

Staying Safe from COVID-19

Ukuhlala ukhuselekile kwi-COVID-19



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Seen, Read, Heard and Understood

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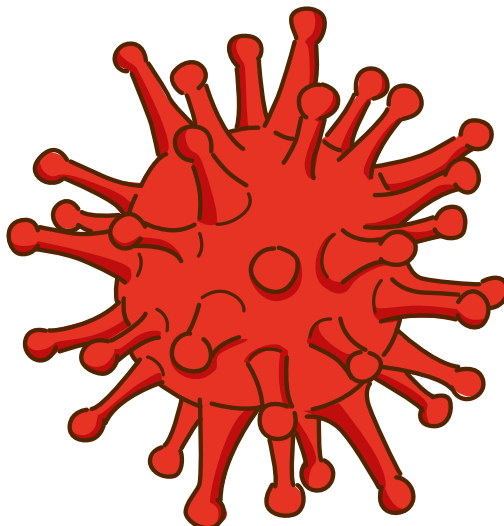
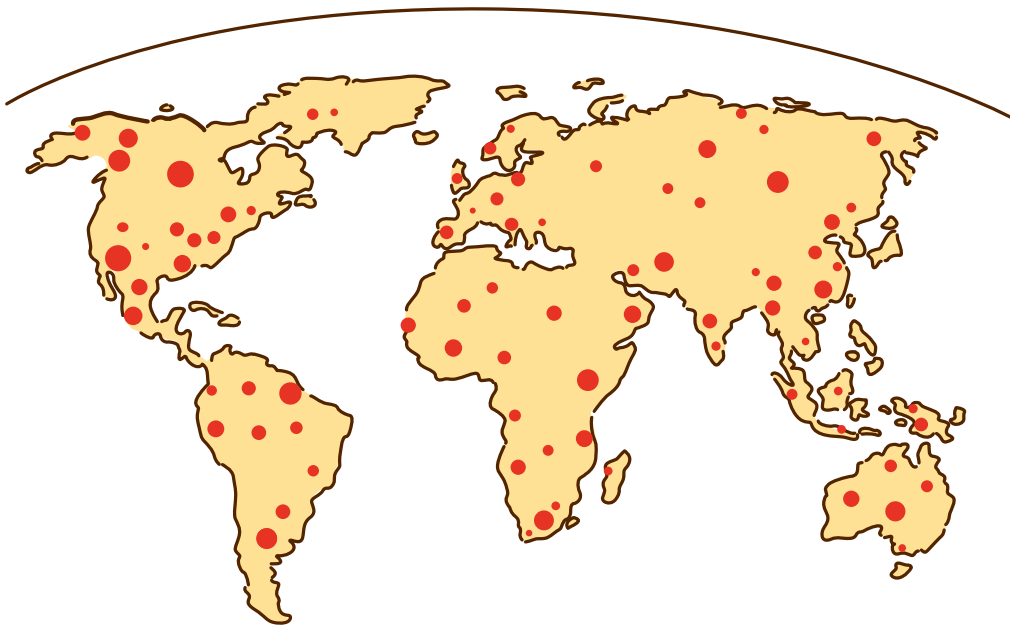
Coronavirus. COVID-19. You've heard people talking about Coronavirus on the news, at the clinic and around in your community. Many people are really afraid because they think they can get very sick or even die. I am here to tell you more about Covid 19 and how you can stay safe.

Intsholongwane ye-Corona. I-COVID19. Ukhe weva abantu bethetha ngeCoronavirus ezindabeni, eklinikhi nakwindawo ohlala kuyo. Abantu abaninzi boyika ngokwenene kuba becinga ukuba banokugula kakhulu okanye bafe. Ndilapha ukukuxelela ngakumbi malunga ne-Covid 19 nendlela onokuthi uhlale ukhuselekile.



COVID-19 stands for CoronaVirus Disease 2019. COVID-19 is a pandemic. This means it's a disease that is happening all over the world. COVID-19 is a new disease and we don't know everything about it yet. This disease has no cure at the moment. There is no medicine that can make it go away, and no vaccine to stop you getting it.

