

# UMHLAHLANDLELA WECOVID-19 YABAHWEBI (emigwaqeni, ezimakethe nakuma spaza shops)

## Igcwane i COVID-19 lithathelana ngezinga eliphezulu.

Libebhetheka ngokuthintana nabantu asebevele benalo ngisho nalabo abangakhombisi izimpawo zokuba nalo. Leligciwane leCOVID-19 lisabalala ikakhulukazi ngokuphefumula umoya onamaconsana aeligciwane. Uma umuntu ekhwehlela, ethimula noma ekhuluma kufafazeka lamanconsana ephuma emakheleni noma emlonyeni.

Leligciwane lisabalala kakhulu lapho kunabantu abaningi nalapho umoya uvalelekile. Izinhlayiyana zaleligciwane zihlakazeka ngokushesha uma usendaweni evulekile futhi kunomoyana kunciphise amathuba okuthetheleka.

Leligciwane leCOVID-19 liyasabalala futhi ngokuthintana izindawo ezivele zingcoliselikile ngalo bese uzithinta amehlo, umlomo noma ikhala. Leligciwane linamathela ezintweni futhi lingaphila isikhathi eside noma izinsuku, emalini engamaphepha, eyinsimbi, ezingubeni nakwezinye izinto.

Abantu asebhulule (abangaphezulu kweminyaka ewu 60); abanesifo sikashukela, umfutho wegazi ophezulu, isifo senhliziyo, HIV/AIDS, umdlavuzo, abesimame abakhulelwe basengozini uma bengatheleleka ngaleligciwane.

Uma unalezi zimpawu ezilandelayo kungenzeka uCOVID19, okusho ukuthi akuphephile kuthi ube semsebenzini futhi ungase thelele nabanye:



Imvamisa yabantu abatheleleke ngeCOVID-19 kuyenzeka balulame besemakhaya. Uma ukhwehlela, unemfiva, umphimbo obuhlungu futhi unenkinga yokuphefumula kumele uthole usizo lwezempilo. Ngolunye ulwazi ngezinkomba kanye nezimpawu **bheka lana.**

Uma wena noma ilunga lomndeni wakho likhombisa lezimpawu, shaya uringo kulenombolo yamahhala etholakala zikhathi zonke 0800 029 999

## ABAHWEBI BADINGA LOKHU OKULANDELAYO K UHULUMENI:

### UKUTHI UNGABALIMAZI:

- Amaphoyisa neminyango yokugcinwa komthetho kumele bayeke ukhulume abahwebi noma ngayiphi indlela.
- Akuvinjelwe ukushaqwa kwempahla yabahwebi ngalesikhathi kuvalelwe izwe.

### AKWENZIWE IZINDLELA ZIPHEPHILE ZOKUHWABA:

- Makwakiwe izindawo eziningi lapho abahwebi bezokuthola amanzi ukuze bakwazi ukuze izandla nemikhiziqo yabo ngokuvamile.
- Banikezwe izibulali magciwane noma ibleach ngokuphuthumayo.
- Kuxegiswe imigomo ebaphoqa ukuthi bendlale lapho kudweshwe khona ukuze bakwazi ukulandela izindlela zokuthi bashiyelane ibanga phakathi kwamatafula ukugwema ukuthethelela ngoCOVID19.
- Kube nezindawo zokuhlola iCovid19 ezifinyelelekayo kubahwebi.

### KUBELULA UKUTHOLA IZIMVUME KUMISWE NOKUKHOKHA:

- Kwenziwe kube lula ukuthola izimvume futhi kwenziwe ngendlela enobulungiswa.
- Kumiswe ukukhokha abahwebi baze babuyele esimweni ngokomnotho.

### KUBE NOHLELO LOKUBALEKELELA NGEZIBONELELO:

- Abahwebi bashayeke kakhulu ngezinyathelo ezithathiwe ukuvikela ukusabalala kweCOVID19 ngokunjalo badinga ukulekelwa ukuze bakwazi ukondla imindeni.
- Abahwebi basebenzise izimali zabo zokugcina abezongile ngaleyo ndlela badinga uxhaso lwemali ukuvuselela kabusha amabhizinisi abo.

