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BESKERM JOUSELF EN JOU GELIEFDES – WORD INGEËNT!

- KOVID-19 is steeds met ons en dus bly dit belangrik dat ons onsself beskerm deur ingeënt te word en steeds nie-farmaseutiese voorsorgmaatreëls te volg, byvoorbeeld deur tuis te bly wanneer jy siek is om te keer dat jy ander mense aansteek.
- Bedek jou mond en neus met 'n sneesdoekie wanneer jy hoes of nies, en was gereeld jou hande met seep en water of gebruik 'n alkoholgebaseerde handsaniteerder. As jy binnenshuis is of openbare vervoer gebruik, hou die vensters oop vir vars lug.
- Pas steeds sosiale distansiëring toe in die werksplek en tydens byeenkomste, en dra ten alle tye jou masker in die openbaar.
- Word ingeënt om die risiko te verminder dat jy die KOVID-19-virus kry en ander mense daarmee aansteek. KOVID-19-inentings is veilig en doeltreffend. Vir meer inligting oor die veiligheid van inentings en moontlike newe-effekte, besoek <https://sacoronavirus.co.za/vaccine-updates/>
- Hou jouself en jou geliefdes veilig hierdie feesseisoen deur vandag nog ingeënt te word!
- Vir jou naaste inentingspunt, klik op <https://sacoronavirus.co.za/active-vaccination-sites/>

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PROTECT YOURSELF AND LOVED ONES- VACCINATE!

- COVID-19 is still with us, it therefore remains important that we protect ourselves by vaccinating and continue with non-pharmaceutical interventions such as staying at home when you are sick to lower the chances of spreading your illness to others.
- Cover your coughs and sneezes with a tissue, wash your hands often with soap and water or use an alcohol-based hand sanitiser. If you are indoors or using public transport, keep the windows open for fresh air.
- Continue with social distancing in workplaces, and at events and wear your mask at all times in public spaces.
- Choose vaccination to reduce the risk of getting and spreading the virus that causes COVID-19. COVID 19-vaccines are safe and effective. 'To find out more about vaccine safety and possible side effects, visit: <https://sacoronavirus.co.za/vaccine-updates/>
- Keep yourself and loved ones safe this festive season by going for your COVID-19 jab now!
- To locate a vaccination site near you, click on this link: <https://sacoronavirus.co.za/active-vaccination-sites/>

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KHUSELA WENA NABO UBATHANDAYO – GONYA!

- I-COVID-19 isekunye nathi, ke ngoko kusabalulekile ukuba sizikhusele ngokugonya kwaye siqhubeke nokuhlala ekhaya xa ugula ukuze unciphise amathuba okusasaza isigulo sakho.
- Gquma ukukhohlela nokuthimla kwakho ngethishu, hlamba izandla zakho rhoqo ngesepha namanzi okanye usebenzise isibulali zintsholongwane esine-*alcohol*. Ukuba ungaphakathi endlwini okanye usebenzisa isithuthi sikawonke-wonke, gcina iifestile zivuliwe ukuze ufumane umoya.
- Qhubeka nokugcina umgama kubanye abantu ingakumbi kwiindawo zokusebenza nakwimisitho kwaye nxiba isigqubutheli-buso sakho ngamaxesha onke kwiindawo zikawonke-wonke.
- Khetha ugonyo ukunciphisa umngcipheko wokufumana kanye nokusasaza intsholongwane ebangela i-COVID-19. Ugonyo lwe-COVID-19 lukhuselekile kwaye luyasebenza. ‘Ukufumana ngakumbi malunga nokhuseleko Iwesigonyo kanye neziphumo ezinokubakho, tyeleta:
<https://sacoronavirus.co.za/vaccine-updates>
- Gcina wena kanye nabo ubathandayo behkuselekile ngeli xesha leziyunguma ngokuthi ufumane isigonyo sakho se-COVID-19 ngoku!
- Ukufumana iziko logonyo elikufutshane nawe, cofa kweli khonkco:
<https://sacoronavirus.co.za/active-vaccination-sites/>

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ZIVIKELE WENA KANYE NALABO OBATHANDAYO - GOMA!

