



UMNYANGO WEZEMPILLO E-KZN WETHULE IZIMOTO EZINTSHA CEKE



INhloko yoMnyango wezeMpilo KwaZulu-Natali, uDkt. Sandile Tshabalala wethule izimoto ezintsha ceke ezithengwe uMnyango ezingaphezulu kwama-60 ezizoqinisa ukusebenza kahle koMnyango futhi zenyuse nezinga lokulethwa kwezidingo emphakathini.

Lezi zimoto zizobamba iqhaza elikhulu ekuqinisekiseni ukuthi impokophelo yoMnyango yokuhlazeka ngezempilo eziseqophelweni eliphezulu kubo bonke abantu basesifundazweni iKwaZulu-Natali iyafezekiswa.

Izimoto ezintsha ezithengiwe zibandakanya lezi ezilandelayo:

- Amaveni akwa-Nissan ayi-15 azothwala izidumbu zisayohlolwa imbangela yokufa

- Amaveni
- Amakhumbi akwa-Nissan ayisi-8 aziwa ngokuthi ayiMpendulo akwazi ukuthwala abantu abayi-16 azosetshenziswa yizibhedlela namahhovisi ezifunda
- Izimoto ezi-4 zakwa-Nissan eziyimitholampilo engomahamba nendlwana
- Izimoto eziyi-19 zakwa-VW Crafter 50 2.0 ezingama-TDI eziyimitholampilo engomahamba nendlwana
- Izimoto eziyi-10 ezingama-"Double cab" akwa-Nissan ama-"NP300", ezizosetshenziswa ngamathimba asebenzela ngaphandle




- kwezikhungo zezempilo.
- Izimoto eziyi-7 ezingama-Isuzu D-Max Crew Cab ezizosetshenziswa ngabahlinzeka ngosizo lokuqala lwezeMpilo
- Izimoto zokuthutha impahla (trucks) ezingama-UD eziyi-6 ezizosetshenziswa ngabophiko olugeza izingubo (ngabaselondolo)
- Izimoto ezingama-33 ezingama-"Single Cab" akwa-Isuzu ezizosetshenziswa ngabophiko lwezobunjiniyela kanye nophiko olulungisa impahla (ingqalasizinda)

UDkt. Tshabalala unxuse abasebenzi boMnyango ukuba bangazixhaphazi lezi zimoto zikahulumeni kodwa bazinakekele kahle njengoba benza kwezabo. "Lezi zimoto kubandakanya lezo ezingama-4x4 zizolekelela ukuthi uMnyango ukwazi ukufinyelela

