



Gcina iWales iphephile kulobu busika



Ukwaziswa okubalulekile kweCoronavirus

Sonke sidinga ukusiza ukunqanda ukusakazeka kweCoronavirus eWales.

Indlela yokugcina wena nomndeni wakho niphephile



GEZA IZANDLA NJALO

Ikakhlukazi uma ngabe ubuyothenga ezitolo, ubambe iphasela noma usuzobamba ukudla.



FAKA ISIFONYO SOBUSO

Lapho kudingeka.



UKUZIHLUKANISA

Hlala ekhaya uma wena noma othile emndenini wakho enezimpawu, noma uma ucelwa othungatha okungenzeka ukuthi bathelelekile.



QHELA KWABANYE ABANTU

Qhela ngamamitha amabili kwabanye abantu abangewona amalungu omndeni ohlala nawo.



YAZI IZIMPAWU

Izimpawu eziyinhloko zeCoronavirus ukushisa komzimba okuphezulu, umkhuhlane omusha oqhubekayo kanye nokulahlekelwa noma ukushintsha kwekhono lokunambitha noma ukuhogela.

HLOLWA

Shayela ku-119 noma ubhukhe ukuhlola

okwenziwa kuyi-inthanethi ngokushesha uma unanoma iziphi izimpawu - ngisho noma izimpawu zingezibi kangako.



SIZA ABATHUNGATHA OKUNGENZEKA UKUTHI BATHELELEKILE

Abathungatha okungenzeka ukuthi bathelelekile bazoshaya ucingo ngesiluleko sokumelwe ukwenze uma ngabe ubusondelene kakhulu nomuntu otholakale enegciwane. Bazokushayela ucingo kusuka ku- **02921 961133**. kuphela

NCIPHISA UKUXHUMANA KWAKHO NABANYE ABANTU

Cabangisisa ngalapho uya khona nalabo ohlangana nabo. Uma uvakashela ezindaweni eziningi futhi uhlangana nabantu abaningi, ikakhlukazi ezindaweni ezivalekile, kuba namathuba amaningi okuthola iCoronavirus kanye nokuyidlulisela kwabanye.



THOLA I-APP YENHS YECOVID-19

Indlela esheshayo yokwazi ukuthi usengozini yeCoronavirus yini. Yidawunilode kusuka ku-App Store noma kuGoogle Play.



INHLALAKAHLE YAKHO

Siphila enkathini enzima. Kubaluleke kunanini ngaphambili ukunakekela impilo yakho yengqondo kanye nenhlalakahle. Ungathola iseluleko samahhala nosizo ngokuya ku-www.callhelpline.org.uk, noma ukushayela ku-**0800 132 737** noma ukuthumela umyalezo othi: **USIZO** ku- **81066**.

I-NHS ISELAPHA UKUZE IKUSEKELE – SISIZE SIKUSIZE

Indlela ofinyelela ngayo ezinkonzweni zeNHS kungenzeka ukuthi ihlukile kulobu busika kodwa iselapha ukuze ikusekele lapho uyidinga. Siza i-NHS ngokugcina izikhathi ezimisiwe, kanye nokusebenzisa inkonzo efanele yokugula kwakho noma ukulimala.

Uma udinga usizo kodwa kungesona isimo esiphuthumayo, vakashela ku-<https://111.wales.nhs.uk>. Ngokuhlukile shayela ku-111 ukuze uthole iseluleko noma uthintane nodokotela wakho, noma ikhemisi, udokotela wezibuko zamehlo noma udokotela wamazinyo.

Ukuze uthole ukwaziswa kwakamuva kanye neseluleko ngeCoronavirus eWales, siza uhlole iwebhusayithi kaHulumeni waseWales www.gov.wales/coronavirus

Leli pheshana liyatholakala ngezinhlobo ezihlukile lapho licelwa: customerhelp@gov.wales 0300 0604400



Llywodraeth Cymru
Welsh Government

Umyalezo ovela kuMhloli weQembu Elibusayo laseWales

U-2020 kube unyaka omude kanye nonzima kithi sonke. ICoronavirus ibe nemiphumela emibi ekuphileni kwethu sonke, futhi akubonakali lolu bhubhane olubulalayo luzophela maduzane.

Uma sonke sisebenzisana, singakwazi – futhi sizokwazi – ukwenza umehluko enkambweni ezothathwa ileli gciwane.

Kulonyaka, sicele wonke umuntu ukube enze izinto ezingavamile, futhi azidele ngokungavamile, ukuze asigcine sonke siphephile.

Ngikucela ukuba uqhubeke wenze zonke lezi zinto.

Leli igciwane, elichuma ngokuxhumana kwabantu. Uma sifuna ukulawula leli gciwane, kumelwe sinciphise ukuthelelana.

Njalo lapho sihlalanga nomuntu othile, sizibeka engozini yokudlulisela igciwane noma ukulithola ngokwethu.

Njengoba kusondela uKhisimusi, siza ucabangisise ngalapho uya khona, okwenzayo nabantu obabonayo.

Lokhu kuzosiza ukugcina wena, umndeni wakho kanye nabangane niphephile.

Ndawonye singaGcina iWales Iphephile

Ngiyabonga



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