

IGCIWANE LE CORONA

COVID-19

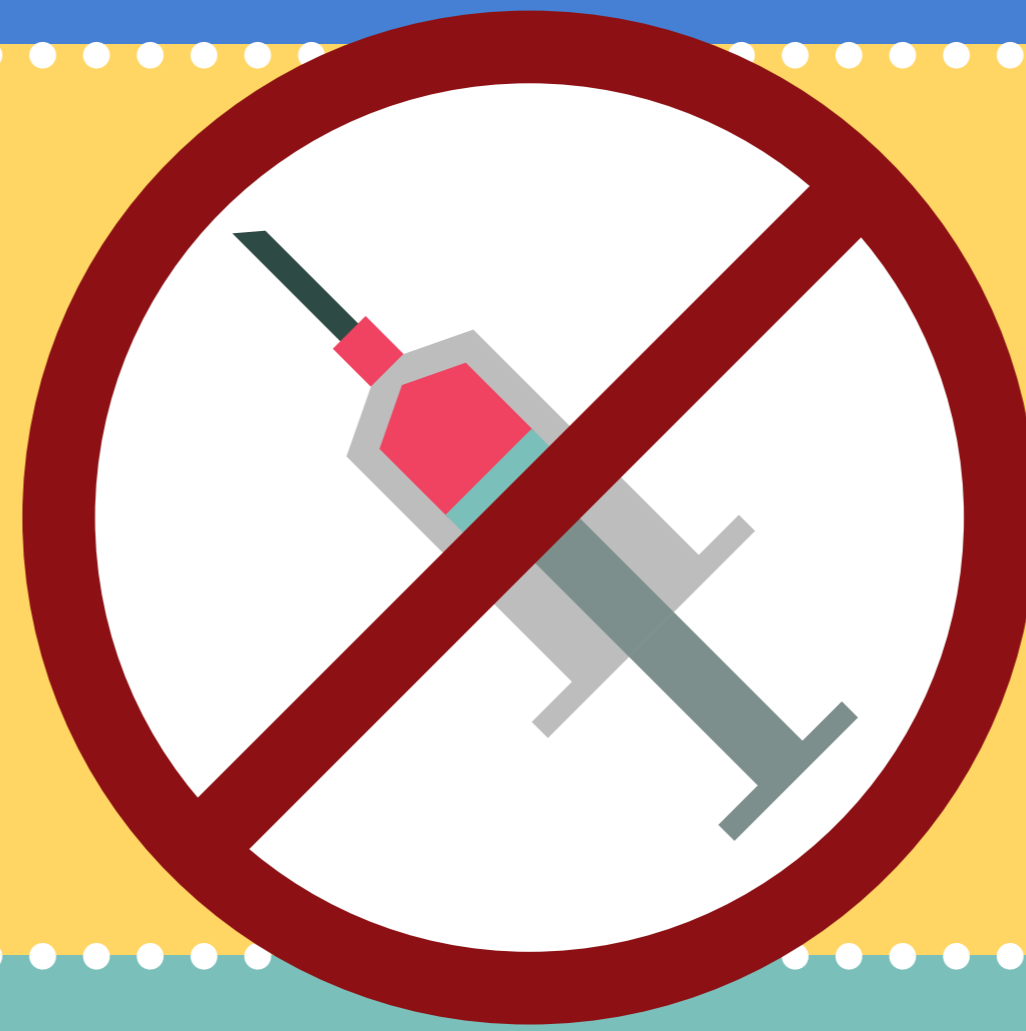
ININGI LABANTU LINEMIDLINZO NGEIGCIWANE LE CORONA

YINI LE CORONA

I corona yinhlangelela yamagciwane
ahlasela abantu kanye nezilwane.
Leligciwane lizibonakalisa njengomkhuhlane
nokukhathala komzimba uma lisaqala

INGABE IYALAPHEKA ICORONA?

Ikhambi laleligciwane alikatholakali
okwamanje. Izinsiza zezempilo
ziyatholakala ukusiza labo
Abatholakele sebehakekile.



**Ayikho
indlela
yokugomela
lesisifo**

YIZIPHI IZIMPAWU ZALELIGCIWANE LE CORONA?



Ukushisa
Okweqile
Komzimba



Ukukhwehlela



Ukwehluleka
Ukuphefumula

UMA USUHLASELEKILE



Inyumoniya



Ukwehluleka
Kwezintso



YIZIPHI IZINDLELA ZOKUZIVIKELA KULELIGCIWANE



Ukugcina
inhlazeko



ukugwema ukusondelana
nomuntu onezimpawo
Zomkhuhlane



Phekisisa inyama
namaqanda, gwema
ukuthintana
nezilwane

UKUTHOLA IMININGWANE EMINYE, UNGATHINTA ABAKWA REALITY WELLNESS LAPHA:

• 080 11 22 55 0 • marketing@realitywellness.co.za
• www.realitywellness.co.za