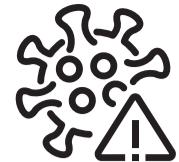




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Khumbul'ekhaya

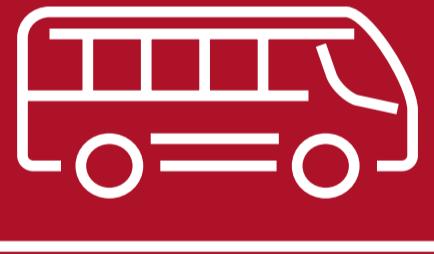


UKHUSELEKO PHAMBILI

Ngaphezulu kwayo yonke enye into



Emsebenzini



Endleleni



Ekhaya

**Cinga ngokhuseleko.
Sebenza ukhuselekile. Khuseleka.**

#MakingMiningMatter



HLALA UKHUSELEKILE
KWAYE USEMPILWENI
EKHAYA NASEMSEBENZINI

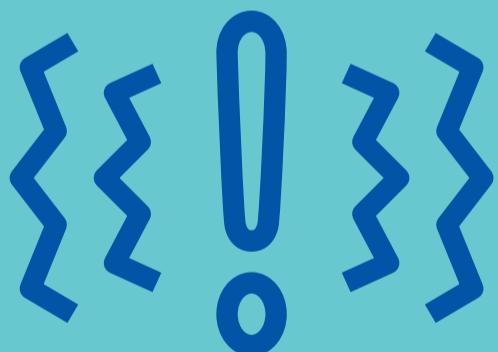


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QAPHELA, ZILUNGISELELE

Njengoko sisebenza
ngasekupheleni konyaka,
kulula ukuba siphulukane
nengqwalaselo



Kufuneka siqaphele
ngamandla ngoku
ukukhusela iziganeko
ezinokubakho

**Cinga ngokhuselko.
Sebenza ukhuselekile. Khuseleka.**





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USAPHO LWAKHO LUKULINDILE.

**ukuba urike ekhaya
ukhuselekile**



Izehlo zokhuseleko
zibachaphazela kakhulu
abo bakhuthandayo ekhaya
Cinga ngabo

**Cinga ngokhuseleko.
Sebenza ukhuselekile. Khuseleka.**





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Khumbul'ekhaya



I-COVID-19 AYIKAPHELI

Sonke sisesebungozini.
QHUBEKA U:



Faka imaskhi



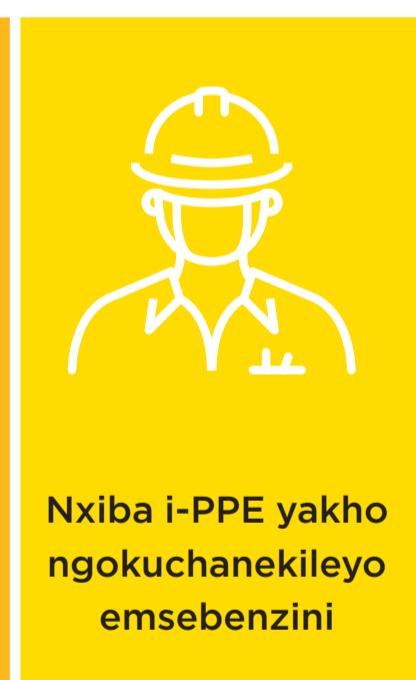
Hlamba izandla
zakho rhoqo



Thimla okanye
ukhohlelele
engqinibeni
egotyiweyo



Ziqhelanise
nokuhlala
ngokuqeletana



Nxiba i-PPE yakho
ngokuchanekileyo
emsebenzini

Ukuthintela ukunwenwa kwentsholongwane nokukhusela abanye

**Cinga ngokhuseleko.
Sebenza ukhuselekile. Khuseleka.**





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IMPILO YAKHO KUNYE NOKUZIPHATHA **KUBALULEKILE**

**Sazi isimo sakho se-HIV,
nesimo sakho sezinye izifo
ezinganyangenkiyo**



Ukuba uyagula, thatha
amayeza akho amiselweyo



Zilolonge ukuzigcina womelele
kwaye usempilweni, jonga
umzimba wakho ungaryebi (BMI)

**Kunakekele ukugula ngokwasengqondweni, fumana uncedo
xa uziva ukuba awukwazi ukumelana neengxaki – thetha
nogqirha wakho, umhlobo, iinkokeli zenkolo**





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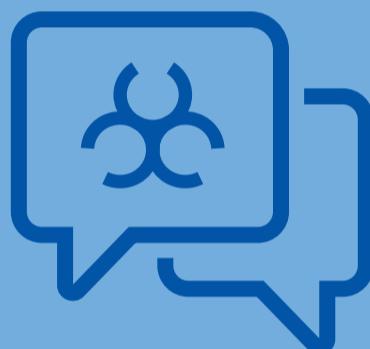
UKUDILIKA KOMGODI

NGOYENA NOBANGELA UMKHULU WOKUSWELEKA KWABANTU EMIGODINI

Qinisekisa ukuba:



Uyaziphawula indawo
ezinobungozi



Xela nayiphina into
ebangela ube nenkxalabo

Khumbula unelungelo lokurhoxa
emsebenzini ukuba ubona ngathi
impilo yakho isengozini

**Cinga ngokhuselko.
Sebenza ukhuselekile. Khuseleka.**

