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INENTINGS BIED BESKERMING TEEN KOVID-19

- KOVID-19-inentings bly die beste manier om jou teen die nuwe KOVID-19-variant asook erge siekte, hospitalisasie en die dood te beskerm.
- Entstowwe help jou immuunstelsel om infeksies vinniger en meer doeltreffend te beveg.
- KOVID-19-inentings help ook om te verhoed dat kinders en volwassenes ernstig siek word – selfs al kry hulle KOVID-19.
- Om ingeënt te word, is een van die belangrikste dinge wat jy kan doen om jou en jou gesin te beskerm en veilig te hou.
- Word ingeënt en dra altyd 'n masker in die openbaar om sodoende die verspreiding van hierdie variant te bekamp. Was jou hande gereeld met seep of 'n alkoholgebaseerde handsaniteerder. As jy binnenshuis is of van openbare vervoer gebruik maak, maak die vensters wyd oop vir vars lug.
- Kom ons maak korte mette van hierdie nuwe variant en word almal ingeënt om die aantal mutasies te beperk en ons somerseisoen te red, want inentings kan variante beveg.
- Deur saam te span sal ons seëvier in die stryd teen KOVID-19!

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VACCINES OFFER PROTECTION AGAINST COVID-19

- COVID-19 vaccines remain the best tool to protect you against the new Covid-19 variant, severe disease, hospitalisation and death.
- Vaccines help your immune system to fight infections faster and more effectively.
- COVID-19 vaccines also help children and adults from getting seriously ill even if they do get COVID-19.
- Getting vaccinated is one of the most important things you can do to keep yourself and your family safe and protected.
- Get vaccinated and wear your mask in public spaces to reduce the spread of this variant. Wash your hands with soap or an alcohol-based hand sanitiser. If you are indoors or using public transport, keep the windows open for fresh air.
- Let us crush the power of the new variant by vaccinating to limit the number of mutations, and save our summer because vaccines can fight variants.
- Working together, we will win the fight against COVID-19!

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IMIJOVO IKUVIKELA KU-COVID-19

- Imijovo ye-COVID-19 solo isese yindlela ephambili kinazo zoke ekukuvikeleni emhlobeni omutjha we-COVID-19, ekuguleni khulu, ekulalisweni esibhedlela, kunye nekufeni imbala.
- Imijovo ikusiza ngokulwa namagulo msinyana nangendlela engcono.
- Imijovo ye-COVID-19 isiza nabantwana nabantu abakhulu ukuthi bangaguli khulu ngitjho nanyana ibangenile i-COVID-19.
- Ukujova ngenye yeendlela eziqakatheke khulu ongazenza ukuziphephisa, wena nomndenakho.
- Khamba uyokuhlaba/uyokujova, ufake imaski nawuhlangana nabantu nalokhuya nawuseendaweni ezikhanjelwa mumuntu woke, kobanya kuzokuphunguleka amathuba wokurhatjheka kwengogwana le. Hlamba izandla zakho ngamanzi nesibha namkha uzihlikihle ngesihlanzekisi esine-alkhoholi. Nayibe ungekhaya namkha nayibe ukhamba ngezinto zokuthutha umphakathi, hlala uvule amafesidiri kobana kuzokungena ummoya (omutjha).
- Asibulale amandla wengongwana etja le ngokuhlaba/ngokujova, ngaleyindlela kuzokuvaleka amathuba wokuperhuperhuka kwayo, sihlenge ihlobo lethu, ngoba imijovo iyakwazi ukulwa nemihlobohlobo yengogwana.
- Ngokusebenzisana sizakwehlula epini esiqalene nayo yokulwa ne-COVID-19!

