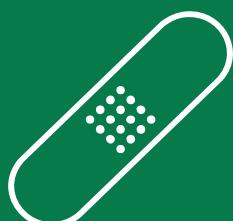


## Umphakathi



**Ukugqugquzelwa kwezempi**  
**Ukutholwa kokuthile kusenesikhathi**  
**Ukuvimbela/Ukunqanda**  
**Ukwelashwa:**



## Isibhedlela/Isikhungo



**Ukwelepha ngemithi**  
**Ukuhlinzeka ngokudla okunomsoco**  
**nezakhamzimba**  
**Ukwengamela ukubulawa kwamagciwane**  
**Ukuphepha kogulayo**  
**Umuthi oqokelwe lowo ogulayo, nobukhali,**  
**futhi obikezelayo**  
**Ukuphepha kwemithi**

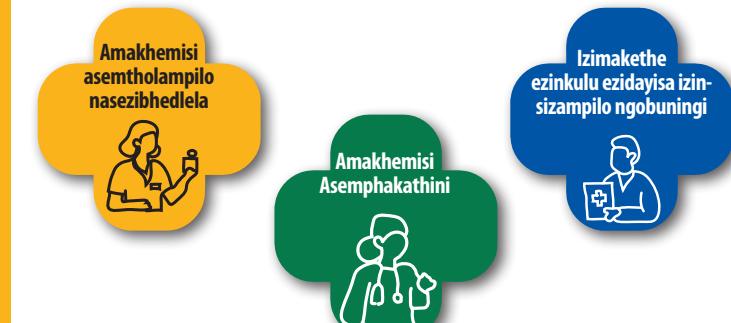


## UMandulo iNyanga YamaKhemisi

### Cabanga ngeMpilo, Cabanga iKhemisi



## Umkhakha owodwa kodwa ozindima ziningi



Cabanga ngeMpilo, Cabanga iKhemisi ingumkhankaso womhlaba jikelele ohlongozwe futhi ohlola ekhona eduze nawe ngaso sonke isikhathi.

**UsoKhemisi wakho, ungungoti ongamethemba ngezinsizampilo futhi ohlala ekhona eduze nawe ngaso sonke isikhathi**

**Izinsizampilo ezisezingeni eliphezulu kabantu bonke!**

**Buza usoKhemisi wakho noma thwebula le QR code ukuze uthole eminye iminininingwane ngaloku**

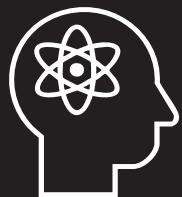
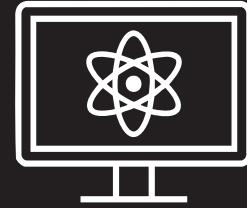
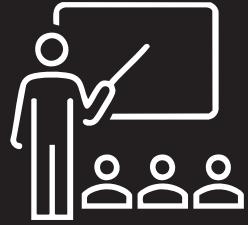


isiZulu

## Singabaqeqlihi/Singabeluleki



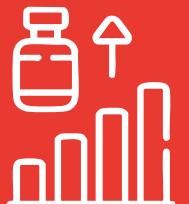
Ukuqeqliha nokucijisha  
Ucwaningo nokusungula  
Izinsiza nobuholi  
Ukubumba ikusasa leKhemisi



## Ulawulo/Umkhiqizo



Ukuphepha, nokucija  
Ucwaningo nentuthuko  
Ukuqapha izinsinzampilo  
**Ulawulo nokubhaliswa**  
**Umkhiqizo**  
Ukucija nokuiniseka ukucijiswa  
ukuhlinzekwa kwempahla kanye nohlelo  
lokuyiphakela  
**Ukumaketha kanye nokuthengisa**



## Izimaketha ezinkulu ezidayisa umkhiqizo ngobuningi



Indawo yokugcina impahla  
ukuhlinzekwa kwempahla kanye nohlelo  
lokuyiphakela