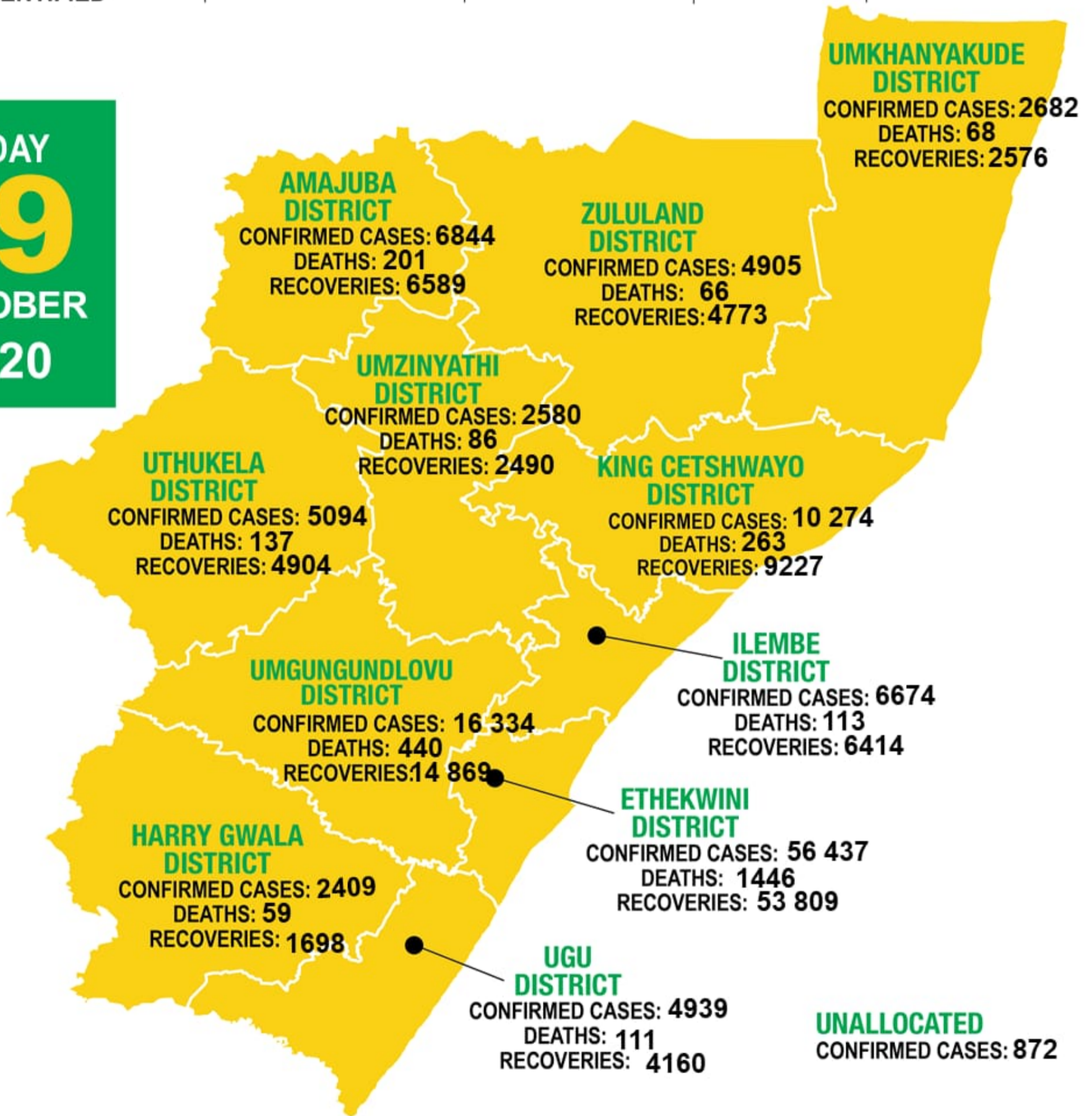
ngisho ezindaweni zasemakhaya. UMnyango uphinde wathenga izimoto ezizothwala izidumbu ngendlela enesizotha ukunikeza labo abadlule emhlabeni bengaphakathi noma bengaphandle kwezikhungo zezempilo okungaba semakhaya ngisho noma ngabe bashone besemasimini imbala isithunzi esibafanele" kusho uDkt. Tshabalala.

UMnyango ubulokhu ubhekene nengqinamba yokudunwa kwezimoto ezithwala iziguli (ama-ambulensi) kanye nazo zonke nje izimoto zomnyango ezizosetshenziswa ezifundeni ezahlukahlukene. Amalungu omphakathi ayaxuswa ukuba abike zonke izigameko zokuntshontshwa nokudunwa kwezimoto emaphoyiseni. Lezi zimoto sezivele zitshaliwe ezifundeni ezahlukahlukene ukuze zisetshenziswe.

COVID-19 STATISTICS IN **KZN**

				
120 044	5545	111509	2990	114
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
09
OCTOBER
2020



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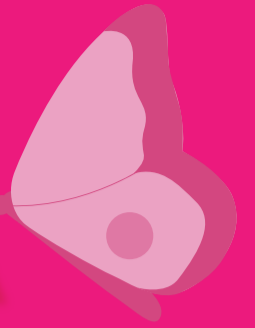
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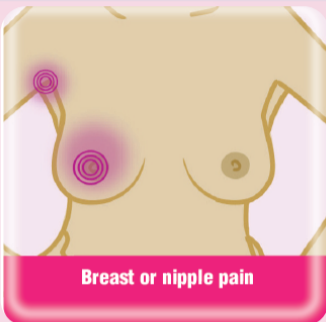
UKUHLALA NGOKUHLOLA AMABELE NJALO KUNGASILEKELELA UKUWUNQOBA UMDLAVUZA WAMABELE



