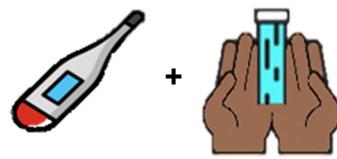
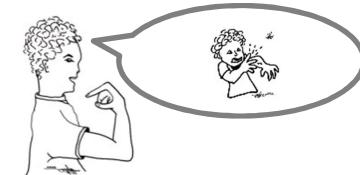
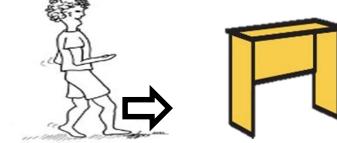
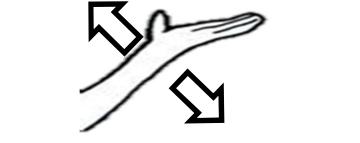
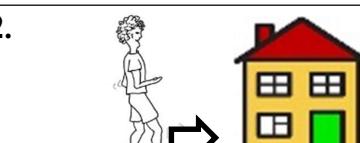


1. 	Iskrini seCovid – sithatha ubushushu kwaye sihlazane izandla	7. 	Bulisa ugqirha, umxelele okungahambi kakuhle umbonise aphi kubuhlungu khona. Ugqirha uyakukuvavanya
2. 	Yiya kwindawo yokwamukela iindwendwe	8. 	Yithi enkosi kwaye usale kakuhle
3. 	Mnike ikhadi lakho lokubhalisa / irejista	9. 	Yiya kwikhemesti
4. 	Lindela ifayile yakho	10. 	Lindela emgceni, ukhumbule ukuma kude kakhulu nomntu ophambi kwakho
5. 	Hlala esitulweni ulinde umntu ozokubiza	11. 	Fumana amayeza akho
6. 	Yiya kugqirha xa kubizwa igama lakho	12. 	Yiya ekhaya

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Le yishedyuli ebonakalayo. Ishedyuli ebonakalayo inokunceda abantu ukuba baqonde ukuba inkqubo okanye elandelanayo isebenza njani. Iluncedo kakhulu kabantu abakhubazeke ngokwasengqondweni okanye kwi-Autism, kubanceda baqonde ukuba mabenze ntoni ngokulandelayo okanye okuza kwenzeka emva koko. Xa umntu ekwazi ukuqikelala ukuba kuya kwenzeka ntoni emva koko kunokwehlisa uxinzelelo kune nokwandisa inkululeko yakhe. Sebenzisa ishediyuli ebonakalayo, ngaphambili kokuba uhlale nomsebenzi kwaye ucacise inkqubo kubo inyathelo ngenyathelo, ukhombe kwimifanekiso njengoko usiya. Ngexesha Lenqubo phambi kwenyathelo ngalinye bonisa umntu umfanekiso kwaye xa ligqityiwe elo nyathelo babonise ukuba uya kwinqanaba elilandelayo.

*Symbols from www.Bildstod.se and ^https://www.vecteezy.com