

CovidSurg | 2020  
Okuhambelana lelizwe leZimbabwe

Ukuhlinzwa ngesikhathi  
sokumemethaka kwegciwane  
leCOVID-19



NIHR Global Health Research Unit on  
**Global Surgery**

## OKUQUKETHWE KULOLUGWALO

Wena kumbe isihlobo sakho lingabe lihlele ukuthi lihlinzwe kumbe limelele ukuhlinzwa .Siyakuzwisisa ukuthi lesi yisikhathi esinzima njalo uyabe ulemibuzo eminengi.

Ugwalo lolu lulotshwe ngenjongo yokuphathisa abagulayo kumbe izihlobo zabo ukuthi zizwisise ingozi eziphathelane lokuhlinzwa ngesikhathi lesi sokumemetheka kwegciwane le COVID-19. Sizachasisa ukuthi sizaliphatha njani ngesikhathi lesi segciwane lokuthi sizasebenza njani sonke ekubeni lesiqiniseko sokuthi likelekile .

*Sibonga inhlanganiso yethu ecebisa abagulayo eye Patient Advisory Group eyaphathisayo ekubunjweni lokubhalwa kogwalo lolu (Imibiko equkethwe kulolugwalo ibunjwe ngokusebenzelana lezigulane)*



*Ukuze uthole okunengi ethekelala ubulembu:  
<http://nihrglobalsurgery.org/surgeryduringcovid>*

## OKUMUNYETHWEYO

Kuyini okwenziwayo njengendlela yokuvikela abagulayo besamelele ukuhlinzwa?	4
Yiziphi ingozi ezingabakhona ngingahlaselwa ligciwane leCOVID-19 ngemva kokuhlinzwa?	4
Ukulungiselela ukuhlinzwa	5
Izisebenzi zenzani ukuze zingivikela ngesikhathi sokuhlinzwa langemva kokuhlinzwa?	6
Ngingaziphatha njani ukuze ngizivikele ngesikhathi sokuhlinzwa langemva kokuhlinzwa kwami?	7
Nxa ngidinga ukuhlinzwa ngokuphangisa ke?	8
Nxa ngilegciwane leCOVID-19 kanye lesilonda sokuhlinzwa njalo?	8
Ukumiswa kwamalanga okuhlinzwa lokuphuza ukuthola uncedo	9
Amabala aqakathekileyo	10
Okunye okungabhalwa	11

# OKUMELE UBEKWAZI

## Kuyini okwenziwayo ukuvikela izigulane ezimelele ukuhlinzwa?

Abakuhlangothi lwezempilakahle emhlabeni jikelele basebenza gadalala ukuthi bavikele abagulayo okumele bahlinzwe ngalesi sikhathi sokuhlasela kwe COVID-19 ngaphambilini langemva kokuhlinzwa.

Odokotela labaqhuba inhloleliso bebeqogelela imibiko elobungcwethi ephathelane lendlela yokunakekela abagulayo abafuna ukuhlinzwa ngesikhathi sokumemetheka kwegciwane leli besebebanjwa ligciwane ngaphambilini kumbe ngemva kokuhlinzwa. Lokhu kuzabaphathisa ekuthatheni isinqumo besebenzisa imibiko eliqiniso kulokuthi belandele imicabango yabo.

**Abantu abagulayo abahlinzwayo ngesikhathi segciwane abasoze babanjwe kumbe ukuhlaselwa ligciwane leCOVID-19 ngesikhathi sokuhlinzwa kwabo**

## Yiziphi ingozi ezingabakhona ngingahlaselwa ligciwane leCOVID-19 ngemva kokuhlinzwa?



Inhloleliso iveza ukuthi abantu abahlaselwa ligciwane ngemva kokuhlinzwa bangaba lobunzima obukhulu bokuphefuma nxa kuqathaniswa lalabo abangelalo .Kulobufakazi obukhona obuveza ukuthi inani lokufa liphezulu ebantwini laba.

Ababulawa ngeminye imikhuhlane basengozini enkulu nxa bengahlaselwa yiCOVID-19. Kuyikho kuqakathekile ukuthi sisebenzele ndawonye ekuvikeleni abantu abadinga ukuhlizwa okuthiwa.