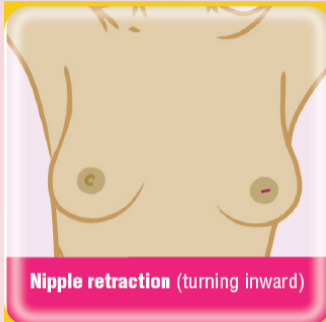
Swelling of all or part of a breast (even if no distinct lump is felt)



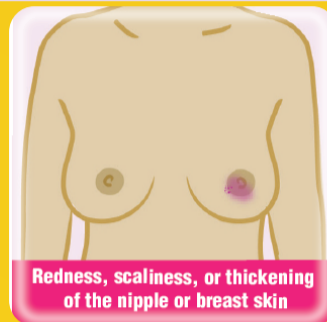
Skin irritation or dimpling



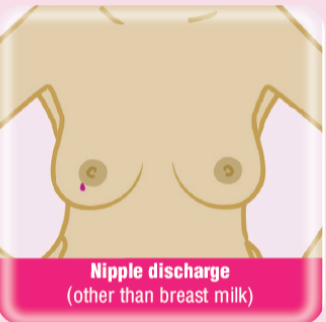
Breast or nipple pain



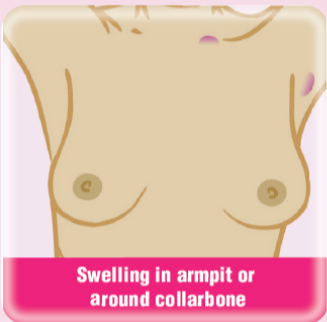
Nipple retraction (turning inward)



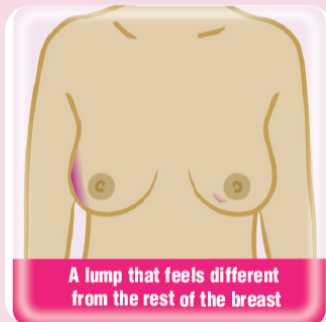
Redness, scaliness, or thickening of the nipple or breast skin



Nipple discharge (other than breast milk)



Swelling in armpit or around collarbone



A lump that feels different from the rest of the breast

Njengoba inyanga kaMfumfu kuyiNyanga yokuQwashisa ngoMdlavuzwa weBele kufundiswa ngezinhlobo ezijwayelekile zomdlavuzwa ezihlasela abesifazane emhlabeni wonke jikelele.

IZINDLELA ZOKUZIHLOLA WENA IBELE UMA UMILE

Abesifazane bayagqunguzelwa ukuba bazejwayeze ukuthi behlale njalo bezihlola amabele abo ukuze bezozwa uma kukhona okungajwayelekile okunjengokusasigaxa noma okusasilonda, lokho okungaba luphawu lomdlavuzwa webele. Ukukwazi ukuzihlola wena nokwazi ukuthi yini okumele uyibheke ngaphambi kokuya esikhungweni sezempilo kungenye yezindlela ezinhle kakhulu zokunqoba le mpi yokulwa nalo mdlavuzwa.

Uma umdlavuzwa usheshe wahlozwa emzimbeni, kubalula nokuwelapha. Ukuzihlola amabele kumele kwenziwe kanye ngenyanga. Bika zonke izinguquko noma konke okungajwayelekile kudokotela noma emtholampilo wakho.

Uma unalezi zimpawu kumele uye emtholampilo oseduzane:

- Noma ngabe yini okusasigaxa ebeleni
- Ukopha noma uma kuphuma okusaketshezi engonweni yebele

- Ukuba nezifaca esikhunjeni
- Ukuguquka kwendlela elime ngayo ibele, noma kobungako balo noma kwesikhumba noma kwengono yebele lakho

Ukuhlonza izimpawu zokuqala komdlavuzwa webele

- Zihlola ibele njalo ngenyanga
- Hamba uye kwadokotela noma esikhungweni sezempilo uyohlolwa amabele njalo ngonyaka
- Bikela udokotela noma abasemtholampilo uma kukhona abasekhaya abake bahlaselwa wumdlavuzwa webele.

