



INDLELA YOKUHLALA UNGUMQEMANE FUTHI UPHEPHILE NGEMUVA KWEZIKHUKHULA

Amacebiso abalulekile kuwena
nasemndenini wakho



ULWAZI OLUBALULEKILE: Ukuze uthole usizo esifundazweni sakho, shayela iDisaster Management Centre ucingo.

Isifundazwe i-KZN:

Disaster Management Centre	033 897 5688
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Ukuze uthole usizo endaweni ohlala kuyo noma kwamasipala wakho, shayela ucingo:

eThekwini Metro	031 367 0000
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Ugu	039 682 2414
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UMgungundlovu	033 343 1719
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uThukela	086 010 4257
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uMzinyathi	034 212 2222
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Amajuba	034 329 7200
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Zululand	035 870 1128 noma 035 870 1130
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uMkhanyakude	035 573 1647 noma 080 011 7770
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King Cetshwayo	035 787 2698 noma 086 100 3473
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Ilembe	032 437 9379 noma 032 437 9371
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Harry Gwala	039 834 0070
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Childline	116
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Gwema izifo. Qiniseka ukuthi amanzi enu aphephile ukuba aphuzwe.

Ngemuva kwezikhukhula, kubalulekile ukubulala amagciwane kuwo **wonke** amanzi ngaphambi kokuwaphuza.



Ungenza okunye kwalokhu:

- Bilisa amanzi ompompi noma alethwa yiloli lamanzi okungenani **imizuzu emi-3** ngaphambi kokuwasebenzisa.
- Cwenga amanzi anezibhidi noma anodaka akhiwe emfuleni, emithonjeni nasemachibini:
 - Wayeke isikhashana.
 - Wacwenge ngendwangu ehlanzekile, iphepha eliyithawula, okucwenga ikhofi (ukucwenga amanzi ngeke kubulale amagciwane, kubamba nje ezinye izinto [udoti])
 - Wabilise **imizuzu eyi-5** ngaphambi kokuwaphuza.

NOMA

- Ngemuva kokucwenga, faka ithisipuni elilodwa (5 ml) le-bleach ebhakedeni elikhulu (amalitha angama-20–25) amanzi, hlanganisa kahle ulinde okungenani **imizuzu imizuzwana engama shumi amathathu (30) ngaphambi kokuwaphuza**. Sebenzisa kuphela imikhiqizo evamile, engaqholiwe ye-bleach eyiklorini elungele ukubulala amagciwane nokuhlaza njengoba kukhonjiswe kwilebuli.

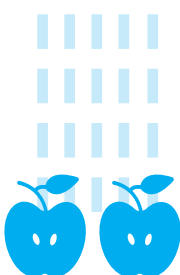
**Gcina amanzi EMBOZIWE
ngaso sonke isikhathi.**

Ukugcina ukudla namanzi kuphephile

Ukudla namanzi kungenzeka kungaphephi uma kuchayeke emagciwaneni futhi kungakugulisa. Ukugcina ukudla namanzi kuphephile futhi kunempilo kuzosiza ukuvimbela izifo futhi kukugcine ungumqemane.

Singakugcina kanjani ukudla namanzi kuphephile, futhi sigweme ukugula?

Inhlanzeko yasendlini elungile ivimbela ukuba ukudla namanzi kube namagciwane. Lezi zinyathelo ezilandelayo zibalulekile **ekugcineni ukudla namanzi kuphephile**:



- Geza izandla njalo ngensipho namanzi ahlanzekile (ngaphambi kokulungiselela ukudla, ngemuva kokuya endlini encane, ngemuva kokushintsha amanabukeni abantwana nangemuva kokuthinta noma yini engahlanzekile).
- Sebenzisa iziqukathi ezinemilomo ecijile noma okokuthela ukuvikela amanzi ekungcolisekeni ngenkathi ebekwe ekhaya.
- Gcina ukudla namanzi kumboziwe ukuze ukuvikele ekungcolisweni yizimpukane namagciwane.
- Sebenzisa ujeke ohlanzekile onesibambo ukuze ukhe amanzi esitsheni sokugcina amanzi.
- Gcina ukudla emazingeni okushisa aphilile ukuze ugweme ukonakala kokudla, uqinisekise nokuphepha isikhathi eside kakhulu.
- Bilisa amanzi akhiwe ezindaweni ezingahlanziwe okungenani imizuzu emi-5 ngaphambi kokuba uwasebenzise.
- Sebenzisa amanzi abilisiwe ukupheka nokugeza ukudla kanjalo nokugeza amabhodwe, amapani nezipuni noma ezinye izinto ozisebenzisayo uma udla.
- Phekisisa ukudla kuvuthwe.
- Beka ngokwehlukana ukudla okungaphekiwe nokuphekiwe futhi uncibilikise kahle inyama eluhlaza eyiqhwa ngaphambi kokuyipheka.
- Geza izithelo namaveji ngamanzi ahlanzekile naphephile ngaphambi kokukudla noma ukukupheka.

