



Ministry of Health and Social Services

# Sats/s nî ÷ân si i xun COVID-19s !kha||khaes xa

*Khoekhoegowab*



# COVID-19s (Coronavirus) !kha||khaes



Ne !kha||khaes ge a solôa hîa:

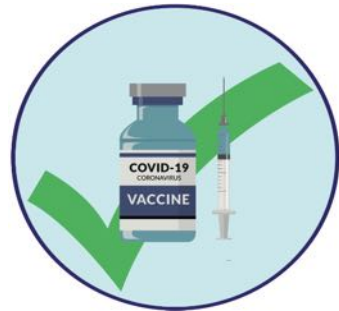
- Khoena ra hui in virusna !kham!oa  
||în Ikhan ga !gû||are o
- Khoena ra hui in ta Igaisase lae  
ne virusa xu



COVID-19s !khā||khaes ge ra  
loroloro nē virusa tani !kharusa  
sa:

- laokhoen ||ga
- Sa lhûhâsib ||ga

**!Kha||khaes** ge !kha ets/s ka o  
!kha||khae u solôa-i Ikha osa. Nes  
ge Nalti Ikha ra dihe.



COVID-19s !kha||khaedi ge mari-o!nâ se †hanub xa ra  
dihe. Sa ||gâu!nasi/!a!nasi laedi-omsa sari re tamasa ka  
i o **0800 100 100** sa ||khami i †an†ûi re mapats/s nî  
!kha||khaehe !khaisa.

# **Amatama †gomdi Inîsits/s ra ||nâudi ne !khā||khaes †namipe:**



## ***“Ne !kha||khaes ge COVID-19sa nî †hi tsi”***

Ne Virusat/s ge !Kha||khaesa xu a ho ||oa. ||î-i ge sa sorosa !gâise ra hui COVID-19sa !khamsa

## ***“Ne !Kha||khaes ge nî lae gai tsi/si tamas ka i o !gam tsi/si”***

†Khoesaob 2021 disa xu, di ge 3,500,000,000 xa !nasa !Kha||khaede ge dihe !hubaib †hawase- 1/3 xa !nasa !hubaib khoen xa. !Hugu hîan !nasa khoena ge !kha||khaehe gu ge !nuse lorose COVID19’s !nae!khaide uhâ. !kha||khaedi ge ra hui da.

## ***“Ti sorosi lgaib ge !kha||khaes xa a lgaisa”***

!Kha||khaes ge sa sorosa ra lgailgai, tsi gaxu ||aeba ra lgaisase uhâ, tsits/s ge COVID-19sa xu ra †uru.

## ***“!Kha||khae u solôan ge gaise !haese ge kuru-e”***

Ne !kha||khae u solôan ame solôan ge disikurigu xa !nasase ge ôa!nâhe. †Ansaben tsi !Aedi-aon ge ne solôana ge !kharalkhara în sîsen uhe ||kha, nes ge ge !hae gai.

## ***“Kompiter chips tamas ka i o Maxnets ge ne !Kha||khae-u solôan !nâ hâ”***

Nes ge ama tama hâ, Inore!hoan lguin.

# Tarena !Kha||khaes khao!gâ a hâ||kha ||gai tsâsina?



Ne !Kha||khaesats/s ga hos  
khao!gâ, its ge tsâsina a ho||kha.

Tsâsin ge ||na xun hân khoena ra  
ho!âna !kha||khae toas khao!gâ



Ne tsâsin ge ra ||gau||gau ne  
!kha||khaes ra sa sorosa ||kha||kha  
!khai matis ne virusa nî !kham!oa  
!khaisa.



Ne ||gai tsâsin ge hoa khoen Ikha i  
tama hâ. !Nasa tsâsin ge lgaisa  
tama hâ, tsî aitsama loro tsemi  
khao!gâ ra be.