Indlela yokuqala

- Izandla zakho mazibe semaceleni omzimba bese ubhekisisa emabeleni akho ukuthi azikho yini izinguquko ngokombala, ngokobukhulu, ngokwendlela ome ngayo, ngokwezifaca zawo noma ngokobunjalo besikhumba

Indlela yesibili

- Manje phakamisa izandla zakho zombili zibe ngaphezu kwekhanda. Bheka ukuthi ngabe womabili amabele

aphakamile kanyekanye

Indlela yesithathu

- Izandla zakho mazibe ngasokhalo, bambelela okhalo, amahlombe nezindololwane makube phambili. Gobela phambili bese ubheka ukuthi ngabe womabili amabele awele ngaphambili kanyekanye

- Manje phakamisa ingalo yangakwesokunxele yakho. Bese uthintathinta ngokucophelela ibele lakho langakwesokunxele ngeminwe yсандla sakho sangakwesokudla. Ukale engxenyeni engaphezulu yebele lakho ulokhu ulicindezela ngendlela yokuthi ukwazi ukuzwa isicubu esiqinile.

Emva kwendingiliza egcweleyo, nyakaza uye ngaphambili engonweni ngamasentimitha ambalwa nangendingiliza futhi, qhubeka kuze kube uyafinyelela engonweni. Bheka indawo engaphezu kwebele, ikakhulukazi indawo esekhwapheni, yamaphaphu noma ukuvuvukala kwamaphaphu. Phinda ebeleni langakwesokudla.

Uma ulele phansi

- Nomqamelo ngaphansi kwehlombe lakho langakwesokunxele, isandla sakho sangakwesokunxele masibe ngemuva kwekhanda lakho ukuze ukwazi ukuthintathinta isicubu sebele. Hlolisa ibele lakho lonke ngendlela echazwe endleleni yesine. Ngesandla sakho sangakwesokundla esingemuva kwekhanda lakho, Phinda inqubo ngebele lakho langakwesokudla. Uphinde ucindezele kahle ingono ngayinye ukuze ubheke uketshezi

- Ukuzihlola ibele kufanele kwenziwe kanye enyangeni. Bika noma ngabe yiluphi ushintsho noma ukungalingani ngokobukhulu/ukungafani kudokotela noma emtholampilo wezempilo. Kwabesifazane abangama-40 umdlavuzwa wesibelethe uphatha oyedwa, bese kuthi ngonyaka ubulala abesifazane abangafinyelela ezinkulungwaneni ezi-3500; ngenkathi umdlavuzwa webele uphatha oyedwa kwabangama-26 besifazane baseNingizimu Afrika.

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KUMELE UKWAZI OKUFANELE UKUSHO UMA USHAYELA LE NOMBOLO



Sinyukile isidingo sabadinga ukuhlinzekwa ngeZimo eziPhuthumayo emphakathini kusukela kwaqala ukwethulwa kwezombolo eziyi-112 ngoSuku lwabeZimo eziPhuthumayo mhla ziyi-17 KuMfumu wangonyaka odlule (ngowezi-2019). Izimo eziPhuthumayo zisebenze ngokuzikhandla ziqwashisa umphakathi ngokuvakashela ezikoleni ukuze kukhonjiswe ukuthi usishayela kanjani isithuthi seziguli.

Isisekelo esiyinjongo yaleli qembu ukuqeqesha nokufundisa izingane ezincane. Kusukela u-112 kuyinombolo ekhumbuleka kalula kubona bobali abancane nabadala., UMkhankaso wohlelo lukaSukuma Sakhe abaziwa ngokuthi ama-“warrooms”, Izinduma nezinye izinhlaka eziqinisa umthetho sezihlanganyele futhi zabamba iqhaza elisemqoka kwabeZimo eziPhuthumayo ngokufundisa abantu ngokuhlinzekwayo.