Yilwa nokubhebhetheka kwamagciwane kanye nezifo: Izindlela ezifanele zokugeza izandla

Iminwe ingayisa amagciwane emilonyeni yethu, ikakhulukazi uma singagezi izandla zethu ngensipho ngezikhathi ezibalulekile, njengangaphambi kokudla noma ngemuva kokusebenzisa indlu yangasese.



Landela lezi zinyathelo ukuze ugeze izandla ngendlela efanele:

- Qiniseka ukuthi uhlikihla izandla zakho imizuzwana engama shumi amabili (20).
- Manzisa izandla ngamanzi ahlanzekile futhi usebenzise insipho.
- Hlikihla izintende zesandla ndawonye ukuze zikhuhlwe.
- Hlikihla phakathi kweminwe, ngemuva kwezandla nezihlakala.
- Hlikihla ngebhrashi ngaphansi kwezinzipho zakho.
- Yakaza izandla zakho ngamanzi.
- Sula izandla.

Yilwa nokubhebhetheka kwamagciwane kanye nezifo: Uzigeza nini izandla zakho



- Ngemuva kokusebenzisa indlu yangasese
- Ngemuva kokushintsha amanabukeni ezingane



- Ngemuva kokuthinta udoti
- Ngaphambi nangemuva kokuphatha noma yikuphi ukudla



- Ngaphambi kokudla
- Ngaphambi kokuncelisa ingane yakho



- Geza izandla zakho njalo ngemuva kokukhwehlela, ukuthimula nokufinya
- Nemuva kokuthinta izindawo ezingahlanzekile, ukuvakashela izindawo zomphakathi nokuthintana nabantu abaningi.



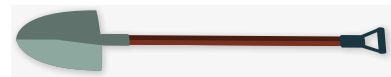
Yenza ukugeza izandla kube lula – yakha i-Tippy Tap yakho

LOKHO OZOKUDINGA

4 IZIGXOBO EZIQINILE noma IZINDUKU zokwenza uhlaka (izigxobo ze-2 x 1 metre, izigxobo ze-2 x 2 metre)



AMATHULUZI okumba umgodi emhlabathini



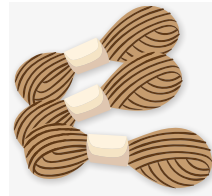
ESITSHENI SEPLASTIKI esizogcina amanzi



ISIPIKILI sokuvula izimbobo esiqukathini samanzi



INTAMBO noma INDOPHU EZACILE yokubopha izigxobo, isitsha samanzi nensipho



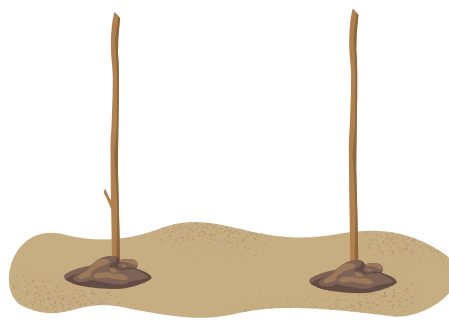
AMATSHE ukuze kucwengwe amanzi



INSIPHO yokugeza izandla



1 Yimba imigodi emibili ejule ngo-300–400mm bese igqagqana ngohhafu wemitha.



2 Gxumeka ipali elilodwa elingu-2m emgodini ngamunye. Qinisekisa ukuthi kunamapali alingene futhi azinzile.



3 Bhobozisa izimbobo ezimbili zibe phezulu esitsheni samanzi usebenzisa isipikili.



4 Vula imbobo ensipheni bese ufaka intambo kuyo ukuze uyibophe.



5 Shutheka ipali elingu-1m kusibambo sesitsha samanzi



6 Bophelela induku enesitsha samanzi inqamule phakathi kwamanye amapali ama-2 usebenzisa indopu noma intambo. Xhuma insipho endukwini.



7 Gcwalisa isitsha samanzi ngamanzi bese uxhuma ezinye izintambo esivalweni. Intambo kumele ibe yinde ngokwanele ukuba ifinyelele phansi.



8 Xhuma olunye uhlangothi lwentambo endukwini yesine ukuze wenze isishovo sonyawo.



9 Yenza isiqukathi esinamatshe ngezansi kwesitsha samanzi ukugwema indawo enodaka.

Ukugcina izingane ziyimiqemane ngesikhathi kanye nangemuva kwenhlekelele

Izimo ezingaphephile kanye nokuntuleka kwamanzi okuphuza aphephile kungasabalalisa izifo ezithelelanayo. Kubalulekile ukugcina izingane ziyimiqemane ngokomzimba nangokwengqondo ngesikhathi nangemuva kwenhlekelele.



- Gqoka izingubo zokuzivikela **amagilavu, isifonyo** kanye **namabhuzu** lapho uhlanza indawo. **Lahla** wonke amanabukeni, amadami kanye namabhodlela engane amanziswe amanzi ezikhukhula.