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IZIGONYO ZINKA UKHUSELEKO KWI-COVID-19

- Izigonyo ze-COVID-19 zihlala izezona zixhobo zilungileyo zokukukhusela koluhlobo lutsha lwe-COVID-19, kwizifo ezinobungozi, ekulalisweni esibhedlele kanye nasekubhubheni.
- Izigonyo zinceda amajoni wakho omzimba ukuba alwe usuleleko ngokukhawuleza nangempumelelo.
- Izigonyo ze-COVID-19 zikwanceda abantwana kanye nabantu abadala ekubeni bangaguli kakhulu nokuba bafumene i-COVID-19.
- Ukugonywa yenze yezona zinto zibalulekileyo onokuthi uzenze ukuzigcina wena nosapho lwakho nikhuselkile kwaye nikhuselwe.
- Gonywa kwaye unxibe isigqubutheli-buso sakho kwiindawo zikawonke-wonke ukunciphisa ukusasazeka koluhlobo lutsha lwe-COVID-19. Hlamba izandla zakho ngesepha okanye ngesibulali zintsholongwane esine-alcohol. Ukuba ungaphakathi endlwini okanye usebenzisa isithuthi sikawonke-wonke, gcina iifestile zivuliwe ukuze ufumane umoya omtsha.
- Masiwatyumze amandla oluhlobo lutsha lwe-COVID-19 ngokugonya ze sinciphise inani lokuzitshintsha-tshintsha kwayo, kwaye sisindise ihlobo lethu kuba izigonyo zinokuyilwa le-COVID-19 intsha.
- Ngentsebenziswano, siya kuwuphumelela umlo ojongene ne-COVID-19!

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IMIGOMO INIKEZA UKUVIKELEKA KWI-COVID-19

- Imigomo ye-COVID-19 iseyisona sikhali esihamba phambili ekulwisaneni nomxhantela omusha we-COVID-19, izifo ezinzima, ukulalisa esibhedlela kanye nokufa.
- Imigomo isiza amasosha akho omzimba ukuthi akwazi ukulwisana nokwesuleleka ngokushesha futhi isebenze kahle kakhulu.
- Imigomo ye-COVID-19 ibuye isize izingane kanye nabantu abadala ekutheni bangaguli kakhulu uma kwenzeka behaqwa yi-COVID-19.
- Ukugoma kuyinto ebalulekile kakhulu ongayenza ukuze uzigcine wena kanye nomndeni wakho niphephile futhi nivikelekile.
- Goma futhi ugqoke isifonyo sakho uma usezindaweni zomphakathi ukuze unciphise ukubhebhethuka kwalo mxhantela. Hlanza izandla zakho ngamanzi nensipho noma ngesibulali-magciwane esine-alcohol. Uma ungaphakathi esakhiweni noma usebenzisa ezokuthutha zomphakathi, vula amawindi ukuze kungene umoya ohlanzekile.
- Masibulale amandla alo mxhantela omusha ngokuthi sigome ukuze sinciphise ukuguquguquka lwaleli gciwane, futhi sisindise ihlobo lethu ngoba imigomo ingalwisana nalo mxhantela.
- Ngokusebenza ngokubambisana, sizoyinqoba impi ye-COVID-19!

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DITŠHWAANA DI FA TŠHIRELETŠO KGAHLANONG LE COVID-19

- Ditšhwaana tša *COVID-19* e sa ntše e le sedirišwa sa go go šireletša mo go Iwantšeng sebolepego se seswa sa *COVID-19*, bolwetši bjo bošoro, go robatšwa sepetlela le lehu.
- Ditšhwaana di thuša mašolemmelle a gago go Iwantšha diphetetšo ka lebelo gape ka tshwanelo.
- Ditšhwaana tša *COVID-19* gape di thuša bana le batho ba bagolo gore ba se ke ba Iwala kudu le ge ba swerwe ke *COVOD-19*.
- Go hlabela tšhwaana ke se sengwe sa dilo tše bohlokwa kudu tše o kago di dira gore wena le ba lapa la gago le dule le bolokegile gape le šireletšegile.
- Hlabela tšhwaana gape o apare seširanko-le-molomo ge o le mo gare ga batho go fokotša phatlalatšo ya sebolepego se seswa sa *COVID-19*. Hlapa diatla ka sesepe goba sanethaesa ya go ba le alekhohole. Ge o le ka gare ga ntlo goba o šomiša dinamelwa tša bohole, bula mafasetere gore moyo wa go hlweka o tsene ka gare.
- A re thibeleng bogale bja sebolepego se seswa sa *COVID-19* ka go hlabela tšhwaana go fokotša go iphetošaphetoša ga mogare wo, le go šireletša sehla sa rena sa selemo gobane ditšhwaana di kgoni go Iwantšha dibopego tše diswa tša *COVID-19*.
- Ka go šoma mmogo, re tla fenya ntwa ya go Iwantšha *COVID-19*!