## Ngingazivikela njani?

Nxa wena kumbe ilunga lemuli yakho lilungiselela ukuhlinzwa ngesikhathi lesi esibhahe iCOVID-19, iqula lesibhedlela lodokotela bazabe bekhangele ingozi ezingahlanganwa lazo njalo bazabonisana lawe. Bazasebenza gadalala ukukunakekela ngenhloso yokuthi uthole ukuvikeleka okufanaleyo.

# UKULUNGISELELA UKUHLINZWA

## Ngizahlinzwa nini?

Izigulane ziqakathekiswa ukuthi zihlinzwe ngokuphangisa nje nxa kubonakale ukuthi kuvikelekile ukwenza njalo. Lokhu kuzakwenziwa kukhangelwa ukuthi imfanelo ezidingakalayo zikhona, ezigoqela umbheda wesibhedlela kanye lenani labantu abale COVID-19 kuleyondawo . Ungaphiwa isikhathi santamba sokuhlinzwa kumbe esangempelaviki kungaqalisa njalo ukunakekelwa kwesiphangiphangi ngenhloso yokwehlisa inani labantu abafuna ukuhlinzwa.



Ukuqakatheski sa izigulane



Isikhathi sokuhlinzwa santambama kumbe esangempelaviki



Ukwehliswa kwenani labafuna ukuhlinzwa

## Ngizahlinzelwa ngaphi?

Lumsebenzi wokuhlinza uzakwenzelwa endaweni eqakathekisa ukuvikelwa kwezigulane. Lokhu kungatsho ukuthi ungalinzelwa esibhedlela esizimele sodwa esiyabe siphilwe isimo sokuthi "kasila" gciwane le'COVID-19' ukuthi siqhube umsebenzi .



IUkuhlinzwa okuhleliweyo



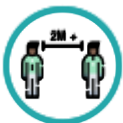
Indawo ezilungiswe zahlelwa njengendawo ezivikelekileyo

## Ngingazilungiselela njani ukuhlinzwa?

Abezempilakahle basendaweni yakho bazakupha indlela zokulandela, ungacelwa ukuthi:

- Uzihlalele wedwa okwesikhathi esithile ungakahlinzwa.
- Ukuthi uhlolwe igciwane leSARS-CoV-2 ungakahlinzwa.

Njengendlela yokwehlisa ingozi, ukuhlinzwa kwabantu abatholaka belegciwane leli kuzaphuza .Khuluma lodokotela lengozi ezingaba khona lamanye amanyathelo ongawathatha okulungiselela .



Ukuzihlalela wedwa ungakahlinzwa



Ukuhlolwa iSARS-CoV-2 ungakahlinzwa



Ukutholakala ulegciwane



Ukuphuza ukuhlinzwa

# UKUHLALA UVIKELEKILE NGESIKHATHI SOKUHLINZWA LANGEMVA KOKUHLINZWA

Izisebenzi zenzani njengemizamo yokungivikela ngesikhathi sokuhlinzwa langemva kokuhlinzwa?

- Amaqula ezibhedlela azasebenzisa impahla zokuvikela wena kanye labo ezibizwa ngokuthi PPE, (personal protective equipment).
- Eminye imisebenzi yokuhlinza ingenziwa ngesikhathi esifitshane ngenjongo yokuvikela izisebenzi ekuhlaselweni ligciwane eliyabe lisempahleni abayabe beyisebenzisa kumbe emathonsini emithi efafazwayo.
- Okunye okuzakwenziwa ngenxa ye COVID-19 kuzachasiswa kumbe uzakubikelwa.
- Izisebenzi zesibhedlela zizakunakekela ukuze uvikeleke egciwaneni leCOVID-19.
- Izibhedlela zingenqabela abantu abazokubona.



Impahla  
yokuvikela ama  
PPE



Ukusebenzisa indlela  
yokwehlisa amathuba  
okuhlaselwa ligciwane



Indlela yokunakekelwa  
oyichasiselweyo kumbe  
oyibikelweyo

Nxa ungahlaselwa yiCOVID-19 ngemva kokuhlinzwa, iqula lesibhedlela lizakhangela ingozi osukiyo ngenxa yokuhlinzwa kwakho beselibeka indlela yokukunakekela ethuthukisa amathuba akho okuphepha kumbe okusila ekuhlinzweni kanye legciwane osulalo.

