

AMANQAKU ABAZALI

ngelixesha lalentsholongwane i COVID-19



IsiXhosa



Cacisa, umxelele

- **Sebenzisa ulwimi olucacileyo nolulingene yena, unyaniseke**
- Musa ukumfihlela ulwazi umntwana, kananjalo musa ukumnyanzela ngolwazi
- **Sebenzisa kuphela ingcaciso ephuma kwabasemagunyeni** (umzekelo: Urhulumente, Abongamele ezempilo kuzwe lonke, koomabona kude, nezibhedlele)



Mqinisekise

- **Mqinisekise umntwana wakho uthe the lento iyiyo**
- Yiqwalasele futhi ukhawulelane nemizwa yakhe, qha unagamabeli kakhula ngeyakho imizwa
- **Mbonise ukuba wena uzikhuela njani, uze umfundise ukuba naye enze njalo**



Ubumbano ngamandla

- **Nika ingqwalasela kumtu wonke endlini - sinamandla xa sibumbene**
- Beka ixesha bucala ozakulichitha nonmtwana ngamnye ekhaya (noba yimizuzu engamashumi amabini)
- Hlala uqhagamishelana nezinye izizalwane zakho ongahlali nazo (oomakhulu noo tatomkhulu nezinye izizalwane)



Zenzele umlinganiselo suku nosuku

- Yenza izicwangciso zosuku ngalunye, kodwa ubeke bucala amaxesha olonwabo nobunye ubumnandi obungalindelekanga
- **Cwangcisa izinto abazakuzenza eziquka imidlalo, ukuzilolonga, ukupheka nezinye izinto**
- Nika umlinganiselo ofanelekileyo kwizinto ezilindelekileyo ukuba bazenze (umzekelo ukucoca nokuqoqosha)
- Qiniseka ukuba likhona ke ixesha lokuba wonke umntu azihlalele nje yedwa bucala



Yenza umlinganiselo kumabona kude

- **Uqhakemshelwano nezinto eziqhube ka ngaphandle kufanelekile, kodwa kubalulekile ukwazi mayelana nokuba uzigcina ukude kuzo**
- Liqingqe ixesha abalichithayo ukubukela izinto abazithandayo kumabona kude
- Qiniseka ukuba akukho indaba ezinokuthi zimphazamise zize zimnxunguphalise