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DIENTE DI FANA KA TSHIRELETSO KGAHLANONG LE COVID-19

- Diente tsa *COVID-19* e ntse e le sesebediswa se hlwahlwa ka ho fetisa ho o sireletsa kgahlanong le mofuta o motjha wa *COVID-19*, bolwetse bo matla, ho kena sepetlele le lefu.
- Diente di thusa masole a hao a mmele ho lwantsha ditshwaetso kapele le ka ho phethahala.
- Diente tsa *COVID-19* di boetse di thusa bana le batho ba baholo hore ba se kule haholo le ha ba ka tshwarwa ke *COVID-19*.
- Ho enta ke e nngwe ya dintho tsa bohlokwa tseo o ka di etsang ho etsa hore wena le lelapa la hao le bolokehe le ho sireletseha.
- Enta le ho kenya maske ha o le hara batho bakeng sa ho fokotsa ho ata ha mofuta ona o motjha. Hlapa matsoho ka sesepa kapa setlolo se nang le motswako wa alkohohole. Haeba o le ka hara meaho kapa o sebedisa dipalangwang tsa setjhaba, bula difenstere hore moyo o kene.
- Ha re pshatleng bohale ba mofuta ona o motjha ka ho enta bakeng sa ho fokotsa ho ikatisa ha mofuta ona, mme re be le lehlabula le bolokehileng hobane diente di a thusa.
- Ha re sebetsa mmoho, re tla hlola ntwa kgahlanong le *COVID-19*!

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MEENTO E BABALELA BATHO MO BOLWETSENG JWA COVID-19

- Meento ya *COVID-19* e santse e le yona fela e e ka go babalelang mo mogareng o montšwa ono wa *COVID-19*, mo go go thibeleng gore o se gatelelwe ke bolwetse jono mo o ka iphitlhelang o bobola mo o tshwanelwang ke go robala kwa bookelong mo kwa bofelong o ka iphitlhelang o thutse botala ka tlhogo.
- Meento e ruta masole a gago a mmele go Iwantshana le mogare o o go tshwaeditseng ka bonako le go o fenya.
- Meento ya *COVID-19* e thusa bana le batho ba bagolo gore ba se gatelelwe ke bolwetse jono fa ba tshwaeditswe ke *COVID-19*.
- Go tlhabela moento ke selo se se botlhokwa thata se se ka go thusang gore wena le ba lelapa la gago le babalesege le go bolokesega.
- Tlhabela moento mme o tswelele go apara maseke fa o le fa gare ga batho gonne ke yona tsela e e tla thibelang go gasa mogare o montšwa o o leng teng ga jaana. Tlhapo diatla tsa gago ka metsi a sesepa gangwe le gape kgotsa o di tsikitletse ka sebolayamegar se se nang le alekhohole. Fa o le ka fa gare ga moago kgotsa ka fa gare ga dinamelwa tsa baagi, bula matlhhabaphefo gore go tsene mowa o o phepa.
- Tla re ripitleng bogale jwa mogare o montšwa ono ka go tlhabela moento gore re se o neye sebaka sa gore o thuthuse, mme ka go dira jalo re tla kgona go dira gore selemo sa monongwaga re se keteke ntle le go kgorelediwa ke sepe ka ntlha ya gore meento e e leng teng e kgona go Iwantshana le megare ka go farologana ga yona.
- Fa re tshwaragane re tla fenya ntwa eno ya go Iwantshana le *COVID-19*!

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IMITSI YEKUGOMA IYAVIKELANA KU-COVID-19