UKUSHAYELA IZITHUTHI ZEZIGULI (AMA-AMBULENSI)

Umuntu oshaya ucingo kufanele ehlise umoya, akwazi ukukhuluma futhi akwazi nokuchaza indawo lapho isithuthi seziguli (i-ambulensi) sizokwazi ukuthola isiguli khona. Kunconywa ukuba umuntu oshaya ucingo kufanele asebenzise izindawo eziyizakhiwo ezinkulu/ ezingasuki njengezitolo, amasonto, izakhiwo zezikole zomasipala bese kuba izakhiwo zikahulumeni isibonelo amahhovisi eziteshi zamaphoyisa, njll. Inombolo yenkulumakude yabo bonke abezimo eziphuthumayo ithi 112. Kumahhala ukushayela inombolo ngocingo lwasendlini lakwa-Telkom, ngomakhalekhukhwini kuya ngokuthi usebenzisa luphi uhlelokuxhumana.

UMA USHAYA NGOCINGO LWASENDLINI/ NGO-TELKOM

Shaya u-112 ngocingo lwasendlini, ucingo luzoya ngqo esikhungweni sokuxhumana sabeZimo eziPhuthumayo.

UKUSHAYA NGOCINGO LUKAMAKHALEKHUKHWINI

1. Ucingo olushaywa ngomakhalekhukhwini ku-112 aluyi ngqo esikhungweni esamukela izingcingo zabeZimo eziPhuthumayo.
2. Iya esikhungweni esamukela izingcingo zohlelokuxhumana lukamakhalekhukhwini (isibonelo, inombolo yakwa-Vodacom iya esikhungweni esamukela izingcingo zakwa-Vodacom, inombolo yakwa-MTN Cell iya esikhungweni esamukela izingcingo zakwa-MTN bese inombolo yakwa-Cell C iye

esikhungweni esamukela izingcingo zakwa-Cell C).

3. Uma uhlelokuxhumana oluthile luthola ucingo , umphatheli uyabuza ukuthi oshaya ucingo ukuphi bese kuba isizathu sokudinga isimo esiphuthumayo.
4. Kulesi sigaba kubalulekile koshaya ucingo ukuba ehlise umoya bese echaza kahle isiFundazwe nedolobha eliseduzane nalapho isithuthi seziguli (i-ambulensi) ezothola khona isiguli. Kufanele kuqondakale ukuthi izikhungo ezamukela izingcingo zohlelokuxhumana zizinze eGoli naseKapa lodumo. Omukele ucingo ucingo uncike elwazini azoluthola kobeshaya ucingo esikhungweni esamukela izingcingo zabeZimo eziPhuthumayo.
5. Emva kokuhlonza ukuthi ukuphi oshaya ucingo, umphatheli wesiKhungo esamukela izingcingo uzobe esedlulisa ucingo esikhungweni esamukela izingcingo sabeZimo eziPhuthumayo esiseduzane.
6. Uma umphatheli wohlelokuxhumana eseludlulisile ucingo esikhungweni esamukela izingcingo sokuxhumana sabeZimo eziPhuthumayo. Umuntu oshaya ucingo uyacelwa ukuba aphinde achaze futhi ngeminingwane eminingi indawo lapho isithuthi seziguli (i-ambulensi) sizothola khona isiguli.
7. Umuntu oshaya ucingo kudingeka asho igama lomgwaqo nenombolo yendlu. Ezindaweni lapho kungekho khona izinombolo zezendlu noma amagama emigwaqo umuntu oshaya ucingo uyagqungquzelwa ukuba asebenzise izindawo eziyizakho/ezimile njengezitolo, amasonto, izakhiwo zezikole zomasipala bese kuba izakhiwo zikahulumeni isibonelo, amahhovisi eziteshi zamaphoyisa, njll.

Abaholi bomphakathi bayagqungquzelwa ukuthi bazejwayeze izindlela ezikhona ukuze basebenzise izinsiza zabeZimo eziPhuthumayo. Bayagqungquzelwa ukuba bathathe izinombolo zabantu noma abasebenzi/izikhulu ezibhekelele izinsiza zabezimo eziphuthumayo emiphakathini yazo.