### KUMELE ABAHWEBI BEMINYANGO KAHULUMENI BABE NGEMHLANGANO ABAYIBAMBA NGOKUVAMILE:

- Abahwebi kumele babambe iqhaza uma kuhlelwa noma kuhlongozwa inqubo mgomo ezobathinta. Njengokusho kwesiqubulo sikaStreetNet International esithi, 'Akukho lutho oluthinta thina oluyokwenziwa singabanga yingxenyi.'

## UMA UMHLAHLANDLELA WEZOKUPHEPHA ULANDELWA, ABAHWEBI ABASAFUFUSA BANGAHWEBI NGOKUPHEPHA NJENGOSOMABHIZINISI ABAKHULU:



**1 Faka isimfonyo sendwangu esemboza umlomo namakhala. Gwema ukulokhu uthinta isimfonyo.** Washa usi ayine isimfonyo zonke izinsuku emuva kokusisebenzisa. Uma ungakwazi yiba nezimfonyo ezimbalwa ukuze ube nesimfonyo esihlanzile njalo ngosuku. Qinisekisa ukuthi amakhasimende akho nawo ayazigqoka izimfonyo. Uma ungakwazi, gqoka isihengo sokuvikela mehlo.



**2 Gwema ukuzithinta ubuso -ikakhulukazi amehlo, umlomo nekhala. Uma ukhwehlela noma uthimula mboza ubuso bakho ngengaphakathi lendololwane.**



**3 Gwema ukuthinta abantu. Ungababingeleli ngokuxhawula.** Shiya ibanga elingamamitha amabili phakathi kwakho nabanye. Uma kungenzeka qhela ngebanga elingangengalo kumuntu oseeduze kwakho.



**4 Geza izandla ngokuvamile ngensipho namanzi:**

- Geza izandla zakho okungenani imizuzwana ewu20. Geza zonke izingxenye zesandla zakho, inqindi, geza phakathi kweminiwe nasemachophheni eminwe uze ugamanxe engalweni.



- Geza izandla zakho ngaphambi kokuba uqale umsebenzi wosuku, zikhathi zonke ikakhulukazi ngaphambi kokudla.

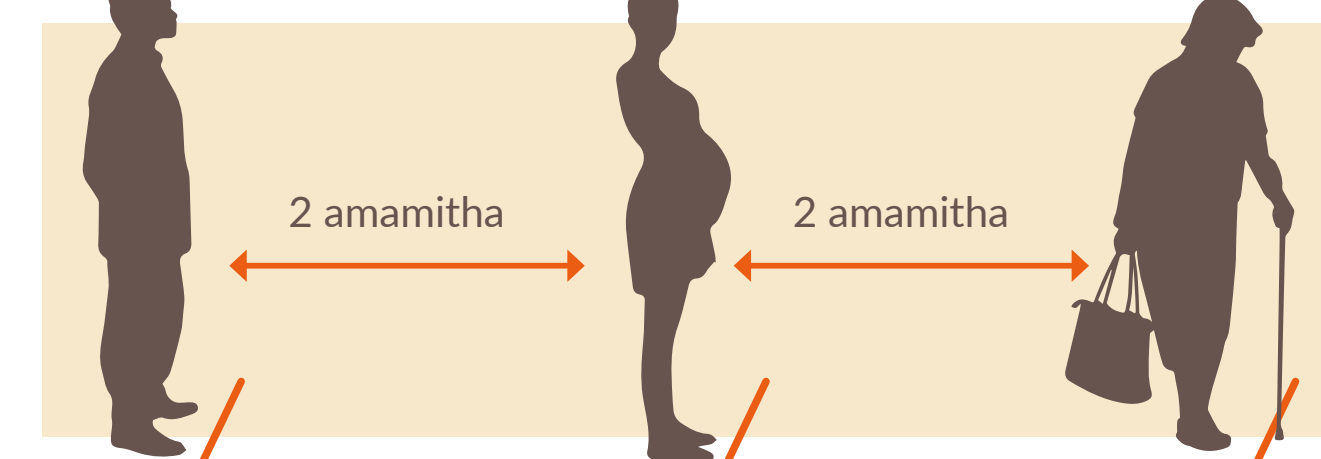
- Geza izandla njalo uma kade ukhwehlela noma uthimula.

