severe disease, hospitalization or death from COVID-19
- A full investigation conducted by SAHPRA indicates that no one has died from taking the COVID-19 jab
- It is common to experience some mild-to-moderate side effects when receiving vaccinations. This is because your immune system is instructing your body to react in certain ways.
- Severe allergic reactions to the vaccine are rare, and usually happen within seconds or minutes after getting the vaccine
- To report any adverse events following vaccination, contact your local health facility, download the Medsafety Mobile App or call the COVID-19 Hotline on 0800 029 999

# GOVERNMENT NEWS

Let's grow South Africa together



## IMIJOVO IPHEPHILE

- Imijovo iphephile begodu iphungula nengozi yokuthi umuntu agule ngokudluleleko, namkha alaliswe esibhedlela namkha abulawe yi-COVID-19.
- Iphenyo elipheleleko elenziwe yi-SAHPRA litjengisa ukuthi akunamuntu okhe wabulawa kuhlabela i-COVID-19.
- Yinto evamileko ukuthi kube nokhunye okungaphathi umzimba kuhle umuntu nakaqeda ukuhlaba. Lokhu kwenziwa kukuthi amasotja wakho womzimba asuke alayela umzimbakho ukuthi uziphendulele njani.
- Kuyathontela ukuthi umzimba womuntu uzonde ngokudluleleko nakaqeda ukuhlaba, begodu lokho kuvamise ukwenzeka ngemva kwemizuzwana namkha ngemva kwemizuzu emveni kobana umuntu ahlabile.
- Nakube kukhona okungakakuphathi kuhle ngokudluleleko nawuqeda ukuhlaba bika ngalokho ngokuthintana neziko lezepilo langekhenu, zidlulisele (*download*) *i-Medsafety Mobile App* namkha ufwunule iZiko lezeSizo ngeze-COVID-19 enomborweni ethi: 0800 029 999.

# GOVERNMENT NEWS

Let's grow South Africa together



## AMAYEZA OKUGONYA AKHUSELEKILE

- Amayeza okugonya akhuselekile kwaye anciphisa umngcipheko wesifo esimandundu, ukulaliswa esibhedlele okanye ukufa ngenxa ye-COVID-19.
- Uphando olupheleleyo olwenziwe yi-SAHPRA lubonisa ukuba akekho umntu othe wabhubha ngokufumana isitofu se-COVID-19.
- Kuqhelekile ukuba ube nokugula okungalindelekanga okungekho bukhali ukuya kokungephi xa ugonya. Oku kungenxa yokuba amajoni omzimba wakho ayalela umzimba wakho ukuba ulwe ngeendalela ezithile.
- Izenzeko zokwaliwa liyeza lokugonya ezimandundu zinqabile, kwaye zisoloko zisenzeka kwimizuzwana okanye kwimizuzu emva kokufumana iyeza lokugonya.
- Ukuxela naziphi na iziganeko zokugula emva kogonyo, qhagamshelana neziko lezempilo lengingqi yakho, khuphela i-Medsafety Mobile App okanye utsalele umnxebea kwinombolo yomnxebea ye-COVID-19 ku-0800 029 999.

# GOVERNMENT NEWS

Let's grow South Africa together



## IMIGOMO IPHEPHILE

- Imigomo iphephile futhi inciphisa ingozi yokugula kakhulu, ukulalisa esibhedlela noma ukufa ngenxa ye-COVID-19.
- Ucwaningo oluphelele olwenziwe yi-SAHPRA lukhombisa ukuthi aekho namunye umuntu obulawe ngumjovo wokugomela i-COVID-19.
- Kujwayelekile ukuhlangabezana nokugula okuncane kuya kokuphakathi uma ugoma. Lokhu kungenxa yokuthi amasosha omzimba wakho ayalela umzimba wakho ukuthi ulwe ngezindlela ezithile.
- Ukugula kakhulu ngenxa yokungazwani nomgomo akuvamile, futhi ngokuvamile kwenzeka ngemizuzwana noma imizuzu ngemuva kokugoma.
- Ukubika noma yikuphi ukugula okwenzeke emva kokugoma, thintana nesikhungo sezempilo sangakini, faka *i-Medsafety Mobile App* noma ushayele inombolo Yezimo Eziphuthumayo ye-COVID-19 ku-0800 029 999.

