



Ministry of Health and Social Services

Shoka wu na oku tseya kombinga yoontuntila dho COVID-19



Ootuntila dho Korona (COVID-19)



Omuti gwokutuntila otagu:

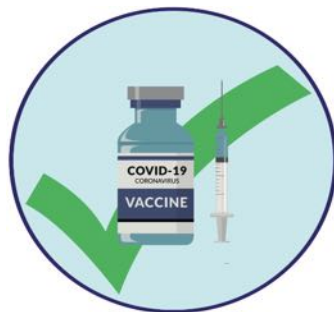
- kwatha aantu ya vule okukondjitha ombuto yuuvu ngele ye ya mekwatathano nayo
- gamene aantu kaaya ehamo molwombuto ndjoka



Ootuntila dho Korona otadhi shonopeke ompito yoku taandelitha ombuto yoKorona:

- Maandjeni
- Momudhingoloko gweni

Etuntilo olyo okuwendelwa omuti gwontumba molutu lwoye opo olutu lwoye lu vule okukondjitha ombuto yuuvu.



Ootuntila dhomukithi gwoKorona ohadhi ningwa oshali kepangelo. Kwatathana nokapangelo kopomudhingoloko gweni nenge dhengela ko **0800 100 100** opo wu lombwelwe mpoka to vulu oku ka tuntulwa.

Omitotolombo ndhono tashi vulika wu uva kombinga yootuntila dhoKorona:



“Oto kwatwa kombuto yoKorona uuna wa tuntilwa”

Ito kwatwa kombuto yoKorona okupitila motuntila, ihe otuntila otayi nkondopaleke etuntilo lyopaunshitwe. Iyolutu lwoye li vule okukondjitha ombuto yoKorona.

“Ootuntila otadhi ku etele uuvu nenge dhi ku dhipage”

Okuza muJuli gwomuvo 2021, aantu yevulithe poo 3,500,000,000 muuyuni awuhe oya tuntilwa – hano oshititatu shomwaalu gwaantu muuyuni osha tuntilwa. Iilongo mbyoka yi na aantu oyendji ya tuntilwa oyi na omwaalu omushona gwaantu ya kwatwa kombuto yoKorona. Ano ootuntila otadhi tu kwatha.

“Etuntilo lyandje lyopaunshitwe oli na oonkondo li vule etuntilo lyopawunamiti”

Olutu lwomuntu a tuntilwa otalu vulu okukondjitha oKorona nawa shi vulithe lwaangoka inaa tuntilwa.

“Ootuntila odha ndulukwa meendelelo enene”

Ootuntila dhokukondjitha oombuto dhomauvu galwe odha pekapekwa uule womivo dhi vule omulongo. Kashi uvitike nawa kutya omolwashike oondohotola naanongononi ya longo noya tula miilonga elongitho lyootuntila dhoKorona muule wethimbo ehupi.

“Mootuntila omu na omangeneta”

Mbika iifundja yowala, ano aantu oya tota omahokololo kaage shi goshili.

Oshilanduli oshiwinyayi shootuntula dhoKorona oshini?



Una wa tuntilwa, otashi vulika wu ndhindhilike iilanduli iiwinayi.

Oshilanduli oshiwinyayi shomuti ohashi vulu okundhindhilikwa konima omuntu a wendwa nenge a nu omuti.



Ano iilanduli iiwinayi yomiti oyo endhindhiliko kutya omuti ngoka gwa yi molutu otagu longekidha olutu lu vule okukondjitha ombuto yuuvu.



lilanduli iiwinayi yomuti ihayi ndhindhilikwa maantu ayehe. Oyindji yomiilanduli iiwinayi hayo naana ya nika oshiponga, nohayi kana po muule womasiku omashona.