- Imitsi yekugomela i-COVID-19 isaselithulusi lelincono kakhulu kutsi likuvikele kuloluhlobo lolusha lwe-COVID-19, ekuguleni kakhulu, ekulalisweni esibhedlela kanye nasekufeni.
- Imitsi yekugoma isita kusawoteka kwakho kwemtimba kutsi kulwe nelufu ngekushesha futsi nangemphumelelo lenkhulu.
- Imitsi yekugomela i-COVID-19 iphindze futsi isite bantfwana nebantfu labadzala kutsi bangaguli kakhulu ngisho nome ngabe sebasulelekile nge-COVID-19.
- Kugoma ngulenyne yetintfo letimcoka kakhulu longayenta kute utigcine uphephile futsi uvikelekile wena kanye nemndeni wakho.
- Goma bese ufaka sifonyo sakho nawusetindzaweni lapho kunebantfu khona kute unciphise kubhebbetseka kwaleligciwane leluhlobo lolusha. Geza tandla takho ngensipho nome ngesibalalimagciwane lesine-alkhoholi. Nangabe usekhatsi endlini nome usebentisa sitfutsi semmango, gcina emafasitela avulekile kute kungene umoya lomusha.
- Asiwasitileni emandla aleligciwane lelehlekile lelisha ngekutsi sijovele kugoma kute sinciphise linani lekugucugucuka kwaleligciwane sisindzise lihlobo letfu ngobe imitsi yekugoma iyakhona kulwa nemagciwane lahlukile.
- Ngekusebenta ngekubambisana, sitayincoba lemphi yekulwa ne-COVID-19!

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KHAELO DZI NEKEDZA TSIRELEDZO KHA COVID-19

- Khaelo dza *COVID-19* dzi kha di vha tshishumiswa tsha khwiqesa tsha u vha tsireledza kha lushaka luswa Iwa *COVID-19*, u nga lwalesa, u valelwa vhuongeloni na lufu.
- Khaelo dzi thusa sisteme ya maswole a muvhili wavho u ḥavhanya u Iwa na u kavhiwa nahone nga ndila i pfadzaho.
- Khaelo dza *COVID-19* dzi dovha dza thusa vhana na vhaaluwa kha u nga lwalesa arali vha tshi nga wana *COVID-19*.
- U haeliwa ndi tshinwe tsha zwithu zwa ndeme zwine vha nga ita uri vhone na vha muṭa wavho vha dzule vho tsireledzea.
- Kha vha haeliwe na u ambara masiki fhethu ha nnyi na nnyi u fhungudza u phaḍalala ha lushaka luswa vhulwadze uvhu. Vha ṭambe zwanda nga tshisibe kana vha shumise sanithaiza ire na aļikhoholi. arali vhe nga ngomu kana kha zwiendedzi zwa nnyi na nnyi, vha dzule vho vula mafasiṭere u itela muya mufhe.
- Kha ri pwashokane maanda a lushaka luswa nga u haeliwa u itela u fhungudza u anda ha tshivhalo, ri vhulunge tshilimo tshashu ngauri khaelo dzi a kona u Iwa na tshaka ntswa dza malwadze.
- Musi ri khou shuisana, ri ḫo kunga kha u Iwa na *COVID-19*!

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MIRHI YA NTLHAVELO YI NYIKA NSIRHELELO KU LWA NA COVID-19

- Mirhi ya ntlhavelo ya *COVID-19* yi tshama yi ri xitirhisiwa xo antswa ku ku sirhelela eka ku lwa ni muxaka lowuntshwa wa *COVID-19*, vuvabyi byo tika, ku amukeriwa exibedhlele ni rifu.
- Mirhi ya ntlhavelo yi pfuna masocha ya miri wa wena ku lwa ni mitlulelo hi xihatla naswona ya tirha swinene.
- Mirhi ya ntlhavelo ya *COVID-19* yi tlhela yi pfuna vana na vatswatsi ku khoma hi vuvabyi byo tika swinene na hambiloko va khomiwa hi *COVID-19*.
- Ku sawutisiwa hi swin'wana swa nkoka swinene leswi u nga swi endlaka ku endlela leswaku wena ni ndyangu wa wena mi tshama mi hlayisekile ni ku sirheleleka.
- Sawutisiwa kutani u ambala masiki ya wena eka tindhawu ta mani na mani ku hunguta ku hangalaka ka muxaka lowu. Hlamba mavoko hi xisibi kumbe sanithayizara ya mavoko leyi nga ni xihoko. Loko u ri endzeni ka muaka kumbe u tirhisa xifambo xa mani na mani, tshama u pfule mafasitere leswaku ku nghena moyo wo tengä.
- A hi pyanyeni matimba ya muxaka lowuntshwa hi ku sawutisiwa ku hunguta nhlayo ya micinco, ni ku ponisa ximumu xa hina hikuva mirhi ya ntlhavelo yi nga lwa ni mixakaxaka.
- Hi ku tirha kun'we, hi ta hlula nyimpi yo lwa na *COVID-19*!