I-COVID-19 imele isifo seCoronaVirus ngo-2019. I-COVID-19 sisifo. Oku kuthetha ukuba sisifo esenzeka kwihlabathi liphela. I-COVID-19 sisifo esitsha kwaye asazi yonke into ngayo okwangoku. Esi sifo asinanyango okwangoku. Alikho iyeza elinokubangela ukuba lihambe, kwaye akukho tofu yokuthintela ukuba ulufumane.



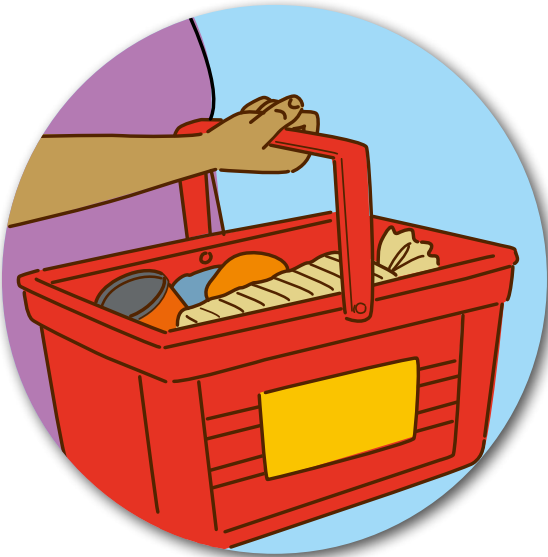
COVID-19 is caused by a virus. Viruses are germs that are so tiny you can't see them. They're also so light they can float through the air in tiny drops of water you cannot see, and sit on your skin without you feeling them. If these germs get inside you, they can make you sick. Doctors and scientists around the world are working non-stop to develop a cure and a vaccine. Until then it is up to you to try to not get infected.

I-COVID-19 ibangelwa yintsholongwane. Iintsholongwane ziintsholongwane ezincinci kangangokuba awunakuzibona. Kukhanya kangangokuba bangakwazi ukubhabha emoyeni ngamaconsi amancinci amanzi aninakubona, kwaye bahlala esikhumbeni sakho ngaphandle kokuva. Ukuba ezi ntsholongwane zingena ngaphakathi kuwe, zinokugula. Oogqirha kunye noososayensi kwiilabathi liphela basebenza bengayeki ukuphuhlisa unyango kunye nogonyo. Kude kube kuxhomekeke kuwe ukuba uzame ukungosuleli.



We know that COVID-19 can spread easily. These germs can live in people's throats, mouths, and saliva. When someone who has the virus coughs or sneezes, germs come out in tiny drops of water. These can land on door handles, tables, on other people, or just float in the air.

Siyazi ukuba i-COVID-19 inokusasazeka ngokulula. Ezi ntsholongwane zinokuhlala emqaleni wabantu, imilomo, namathe. Xa umntu onale ntsholongwane ekhohlela okanye etyibilika, iintsholongwane ziphuma ngamaconsi amanzi amancinci. Ezi zinokuma kumhlaba ophathwayo, iitafle, kwabanye abantu, okanye zibhabhule nje emoyeni.



When you touch something with germs on it, the germs stick to your hands. Then, when you touch your nose or mouth, or even rub your eye, the virus can get inside you and make you sick. If someone is sick with COVID-19 and has been coughing or sneezing straight into the air, you could breathe those germs in and also become infected.

Xa uchukumisa into eneentsholongwane kuyo, iintsholongwane zinamathela ezandleni zakho. Ke, xa uchukumisa impumlo yakho okanye umlomo, okanye nokuba utsala iliso lakho, intsholongwane inokungena ngaphakathi kuwe ikugulise. Ukuba umntu ugula yi-COVID-19 kwaye sele ekhohlela okanye ethethela ngqo emoyeni, ungaziphefumlela ezo ntsholongwane kwaye wosuleleke kwakhona.



Many of us have bodies that are healthy enough to fight the coronavirus. But everyone is at risk. People who have already had a serious illness like cancer, diabetes, HIV or TB, can be at a greater risk and not be strong enough to fight the virus. Also older people are at greater risk and should if at all possible stay at home and away from any others who may be sick.

Uninzi lwethu lunemizimba esempilweni ngokwaneleyo ukulwa ne-coronavirus. Kodwa wonke umntu usesichengeni. Abantu esele benesifo esibi njengomhlaza, isifo seswekile, i-HIV okanye isifo sephepha, banokuba semngciphekweni omkhulu kwaye bangabi namandla ngokwaneleyo ukulwa nentsholongwane. Kananjalo abantu abadala basengozini enkulu kwaye kufanelekile ukuba bahlale ekhaya kwaye babe kude nabanye abagulayo.