## Hoa!nâ-aixa tsâsin:

- Tsûb tamas ka i o xâib ||na ||ôab hîa go !kha-eb ai
- Igammi
- Sorosi tsûgu tamas ka i o uni||ae tsûgu
- Tsaub
- Dana-tsûgu



## ||khio||khosa tsâsin !kha||khaes khao!gâ:

||khio||khosa tsâsin ge kaise a loro, xawe sa !a!nasi MOHSS lae||gâusa sari, tamas ka i o **0800 100 100** sa ||natimis ai ||khami re, !kha||khaes khao!gâts/s ga:

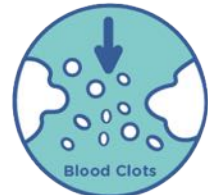
- loms !gomsiba uhâ o
- !Noesaseb ga †gaoba †na o
- ||na ||goe tamas ka i o ka be o



||Aupexa 6 khoen ge 1,000,000 khoena xu lao †naride soros !nâ ra ho. Nes ge ra i laob ta ||khaehe o ib ta soros !nâ !gû Inaib ta !gû khami



Nes ge kaise lorose ra i, tsîn ge !nasa khoena ge !kha||khaehe !gomsî-i ose

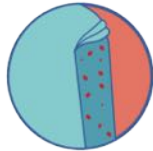




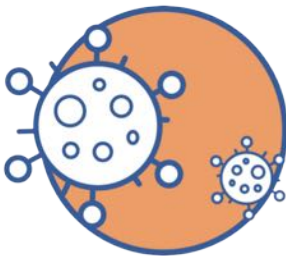
Noxopats ÷an tama lgaub aits ga lae ÷guro lgam wekhekha !kha||khaes dikha !nâ o ||gari||garisase sa lae||gâusa sari re.



||Gau||gaudi ge sao ra na !kho÷ga hâ: Kaise ||gaora/||agara danatsûb tamas ka i o !na tsûb be tamab, !gâise mû tama is, xâisa lnugu, tamas ka i o lao ||gau||gaun khob !naga !nuse !kha ets/s ge !khaiba xu.



## **!Kha||khaes khao!gâ**



Ne !kha||khaes ge lorose ra i||kha kai sats/s nî COVID-19sa ho !khaisa, xawen ge lnî khoena noxopa a ÷hi-e ||kha !kha||khaes khao!gâ.



Khoen hîa a !kha||khaesan ge lorose ra lae COVID-19sa xu ||nan hîa !khae||kheasa taman xa.

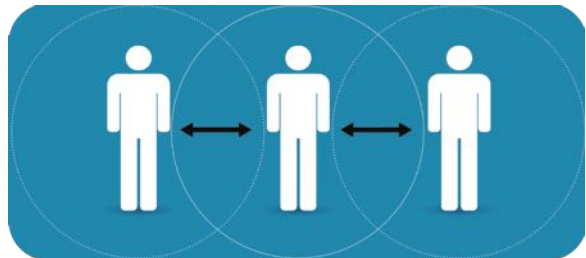


!Kha||khaes khao!gâ, is ge Inîsi COVID-19  
lâisa nî ðhawasa, COVID-19 ||gau||gautets/s  
ga uhâ o, sao ra xuna !khoðgâ hâna:

- Igammi
- Tsûsa dom ||uib
- Tsaub
- !nuwusib lomðûis tsî lomðgas dib
- Xu-i ||khoaba ho tama is tamas ka i o !khapa tama is



Noxopats ge Maskersa nî ðnûi tsi khoena xu !nuse ni  
hâ !kha||khaes khao!gâ.



Ne xun ge nî dihe COVID-19 ðhi Inob nî ||gôaxas  
gose.

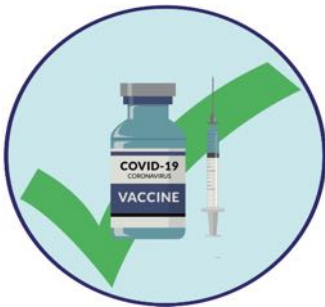


# !Nasa !gasasib !aroma



Sa !a!nasi !Ae!khosisen-ao-i,  
!ae!kho-ao-i tamas ka i o  
!aedi-aob !kha !hoa re.

||khamire !hub Coronavirus  
!gamsa||ababa **0800100100**  
ai.



‡âis!nâ-uhâ re, !Kha||khaedi  
COVID-19s !aromadi ge mari-  
o!nâse ‡hanub xa ra dihe.



Department of  
Economic and  
Social Affairs

