

IZELULEKO KU BAZALI kulesisikhathi se COVID-19



IsiZulu



Ukuchaza noku thekelisa

- **Sebenzisa ulimi olusezingeni lweminyaka efanelekile, ubeke iqiniso elimsulwa ngolimi olucacile**
- Ungazifihleli noma uzicinelele ngolwazi izingane
- **Yazisa ngolwazi oluvela ezindaweni eziqinisekisiwe kuphela njengalezi** (Uhulumeni wezwe, Inhlangano yoMhlaba yezeMpilo, imithombo emikhulu nesemthethweni yokudlulisela ulwazi ngezindaba, nezibhedlela)



Kuphephile

- **Yimise isibindi ingane yakho, uhleze uyazisa ngokuyikho**
- Unakekele ukuzwela kwakhe ungamvezeli okwakho ukwethuka
- **Bonisa ukuthi uzivikela kanjani wena, bese ubafundisa ukuthi benze kanjalo nabo**



Ukubambisana kungamandla

- **Masinakekelane Sonke ngokulingnayo ekhaya, sinamandla amakhulu uma sibambisene**
- Hlinzeka isikhathi esihle esilinganayo nomntwana ngamunye 1:1 usuku nosuku (kungaba imizuzu engamashumi amabili 20)
- Hlala uxhumana njalo namanye amalunga omndeni angahlali ndawonye nani (njengo gogo no mkhulu, omalume no babekazi, osisi no bhuti abadala nezinye izihlobo ezikhulile)



Linganisela impilo yosuku nosuku

- Yakha uhlelo olumile losuku kodwa ubekele phela nesikhathi sokwenza obekungalindelekile okuzojabulisa kube mnandi ekhaya
- **Hlela imisebezi ezokwenziwa ufake imidlalo, ukuzivocavoca, ukupheka nokunye**
- Xegisa kancane emisebenzini ejwayelekile (njengokuqoqa lapho bekudlalwa, kudlelwa, kufundelwa khona)
- Qinisekisa ukuthi sikhona isikhathi sokuthi umuntu nomuntu uyalithola ithuba lokuba yedwa



Lawula isikhathi samaselula nomabonakude

- **Ukuhlala uxhumane nabanye abantu ezinkundleni zokuxhumana kuhle impela, kepha ukukwazi futhi ukuziqhelanisa nakho kubaluleke kakhulu**
- Lawula isikhathi osichitha ubuka imibukiso yebhayisikobho, imidlalo eluchungechunge noma imibukiso eqoshiwe
- Qinisekisa ukuthi awuhlezi uvulele umsakazo noma umabonakude nokunye okumemezela noma kuzwakale khona izindaba ezenza ixhala noma ezethusayo

