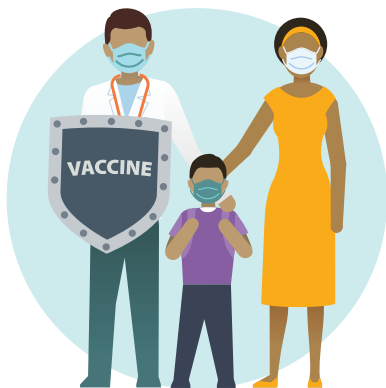


LIENTE KE TSE LING TSA LIBETSA TSEO RE KA LI SEBELISANG HO LOANTŠA SEOA SA COVID-19



Ho emisa seoa sena, re lokela ho sebelisa libetsa tsohle bakeng sa ho e thibela. Liente ke tse ling tsa libetsa tsa mantlha tsa ho tširelletsa bophelo ba hau le ho thibela mafu. Liente li sebelisana le sesole sa hau sa 'mele ho loantša kokoana-hloko ebang e u hahlametse. Mehato e meng joaloka ho roala semonkoana se koahelang nko le molomo le ho boloka sebaka sa bonyane limithara tse 2 lipakeng tsa hau le batho u sa pheleng le bona, e boetse e thusa ho thibela to ata hoa Covid-19.

Liphuputso li bontša hore liente tsa Covid-19 li sebetsa ho thibela tšoaetso ea Covid-19. Litsebi li nahana hore ho entela Covid-19 ho ka thusa ho thibela hore u se ke ua kula hampe ebang u ka fumana tšoaetso ea Covid-19. Liente tsena ha li na ho u fa tšoaetso ka boeona.



Liente li bolokehile. Lefapha polokeho ea liente la WHO, le netefatsa ba hore liente li bolokehile kahohle. Liente tsohle tsa Covid-19 tse sebelisoang li fetile tlasa liteko tsa polokeho le ho fihlela maemo a itseng joaloka liente tse ling tsohle tseo esale ntse li hlalisoa ka lilemo tse ngata. Ho na le mokhoa oa tšebetso naha ka bophara o lumellang WHO ho beha leihlo litaba tsa polokeho le netefatsa hore liente li bolokehile.

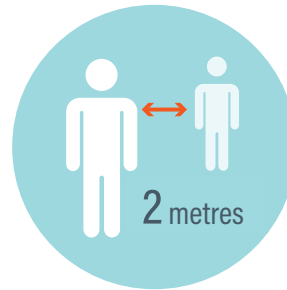
Mefuta e fapaneng ea liente tsa Covid-19 e ea fumaneha. Boholo ba liente tsena li fanoa ka mekhahlelo e 'meli, e le 'ngoe hang kamora nako e itseng. Mekhahlelo oa pele oa ente o lokisa 'mele oa hau. Oa bobeli o fanoa bonyane libeke tse tharo kamora moo e le ho netefatsa hore u fumana tširelletso e phethahetseng. Ebang u bolelloa hore u lokela ho nka ente ea mekhahlelo e 'meli, netefatsa hore u e fumana ka mokhoa o joalo. Liente li ka sebetsa ka mekhoha e batlang e sa tšoane, le ha ho le joalo mefuta ena kaofela ea liente e tla u tširelletsa.



Liente li ka ba le litla-morao tse kenyelletsang mesifa e bohloko, mokathala kapa feberu e bobebe. Matšoao ana a supa hore ente e ea sebetsa ho ruta 'mele oa hao ho itoanela khahlanong le Covid-19, ebang e ke u hahlamela. Litla-morao tsena ha li nke ho feta letsatsi kapa a mabeli ho boholo ba batho. **Ho ba le matšoao ana ha ho bolele hore u tšeroe ke Covid-19.** Ebang u na le lipotso tse amanang le bophelo ba hao kamora ho enta, letsetsa ngaka, mooki kapa tliniki. Joaloka moriana ofe kapa ofe, ho na le menyetla e fokolang ea hore u ka kula haholo, mohlala; u ka sitoa ho phefumoloha hantle.

Nakong eo u entang, uena le mosebeletsi oa tsa bophelo le lokela ho roala limonkoana.

Lekala la Bophelo e kothalletsa hore nakong ea seoa sena batho ba roale limonkoana tse koahelang nko le molomo ha ba le hara batho bao ba sa pheleng le bona ka tlung, ha ba le ngakeng le ha ba fuoa ente efe kapa efe ho kenyelletsa le ea Covid-19.



Le ha u se u entile, u lokela ho lula u roetse semonkoana se koahelang nko le molomo, u hlapa matsoho khafetsa le ho ema bonyane limithara tse 2 lipakeng tsa hao le batho bao u sa pheleng le bona ka tlung. Hona ho fa uena le batho ba bang tšireletso e matlafetseng khahlanong le kokoana-hloko. Hona joale litsibi ha li tsebe hantle hore na ente e tla u sirelletsa nako e kae, ka hoo ke hantle ho lula u ntse u latela litataiso tsa Lekala la Bophelo. Hape rea tseba hore ha se motho e mong le e mong ea tla enta hang-hang, ka hona ho ntse ho le bohlokoa hore u sirelletse uena le batho ba bang.