



## **PULANE DZA KHAELO WA COVID-19 FHANO AFRIKA TSHIPEMBE KHATHIHI NA MILAEDZA YA NDEME YA NGA HA U NETSHEDZWA HAWO**

### ***Tswikelelo ya khaelo dza COVID-19 ndi tshipikwa tshashu tshihulwanesa.***

- Afrika Tshipembe li do wana ngelo dza khaelo dza COVID-19 dzi linganaho 1 milioni nga n'wedzi wa Phando la dovha hafhu la wana dzi nwe ngelo dzi linganaho 500 000 nga n'wedzi wa Luhuhli dza khaelo dza *Oxford University AstraZeneca* u bva kha tshiimiswa tsha *Serum Institute India (SII)*.
- Ri do thoma nga u haela vhashumi vha shango lashu vha zwa ndondolamutakalo vhane vha anganyelwa hene fha kha 1,25 milioni.
- Muvhuso u khou shumisana zwavhudi na vha tshiimiswa tsha Maandalanga a Ndangulo ya Zwibveledzwa zwa Mishonga tsha Afrika Tshipembe kana *South African Health Products Regulatory Authority (SAHPRA)* u itela u vhona uri hu sa vhe na tshilengo kha thendelo ya u thoma u shuma ha khaelo iyi.
- Khaelo dza *Oxford University-AstraZeneca* dzo no di tendelwa nga zwiimiswa zwa vhulanguli zwo fhambanaho u mona na lifhasi nahone dzo no di thoma u netshedzwa kha ma nwe mashango.
- Ro dovha hafhu ra swikela thendelano na vha tshiimiswa tsha *COVAX Facility* ya u renga khaelo dzi linganaho 10 phesenthe ya vhadzulapo..
- Hedzi ngelo dza khaelo dzi khou lavhelelwa u swika hene fha mathomoni a kotara ya vhuvhili ya n'waha.
- Ri khou bvela phanda na u shumisana na khamphani dzo fhambanaho dza zwa mishonga u itela u khwathisedza uri ro kona u haela vhathu vha linganaho 67 phesenthe ya vhadzulapo mafheloni a n'waha wa 2021.

### ***Hu do vha na u sielisana kha u netshedzwa ha khaelo***

- A hu ngo tou vha na tshilengo nga khole kha u ita uri hu vhe na tswikelelo ya khaelo ya COVID-19 sa izwi nyimele i tshi kha di thengathenga; fhedzi zwo tou tea uri zwite nwa zwothe zwi thome u dzhielwa ntha.
- Ri khou nanga khaelo ro sedza u tsireledzea hadzo khathihi na mashumele adzo, kushumisele kwo leluwaho, kuvhulungelwe kwadzo, kuphadladzele kwadzo, khonadzeo ya u nga wanala hadzo lwa tshifhinga tshilapfu na mutengo wadzo.

- Netshedzo yashu ya khaelo idzi zwi do itwa nga zwipiḁa zwiraru hune tsha u thoma tsha do vha tsha avho vhadzulapo vhane a vho ngo tsireledzea na luthihi.
- Tshipikwa tshashu ndi u haela vhathu vha tshivhalo tshi linganaho 67 phesenthe ya vhadzulapo ri tshi sala ri tshi swika mafheloni a ṅwaha wa 2021, zwine zwa do ita uri ri kone u swikela tshivhalo tshihulwane tsha vhathu vho haelwaho kha tshitshavha.
- Tshipiḁa tsha 1 tshi do sedzesa kha vhashumi vha ndondolamutakalo vhane vha tou shuma nazwo.
- Tshipiḁa tsha 2 ndi tshine khatsho ra do haela vhashumeli vha tshumelo dza ndeme, vhathu vhane vha wanala kha vhudzulo ho pinzanaho, vhathu vha miṅwaha ya 60 na u fhira khathihi na vhathu vha miṅwaha ya 18 na u fhira vhane vha vha khou tshila na maṅwe malwadze a fira vho vhothi.
- Tshipiḁa tsha 3 tshi do sedzesa kha vhathu vha re na miṅwaha i re ṅṅha ha 18, vhane vha vhumba tshivhalo tsha 22 500 000 tsha vhadzulapo vhothe.

***Muvhuso u do renga, wa phadaladza na u langa kuṅetshedzelwe kwa khaelo.***

- Muvhuso sa izwi u wone murengi u wothe wa khaelo, ndi wone une wa do phadaladza khaelo kha muvhuso ya mavundu na kha sekhithara ya phuraivethe.
- Ri do renga zwitoko zwine zwa vha hone kha vhabvedzi vho fhambanaho.
- Ngauro hu do vha na khaelo nanzhi kha mbekanyamushumo yashu, fhedzi a vha nga do haelwa nga khaelo mbili dzo fhambanaho.
- Sisiteme ya khaelo i do ditika kha sisiteme ya vhuḁiṅwalisi ha thangelamuhaelo ho itwaho phanda na sisiteme ya ndangano yo bukwaho.
- Avho vhothe vho haelwaho vha do ṅwalwa kha redzhisitara ya lushaka nahone vha do ṅewa garaṅa ya u khwaṅisedza uri vho haelwa.
- Komiti ya u ṅetshedza khaelo ya lushaka i do langa ṅḁila dza kuṅetshedzelwe kwa khaelo kha sekhithara dza muvhuso na dza phuraivethe.

