

AMANQAKU ABAZALI ngelixesha lalentsholongwane i COVID-19



isiXhosa



Cacisa umxelele

- **Sebenzisa ulwimi olucacileyo nolulingene yena, unyaniseke**
- Musa ukubafihlela abantwana
- **Sebenzisa kuphela ingcaciso ephuma kwabasemagunyeni** (umzokeleo : Urhulumente, Abongamele bezempilo kuzwe lonke, imipoposho emikhulu koomabona kude, nezibhedlele)



Mqinisekise

- **Mqinisekise umntwana wakho uthethe lento iyiyo**
- Yiqwalasele imizwa yakhe ukhawulelane nayo ngaphandle kokuba wena umabele ngeyakho imizwa
- **Mbonise ukuba nawe uyazikhusela, uze umfundise ukuba naye enze njalo**



Ubumbano ngamandla

- **Nika ingqwalasela kumtu wonke endlini-sinamandla xa sibumbene**
- Beka ixesha bucala ozakulichitha nonmtwana ngamnye ekhaya (imizuzu engamashumi amabini)
- Hlala uqhagamishelana nezinye izizalwane zakho ongahlali nazo (oomakhulu noo tatomkhulu nezinye izizalwane)



Zenzele umlinganiselo suku nosuku

- Yenza izicwangciso zosuku ngalunye, kodwa ubeke bucala amaxesha olonwabo nawokungalindelekanga okunokubothusa
- **Cwangcisa izinto abazakuzenza eziquka imidlalo, ukuzilolonga, ukupheka nako konke okunye**
- Nika umlinganiselo ofanelekileyo kwizinto ezilindelekileyo ukuba bazenze (umzekelo ukucoca nokuqoqosha)
- Qiniseka ukuba likhona ke ixesha lokuba wonke umntu azihlalele nje yedwa bucala



Yenza umlinganiselo kumabona kude

- **Ukubukela umabona kude kufanelekile kodwa ukwazi mayelana nokuba uzigcina njani ukude kunye naye kubalulekile nako**
- Liqingqe ixesha abalichithayo ukubukela izinto abazithandayo kumabona kude
- Qiniseka ukuba awunazindaba ngasemva ezinokuthi zibaphazamise zize zibanxunguphalise.



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