**Kukhumbule lokhu: abagulayo abanengi abahlinzwayo ngesikhathi esibhahe igciwane kabasoze bahlaselwe yiCOVID-19 ngesikhathi sokuhlinzwa kwabo**

# UKULUNGISELELA UKUHLINZWA

Ngingaziphatha njani ukuze ngizivikele ngesikhathi sokuhlizwa langemva kokuhlizwa kwami?

- ▶ Landela amanyathelo okuziphatha ngendlela ehlanzekileyo.
- ▶ Iqula lezempilakahle lizakucebisa ukuthi kumele ulandele indlela yokutshiyelana umkhandlo kumbe ukuzivikela
- ▶ Ungacetshiswa kumbe ukuzikhethelela ukuthi ugqoke imask.
- ▶ Unganakekelwa esibhedlela “esingela” gciwane esibizwa ngokuthi ‘COVID-19 free’ .
- ▶ Abantu abakuvakatshelayo ezibhedlela kumbe nxa ususendlini bengenqatshelwa.
- ▶ Kungasetshenziswa amakilinika ebulenjini nxa kuseneliseka ukuze ungayikhona ekilini mathupha.



Odokotela bazakukhipha esibhedlela bengakubona kufanele njalo kuvikelekile ukuthi uphume. Bazakucebisa ngendaba eziphathelele lokuhlizwa kwakho ezifana lokunakekela isilonda, amaphilisi ayehlisa inhlungu, ukudla okufaneleyo langendlela zokuqinisa umzimba .

Nxa ungabe ulombuzo ophathelele lokusila kumbe ukuphola kwakho, khululeka ukubuza iqula labezempilakahle abakwelaphayo.

Ukuba sesibhedlela lokusila usendlini kungabangela isizungu, kungumqondo omuhle ukwazisa abemuli, abangane kumbe omakhelwane ukuthi bakuncedise ngokukuthengela ongabe ukudinga nxa kuyikuthi uzihlalele wedwa ungalangani labanye ngenjongo yokumisa ukumemetheka kwegciwane okuthiwa yi *self-isolating*.

# UKUHLINZWA OKUMELE KWENZIWE NGESIPHANGIPHANGI

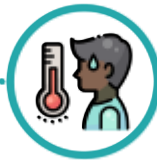
Nxa ngidinga kumbe ngifuna ukuhlinzwa ngokuphangisa ke?

Ezinye izigulane zidinga ukuhlinzwa phakathi kwamahola kumbe insuku ezilutshwane ngemva kokuhlolwa esibhedlela. Igciwane leli akumelanga limise izigulane ukuthi ziphathiswe kwezempilakahle. **Nxa ungezwa kuhle akumelanga uphuze. Ingcitshi kwezempilakahle zilungiselele ukuthi zikuphathise.**

Abanye abagulayo bangabe behlangane lomuntu ole COVID-19 begakafiki esibhedlela . Izibonakaliso zeCOVID-19 zingavela ngesikhathi sokuhlinzwa kwabo.



Ukukhwehlela



Uqhuqho



Ubunzima bokuphefumula



Inhlolisiso eyethulwayo iveza ukuthi abantu abalomkhuhlane weCOVID-19 besebhehlzwa basengozini ngoba umzimba uyabe uzama ukulwisana lesilonda sokuhlinzwa kanye leCOVID-19.

Nxa ngile COVID-19 lesilonda sokuhlinzwa?

Abagulayo ababanjwa ligciwane ngesikhathi sokuhlinzwa basengozini enkulu yokuhlaselwa kabanzi yiCOVID-19.

Kulamathuba phose amatshumi amahlanu ekhulwini obunzima bokuphefumula ebantwini laba njalo oyedwa kwabane engabulawa ngumkhuhlane lo.

Ingozi yobunzima bokuphefumula amatshumi amahlanu ekhulwini-



Ingozi yokufa – amakhulu amabili lanhlanu ekhulwini



Ngenxa yengozi le , yikho kudingakala ukuthi kwengezelelwe isiphatho sabantu abahlinzwayo, bavikelwe njalo bathole usekelo olweneleyo bengahlaselwa .



# UKUMISWA KWAMALANGA OKUHLINZWA LOKUPHUZA UKUTHOLA UNCEDO

Kungani uhlelo lokuhlinzwa kwami lumisiwe?