# GOVERNMENT NEWS

Let's grow South Africa together



## MEENTO YA COVID-19 E BOLOKEGILE

- Meento ya *COVID-19* e bolokegile gape e fokotša kotsi ya go lwala kudu, go amogelwa bookelong goba go hlokofala ka lebaka la *COVID-19*
- Dinyakišo ka botlalo tše di dirilwego ke SAHPRA di bontšha gore ga go na motho yo a hlokofetšego ka lebaka la go hlabelwa moento wa *COVID-19*.
- Go tlwaelegile go itemogela ditlamorago tše dinnyane go ya go tša magareng ge o se na go hlabelwa moento wa *COVID-19*. Se ke ka lebaka la gore mašole a gago a mmele a laela mmele wa gago go arabela ka ditsela tše di itšego.
- Dikarabelo tša dialetši tše šoro tša moento wa *COVID-19* ga se tše dintši, gomme gantši di bonagala metsotswana goba metsotso ka morago ga go hlabelwa moento wa *COVID-19*.
- Go bega ditiragalo tše mpe ka morago ga go hlabelwa moento wa *COVID-19*, kgokagana le senolofatši sa maphelo sa kgauswi le wena, taonelouta *Medsafety Mobile App* goba leletša Mogala wa thušo go 0800 029 999

# GOVERNMENT NEWS

Let's grow South Africa together



## DIENTE DI BOLOKEHILE

- Diente di bolokehile mme di fokotsa kotsi ya mafu a mpehadi, ho kena sepetlele kapa ho shwa ka lebaka la *COVID-19*.
- Diphuputso tse felletseng tse entsweng ke SAHPRA di supa hore ha ho motho a hlokahetseng ka lebaka la ho entwa ka ente ya *COVID-19*.
- Ho tlwaelehile ho ba le ditlamorao tse bobebe ho isa ho tse itekanetseng ha o fumantshwa diente. Lebaka ke hobane masole a mmele a hao a tsebisa mmele wa hao ho itshwara ka ditsela tse itseng.
- Ditlamorao tse mpehadi tsa ente ha di be teng hangata, mme hangata di etsahala metsotswaneng kapa metsotsong ka mora ho fumana ente.
- Ho tlaleha ketsahalo efe kapa efe e boholoko ka mora ho entwa, ikopanye le setsi sa bophelo bo botle sa heno, kenya *Medsafety Mobile App* kapa letsetsa Mohala wa tshebetso wa *COVID-19* ho 0800 029 999.

# GOVERNMENT NEWS

Let's grow South Africa together



## MEENTO E BABALESEGILE

- Meento e babalesegile e bile e fokotsa kgonagalo ya go gatelelwa ke bolwetse, go robala kwa maokelong kgotsa go tlhokafala ka ntlha ya *COVID-19*.
- Dipatlisiso tse di tseneletseng tse di dirilweng ke ba Bothati jwa Aforika Borwa jwa Taolo ya Melemo ya Boitekanelo (SAHPRA) di bontsha gore ga go ope yo a tlhokafetseng ka ntlha ya go tlhabela moento wa *COVID-19*.
- Ke selo se se tlwaelegileng gore fa o sena go tlhabela moento o tla nna le matshwao a moento a a seng bogale le a a seng bogale go le kalo. Seno ke ka ntlha ya gore masole a gago a mmele a laela mmele wa gago gore a dire sengwe se se rileng.
- Ga go gantsi batho ba tlhakatlhakanngwa ke moento ka ntlha ya fa o ganana le mmele wa bona, mme fa seno se diragala gantsi se diragala moragonyana fela ga metsotswana kgotsa metsotso e se mekae fa ba sena go tlhabela moento.
- Go bega ditiragalo tsa go tlhakatlhakanngwa ke moento, ikgolaganye le bookelo jwa mo o nnang teng kgotsa o letsetse Mogala wa Thuso wa *COVID-19* mo go 0800 029 999 kgotsa o taoneloute epe ya mogala wa seatla ya *Medsafety*.

