

# UKUGCINA IZANDLA ZICOCEKILE



Ukuhlamba izandla yeyona ndlela ingcono yokuzikhusela wena nosapho lwakho ekuguleni, nokuba kukwi-Covid-19 na okanye nakoluphi olunye usulelo.

**Iintsholongwane zinokusasazeka zisuka komnye umntu okanye kumphezulu xa wena:**

- uphatha amehlo akho, impumlo nomlomo ngezandla ezingahlanjwanga;
- ulungisa okanye usitya ukutya neziselo ngezandla ezingahlanjwanga;
- uphatha imiphezulu okanye izinto ezingcolisekileyo; kwaye
- ufinya, ukhohlela, okanye uthimlela ezandleni zakho uze uphathe izandla zabanye abantu okanye izinto eziphathwa ngabantu abaninzi.

**Hlamba izandla phambi kunye nasemva kokwenza konke okungasentla, kananjalo emva:**

- kokusebenzisa indlu yangasese;
- kokutshintsha inapkeni okanye ukosula umntwana obesebenzise indlu yangasese;
- kokuphatha isilwanyana, ukupha ukutya isilwanyana, okanye inkunkuma yesilwanyana; kunye
- nokuphatha inkunkuma.

**Amanyathelo amahlanu okuhlamba izandla ngempumelelo**

1. Manzisa izandla zakho ngamanzi acocekileyo, agelezayo (ashushu okanye abandayo), vala itephu, uze ufake isepha.
2. Yenza igwebu ezandleni zakho ngokuzihlikihla kunye ngesepha. Faka igwebu ngasemva kwezandla zakho, phakathi kweminwe yakho, naphantsi kweenzipho.
3. Khuhla izandla zakho ubuncinane imizuzwana engama-20. Ufuna isimiseli xesha? Culela ngaphakathi iculo "leMini emNandi yokuZalwa" uqala ekuqaleni uye ekugqibeleni kabini.
4. Zipulisise izandla zakho emanzini acocekileyo, agelezayo
5. Sula izandla zakho usebenzisa itawuli ecocekileyo okanye uzomise ngomoya.

**Sebenzisa isibulala ntsholongwane sezandla xa ungakwazi ukusebenzisa isepha namanzi**



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