Ngalokhu kuhloswe ukuba uma ilungu lomphakathi lingakwazi ukuthola isikhungo sezingcingo umholi womphakathi angenelele bese ethola insiza yesimo esiphuthumayo esingasetshenziswa ukuze kuqinisekise ukuhlinzekwa okuseqophelweni eliphezulu emiphakathini.

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UKUKHUTHAZA IZINGANE UKUBA ZIZIKHETHELE UKUDLA OKUNEMPILO



Ukukhula ezinsukwini zanamuhla kwehluke kakhulu kunaseminyakeni eyi-20 edlule. Ezobuchwephe nezindlela ezintsha zokwenza izinto nokushintsha kwezinto kube nomthelela kulokhu izingane eziyikho.

Kuqala lapho izingane zisuka esikoleni, zisuke zijahle ukuyodlala ngaphandle nabangani bazo, kuhamba phambili kakhulu kuzo ukusebenzisa ezobuchwepheshe obusebenzisa izinombo, zichitha isikhathi zisemafonini azo noma zibuka amathevishini kunokuba zinyakazise umzimba.

Umhla ziyi-9-19 kuMfumfu uthathwa njengeSonto Lokudla Okunomsoco Nesonto Lokukhuluphala Ngokweqile Likazwelonke. Leli sonto lihloswe ukuthi kube noqwashiso kubasebenzisimkhqizo mayelana nokudla okunomsoco, ukukhuluphala ngokweqile nokubaluleka kokudla okunempilo. Indikimba yakulonyaka ithi 'Ukudla Okunempilo Namasosha Omzimba Amahle' futhi ikhethelwe ukuthi igcizelele ukuthi kudliwe ukudla okunempilo ngesikhathi se-COVID-19 noma seselwedlulile lolu bhuhane, kwazise ukudla okunempilo nokuphuza amanzi kungasiza ekulweni ne-COVID-19 nezinye izifo.

Isikhathi esiningi abantu bathatha lokho abakuzwo ngalabo bantu abangezona izingcwepheshi zezempilo,

okufana nokungabakhathaleli abantwana babo noma izingane zabo ezikhushukelwa yisisindo kwazise bakuthatha 'njengokukhuluphala komntwana' noma 'kuwuphawu lokuthi umntwana unempilo futhi uyakhula'. Noma kunjalo, uma lokhu kungafakelwa izibuko, ukukhuluma okufuze lokhu kungaholela ekukhuluphaleni ngokweqile ebunganeni babo noma ezifweni ezithathelanayo, okubalwa kuzo isifo sikashukela, izifo eziphathelene nenhliziyo, isifo sofuba lomoya (i-asima) nemidlavuzo enhlobonhlobo.

Ukukhuluphala ngokweqile besesebunganeni kungachazwa njengokuthi yilapho ingane isuke ingaphezulu kwesisindo esejwayelekile seminyaka ngokunjalo nobude bayo. Inkombabungako yomzimba (i-BMI) ihlinzeka ngemiyalelo eyisisekelo mayelana nesisindo somuntu ngokuhambisana nobude bakhe. I-BMI ingasho ukuthi umuntu unesisindo esincane, esejwayelekile, esikhulu ngokweqile noma emnxeni wokukhuluphala ngokweqile, kumele silwe futhi sikhuthaze abanye abantu ukuthi babe ngaphansi komunxa ojwayelekile.

Enye yezindlela yokwehlisa ukukhuluphala ngokweqile umuntu esesebunganeni ukuthi kukhuthazwe ukudla okunempilo nokuzivocavoca. Ukulapha nokugwema ukukhuluphala ngokweqile besesebunganeni kungasiza ekwenzeni kube ngcono impilo nokuphila kwengane manje naseminyakeni ezayo.

Nazi izindlela ezimbalwa ongazisebenzisa ukuze wenze kube ngcono indlela yokudla yengane neyomndeni wakho:

- Ukudla izithelo nezilimo eziningi – ukujwayeza izingane ukuthi zidle izilimo noma izithelo eziluhlaza uma zilambile maphakathi nezikhathi zokudla, nokushintsha ukudla okungenampilo okubalwa kukho amazambane athothombile, oshokholetshi namaswidi, bese zidla izithelo, izimila eziphoqozelayo okubalwa kuzo izaqathe (ukherothi) nonsolozhi (ukhukhamba) namantongomane.