- Geza izandla zakho uma kade usiza ikhasimende lakho ukushinthanisa impahla noma imali.

- Geza izandla zakho uma ufika ekhaya.

**5 Abahwebi basemgwaqeni nabasezimakethi kumele baqhelelane ngebanga elingamamitha amabili ngaleoyondlela abasebenzi bohulumeni** basekhaya kumele balekele ngokubambisana nabahwebi ekwenzeni ukuqhelelana kube yimpumelelo.

**6 Amakhasimende nawo kumele aqikelele ukuthi ayaqhelelana ngamamitha amabili ngokuthi ame emiggeni esalinde ukusizwa kungaza sezimakethe noma espaza.** Ukudweba imigqa phansi elawulwa ukuthi amakhasimende kumele ame kanjani.



**7 Amakhasimende asekhulile, nabanezimo zempilo ezingezinhle kanye nabakhulelwe kumele basizwe kuqala kunabanye.**

**8 Uma kungenzeka cela amakhasimende akho agweme ukuthinta impahla oyidayisayo.**



**9 Hlanza zonke izindawo ezivame ukuthintwa ngeSanitiser noma ngesibulali magciwane.** Lokhu kuhlenganisa umakhalekhukhwini wakho izibambo zeminyango nezindawo zokubambelela. **Abahwebi basemgwaqeni kanye nabasezimakethe:** Hlanza amatafula kanye nempahla engadliwa oyidayisayo ngesibulali magciwane.

**Abanikazi bezipaza kanye nabasebenzi babo:** Sula izindawo namakhawunta, izisefo zimali kanye nezibambo ngesibulali magciwane.

**Futha izandla zabathengi bakho nge sanitiser.**

**10 Gwema ukubamba imali:** Khuthaza amakhasimende akho ukuthi afake imali emvilophini, ebhokisini noma kujeke. Amaconsana egciwane leCOVID-19 anghatholakala emalini eyinsimbi nengamaphepha. Qikelela ukhulukanisa imali yosuku kweyayizolo. Ngeza izandla noma usebenzise isanitiser njalo ngaphambi kokusiza elinye ikhasimende. Sebenzisa izindlela zesimanje zokukhokha njengeSnapscan noma Zapper. Uma unomshini wokukhokha ngekhadi, isule ngengxube yebleach ngaphambi nangemuva kokuyisebenzisa.

**11 Izikhwama zeplastiki esezike zasebenza zingaba naleligciwane.** Uma amakhasimende akho efika nezikhwama zawo, kugweme ukuzithinta. Uma ubafakela ezikhwameni zeplastiki ungasebenzisi esezike zasebenza.

**Indlela yokuzenzela isibulali magciwane:** Uma ungenayo isanitiser, faka amateaspuni awu6 ebleach emanzini awu 1 litre, lengxube isebenza njengesibulali magciwane sokuhlaza izindawo zokusebenzela.



**Ungazakhela kanjani indawo yokugeza izandla:** Uma ungenawo umpompi wamanzi lapho osebenza khona, ungazikhandela indawo yokugeza izandla ngokulandela [lomfanekiso](http://lomfanekiso.com).



## YAZI AMALUNGELO AKHO:

Noma sisengaphansi kwemiyalelo yokuvalwa kwezwe, zonke izisebenzi zikahulumeni kumele zilihloniphe ilungelo lokuphatha ngendlela enobulungiswa uma kukhishwa noma kuhoxiswa izimvume zokusebenza, noma kwenyuswa irent yokuhweba, kufakwa abantu ezindaweni zokuhweba, kushaqwa izimpahla zabahwebi noma kuqedwa ilungelo lokuhweba noma kususwa abahwebi beyiswa kwezinye izindawo zokuhwebela.

