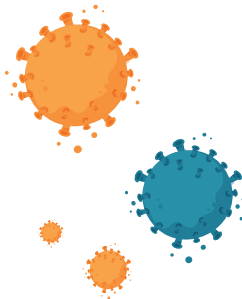




CORONAVIRUS (COVID-19) KE ENG?



'Me hobaneng re lokela ho tšoenyeha ke eona?

Coronavirus (kapa COVID-19) ke kokoana ea setla-bocha e aparetseng lefatše ka bophara. Ka ha ke setla-bocha, ha e na pheko 'me batho ba bangata ba kulisoa ke eona.

Coronavirus e tšoaetsana joang?

Coronavirus e ka tšoaetsana ho tloha ho motho e mong ho ea ho e mong ka marotholi nakong eo motho a buang, a khohlelang kapa a thimulang.

Coronavirus hape e ka phela holima lintho tse ling joaloka lifono, liloko tsa mamati, lipompo le litafole. Ebang u ka tšoara sebaka seo kokoana e lutseng ho sona 'me oa ama sefahleho sa hao, u ka fumana tšoaetso.



BOLOKA SEBAKA SA MEHATO E MMELI EA MAOTO (2 METRES) LIPAKENG TSA HAU LE BATHO BA BANG

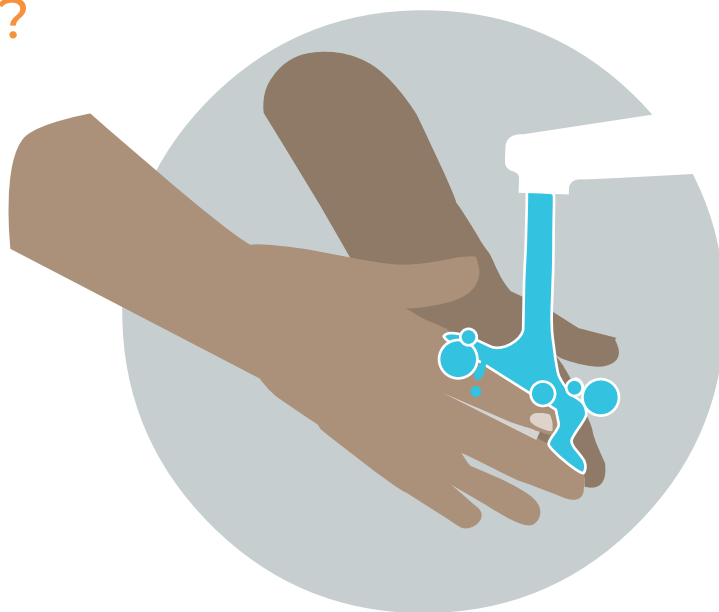
Nka itlhokomela joang le ba bang khahlanong le ho fumana tšoaetso?

Hlapa matsoho khafetsa u sebelisa sesepa le metsi bonyane metsotsoana e 20, u le hae kapa mosebetsing.

Qoba ho itšoara sefahleho. Ha u khohlela kapa u thimula, sebelisa pampitšana e bonolo kapa setsoe u se kobile (eseng letsoho) 'me o lahlele pampitšana eo ka moqomong. Emisa ho aka batho le ho ba tšoara ka matsoho.

Qoba ho atamelana haholo le batho ka ho boloka sebaka sa limithara tse 2 lipakeng tsa hao le bona. Fokotsa ho ea libakeng tseo batho ba khobokaneng ka bongata.

Lapeng le mosebetsing, hlatsoa le ho hloekisa lintho le moo batho ba ts'oarang khafetsa, ho kenyelletsa linotlolo, litafole, mamati, ntloana le li-sink.



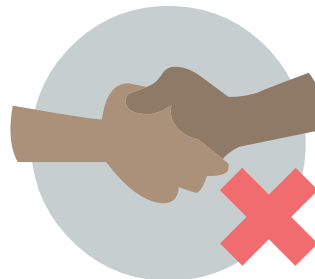
HO HLAPA MATSOHO



HLATSOA LIBAKA LE LISEBELISOA KA SESEPA SE BOLAEANG LIKOKOANA-HLOKO



SE KE UA ITS'OARA SEFAHLEHONG



SE KE UA TS'OARA BATHO BA BANG KA MATSOHO



KHOHLELLA/THIMOLELLA SETSUNG