- Ukuzifakela isidlo sasemini – ukufakela zingane isidlo sasemini kusemqoka kwazise kudlala indima ekutheni zinaka kanjani nokuthi ziwusebenzisa kanjani umdlandla eziwuthola ekudleni. Ukudla okunoshukela kungenza ukuthi izingane zizizwe zikhathelwe noma zivilaphe noma zithakasile futhi ziphazamise eklilasini. Ukufaka uklolweni, amasaladi nezithelo eziningi ezitsheni zesidlo sasemini kuzoqinisekisa ukuthi zithola imisoco edingwa yimizimba yazo.

- Ukuzijwayeza ukudla okunempilo – ukudla izimila kakhulu nencosana yokunye ukudla nokugwema iziphazamiso eziningi okubalwa kuzo omakhalekhukhwini, amathelevishini noma amaphephabhuku kwazise lezi zinto zenza ukuthi abantu benganaki ukuthi kungakanani ukudla abakudlayo. Lokhu kuphinde kubandakanye ukukhuthaza izingane ukuthi zibe nokuzikhethela izinto ezinempilo uma zizoba nesidlo

esingekho ekhaya.

- Ukuzivocavoca – ukukhuthaza izingane ukuthi zithathe ezemidlalo njengohlelo olwengeziwe noma ukuzivocavoca bewumndeni, ngokuthi zihambe zikhabuzele noma zijoge ngasekhaya.

- Ukunciphisa ukudla okunosawoti noshukela omningi – esikudlayo kugcwele usawoti noshukela owengeziwe. Ukudla okubalwa amasiriyeli, iziphuzo ezihloholozelakayo namayogathi imbala kunoshukela omningi noma usawoti. Lokhu kudla kungashitshwa ngokudla okubalwa kukho izinhlamvu zefoliji (i-owuthi), iyogathi engenalutho ishintshwe ngezithelo bese kuthi iziphuzo ezihloholozelayo zishintshwe ngamanzi, kwengezwe isitrobheli, ulamula noma unsolozhi ukuze kunongeke.

Wonke lamacebo abalwe ngenhla ayophumelela kuphela uma wena njengomzali uba yisibonelo kubo. Isikhathi esiningi izingane ziladela okwenziwa yithi kunalokho esikushoyo, ngaleyo ndlela-ke, uma thina sidla ngendlela enempilo futhi sihlala siphilile, siphinde senze ukuthi nazo zenze okufana nalokho esikwenzayo.

Uma ukhathazekile ukuthi ingane yakho ikhushukelwa kakhulu yisisindo noma kayizimuki ngokwanele, ungayisa emtholampilo oseduzane, kulapho-ke abayobheka khona umlando wokukhula nokukhula kwayo, ingane yakho ibhekwa ngokweshathi lokukhula nokuthi yiziphi izindlela ongazithatha ekutheni usize uyisize ibe nempilo.

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I- # HATSON4CPC

(SIGQUQUZELA UNAKEKELO LWEZINGANE EZIGULELA UKUFA)

Usuku Lokukhumbula Unakekelo Lwabagulela Ukufa Emhlabeni Wonke Jikelele umhla zi-10 kuMfumfu ngowezi-2020, luzokwenza ukuthi kunakwe kakhulu Unakekelo Lwabagulela ukufa, kwabo bonke abantu.



Unakekelo Lwabagulela ukufa yindlela eyenza ngcono ukuphila kweziguli nemindeni yazo ebhekene inkinga ehlobene nokugula okubeka engcupheni ukuphila, ngokuthi kugwenywe futhi kuncishiswe ukugula ngezindlela zokukhlonza kuseva nokuhlola okungafuniseli, ukwelashwa kwezinhlungu nezinye izinkinga, ezomzimba, eziphathelene nengqondo nezomphefumulo. Unakekelo lwabagulela ukufa lungahlizekwa kwezempilo ezisezingeni lesithathu, ezikhungweni zomphakathi zezempilo nasemakhaya akhathekile ezingane nabadala imbala.