- I-COVID-19 isekhona, ngakho-ke kusalokhu kubalulekile ukuthi sizivikele thina ngokuthi sigome futhi siqhubeke nezingenelelo ezingahlanganisi ukusetshenziswa kwemithi njengokuthi uhlale ekhaya uma ugula ukuze unciphise amathuba okudlulisela ukugula kwakho kwabanye abantu.
- Mboza ngethishu uma ukhwehlela futhi uthimula, hlanza izandla zakho njalo ngamanzi nensipho noma usebenzise isibulali-magciwane sezandla esine-*alcohol*. Uma ungaphakathi kwesakhiwo noma usebenzisa ezokuthutha zomphakathi, vula amawindi ukuze kungene umoya ohlanzekile.
- Qhubeka nokugcina igebe elibekiwe lokuqhelelana kwabantu endaweni yokusebenza, kanye nasemicimbini futhi ugqoke isifonyo ngaso sonke isikhathi lapho usezindaweni zomphakathi.
- Khetha ukugoma ukuze uzonciphisa ingozi yokwesuleleka kanye nokubhebhethekisa igciwane elidala i-COVID-19. Imigomo ye-COVID-19 iphephile futhi isebenza kahle. 'Ukuze uthole ulwazi oluthe xaxa ngokuphepha komgomo kanye nokungaphathei kahle okungahle kubekhona, vakashela ku: <https://sacoronavirus.co.za/vaccine-updates/>
- Zgcine wena kanye nalabo obathandayo niphephile ngalesi sikhathi samaholide ngokuthi uyothola umjovo wakho we-COVID-19 manje!
- Ukuze uthole isikhungo sokugoma esiseduzane nawe, ngena ku: <https://sacoronavirus.co.za/active-vaccination-sites/>

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ITŠHIRELETŠE GAMMOGO LE BATHO BAO O BA RATAGO – HLABELA TŠHWAANA!

- COVID-19 e sa le gare ga rena, bjalo go sa le bohlokwa gore re itšhireletše ka go hlabela tšhwaana le go tšwela pele ka magato a go thibela go fetetša bolwetši a go swana le go dula ka gae ge o lwala go fokotša dibaka tša go fetetša bolwetši go batho ba bangwe.
- Ge o ethimola goba o gohlola ikhupetše ka thišu, o hlapa diatla tša gago kgafetša ka meetse a a nago le sesepe goba o šomiše sanethaesya ya diatla ya go ba le alekhohole. Ge o le ka gare ga ntlo goba o šomiša dinamelwa tša bohole, bula mafasetere gore moyawa go hlweka o tsene ka gare.
- Ge o le mošomong le mo meketeng o tšwele pele ka go tlogela sekgoba gare ga gago le batho ba bangwe gape o apare seširanko-le-molomo sa gago ka dinako ka moka ge o le gare ga batho.
- Tsea sephetho sa go hlabela tšhwaana go fokotša kotsi ya go hwetša le go phatlalatša baerase yeo e hlolago COVID-19. Ditšhwaana tša COVID-19 di bolokegile ebile di šoma gabotse. Go hwetša tshedimošo ka bottlalo mabapi le polokego ya tšhwaana le ditlamorago tše di ka bago gona ge o sena go hlabela tšhwaana, e ya go: <https://sacoronavirus.co.za/vaccine-updates/>
- Dira gore o bolokege gape o boloke le batho bao o ba ratago mo sehengl se sa meketeko ka go ya go hlabela tšhwaana ya gago ya COVID-19 e sa le bjale!
- Go hwetša lefelo la boentelo la kgauswi le wena, kgotla linki ye: <https://sacoronavirus.co.za/active-vaccination-sites/>

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ITSHIRELETSE LE BARATUWA- ENTA!

