



Ministry of Health and Social Services

# Ovikwaye mbi wa sere okutjiwa ohunga nomiti omitjurre vyo COVID-19



# Omiti omitjurure vyo COVID-19 (Coronavirus)



Omuti omutjurure omuti mbu:

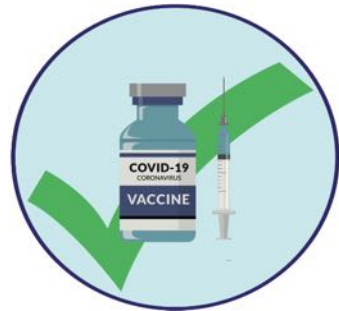
- vatera ovandu okurwisa ondwi ndji indu ovo tji va hakaene na yo
- yenena okutjaera kutja ovandu ave ha verisiwa i yondwi ndji tjinene



Omiti omitjurure vyo COVID-19 vi henuna oumba wokutwara ondwi ndji:

- koveṭunḁu roye
- kotjiwaṅa tjoye

Tji mape hungirwa **omatjururiro** okutja omundu u vendwa nomuti omutjurure. Uvendwa nonane mu mu tuurungira omuti.



Omiti omitjurure vyo COVID-19 vi yandjwa otjari i yohoromende. Hakaena notjipangero tjopopezu na ove poo tona ongoze ndji **0800 100 100** u tjiwe kutja ove mo kavenderwa pi.

# Ngahino rumwe ove wa zuva ovina mbi heri owatjiri ohunga nomiti omitjurure:



## ***“Tjii hapo ove mo yenene okutoora ondui jo COVID-19 momiti omitjurure”***

Ove komoo yenene okutoora ondwi ndji okuza momuti omutjurure. Owo u yandja omasa korutu rwoye kutja ru sore okurwisa o COVID-19.

## ***“Omiti omitjurure mavi jenene okuku verisa poo mavi ku zepa”***

Okuza mu Suramazeva 2021, omiti omitjurure mbya kapita 3,500,000,000 vya ungurisiwa mouparanga wouye – ovyo mavi kapita 1/3 yovature avehe mouye. Momahi mu mu novandu ovengi mba yendwa nomiti omitjurure mu munikwa ovivarero ovititi vyovandu mbe no-COVID-19. Omiti omitjurure vi tu vatera.

## ***“Ovirwise vyurutu rwandje vyomitjise mbi mba ungurwa na vyo vi nomasa pomiti omitjurure”***

Omiti omitjurure vi tjita kutja orutu rwoye ru hare omasa, nu ru kare nomasa orure, okukapita indi tji wazu nokuvera oCOVID-19.

## ***“Omiti omitjurure mbi vya ungurwa tjimanga”***

Ozongondononeno zozondui zomitjise, nomiti omitjurure mbiatjitua morukapita veze hambeno ozombura omurongo ndakapita, via vatera kutja ozonongo motjitamba tjoku ungura omi, nozonganga veungure omi omitjurure vyo COVID-19 moruveze orusupi. Ozonongo nozonganga za tuna nokurundurura omi omitjurure mbyo nu opu za ngarera aayo za hakahana.

## ***“Momiti omitjurure mu nokaungurisiwa kozokombiuta poo omangenete”***

Ingo kauatjiri ko, omahondjo porwawo uriri.

# Oruemo ovikwaye?



Tji wa zu nokuyendwa omiti omitjurure, mape ya o kara noruemo.

Oruemo ruyenena okukara movandu kombunda yaindi tji va zu nokunwa poo okuyendwa kangamwa omiti.



Omundu tje noruemo pe heya kutja omiti omitjurure mavi hongo orutu rwoye kutja ngaru rwise vi ozondwi zo mitjise.



Kavandu avehe mbe kara noruemo. Popengi oruemo karurire orukendise, ruyenena okuzamo oruni kombunda yomayuva ouṭiti.

