

BANGASEKELWA NJANI LABASHONELWE

Ngaphambi kwembulalave weCovid-19, besesekela ngekubakhona nangekudvudvutana ngekuba khona. Kulesikhatsi kumele sitfole tindlela letisha tekudvudvutana bucali kute kutsi sihlale siphephile. Naku longakwenta kute wesekele sihlobo sakho esikhatsini lesimatima:



Bani kudze nalabanye bantfu. Lena yintfo lematima kakhulu kuyenta, kodvwa ngiyo intfo lefanele. Bagcine baphile kahle ngekuba kudze nabo.



Nangabe kufanele uvakashe, hlala kudze nabo lokungenani emamitha lama-2 futsi nihlangane ngaphandle nigcoke tifonyo, emaglavu netivalabuso. Nangabe nisondzelana kakhulu, kuba nebungoti lobukhulu bekwesulela ligciwane kini nobabili.

“Kukhetsa phakatsi kwelutsandvo netimphilo. Nangabe ubatsandza ngalokwenele kubavikela, nangesikhatsi sekulila kumele uhlale kudze.”

- Umbhishophi Malusi Mpumlwana



Tfumela kudla netimbali ngetinsita tekudiliva letinetindlela tekwenta lomsebenti ngalokuphephile.



Bhalela umndeni imilayeto ngetheknoloji yekubadvudvuta, nobe lengafundvwa enkonzweni nangabe ungeke uye ngekwakho.



Batsintse ngetincingo nangemanothi emavi.



Batfumele i-airtime, nobe sita ngetindleko temngcwabo nangentalaspoti lapho ungakhona khona.



Unganyamalali nangabe sekundlule umngcwabo. Ngemuva kwemngcwabo kulila akupheli, ngako-ke chubeka ubahlole.



Yenta tikhumbuto takho ekhaya ngekulayitha emakhandle nobe ngekuthandaza.

UNGAPHEPHA NJANI EMNGCWABENI

Kulahlekelwa sihlobo yintfo lebuhlungu kakhulu. Kodvwa ngebuhlungu bakho kumele ucaphele iCovid-19 futsi ugcine wena nalaba lobatsandzako niphepheli. Nangabe utawukhona kuhambela umngcwabo ngalesikhatsi, naka leseluleko:

- ♥ Nangabe uhlangana nemndeni, beka emavi ekudvudvuta ngemagama. Vimbela kugonana nekubambana ngetandla. Kutawuba matima kodvwa yintfo lehle lekumele niyente.
- ♥ Gcoka tintfo lotativikela ngato kuleligciwane. Sifonyo sibaluleke kakhulu. Kugcina letinye taletintfo lethlobile kungasita labanye.
- ♥ Hlala ngaphandle futsi kudze kulabanye bantfu sikhatsi lesidze longasikhona, ngena kuphela endlini nangabe kunesidzingo.
- ♥ Ningachebulani ngetandla nemndeni nobe nemholi wetenkholo. Khombisa kubonga kwakho ngekunyakatisa inhloko nobe ngemagama ekubonga.
- ♥ Gezani tandla tenu njalo niphindze nisebentise sihlantamagciwane.
- ♥ Kunekutsi nibambe libhokisi nangabe nihamba, kuncono kwekutsi nishiye timbali nobe sikhumbuto ethuneni.
- ♥ Hlala ukhona ngetheknoloji, nangemuva kwekuphela kwemngcwabo. Tihlobo takho tingaludzinga lusito nemilayeto emalangenini, emavikini nasetinyangeni letilandzelako.
- ♥ Nangabe ukhombisa timphawu nobe uhlangene nebantfu labane Covid-19, kuncono kwekutsi ube kudze kwasahlobo kute uphephise labanye bantfu.
- ♥ Niketa lusito lwakho futsi utfole seluleko kumhleli wemngcwabo. Zama kwekutsi ungacindzeteri bantfu labashonelwe, futsi lalela loku labakudzingako.