

U KA ETSA ENG EBANG U LE MONYETLENG O MOHOLO OA HO KULISOA HAMPE KE COVID-19



Naa u monyetleng o moholo oa ho kula hampe?

Re ipapisitse le seo re se tsebang hona joale, batho ba monyetleng o moholo oa ho kulisoa hampe ke Covid-19 ke:

- Maqheku

Batho ba lilemong li fe kapa li fe ba phelang le mafu/maemo a latelang:

- Mofetše
- Lefu la liphieo
- Lefu la matšoafo
- Mafu a pelo a fapaneng
- Sesole sa 'mele se thefulehileng
- Botenya
- Monono o fetang moeli
- Bokhachane
- Khaello ea mali
- Ho tsuba
- Tsoekere

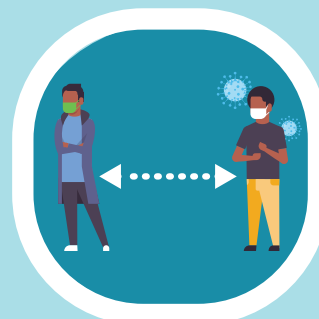
U ka etsa tse latelang itšireletsa



Fokotsa ho kopana le batho ba bang ka mekhoha eohle



Hlapa matsoho khafetsa



Qoba ho atamelana le batho, boloka sebaka sa limithara tse 2, e leng bolele ba liphaka tse peli lipakeng tsa hao le batho ha u le kantle



Hloekisa le ho sebelisa sebolaea-likokoana-hloko libakeng tse tšoaroang ke batho khafetsa



Qoba maeto a sa hlokahaleng

Source: CDC