



ITjhejo ngesiKhathi se-CORONA

Imingcwabo: Umhlahlandlela Weminden

UQALANA NJANI NOKUHLONGAKALA EKHAYA

Ubulwele obubambe iphasi loke be-Covid-19 butjhugulule indlela esiphila ngayo, kufaka indlela esililela ngayo, esihlonipha ngayo kanye nesibulunga ngayo iinthandwa zethu. Kunemithetjhwana ekhethekileko okufanele ilandelwe lokha umuntu omthandako ahlolongakele ekhaya lakho ngebanga levayirasi, ngalokho hlala ukhumbula okulandelako:

- Nanyana ahlolongakele, omthandako usese nokukutshwayela. Ningamthinti. Valani ikumba yakhe bekube kulapho kufika khona isizo.
- Thintana nePhiko leSizo eliRhabako iEmergency Medical Services, elingaqinisekisa ukuhlongakala, begodu linisize.
- Nasele ukuhlongakala kuqinisekisiwe, thintana nomngcwabi azokususa umzimba. Kuzakufanela bona nazise umngcwabi bona umufi bekane-Covid-19 khona bangaqinisekisa ukuphepha komuntu woke.
- Hlanzani iingubo zombhede zomuntu enimthandako kanye nezambatho zakhe eziseleko ngamanzi atjhisa khulu, begodu sulani woke amaphasi kanye nezinto zakhe ngesihlanzekisi, ibhilitjhi namkha isibulalimulwana.
- Khumbulani ukumbatha amadlhu kanye namamaski ngesikhathi nenza lokhu, begodu hlambani izandla zenu nanenza koke lokhu.

"Into ongayenza kuphatha koke ukuhlongakala njengokuhlongakala okubangwe yi-Covid-19."

- uBishop Malusi Mpumwana

- Wena namanye amalunga wekhaya lakho ningaba sengozini yokuthintana nevayirasi, ngalokho ningavumeli iimvakatjhi ngesikhathesi.
- Nayikuthi kufanele nihlangane nabanye abantu ngenyama, yenzelani lokho ngaphandle, nimbethe izembatho zokuzivikela begodu nangokuqalanganana. Ningabaphi
- Ungasusi imaski yakho lokha nawukhuluma nabantu.



"Kokuthoma, siphephile nasihlukeneko. Sihlongakala ngokuhlanganyela ngeenkhathi ze-Covid-19."

- umkhambeli womngcwabo

UKUTLAMA IKONZO YOMNGCWABO

Ukulahlekelwa ngomthandako yinto ebuhlungu, kodwana ngesikhathi se-Covid-19 ubuhlungu lobu buba bukhulukhulu.

Ivayirasi yekhorona irhatjheka lula ukusuka emuntwini munye ukuya komunye. Ngalokho ukuze uzivikele wena kanye nabanye, asikwazi ukubuthana ngeenqhema ezikulu. Lokhu kufaka emingcwabeni. Imithetjhwana yemingcwabo yombuso ayikenzelwa ukuqalela phasi imikghwa yesintu yokungcwaba. Imithetjhwana yenzelwe ukuvikela wena naye woke umuntu, kanye nokuphelisa ivayirasi ekuthini ingasarhatjheki.

- Kuzakutlhoga nikhetho umhleli womngcwabo ozakudosa phambili begodu alungise namaphepha kanye nazo zoke iimfuneko zomthetho ezibandakanyekako. Uzaziphendulela ngokulandela yoke imithetjhwana. Umrholi wenu wezekolo uzakukhona ukunihlahla.
- Lokha nanihlela ikonzo yomngcwabo, hlanganani ngaphandle begodu nimbathe amamaski wenu. Akunakudla namkha itiye okufanele inikelwe, ngombana lokha nasidlako sihlubula amamaski wethu.
- Ningakhuthazi ukuba neemvakatjhi. Kunalokho hlalani nithintana ngokwedijithali.
- Imithetjhwana ivumela kuphela abantu abama-100 ngobunengi ukukhambela umngcwabo, lokhu kwenzelwa ukobana kukhona kekele ukuqalanganana, begodu kuqintelwe nokurhatjheja kwevayirasi.
- Qalani indawo enamafesidere avulekako kanye neminyango ukwenzela ukugcina ummoya omutjha uzombeza ngaphakathi, begodu bonelelani ngesibha neenhlankisi ukugcina indawo nezandla zihlwengile.
- Nayikuthi ningakghona, gadangisani ngokwevidiyo namkha dlalani ngokwedijithali umngcwabo khona labo abangakghoniko ukuwukhambela ngenyama bazawubona.
- Khumbulani bona umngcwabo uzakufanela bona ube mfitjhani. Yenzani isiqiniseko sokobana niyazi bona ngubani ozakukhuluma, begodu bonisanani nenibathandako ukuqinisekisa bona woke umuntu uyaneliswa ngekambiso.
- Ukubona namkha ukuthinta umufi enimthandako akuzukukhona, begodu ikonzo izakutlhoga ukwenziwa ngaphandle komzimba.
- Kuneenqhema ezithileko zabantu ezisengozini ekulu, begodu ngalokho akusimqondo omuhle kizo ukukhambela ngenyama ikonzo yomngcwabo. Laba babantu abangaphezu kweminyaka ema-60, kanye nalabo esele banamalwele afana ne-high blood pressure, itjhukela kanye ne-tuberculosis.