Noma isiphi isinyathelo esithathwa uMasipala noma amaphoyisa siyisinyathelo sezokulawula kumele kube esinobulungiswa ngokulawula komthetho. Lelilungelo livikelekile kumthothosisekelowezwe (isigatshana 33) saphinde sachazwa kabanzi kumthetho okhuthaza ukulawula ngokunobulungiswa phecelezi (PAJA) isigatshana 3 ka 2000.

### ISINYATHELO KUMELE SIBE NGESINOBULUNGISWA:

- **SIBE NGESEMTHETHWENI.** Isisebenzi somkhandlu kumele konke esikwenzayo kuhambisane nokulawula komthetho, sibe ngesinyaziwe ukuthi sithathe isinyathelo singasebenzisi amandla budedengu noma kuze kudlulele egunyeni elinikeziwe sngesemthethwe.
- **KUBE ISINYATHELO ESENZA UMQONDO.** Izinyathelo noma iziqumo ezithathiwe kumele kube ezinza umqondo futhi zibe nenhloso yokulungisa.
- **KUBE KULANDELWE INQUBO ENOBULUNGISWA.** Kuhlangele nelungelo lokulalelwa kwecala, kuxoxiswane ngokugculisayo nabahwebi abathintekayo, nesiqumo esithathwayo kumele kube esingachemile.

**QAPHELA:** Uma abomkhandlu beshaq' izimpahla zakho zokuhweba, kumele bakunikeze irisidi ewubufakazi. Le risidi kumele kubhalwe yonke imininigwane yempahle eshaqiwe nekhele lalapho izobe igcinwe khona nokuthi izogcinwa isikhathi esingakanani.

Uma amalungelo akho ephuliwe, shayela lenombolo ukuthola usizo lwezomthetho 066 076 8845

### UKUZIVIKELA, QINISEKISA UKUTHI:

- Ulandela inqubo yezempilo.
- Hlala ngaso sonke isikhathi uphethe imvume yokuhweba nezincwadi ezichaza ubuwena.
- Landela yonke imigomo emayelana nezidingo zemvume yokuhweba.
- Thatha kungashintsha ngokuhlukahlukana kwezigaba zokuvalwa kwezwe.

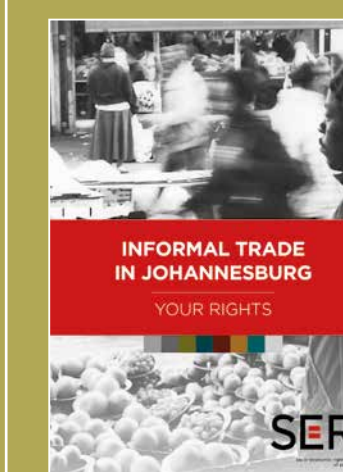
### UMA ISISEBENZI SOMKHANDLU SITHATHE ISINQUMO ESITHINTA WENA UQOBO:

- Buza izizathu eziholele kulesosinqumo.
- Bubuze ukuthi umphuphi loyomthetho obanikeza lelogunya lokuthatha lesosinqumo.
- Thatha izithombe noma umfanekiso oqoshiwe wokwenzekile (njengokushaqwa kwempahla).

Ngolunye ulwazi mayelana nokusetshenziswa komthetho wezokuphatha, ukuvikela amalungelo abahwebi, funda lelibhukwana likaWIEGO.



Ngolunye ulwazi olujwayelekile labahwebi bheka **inqubo ka SERI**.



## UKUFINYELELA KUXHASO MALI

Uma ungakwazi ukusebenza ungabhalisa Uxhaso mali oluphuthumayo olubizwa ngokuthi **COVID-19 Social Relief of Distress Grant**, luka R350 ngenyanga. Abamazwe angaphandle abahacile nabafuna ukuzokhoselwe ngenxa yezinkinga emazweni abaqhabuka kuwo naba nezimvume zokuba kulelizwe ngokusemthethweni bangalubhalisa loluxhaso mali kuze kube sekupheleni kuka October, 2020.

Ngemininingwane bheka <https://srd.sassa.gov.za/>.



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Lenqubo mgomo yasungulwa Uwiego ngokusebenzisana nochwepheshe bomyango wezempilo womphakathi (Professors Rajen Naidoo and Leslie London) and the informal economy/food systems. July 2020.