- *COVID-19* e ntse e le teng, kahoo ho bohlokwa hore re itshireletse ka ho entuwa le ho tswella ka maitshunyako a ho thibela ho jala kokwanahloko ena a kang ho dula lapeng ha o kula ho fokotsa menyetla ya ho tshwaetsa ba bang.
- Ikwahele ka thishu ha o kgohlela kapa o ithimola, hlapa matsoho kgafetsa ka sesepa le metsi kapa sebedisa setlolo se nang le motswako wa alkohohole. Haeba o le ka hara moaho kapa o sebedisa dipalangwang tsa setjhaba, bula difenstere bakeng sa hore ho kene moyo.
- Ha o le mosebetsing kapa meketeng o tswelle ka ho siya sebaka dipakeng tsa hao le batho ba bang mme o dule o kentse maske ha o le hara batho.
- Nka qeto ya ho entuwa bakeng sa ho fokotsa ho thola le ho jala kokwanahloko e bakang *COVID-19*. Diente tsa *COVID 19* di bolokehile hape di a sebetsa. ‘Ho tseba haholwanyane ka polokeyo ya ente le ditlamorao tse ka bang teng kamora ho enta, etela: <https://sacoronavirus.co.za/vaccine-updates/>
- Etsa hore wena le baratuwa le bolokehe nakong ya sehla sena sa monyaka ka ho ya iphumanela ente ya *COVID-19* hona jwale!
- Ho thola setsha sa kentelo se haufi, tobetsa linki ena: <https://sacoronavirus.co.za/active-vaccination-sites/>

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BABALELA BOTSHELO JWA GAGO LE JWA BATHO BA O TSHELANG LE BONA-TLHABELA MOENTO!

- COVID-19 e santse e re aparetse, ka jalo, go botlhokwa gore re ipabalele ka go tlhabela moento le go tswelela ka dikgato tsa go tila ditshwaetso tse di jaaka go se ebeeble le naga o ntse o lwala gore o se gase bolwetse jwa gago ka go tshwaetsa batho ba bangwe.
- Ithibe ka thišu fa o gotlhola kgotsa fa o ethimola, tlhapa 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 matlhabaphef gore go tsene mowa o o phepa.
- Fa le le kwa tirong, kwa meletlong le fa le le fa gare ga batho le tswelele go katogana le go apare dimaseke.
- Tsaya tshweetso ya go tlhabela moento gore o kgone go fokotsa dikotsi tsa go fetelwa ke mogare o o tshwarisang batho COVID-19 le go ka o fetisa mo bathong ba bangwe. Meento ya COVID-19 e bolokesegile e bile e mosola. Go bona tshedimosetso ka botlalo ka ga pabalesego ya meento mmogo le matshwao a yona a a ka go tshwarang fa o sena go tlhabela moento etela: <https://sacoronavirus.co.za/vaccine-updates/>
- Mo pakeng eno ya meletlo netefatsa gore wena le batho ba o phelang le bona le babalesegile ka go ya go tlhabela moento wa COVID-19 gona jaanong!
- Tobetsa linki e e latelang go bona lefelo la go tlhabela moento le o leng gaufi le lona:
<https://sacoronavirus.co.za/active-vaccination-sites/>

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TIVIKELE WENA KANYE NALOBATSANDZAKO - GOMA!

- I-COVID-19 solomane isasekhona, ngako-ke kubalulekile kutsi sitivikele ngekutsi sijovele kugoma futsi sichubeke ngetingenelelo letingasito temitsi njengekuhlala ekhaya nangabe ugula kute sehlise ematfuba ekubhebhetskisa kugula kwakho kulabanye.
- Vala ngethishu kukhwehlela kwakho nekutsimula, geza njalo tandla takho ngensipho nemanti nome usebentise sibulalimagciwane lesine-alkhoholi sekugeza tandla. Nangabe usendlini nome usebentisa sitfutsi semmango, gcina emafasitela avulekile kute kungene umoya lomusha.
- Chubeka nekugcina libanga lekuchelelana etindzaweni tekusebenta, kanye nasemicimbini futsi ufake sifonyo sakho ngaso sonkhe sikhatsi nawusemkhatsini webantfu.
- Khetsa kugoma kute unciphise bungoti bekungenwa kanye nekubhebhetskisa ligciwane lelibanga i-COVID-19. Imitsi yekugomela i-COVID-19 iphephile futsi ise benta ngemphumelelo. 'Kutfola kabanti mayelana nekuphepha kwemutsi wekugoma kanye nemitselela leseceleni lengabakhona, vakashela ku: <https://sacoronavirus.co.za/vaccine-updates/>
- Tigcine uphephile kanye nalobatsandzako kuleholideyi yekutijabulisa ngekutsi uhambe uyewugomela i-COVID-19 nyalo!
- Kute utfole indzawo yekugoma lesedvutane nawe, chafata ku: <https://sacoronavirus.co.za/active-vaccination-sites/>