Many things about this disease are unknown, with symptoms ranging from mild, to very serious and in some cases causes death. There is no cure. There is no vaccine yet. It is ok to feel worried and ok to feel scared. We should all be very careful in order to prevent catching this disease. Here are some things you can do to keep you and your family safe and healthy.

Izinto ezininzi malunga nesi sifo azaziwa, zineempawu ezisusela kwithambile, ukuya kuthi ga kakhulu kwaye kwezinye iimeko zibangela ukufa. Akukho nyango. Akukho nto ugonyo ngoku. Kulungile ukuba uzive unexhala kwaye kufanelekile ukuba uzive usoyika. Sonke kufuneka silumke kakhulu ukwenzela ukuthintela ukubamba esi sifo. Nazi izinto onokuzenza ukugcina usapho lwakho lukhuselekile kwaye lusempilweni.



Social Distancing means not standing close to other people and wherever possible keeping at least 6 feet or 2 meters away from them. By not getting close to people and staying at home if at all possible, we can protect ourselves and our families and also older people who are at a greater risk of catching Covid 19. If you have to go to the shops, remember to keep your distance and stay away from any groups of people. The more you can be in the open away from other people, the safer you will be.

Ukwahlula phakathi kweNtlalo kuthetha ukungami kufutshane nabanye abantu kwaye naphina apho kunokwenzeka ukugcina khona iimitha ezi-6 okanye iimitha ezi-2 kude nabo. Ngokungasondeli ebantwini kunye nokuhlala ekhaya ukuba kunokwenzeka, singazikhusela thina kunye neentsapho zethu kunye nabantu abadala abasengozini enkulu yokubamba iCovid 19. Ukuba kuya ezitolo, khumbula ukugcina umgama kwaye uhlale kude nawaphi na amaqela abantu. Okukhona ungaba kwindawo evulekileyo kwabanye abantu, uya kuba ukhuselekile.



Viruses and germs don't like soap. Carefully washing your hands for at least 20 seconds with soap making lots of bubbles, and hot water can kill the germs on your hands. Remember not just to wash your hands, but also your wrists and your arms as often as you can and after you have touched anything outside of your home or things that are not yours.

Iintsholongwane kunye neentsholongwane azithandi isepha. Ukuhlamba ngenyameko izandla zakho kangangesithuba semizuzwana engama-20 ngesepha ukwenza iibubhu ezininzi, kwaye amanzi ashushu angazibulala iintsholongwane ezandleni zakho. Ungalibali ukuhlamba nje izandla zakho, kodwa kunye neengalo zakho kunye neengalo zakho rhoqo njengoko unako nangemva kokuba uchukumise nantoni na ngaphandle kwekhaya okanye izinto ezingezakho.



If you need to cough, sneeze, or blow your nose, use a tissue and throw it away immediately into a rubbish bin or dustbin. Also wash your hands straight away or use hand sanitizer to kill the germs that are on your hands. You can also cough or sneeze into the inside corner of your elbow.

Ukuba ufuna ukukhwehlela, ukuntywila, okanye ukubetha kwempumlo yakho, sebenzisa isicubu uze uyilahle kwangoko kwimgqomo yenkunkuma okanye kwiluthuli. Hlamba izandla zakho ngoko nangoko okanye usebenzise i-sanitizer yesandla ukubulala iintsholongwane ezisezandleni zakho. Unakho ukukhwehlela okanye ukuntywila kwikona engaphakathi yotsolo yakho.



Any time you leave your home, you should wear a cloth face mask. This is very important when you are around people outside of your household to prevent the spread of coronavirus. Wear the face mask so that it covers your nose and mouth.

Nanini na xa ushiya ikhaya lakho, kufuneka unxibe imaski yobuso yelaphu. Oku kubaluleke kakhulu xa ukujikeleze abantu abangaphandle kwendlu yakho ukuthintela ukwanda kwe-coronavirus. Thwala imaski yobuso ukuze igubungele impumlo kunye nomlomo.