***Khaelo dzi vhulunga matshilo!***

- Hu na vhuṅanzi vhunzhi ha zwa saintsi vhu sumbedzaho uri muhaelo ndi wone ṅḁila ya khwiṅesa ya u ḁipilela kha u kavhiwa nga malwadze a ofhisaho.
- Khaelo a i iti uri vha vhe na tshitzhili, fhedzi i funza sisiteme ya maswole a muvhili wavho uri i kone u ṅalusa na u lwa na u kavhiwa nga tshitzhili.

- Khaelo ya COVID-19 i netshedza muvhili ndaela ya uri u lwe na u kavhiwa nahone a u shandukisi sele dza muthu.
- Khaelo yo fhungudza nyofho dzo kalulaho na mpfu dza malwadze a phirela a fanaho na thomba, pholio, vhulwadze ha tshivhindi, tshifumbu, tetanusi, tshikwaikwai na mudinyane u mona na lifhasi lothe.
- Zwa u haelwa ha vhathu vhanzhi zwi do thusa kha u swikelelwa ha khaelo ya vhathu vhanzhi kha tshitshavha na u fhelisa dwadze.

***Khaelo dzi pfuka fhasi ha ndingo dzo kwhaṭhaho u itela u kwhaṭhisedza uri dzo tsireledzea nahone dzi shuma zwavhuḍi.***

- Khaelo dzothe dzi pfuka fhasi ha maitete o fhelelaho a thendelo nga zwiimiswa zwa vhulangi ha zwa mishonga u itela u kwhaṭhisedza uri dzo tsireledzea.
- Khamphani dza zwa mishonga dzi netshedza thodisiso dzothe dza laborathori khathihi na ndingo dza u tsireledzea ha khaelo u itela u kwhaṭhisedza uri nangoho khaelo iyo i a shuma.
- Mbilaelo dzothe dza u tsireledzea ha khaelo dzi swika hune dza tumbulwa nga vha zwiimiswa zwa vhulanguli musi vha tshi khou sedzulusa zwidodombedzwa.
- Khaelo dzo itelwa u tsireledza matshilo, hu si u kandedza, u lowa, u dzhenisa mimuya mivhi kana u shandukisa mihumbulo ya vhathu nga ndila yo khakheaho.

***Khaelo ya COVID-19 ndi ya u ḍisa zwivhuya kha tshitshavha***

- Muhasho wa Vhufaragwama ha Lushaka wo ḍiimisela u vhona uri masheleni a sa vhe yone thaidzo kha zwa u swikelela khaelo.
- Mukovho wo fhelelaho wa mugaganyagwama wa u renga khaelo dza COVID-19 u do ḍivhadzwa kha Mugaganyagwama wa Lushaka wa 2021. Hezwi zwi do vha u ḍadzisa nga nṭha ha nzudzanyo dza zwa masheleni dzine dza khou itwa kha ṅwaha uno wa muvhalelano hu tshi itelwa u badela oda ya u thoma ya khaelo, dzine dza khou ḍa u livhiswa kha vhashumi vhane vha tou shuma nazwo u thoma.
- Nga u angaredza, masheleni a do bva kha migaganyagwama ya u ḍadzisa, na ayo ane a khou tou kovholulwa hafhu, nyengedzedzo ya mbuelo na kha vhushumisani vhune ha nga bvelela na sekhithara ya phuraivethe.

- Muvhuso wo saina mbofho ya vhuḁikumedzeli ha zwa masheleni hu tshi itelwa mbadelo dza tshifhinga tshi ḁaho dza 85 phesenthe dza mutengo woḁhe nga u angaredza, ane masheleni ayo a anganyelwa u vha R2,2 biljioni kha vha tshiimiswa tsha *COVAX Facility*. Dziḁwe nzudzanyo dzi kati na u ambedzanwa nga hadzo kha nyambedzano dza vhavhili na vhabveledzi vho fhambanaho vha khaelo.
- Tshiimiswa tsha *Solidarity Fund* tsho ḁetshedza masheleni avhuḁi a u thusa kha mbadelaphanḁa ya 15 phesenthe ya mutengo woḁhe nga u angaredza.

***Ri khou shumisana kha uri ri kone u renga khaelo dza COVID-19.***

- Muvhuso u ḁo kona u renga khaelo nga u shumisa masheleni a bvaho kha tshikwama tsha muvhuso.
- Mabindu na vha zwikimu zwa dzilafho na vhone vho ḁiimisela u tikedza ndingedzo dza muvhuso nahone hezwi zwo ḁanganedzwa nga ḁḁila yavhuḁi. Heyi tshumisano i ḁo sumbwa ḁḁila nga kuhumbulele kwa vhuthihi siani ḁa zwa matshilisano khathihi na u sa konḁelela na luthihi zwiito zwa vhuḁa.
- Muhasho wa zwa Mutakalo wo saina khwiḁiso ya milayo u itela u tendela khaelo na maḁwe madzilafho uri a vhe tshipiḁa tsha zwikimu zwa dzilafho zwo telwaho mbuelo dza fhasisa.

Mafhungo nga vhuḁalo a nga wanala kha  
<https://sacoronavirus.co.za/category/mac-advisories/>