- Uma ukudla okusha kungagcinwa emazingeni okushisa aphephile, kunalokho yidla **ukudla okuphekiwe noma okufakwe esiqukathini esithile**.



- Hlanza noma usebenzise amanzi ashisayo ukuwasha **amathoyizi epulasitiki** aye athintwa amanzi ezikhukhula. Lahla **amathoyizi athambile** nezinto ezingenakubulawa amagciwane.



- Qiniseka ukuthi uyaqhubeka **nokunakekelwa kwangaphambi kokubeletha, kwasemuva kokubeletha, ukugonywa kwengane** kanye nezinye izinsiza zezempilo.



- **Hlukanisa** ukudla okungaphekiwe kokuphekiwe.
- Nikeza abantwana abangaphansi kwezinyanga eziyi-6 **ubisi lwebele** KUPHELA. Lungukudla okunomsoco kakhulu ezinganeni futhi indlela engcono kakhulu yokuzivikela ezifweni kanye nasekuguleni.

Ukusiza izingane zibhekane nenhlekelele



Kubalulekile ukunakekela imizwa yezingane ukuze kuzisize ukuthi zimelane nesimo futhi zilulame ezinhlekeleleni ezinkulu. Uma ziyekwe zangasekelwa, zingabhekana nobunzima obungaba nomthelela ekusaseni lazo

- Izingane zingazizwa zicasukile noma zibe neminye imizwa enamandla ngokuphathelene nokubhekana nenhlekelele – **zivumele** zixoxe ngezihlangabezane nakho, ukukhathazeka, nokwesaba **ngaphandle kokwahlulelwa**.
- Izingane ezinezidingo ezikhethekile **zingadinga ukuqinisekiswa okwengeziwe** kanye nezincazelo ezengeziwe mayelana nesimo. Khuluma nothisha, abazali, abanakekeli kanye nabanye **abanokuxhumana nengane** ukuze baqonde ukuthi ibhekana kanjani nesimo.
- Yabelana **ngolwazi olulula** lokusiza izingane ukuthi ziqonde isimo. Qaphela ushintsho olukhulu endleleni yokuziphatha. Ezinye izingane zingadinga usizo kumeluleki.
- Inhlekelele ingabangela izingane ukucindezeleka nokuhlukumezeka, okungaba kubi kakhulu ngokubona ukucindezeleka kwabazali bazo. Nakuba isimo sinzima, **kubalulekile ukuyiqinisekisa ingane yakho** futhi ubhekane ngokuzola nanoma yimiphi imiphumela yenhlekelele.

**Usizo lokwelulekwa
lwakwaChildline luyatholakala
24/7 – shayela ucingo ku-116
(mahhala) kunoma iyiphi
inethiwekhi.**

Izeluleko ezinganeni ngesikhathi sesimo esiphuthumayo

Ngesikhathi sesimo esiphuthumayo, zonke izingane zinelungelo lokuba nomndeni, ukuphepha nokuvikelwa.

Uma uzizwa udangele, wesaba noma unemibuzo mayelana nezikhukhula nokuphepha kwakho, khuluma nomuntu omdala omethembayo mayelana nendlela ozizwa ngayo.



Uma ungathanda ukukhuluma nomuntu ongamethemba ocingweni, ungakwazi:

- Ukuthinta iChildline ngokushayela ku-**116** – ungakhuluma nabantu lapho nganoma yini – bahlala belalela futhi bangahlinzeka ngosizo.
 - Thumela iWhatsApp ethi *Tips* ku-**078 293 9295** ukuze uthole olunye ulwazi namacebo ukuthola ukunakekelwa kwempilo engokwengqondo.
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Uma ulahlekelwe umndeni wakho noma uzizwa ungaphephile lapho ukhona, yazisa abantu abadala obathembayo ukuze uzame ukuthola usizo.

Ukuze uthole usizo endaweni yangakini, ungashayela:

- Ucingo iDisaster Management Centre ku-**033 897 5688**.
 - Shayela amaphoyisa ucingo ku-**10111**.
 - Shayela ucingo iChildline ku-**116**
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Khumbula:

Ukusiza imiphakathi eswele kwenziwa mahhala (ngaphandle kokukhokhiswa)!
Akekho onelungelo lokufuna noma YINI kuwe noma ukucela noma yiluphi uhlobo lokukhokhelwa.



Lungela izikhukhula:

- Gcina izinombolo zezimo eziphuthumayo kuselula yakho.
- Gcina imithi yakho, incwadi kamazisi kanye namadokhumenti, neselula kanye neshaja esikhwameni seplastiki noma esingangenwa amanzi.
- Ungangeni emanzini ezikhukhula.
- Uma amanzi noma udaka kubukeka sengathi kungangena ekhaya lakho, vimba ngezikhwama zenhlabathi endleleni ukuze ukuqhelukisele eceleni noma ukugweme ukuze ukwazi ukuhamba.

Amacebiso abalulekile kuwena
nasemndenini wakho