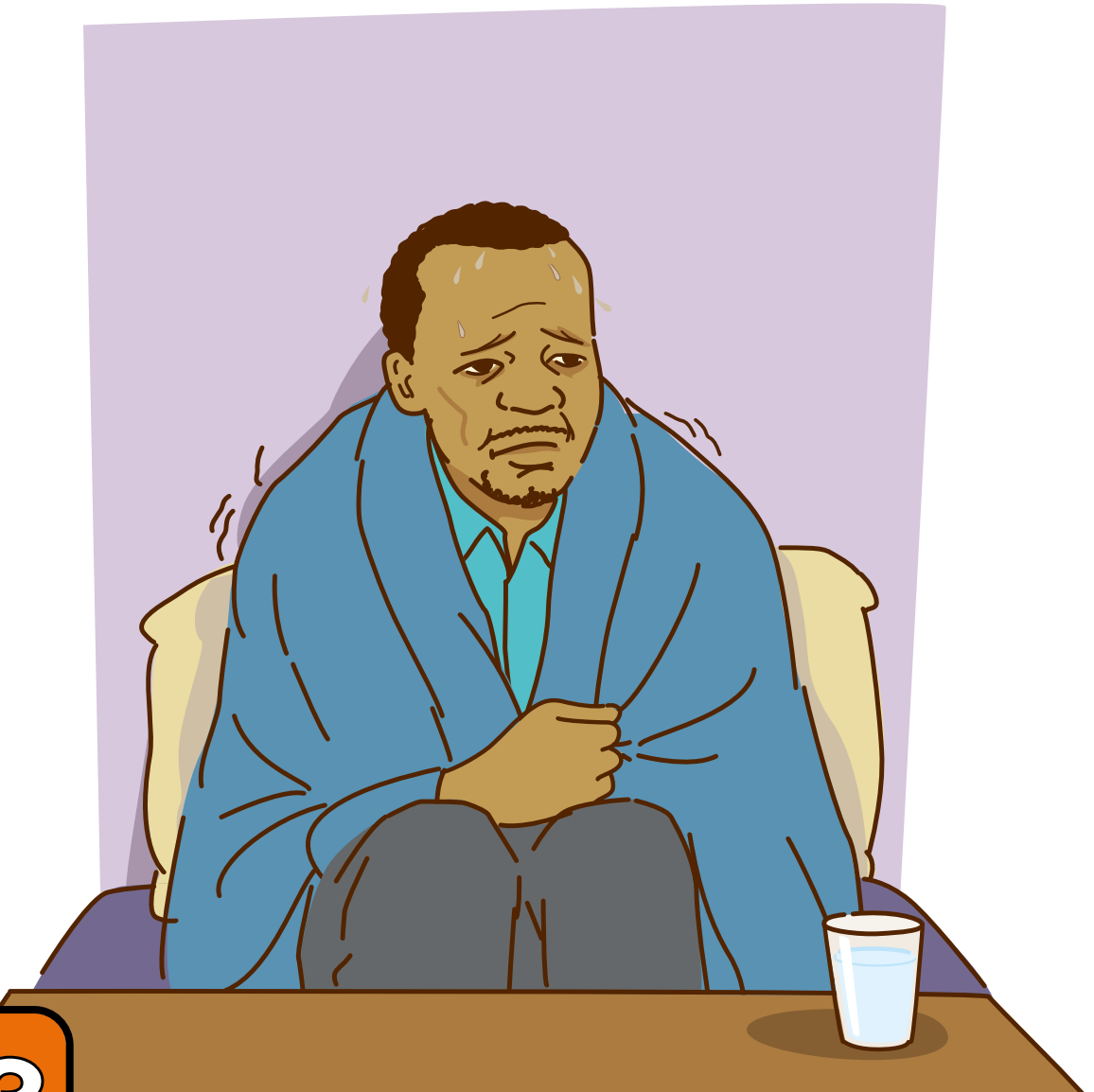
Remember that touching your face, nose and mouth is dangerous. Always wash your hands before you take your face mask off. Try not to pick your nose, bite your nails, put your fingers in your mouth, or rub your eyes with unwashed dirty hands.

Khumbula ukuba ukuchukumisa ubuso, impumlo kunye nomlomo kuyingozi. Hlamba izandla zakho rhoqo ngaphambi kokuba ukhuphe ubuso bakho. Zama ukungakhethi impumlo yakho, ukuluma iinzipho zakho, ubeke iminwe yakho emlonyeni wakho, okanye uhlambe amehlo akho ngezandla ezingcolileyo.