## Oruemo ndu munikwa tjinene tjapo:



- Omuhiamo poo omusuro mokuwoko puwaendwa.
- Epyu
- Omuhiamo wozombwini poo wopokati komaṭupa
- Okuurwa
- Okuhiamwa otjiuru



## Oruemo orukendise:

Oruemo orukendise oruhena, nungwari u sokuyenda kotjipangero tjo-Ministri yOuveruke (MoHSS), poo tona ongoze ndji nokuhina okuwotawota 0800 100 100, ndoovazu kombunda yokuyendwa:

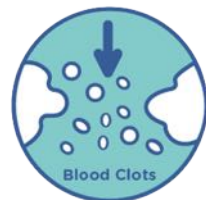
- mo rimunu okusuvana ouzeu
- mo rimunu okutona omutima tjinene
- wa wire pehi poo tji waseuka



Ovandu 6 movandu avehe 1,000,000 ve yenena okukara noruemo oruheṅa tjimuna ombinḁu okurizezenga nao. Ihi tji tjita kutja ombinḁu ai ha tupuka nawa morutu.



Ihi otjiṅa otjiheṅa nu otjingi tjovandu tja vendwa omiti omitjurure nokuhina ouzeu.



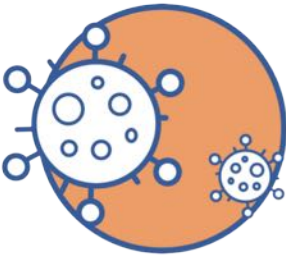


Tji mo rimunu ouvere kohapo mbu u ha kara na wo movivike vivari kombunda yatji wa zu nokuvendwa nomiti omitjurure, twende kotjipangero tjimanga.

Movikaṅena mamu kara mbi: otjiuru otjivi tji matji hihamwa tjinene poo omuhihamo wopehuri nu mbi hi nokupora, okumuna ovindunguru, okusura omarama, poo ovivavize vyombinḁu kehi yomukova mbi heri ongondoroka na imba pu wa vendwa.



## Kombunda yokuvendwa nomiti omitjurure



Omiti omitjurure vi tjita kutja aha rire oupupu kove okumuna oCOVID-19, nungwari ovandu tjiva ngunda mave yenene okutoora omutjise kombunda yokuvendwa nomiti omitjurure.



Popengi ovandu mba vendwa nomiti omitjurure kave verisiwa i yoCOVID-19 tjinene tji mo sasaneke ku na imba mbe hi ya vendwa.

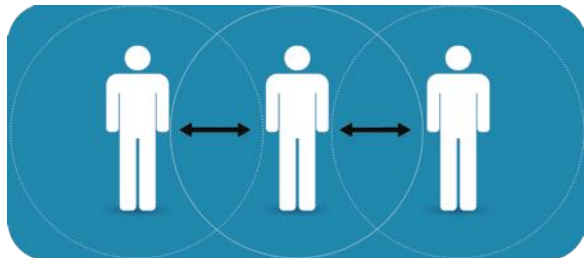


Kombunda yokuvendwa nomiti omitjurure, ove ngunda mape ya o hepa okukatarewa oCOVID-19 tji u novikañena vyomutjise woCOVID-19, mu mu na imbi:

- epyu
- omuhiamo womuriu mbu mau pi nokukorora
- okuurwa
- otjihiku, nokusuvana ouzeu
- okuhina okurora poo okuñuka.



Ove ngunda mo hepa okutwako okavanda nokutiza omukato pokati koye novandu varwe kombunda yokuvendwa nomiti omitjurure.



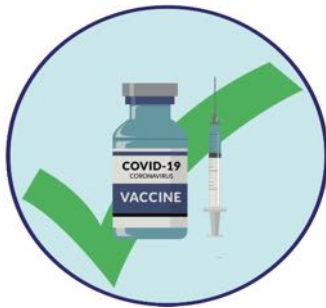
Omirari mbi mavi kara momaunguriro ngandu ndi omahwangero womutjise woCOVID-19 tji ya henunuka pondondo yehi arihe.

# Kondjivisiro onyingi



Hungira kuna ovaungure wouveruke, onesa poo onganga ndjiri morukondwa roje.

Tona ongoze, kongoze ndji **0800 100 100**, indji onomora yotjari yoKorona moNamibia.



Zemburuka kutja, omavendero womiti omitjurure vyo COVID-19 otjari uriri kehi yohoromende.



Department of Economic and Social Affairs

