



Vaccine Assist Programme

Ingabe ikhona imithelela engemihle engizoyithola?

abantu abaningi bazozizwa bekahle ngemva kokugonywa kwabo.

Umgomo ungase ubange imithelela engemihle kwabanye abantu. Akumelwe ukhathazeke ngalokhu kusabela—kusho ukuthi umgomo uyasebenza nokuthi umzimba wakho ufunda ukulwa ne-COVID-19.

Uma uba nemithelela engemihle, kufanele iphele ngemva kosuku olulodwa noma ezimbili.



Engalweni lapho ujovwe khona:
ubuhlungu, ukuba bomvu,
ukuvuvukala



Kwezinye izindawo emzimbeni wakho:
ukukhathala, ubuhlungu bekhanda,
ubuhlungu bemisipha, ukugodola,
imfiva, isicanucanu

**Uma uzizwa
ungaphilile, sifonele
noma ubone
udokotela wakho**



Ingabe usenemibuzo?

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