Ukumisa inhlelo zokuhlinza kungenziwa ngenxa yezizatho ezimbalwa ezigoqela:

- Ukwehlisa amathuba okubamba igciwane esibhedlela lobunye ubunzima obungavela ngemva kokuhlinzwa.
- Ukuze ingcitshi zezempilakahle zenelise ukuyaphathisa kwezinye inhlangothi zesibhedlela ezidinga usizo masinyane
- Ukuze impahla yokusebenzisa, imibheda, amawadi lemitshina kusetshenziswe ngabantu abaleCOVID-19 abadinga uncedo ngokuphangisa .

Inani labantu abamelele ukuhlinzwa liphazanyiswa njani?



Emhlabeni wonke jikelele, inhlelo zokuhlinzwa kwabantu eziyizigidi ezingamatshumi amabili lasitshiyangalombili zadluliselwa phambili ngenxa yeCOVID-19



Kwele Zimbabwe sikhangelele ukuthi inhlelo zokuhlinzwa kwabantu abangaba zinkulungwane ezilitshumi zizadluliselwa phambili ngenxa yegciwane leli

Lokhu kuvele kunhlolisiso yomhlaba wonke jikelele yokumiswa kwenhlelo zokuhlinzwa kumaviki akuqala alitshumi lambili okuqhamuka kweCOVID-19.

Kungani kungcono kumbe kuvilekelekile ukuthi ngihlinzwe kathesi?

Kulamanyethelo athathwathwayo okuthi imisebenzi yokuhlinza yenziwe ngesikhathi lesi. Abagulayo bayaqakathekiswa njalo kumele belatshwe ngokuphangisa njalo kusenziwa ngendlela ebavikelayo.



# AMABALA AQAKATHEKILEYO

## **ICOVID-19 le SARS-CoV-2**

ICOVID-19 libizo lalomkhuhlane obhahileyo. Ubangelwa ligciwane elaziwa ngokuthi SARS-CoV-2 (ukuvaleka lobunzima bokuphefumula okubizwa ngokugcweleyo ngokuthi severe acute respiratory syndrome coronavirus 2).

Igciwanele leli lithelwana ngokungamathonsi okuvela emakhaleni lemlonyeni womuntu obulawa ngumkhuhlane lo esikhathini esinengi. Inengi labantu ababulawa ngumkhuhlane weCOVID-19 baveza izibonakaliso eziphansi leziphakathi laphakathi ezingadingi ukuthi bayelaliswa esibhedlela. Ingcosana yabantu ababulawa ngumkhuhlane lo yibo abaveza impawu ezigcweleyo okungabangela ukuthi balaliswe ezibhedlela kumbe baphathiswe ngemitshina ekuphefumuleni .

## **UKWELATSHWA KWECOVID**

Okwakathesi akula mithi kumbe indlela ekhona yokwelapha igciwane leli ngakho ke ukunakekela abagulayo besendlini yiyo indlela ekhona okwakathesi. Ukuvikela kumbe ukwenqabela kuqakathekile ikakhulu kulabo abasengozini yokuhlaselwa kumbe abangenelisi ukuzivikela.

## **INDAWO EZINGELA COVID-19**

Lesi yisibhedlela ezingela mkhuhlane we COVID-19, kumbe isibhedlela esilamawadi angela COVID-19, indawo zokuhlizela lezinye eziqakathekileyo lazo ezingela mkhuhlane weCOVID-19. Ubufakazi buveza ukuthi ukuhlizelwa endaweni enje kwelisa amathuba okuhlaselwa ligciwane ngesikhathi usesibhedlela.

## **UKUZIHLALELA WEDWA**

Nxa usengozini enkulu yokuhlaselwa ligciwane lecoronavirus, nxa umelele ukuhlizwa, ungacelwa ukuthi uzihlalele wedwa ungakayi esibhedlela, lokhu kutsho ukuhlala usendlini njalo ungaphumi kodwa usenelisa ukuthi uthunyelwe ukudla lenye impahla oyidingayo lemithi endlini.

Kumele uzihlalele wedwa ungahlangani labanye nxa wena kumbe omunye ohlala lawe elezibonakaliso zeCOVID-19.

## **UKUTSHIYELANA UMKHANDLO**

Lokhu kuchaza amanyathelo okwehlisa amathuba okuthintana kwabantu abangabe belegciwane kumbe labo abasengozini yokuhlaselwa ngesikhathi sokuqhamuka komkhuhlane.



*Ukuze wazi okunengi ethekelala ubulembu ku:*  
*<http://nihrglobalsurgery.org/surgeryduringcovid>*

