

# Faka imibala kulo mfanekiso

## ICORONA VAYIRASI

(elinye igama layo yiCovid-19)

be a Hero in my Hood

Ivayirasi luhlobo lwentsholongwane. Incinci kakhulu yona kwaye ingakugulisa xa ingene emzimbeni wakho.

Uza kuba RAYITHI!

Ingakwenza ube nefiva, ukhohlele uxakwe nakukuphefumla.

YHUU! IMBI!

# I N W E N W A

kwizinto zokulayita nokucima

kwii-handles

kwiifoni

xa kusenzeka oku

amathontsi

(Kumkhunyu nesikhohelela esichaphazelekileyo)

kwimali

kwizihlangu

kwii-toys

kwiikomityi

Hlamba zonke izinto. Sula yonke imigangatho.

## IINDABA EZIMNANDI

Le vayirasi ihlala kwizinto ngezinto ithuba elide kodwa yoyisakala xa kufike isephu kuqala ...

**ISEPHA**  
IYAYIBULALA INTSHOLONGWANE YE CORONA  
Inyaniso: nayiphi Isepha iyoyigutyula inwebu yamafutha engqonge le vayirasi yaye iwe iyitshabalalise!

Isepha ibulala iivayiras phambi kokuba zingene ngaphakathi kumzimba wakho.

Wena ungaba liQhawe ngokuthintela intsholongwane ukuba ingasasazeki ingagulisi abantu!

Unga-

hlamba izandla zakho rhoqo ngeSEPHA. Zihlambe izandla imizuzwana eyi-20 - ngakumbi xa ungena endlini, phambi kokuba utye naxa usand' ukuya etoyilethi (nasemveni kokuba ufake umnwe wakho phakathi empumlweni).

Ungazicebula ukuba kunye nabantu abaninzi kuba ungayazi ukuba ngowuphi ogulayo kubo.

Ungazicebula kubantu abathimlayo nabakhohlelayo ukwenzela ungasuleleki.

(ukuthi qelele komnye nomnye)

Uninzi lwabantu luzophila kodwa abantu abadala nabantu abaneengxaki zempilo bona bangagula kakhulu!

Masilumke ukukhusela bona.

Ungaba nobubele, thina sonke sikunye kule meko

Ungaxelela abahlobo bakho!

Ungazenza ii-exercises, usele amanzi amaninzi, utye iveg nefruit eninzi ukuze womelele.

Ungagcina izandla zakho ezingacocekanga kude eBUSWENI bakho.

Ngaphandle kweMPUMLO yakho Ngaphandle koMLOMO wakho Ngaphandle kwaMEHLO akho.

Ungakhohlela yaye uthimle kwinqiniba yakho okanye kwi-phetshana lokwenza oko - khona ukuze isikhohelela singawi nokuba khuphi (gquma xana ukhohlela).