Usuku olwandulela oLokukhumbula Unakekelo Lwabagulela Ukufa (uLwesihlanu lwamhla zi-5 kuMfumfu) nalo luzophinde lubungazwe njengosuku loqwashiso nokuqokelela izimali zonakekelo

Iwezingane ezigulela ukufa ngomkhankaso obizwa nge-#HatsOn4CPC. Indikimba Yosuku Lonakekelo Lwabagulela Ukufa Emhlabeni Jikelele lwangowezi-2020 ithi: #HatsOnCPC.

Unakekelo lwabagulela ukufa lusebenza kuseva ngenkathi kukhona ogulayo, luhlangene nokunye ukwelapha okuhlose ukwelula ukuphila, olufana nokwelashwa okuphathelelne nokulawula izifo (ikhemotheraphi) noma ezinye izindlela zokwelapha izifo (irediyeshini theraphi), futhi lubandakanya ucwaningo oludingekayo ekutheni kuqondwe kahle futhi kuphathwe izinkinga zokwelashwa.

**INCAZELO
YUNAKEKELO
LWEZINGANE
EZIGULELA UKUFA**

• Unakekelo lwezingane

ezigulela ukufa wunakekelo olugcwele lomzimba, ingqondo nomphefumulo wengane futhi luphinde lubandakanye ukunikezela ngezindlela zokulekelela umndeni.

• Luqala uma ukugula sekuhlonziwe, bese luqhubeka kungakhathelekile ukuthi ingane iyakuthola yini ukwelashwa okuqondene naleso sifo.

• Abahlinzeki bezempilo kumele bahlale futhi baqede ukucindezeleka kwengane ngokomzimba, ngokwengqondo, nangokwenhlalo.

• Unakekelo lwabagulela ukufa ludinga indlela evulelekile eminxamingini, ebandakanya umndeni nokusebenzisa izinsiza ezikhona zomphakathi; lokhu kungezenziwa ngempumelelo ngisho izinsiza zingeziningi.

Kahlehle, unakekelo

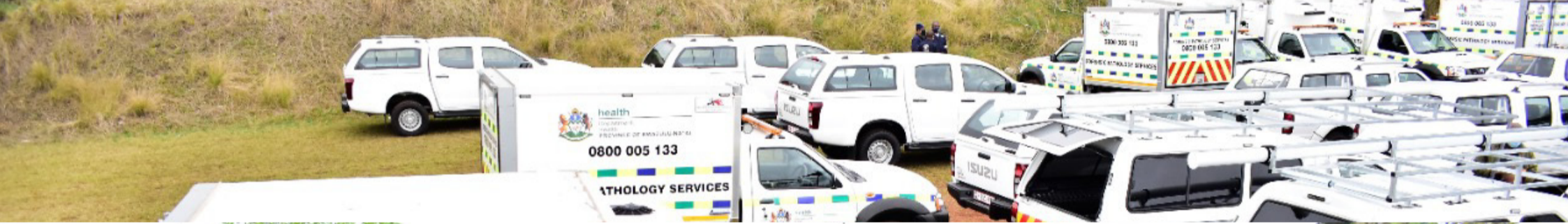
lwabagulela ukufa luhlinzekelwa iziguli nemindeni uma isiguli sisemphakathini noma esibhedlela. Lokhu kungaba nezingqinamba ngenxa yemikhawulo yezinsiza kodwa uma kwenzeka izinga elifanele lonakekelo lwesiguli ngasinye nezidingo zomndeni luyahlizekwa.

Luhlinzekwa yithimba labantu ababandakanya odokotela, abahlengikazi, osonhlalakahle, onompilo, ongoti bomphefumulo nabanye ngokuhambisana nesimo saleso siguli. Isikhungo sabagulela ukufa singaba wumgogodla ekuhlinzekeni uNakekelo Lwabagulela ukufa.

Bonke abasebenzi bezempilo abasebenza ngeziguli ezigula kakhulu kumele bakwazi ukuhlizeka ngonakekelo lwezempilo lwabagulela ukufa, olwesekwa yithimba longoti asebenxantshubomvu.

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