COVID-19 can cause a lot of different symptoms, from mild illnesses to pneumonia. The most common things to look for are fever and a temperature, dry cough, sore throat, headaches and tiredness. You may have difficulty breathing or feel short of breath, have chest pain or feel like someone is pressing on your chest. Remember there is nothing shameful in becoming infected and you must not be ashamed for yourself or critical of anyone who gets Covid.

I-COVID-19 inokubangela iimpawu ezininzi ezahlukeneyo, ukusuka kwizifo ezinobuthathaka ukuya kwi-pneumonia. Ezona zinto ziqhelekileyo zijongeka ngumkhuhlane kunye neqondo lokushisa, ukukhohlela okomileyo, umqala obuhlungu, intloko ebuhlungu kunye nokudinwa. Unokuba nobunzima bokuphefumla okanye uziva uphefumla, unentlungu esifubeni okanye uziva ngathi kukho umntu ocinezela esifubeni sakho. Khumbula ukuba akukho nto ihlazisayo ngokuba wosulelekile kwaye kufuneka ungabi nazintloni ngaye okanye ugxeke nabani na ofumana i-Covid.



If you think you are sick, you must contact your clinic or doctor to find out what you need to do and whether you need to be tested. There are community-based testing centres and helplines that you can call. Many people recover by just staying home, drinking lots of fluids, resting, and not being in close contact with anyone that they can make sick. If you are having problems being able to breathe, contact your doctor or clinic.

Ukuba ucinga uyagula, kufuneka uqhagamshelane neklinikhi okanye ugqirha wakho ukuze ufumanise ukuba yintoni ekufuneka uyenzile nokuba ufuna kuvavanywa na. Kukho amaziko okuvavanya asekelwe kuluntu lonke, kunye neenombolo zoncendo onokuzitsalela umnxeba. Uninzi lwabantu luyaphola ngokuhlala nje ekhaya, ukuphunga iziselo ezishushu ezikhusela intsholongwane, ukuphumla, kwaye nokuba lungasondelani naye nabani na onokulugulisa. Ukuba uneengxaki zokuphefumla, nxibelelana nodokotela okanye ikliniki.



In most cases, it takes between 2 and 14 days for someone who has been infected to become sick. This means that you could have become infected by Covid 19 before you know you are going to be sick. If you get sick with only mild symptoms, it will take about two weeks to get better. For those with serious symptoms, it can take up to six weeks, or even much longer.

Kwiimeko ezininzi, kuthatha phakathi kweentsuku ezi-2 ne-14 zokuba umntu osulelweyo agule. Oku kuthetha ukuba unokuba wosulelekile yi-Covid 19 ngaphambi kokuba wazi ukuba uya kugula. Ukuba ugula uneempawu ezinobuthathaka kuphela, kuyakuthatha malunga neeveki ezimbini ukuba ube ngcono. Kwabo baneempawu ezinobuzaza, kungathabatha iiveki ezintandathu, okanye ngaphezulu.



The only way we can fight COVID-19 is if everyone, everywhere around the world, does their part. This means socially distancing, not getting close to other people or friends, always washing your hands, not hugging or shaking hands with people outside those you live with, and always always wearing a face mask when you're in public. We are all in this together. If everybody does the right thing, it will make a big difference. Do your part! Stay Safe.

Indlela kuphela esinokuthi silwe ngayo i-COVID-19 kukuba wonke umntu, naphina kwihlabathi liphela, wenza eyabo indima. Oku kuthetha ukuzibandakanya ekuhlaleni, ukungasondeli kwabanye abantu okanye abahlobo, ukusoloko uhlamba izandla, ukunganga okanye ukuxhawula abantu ngaphandle kwabantu ohlala nabo, kwaye uhlala unxiba imask yobuso xa uphambi esidlangalaleni. Sonke sikule nto kunye. Ukuba wonke umntu wenza into elungileyo, iya kwenza umahluko omkhulu. Yenza inxaxheba yakho! Hlala ukhuselekile.



Co-vid 19

Protect yourself and others from getting sick



Wash your hands



Wear a mask



Keep your

your hands



Seen, Read, Heard and Understood