Iilanduli iiwinayi hayi tsakanekwa olundji ongaashi:



- Uwehame nenge onzindo pokwaako mpoka pwa wendwa
- Oshivu
- Uwehame woontumba nenge pomatsakaneno gomasipa
- Omvulwe
- Uwehame womutse



Iilanduli iiwinayi ya nika oshiponga:

Iilanduli iiwinayi ya nika oshiponga ihayi holoka naanaa unene, ashike uuna wa ndhindhlike shimwe nenge yimwe yomiilanduli iiwinayi mbika tayi landula, dhengela kongodhi ndji **0800100100** nenge taalela po okapangelo hoka ke li popepi meendelelo:

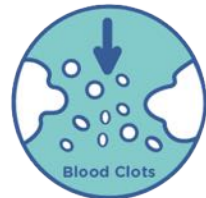
- Itoo vulu okufudha nawa
- Omutima tagu dhenge nokweendelela
- Wi ihata po nenge to ningi etelele



Maantu 1,000,000 ya tuntilwa aantu 6 ashike lwaampoka ya ndhindhlikwa ye na ombinzi ya ota. Shika ohashi eta nee ombinzi yi kale itaayi tondoka momithipa dhombinzi ngaashi yi na okutondoka.



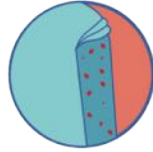
Oshilanduli shika osha pumba. Aantu oyendji oya tuntilwa noinaaya mona nande uupyakadhi wa sha.



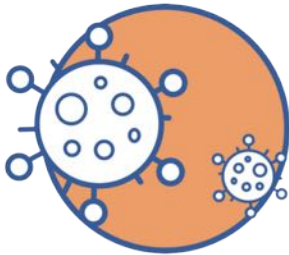


Uuna wu uvite to ehama muule wiiwike iyali konima sho wa tuntilwa, inda kokapangelo mbalambala.

Omandhindhiliko giilanduli iiwinayi yotuntila ongaashi: uuwehame womutse nenge womepunda tawu kutha ethimbo ele okupola, waa wete ko nawa, wa zinda omagulu, nenge wu na oontongo dhombinzi kohi yoshipa kokule naampoka pwa wendwa.



Konima yetuntilo



Otuntila otayi shonopeke ompito yokukwatwa kombuto yoKorona, ashike aantu yamwe otashi vulika ya kwatwe kombuto ndjika nonando oya tuntilwa.



Mboka ya tuntilwa ngele ya kwatwa kombuto yoKorona ohaya kwatwa kuuwehame uushona mokuyelekanitha naamboka inaaya tuntilwa.

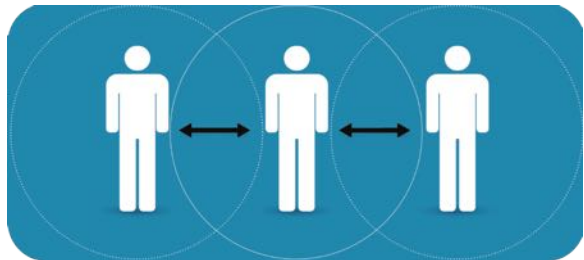


Nonando wa tuntilwa oto pumbwa oku konaakonwa ombuto yoKorona uuna wu na omandhindhiliko ngaashi:

- Oshivu nenge uupyu wolutu wa londa
- To ehama pothingo
- Omukolo
- Omvulwe
- Itoo fudha nawa/to fudha nuudhigu
- Ito vulu okuuva iinima tayi nika nenge omulyo gwayo.



Nonando wa tuntilwa, natango owa tegelelwa wu zale okamaska nokukala oshinano shoka sha uthwa kokule naantu aakweni.



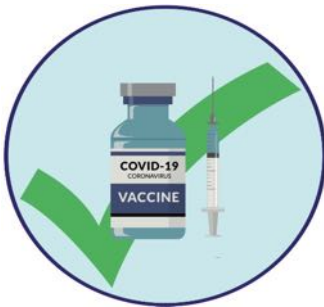
Omilandu ndhika otadhi kala po sigo etaandelo lyombuto yoKorona tali shonopala.

Uuyelegele wa gwedhwapo



Popya nomuniilonga
gwuundjoloweke, omupangi
nenge ndohotola.

Dhengela Onomola ndjika yo
meendelelo **0800 100 100**.



Ndhindhilika, otuntila
yoKorona otayi gandjwa
oshali kepangelo.



Department of
Economic and
Social Affairs

