

UKUBA UMAMA OPHETWE YIZINGCINDEZI NGE-SIKHATHI seCORONAVIRUS

Njengomama ungasizwa unezingcindezi nezinkathazo enzining kulesi sikhathi seCoronavirus. Nanka amanye amacebiso ukuze sikusize ubhekane nalesi simo. Qiniseka uzonqoba!

1. Qhapela, uqambe, ukwamukele imizwa, nemicabango yakho. Kujwayekile ukuzizwa njalo kulesi sikhathi.
2. Kubalulekile ukuthola imininingwane yolwazi eqinisile. Kumele uzame ukuzikhawula uma umzizwa ucindezekile.
3. Uqhapele inhlebo, nezinaba ezingathemekile. Kuncono ukuthola ulwazi ye-Coronavirus esemthethweni.
4. Yenza izinto ezilula ukudlulisa isikhathi.
5. Unganqikazi ukucela usizo. Khuluma nabangani, umndeni noma umeluleki efonini.
6. Uma ukwazi sizana nabanye kulesi sikhathi. Kuyamangaza ukuthi ukusiza abanye kukusiza kangakanani ukuba ubhekane nezimo.

Izinombolo ongathintana nazo- (Bekezela zinokubamatasatasa)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others
- Lifeline general 0861 322 322 and their AIDS Helpline 0800 012 322
- Childline 0800 055 555

For more info and helplines visit www.sidebyside.co.za or www.pmhpa.org