"UZimu ufuna bona mina nawe sibe babambisani khona sizakuphulusa inengi." - uBishop Malusi Mpumwana

NGESIKHATHI SOMNGCWABO

"Namhlanje ekuseni ngikhambele umngcwabo wami wokuthoma solo kwaqubuka i-#Covid-19. Koke engingakutjho kukobana siphila eenkhathini ezihlukileko begodu nasizakubona begodu samukele lokhu msinyana, kuzakuba ngcono kithi soke. UZimu asitjhudubaze." - umkhambeli womngcwabo

Nanzi iindlela zokuthi nigcinane niphephile lokha nanikhambele umngcwabo:

- ♥ Amamaski wenu lirherho lokuthoma lokuzivikela. Mbathani lokhu lokha nanihlanu kwabanye, begodu gcinani iimpara ukwenzela nazifuneka!
- ♥ Zibambe kude nabanye, neenkhathini lapho kubonakala ukwanga kungasiza. Ipilo ehle iletha ukuzigedla okukhulu ngokukhamba kwesikhathi.
- ♥ Balekelani ukuba sendaweni evalekileko isikhathi eside, begodu ngenani emakhiweni kuphela lokha nakuqakathekileko.
- ♥ Ningalotjhisani ngezandla. Kunalokho tjengisani ukuthabelana ngokuvuma ngehloko, namkha ngamagama wokuthokoza.
- ♥ Hlambani izandla begodu nisebenzise isihlanzi-zandla njalo.
- ♥ Gcinani iminyango ivulekile ukuqintelisa isibalo sezandla ezithinta iimbambo zeminyango.
- ♥ Esikhundleni sokuthinta ibhokisi lokha nanikhambako, cabangani ngokutjhiya ithuthumbo namkha ukuhlonipha ngamagama ethuneni.

Nayikuthi awukwazi ukubakhona ngenyama, usengahlanganyela ekonzwini ekhaya:

- Khanyisa ikhandlela.
- Thandaza.
- Hlala ngokucabangisisa okunokuthula ngokwemizwa.
- Ungakurhabi ukuzila kwakho, zinikele isikhathi eside ngendlela ongefuna ngayo.

SALISANI OLELEKO NGENDLELA YENU. UKUMHLONIPHA KWENU KUQAKATHEKILE, NJENGOMBANA UMUNTO BEKAQAKATHEKILE.

NGEMVA KOMNGCWABO

Ngemva komngcwabo kungahle kube sikhathi esibudisi khulu kini ukulinga ukulandela imithetjhwana. Kodwana nayikuthi noke niyasebenzisana ukulandela lemihlahlandlela, singaqinisekisa bona soke siphephile.

"Lokhu akusi kutlhoga ubuntu. Kuphathelene nokuphulusa amaphilo."

- uBishop Malusi Mpumwana

- Akunamibuthano yabantu evunyelweko ngemva komngcwabo.
- Akunakudla, itiye namkha iinselo ezizakunikelwa.
- Ngombana akunakuhlanganyela kweenqhema okuzakukhona ngemva komngcwabo, tjhejani ezinye iindlela ezifana nomlindelo wedijithali, namkha ukuthumela imilayezo enokuzwelana.
- Zwakalisani ukuthokoza kilabo abakhambele umngcwabo ngamagama, begodu balekelani ukwangana kanye nokubambana ngezandla.
- Nayikuthi umndeneni utlhoga ukuhlangana ngemva komngcwabo, qalanganani lapho nikhona khona, yembathani amamaski wenu, begodu hlanganani ngaphandle nakukhona ekako.
- Kilabo abatlhoga ukulaliswa ebusuku, ihotela namkha indawo enikela ngokulalisa nesidlo sekuseni ingaba ngcono khulu. Ugcina obathandako baphephile lokha nawuhlala uqalanganana.
- Nayikuthi ufuyanywa nevayirasi kungakapheli amalanga ali-14 ngemva kokukhambela umngcwabo, into enokuziphendulela nehle ongayenza kukwazisa umrholi wakho wezekolo namkha umhleli womngcwabo khonokho.