

INDLELA YOKUNIKA ABAFELWA INKXASO

Phambi kokuqhambuka kukabhubhani iCovid-19 inkxaso yethu kubafelwa sasiyibonisa ngokuya kubo sibathuthuzela ngokubambazela. Kungoku nje sifanele ukuba sikhangele iindlela ezintsha zokuthuthuzela sithe qelele khona ukuze sikwazi ukukhuselana. Naku onokukwenza ngelokunika umntu wakho inkxaso ngexesha elinzima:



Gcina umgama woqelelwano. Yinto ekunzima kakhulu ukuyenza le, kodwa ke enyanisweni ibobona bubele. Bagcine besempilweni entle ngokuthi xha ngokungayi kubo.



Ukuba ngaba kufuneka utyelele, yithi qelele kubo ngomgama oziimitha ezi-2, futhi dibanelani phandle ninxibe iimaski, iiglavu nezikhuselibuso. Ukusondelelana kakhulu kunibeka emngciphekweni othe kratya nobabini.

“Kule mihla kukhethwa phakathi kothando nobomi babantu. Ukuba ubathanda ngokukwaneleyo ukuba ubakhusele, ke nangexesha lokufelwa musa ukuya kubo.”

- uBishop Malusi Mpumwana



Thumela izinto zokutya, iintyatyambo okanye imiyalezo yovelwano ngabeenkono zokuhambisa iipasile ngezithuthi bona banazo iindlela zokukwenza oku ngokukhuselekileyo.



Bhalela usapho olu imiyalezo yentuthuzelo ngamajelo oqhagamshelwano lwamaza lwemiyalezo yeedijitali okanye enokufundwa kwinkonzo yomngcwabo ukuba akukwazi ukuya buqu.



Mana ubakrobela ngomnxeba nangemiyalezo eshicilelwe eminxebeni.



Bafakele imali yokufowuna (yomoya), okanye ncedisa ngeendleko zomngcwabo nezothutho, apho ukwaziyo ukukwenza oko.



Musa ukuluyeka uqhagamshelwano nabo emva kwenkonzo yomngcwabo. Emva komngcwabo intlungu yokufelwa ayipheli, ngoko luqhube rhoqo uqhagamshelwano.



Mnike imbeko yakhe yokugqibela wena usekhaya ngokuthi ulayite ikhandlela okanye wenze umthandazo.

IINDLELA ZOKUZIKHUSELA EMNGCWABENI

Ukufelwa ngumntu wakho yinto elusizi kakhulu. Kodwa ke ngelixa ukuloo nkxwaleko kufuneka ukuba uhlale uyilumkele leCovid-19, wena nabantu bakho nizigcine nikhuselekile. Ukuba uyakwazi ukuya emngcwabeni ngeli xesha, qaphela ezi ngebisiso:

- ♥ Xa udibana nolu sapho uvelwano lwakho luvakalise ngokwenza amazwi. Musani ukuwolana okanye ukubambana. Inzima ke loo nto, kodwa yeyona nto ifanelekileyo kule meko.
- ♥ Nxiba izinto eziya kukukhusela kule ntsholongwane. Imaski yeyona nto ibaluleke kakhulu. Ukuba nezingamalalela acocekileyo kungaluncedo nakwabanye.
- ♥ Hlala ngaphandle kwesakhiwo ube kude kwabanye abantu kangangoko unako, ungene ngaphakathi kuphela xa kukho imfuneko yoko.
- ♥ Musa ukuxhawulana nolu sapho okanye nenkokeli yenkonzo. Endaweni yoko ukuncoma kwakho ungakwenza ngokunqwala okanye ngamazwi ombulelo.
- ♥ Zihlambe rhoqo izandla uzifake isibulalantsholongwane.
- ♥ Endaweni yokuwubamba umkhumbi xa nisimka emangcwabeni, cinga ngokushiya iintyatyambo apha ecaleni kwengcwaba okanye wenze amazwana okunika imbeko yokugqibela.
- ♥ Emva kwenkonzo hlala unabo ngamajelo oqhagamshelwano lwamaza lweedijitali. Abantu bakho bayayidinga inkxaso nemiyalezo kwiintsuku ezilandelayo, kwiiveki ezilandelayo nakwiinyanga ezilandelayo.
- ♥ Ukuba ubonakalisa naziphi na iimpawu zeCovid-19, okanye ubukhe wasesichengeni sosuleleko, kungaluncedo kumntu wonke ukuba ungayi tu ukukhusela wonke umntu.
- ♥ Lunike uncedo lwakho ulandele izikhokelo zomququeleli womngcwabo. Zama kangangoko ukuba abafelwa ungababeki phantsi kwemeko yoxinzelelo, uzimamele izinto abazifunayo.