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KHA VHA ȐITSIRELEDZE NA VHAFUNWA VHAVHO – VHA HAEWIWE!

- COVID-19 i tshe hone, zwenezwo ndi zwa ndeme uri ri Ȑitsireledze nga u haeliwa na u bvelaphanda na maga ane a si vhe a dzilafho ane a nga sa u dzula hayani musi vha khiu lwala u fhungudza zwikhala zwa u phađaladza vhulwadze kha vhañwe.
- U tibedza zwihołola na u atsamula nga thishu, u Ȑamba misi yołhe nga tthisibe na mađi kana vha shumisa sanithaiza ire na ałikhoholi. Arali vhe nga ngomu kana vhe kha vhuendi ha nnyi na nnyivha vule mafasiłtere u itela myua mufhe.
- Vha bvelephanda na u sia tshikhaka mishumoni, na kha vhułambo na u ambara masiki musi vhe nnđa musi yołhe.
- Kha vha nange muhuelo u fhungudza khombo ya u nga kavhiwa kana u phađaladza COVID-19. Khaelo dza COVID 19 dzo tsireledzea nahone dzi a shuma. U wana mafhungo manzhi nga ha u tsireledzea ha khaelo na masiandaitwa ane a nga vha hone, kha vha dalele: <https://sacoronavirus.co.za/vaccine-updates/>
- Kha vha tsireledze vhone na vha muła wavho kha mađuvha a madakalo nga u ya u wana ngelo ya khaelo ya COVID-19 zwino!
- U wana fhethu ha muhuelo ha tsini navho, vha pułedze kha Ȑinki iyi: <https://sacoronavirus.co.za/active-vaccination-sites/>

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TISIRHELELE WENA NA VARHANDZIWA VA WENA- SAWUTISIWA!

- COVID-19 ya ha ri kona, hikokwalaho swi tshama swa ha ri swa nkoka leswaku hi tisirhelela hi ku sawutisiwa na ku ya emahlweni na miphalalo leyi nga riki ya mirhi yo tanahi ku tshama ekaya loko u vabya ku hunguta mikoteko ya ku tluleta van'wana vuvabyi bya wena.
- Khubumeta mikhohlolo na mientshemulo ya wena hi thixu, hlamba swandla swa wena nkarhi na nkarhi hi xisibi na mati kumbe u tirhisa sanithayizara ya swandla leyi nga na xihoko. Loko u ri endzeni ka miako kumbe u tirhisa xifambo xa mani na mani, pfula mafasitere leswaku ku nghena moyo wo tengen.
- Yana emahlweni u siya mpfhuka exikarhi ka vanhu etindhawini ta ntirho, na le ka swiendaleko na ku ambala xipfalaxikandza hi mikarhi hinkwayo etindhawini ta mani na mani.
- Hlawula nsawutiso ku hunguta nxungeto wa ku khomiwa hi xitsongwatsongwana lexi xi vangaka COVID-19 na ku xi hangalasa. Swisawutisi swa COVID-19 swi hlayisekile naswona swi tirha kahle. Ku kuma swo tala hi mayelana na vuhlaysiki bya swisawutisi na switatlhelo swa swona, endzela: <https://sacoronavirus.co.za/vaccine-updates/>
- Endla wena na varhandziwa va wena mi hlayiseka eka nguva leya ku hela ka lembe hi ku ya kuma ntlhavelo wa wena wa COVID-19 sweswi!
- Ku kuma ndhawu ya nsawutiso leyi nga ekusuhi na wena, tlilika eka linki leyi: <https://sacoronavirus.co.za/active-vaccination-sites/>