



MINERALS COUNCIL
SOUTH AFRICA



Khumbul'ekhaya



USUKU LUKAZWELONKE LWEZEMPILO NOKUPHEPHA EZIMAYINI

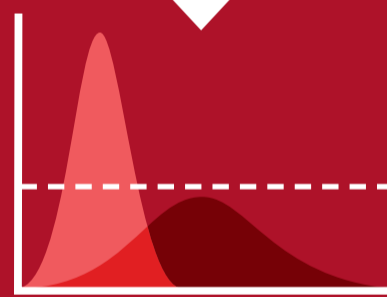
NGOKUBAMBISANA SINGAPHUMELELA



Akuncishiswe
ukufa kwabantu
emsebenzini



Aziqedwe izifo
ezibangwa
imisebenzi ethile,
njenge-silicosis
neSifo soFuba



Nciphisa ijubane
lokusabalala
kwe-COVID-19,
emsebenzini
nasekhaya



Akungabikhona
Noyedwa
Ozolimala



**HLALA UPHEPHILE
FUTHI UNEMPILO**
EKHAYA NASEMSEBENZINI

#MakingMiningMatter

#inthistgether #zeroharm #slowthespread



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ISIMO ESISHA ESIZOPHILA NGAPHANSI KWASO

I-COVID-19 isazolokhu ikhona izinyanga neminyaka eminingi ezayo

Ukuzifundisa ukukwazi ukubhekana nayo
yisona simo sethu esisha esesizophila
ngaphansi kwaso



Abantu abaningi
abangenwa yilo
ngeke bazizwe
begula, kodwa
basengabathelela
abanye
abantu ngalo

Ziphathe futhi wenze ngokucophelela

Zivikele wena, vikela ozakwenu
emsebenzini, vikelani imindeni
yenu kanjalo nemiphakathi
yenu. Futhi, ikakhulukazi
labo okungenzeka ukuthi
basengcupheni enkulu yokugula



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#staysafeandhealthy #stopthespread #newnormal #zeroharm



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NQANDA UKUSABALALA KWE GCIWANE:

Ukuziphatha ngenhlanzeko kuzokwenza kuhambise kancane ukusabalala kwe-COVID-19



Geza izandla zakho
ngensipho namanzi
njalonjalo isikhathi
esiyimizuzwana
enga ngo-20



Gwema ukusondelana
kakhulu nanoma
ubani onemfiva
nokhwehelayo



Gwema ukuthintana
nabanye abantu uma
ukhwehlela noma
unemfiva



Vala umlomo wakho
nekhala lakho
ngendololwane
noma nge-tissue uma
ukhwehlela noma
uthimula



**Gwema ukuzithinta
ebusweni**

**Ukuziphatha ngenhlanzeko emsebenzini nasekhaya
kuzokuvikela wena nabathandiweyo bakho ningaguli**



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NQANDA UKUSABALALA KWE GCIWANE:

Yize noma sisonke kulolu bishi, kodwa kumele siqhelelane



Gwema izindawo
zomphakathi
nezindawo
ezinezixuku
zabantu



Njalo lapho
kunokwenzeka,
yima buqamama
ngemitha eli-1.5
kuya kwamabili
kwabanye abantu



Uma ungakwazi
ukuqhelelana
nabantu, qiniseka
ukuthi ufakile
imaski



Geza izandla
zakho ngensipho
namanzi uma
uye wasondelana
kakhulu nabanye
abantu noma
waba sezindaweni
eziminyene

**Ukuqhelelana nabanye abantu emsebenzini,
nasempakathini wakho, kungaciphisa
ukusabalala kwegciwane**



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NQANDA UKUSABALALA KWE GCIWANE:

Imaski yakho ivikela wena, umndeni wakho nomphakathi wakho

Faka imaski noma isembozo esithile njalo uma uphuma ekhayeni lakho

QINISEKISA UKUTHI:



Imaski yakho
ilemboza
ngokuphelele
ikhala nomlomo
wakho



Uyayifaka lapho
ukhwehlela
noma uthimula



Awuthinti imaski
yakho ngenkathi
uyigqokile



Uwasha ngamanzi
nensipho
amamaski obuso
ayindwangu njalo
lapho ubuwafakile

**Zigcine uphephile wena kanye nabanye abantu
noma kuphi lapho uhamba khona ngokufaka imaski**



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AKUPHELE

UKUHLUKUNYEZWA KWABESIFAZANE

**Kulesi sikhathi sokuvalwa
kwezwe, ziyadlondlobala
izigameko zokuhlukunyezwa,
ukulinyazwa nokubulawa
kwabesifazane emakhaya abo**

**KUFANELE
IPHELE LE
NTO**



Azikho nezaba
ezingabekelwa
ukuhlukunyezwa
kwabantu

**Musa ukubukela nje.
Bika izigameko zokuhlukumeza, yiba usizo
kohlukunyezwayo, mfunele usizo**



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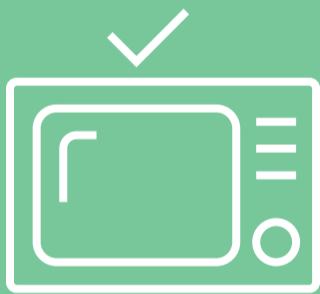


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KUYINTO EJWAYELEKILE UKUZIZWA WESABA FUTHI UNGAQINISEKILE KULESI SIKHATHI SE-COVID-19

Fundiseka uhlale unolwazi - ukuba nolwazi kwenza uzizwe ungcono



Ungakholwa yonke into oyizwayo - imithombo yakho yolwazi akube yizindawo ezithembekile



Yiba nomusa kubantu abasezude kwakho - noma ubani angangenwa yi-COVID-19, futhi iningi labantu lisinda ngokushesha



Cophelela kuko konke okwenzayo - ukuziphatha okuyingozi kungenza isimo sakho sibe sibi kakhulu futhi kukhuphule namathuba okuba ugule



Khuluma nezingane zakho - nazo zikhathazekile kulesi sikhathi

Thola usizo uma uzizwa sengathi awusakwazi ukumelana nesimo - khuluma nodokotela wakho, umhlengikazi wakho, umngani, abaholi bezenkolo



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