# GOVERNMENT NEWS

Let's grow South Africa together



## IMITSI YEKUGOMA IPHEPHILE

- Imitsi yekugoma iphephile futsi inciphisa bungoti bekugula kakhulu, kungeniswa esibhedlela kanye nekubulawa yi-COVID-19.
- Luphenyo lolugcwele lolwentiwe yi-SAHHPRA luhkhombisa kutsi kute namunye umuntfu lohone ngenca yekugomela i-COVID-19.
- Kuvamisile kutsi umuntfu ahlangabetane nekugula lokuphasi nalokusemkhatsini nakagoma. Yingobe kusawoteka kwakhe kwemtimba kutjela umtimba wakhe kutsi ulwe ngetindlela letitsite.
- Kungaphatseki kahle emitsini lokukhulu ngenca yemutsi wekugoma kuyimvelakancane, futsi kuvamise kutsi kwenteke ngemizuzwana nome ngemaminishana ngemuva nje kwekugoma.
- Kute ubike tehlakalo lettingakalungi ngemuva kwekugoma, shayela sisetjentiswa sakho setemphilo lesisedvute lucingo, faka *i-Medsafety Mobile App* nome ushayele lucingo inombolo yeTimo Letiphutfumako te-COVID-19 ku-0800 029 999.

# GOVERNMENT NEWS

Let's grow South Africa together



## KHAELO DZO TSIRELEDZEA

- Khaelo dzo tsireledzea nahone dzi fhungudza khovhakhombo ya vhulwadze ho kalulaho, u valelwa vhuongeloni na u lovha nga mulandu wa *COVID-19*.
- Thodisiso dzo fhelelaho dze dza itwa nga vha SAHPRA dzi sumbedza zwa uri a hu na na muthihi o no lovahaho nga mulandu wa u thavhiwa dzhigiseni ya *COVID-19*.
- Zwi a itea u tshenzhema mvelelo mmbi dzo vuðaho u ya kha dzo linganelaho musi vha tshi khou bva u þanganedza khaelo. Hezwi ndi nga uri maswole a muvhili wavho a vha a tshi khou laedza muvhili wavho uri u nyanyuwe nga ndila nnzhi dzo fhambanaho.
- Nyanyuwo dza aþedzhi dzo kalulaho dza khaelo dzi a kondà u wanala, nahone kanzhi dzi itea kha sekonde kana mithethe i si gathi nga murahu ha u haelwa.
- U itela u vhiga zwiwo zwa u kwamea luvhi nga khaelo, kha vha kwame tshiimiswa tsha mutakalo tsha tsinisa navho, kha vha daunuþoude App ya *Medsafety Mobile App* kana vha founelle nomboro ya Thuso ya zwa *COVID-19* ya 0800 029 999.

# GOVERNMENT NEWS

Let's grow South Africa together



## SWISAWUTISI SWI HLAYISEKILE

- Swisawutisi swi hlayisekile naswona swi hunguta nxungeto wa vuvabyi byo tikisa, ku amukeriwa exibedhlele kumbe rifu hikwalaho ka *COVID-19*.
- Vulavisi si bya vutalo lebyi endliweke hi SAHPRA byi komba leswaku ku hava na munhu na un'we loyi a loveke hikwalaho ka ku kuma ntlhavelo wa *COVID-19*.
- Swi tolrevelekile ku hlangana na switatlhelo swo vevuka kufika eka swa le xikarhi loko u kuma misawutiso. Leswi swi hikwalaho ka leswi sisiteme ya wena ya nsawuto yi lerisaka miri wa wena ku angula hi tindlela to karhi.
- Miangulo ya rinyenyanyenza ra miri yo tikisa eka xisawutisi ya kala, naswona hakanyingi yi humelela endzeni ka tisekondi kumbe timinete endzhaku ka ku kuma xisawutisi.
- Ku mangala swiendaleko swo biha swihi kumbe swihi endzhaku ka nsawutiso, tihlanganise na muako wa rihanyo wa le mugangeni wa ka n'wina, dawuniloda *Medsafety Mobile App* kumbe u bela riqingho eka Nomboro ya Xilamulelamhangu ya *COVID-19* eka 0800 029 999.