



Kunakekela kulesikhatsi se-CORONA

Imingwabo: Teluleko Teminden

UNGABUKANA NJANI NEKUSHONA EKHAYA

Lombulave weCovid-19 untjintje indlela yekuphila kwetfu, kufaka ekhatsi indlela lesilila ngayo, lesihlonipha futsi lesingcwaba ngayo tihlobo tetfu. Kunemisimeto yemtfetfo lesipesheli lekumele ilandzelwe nangabe kukhona lomtsandzako loshonako ekhaya lakho ngenca yeligciwane, ngako-ke khumbula loku lokulandzelako:

- Nanobe ngabe bashonile lesibatsandzako, lesifo solo siyendlulelana. Ningambambi umuntfu loshonile. Valani likamelo kute kufike lusito.
- Tsintsa Betinsita Betekwelapha Besimo Lesiphutfumako be-Emergency Medical Services bangakucinisekisa kushona, futsi bakusite.
- Nangabe kushona sekucinisekisiwe, tsintsani umngcwabi kwekutsi atewutsatsa umtimba. Kumele natise umngcwabi kwekutsi sihlobo senu besine Covid-19 kute bacinisekise kwekutsi wonkhe umuntfu uphephile.
- Washani tingubo tesihlobo senu kanye netimphahla letisele ngemanti lashisako, futsi nesule tonkhe tintfo ngesihlantamagciwane, ngesentamhlophe seblishi nobe ngesibulalamagciwane.
- Khumbulani emaglavu kanye netifonyo nangabe nenta loku, futsi nigeze tandla njalo ngalesikhatsi nenta loko.

“Intfo lehle longayenta kutsi utsatse konkhe kufa njengekufa lokubangelwe yiCovid-19.”

- Umbhishophi Malusi Mpumlwana

- Wena nalamanye emalunga asekhaya kungenteke kwekutsi ningenwe nguleligciwane, ngako-ke kute tivakashi lekumele tivunyelwe ngalesikhatsi.
- Nangabe kukhona lekumele nihlangane nabo ngekwenu, kwenteni loku ngetinsitakusebenta tekutivikela futsi nangekuchelana. Ningaphakeli kudla, ngobe kungenteka nifakele nalabanye ligciwane.
- Ningatikhiphi tifonyo tenu nangabe nikhuluma nebantfu.



“Kwekucala, lapho siphephe nasehlukene. Sisonkhe siyafa ngetikhatsi teCovid-19.”

- umhambeli wemngcwabo

KUHLELA INKHONZO YEMNGCWABO

Kulahlekelwa sihlobo yintfo lebhulungu, kodvwa ngesikhatsi seCovid-19 lobuhlungu buvakala bungetulu.

Ligciwane lekhorona lisabalala malula kusuka kulomunye umuntfu liye kulomunye. Ngako-ke tivikeleni niphindze nivikele nalabanye, angeke sisahlangana ngemacembu lamakhulu. Loku kufaka ekhatsi emingcwabeni. Imitsetfo yemingcwabo yahulumende ayikentelwe kungehloniphi imisimeto yekungcwaba yesintfu. Lemitsetfo yentelwe kuvikela wena kanye nalabanye bantfu, futsi nekuvimbela leligciwane kutsi lingasabalali.

- Kutawudzanga kukhatsa umhlelebisi wemngcwabo lekungiyi lotawuhola futsi abukane nemisebenti yemaphhepa nemitsetfo lekhona. Utawutiphendvulela ngekulandzelela yonkhe lemitsetfo. Umholi wakho wetenkholo utawukhona kunihola.
- Nangabe nihlela inkhonz, hlanganani ngaphandle futsi nigcoka tifonyo. Kute kudla nobe litiya lekumele liniketwe, njengobe nangabe sidla kumele sikhipe tifonyo tetfu.
- Ningavumeli tivakashi. Lokungenani tsintsanani ngetheknoloji.
- Lemitsetfo ivumela bantfu labangema-100 labangahambela imingcwabo, loku kwentelwa kwekutsi bantfu bakhone kuchelelana, kanye nekulawula kusabalala kweligciwane lokungaba khona.
- Cabangani ngendzawo lenemafasitelo netivalo kute kutsi nitivule kutokhona kungena umoya, niphindze nicinisekise kutsi kunensipho netinhlantamagciwane kute nigcine tintfo tihlobile nekugeza tandla.
- Nangabe ningakhona, rekhodani nobe nitfumele ngetheknoloji lenkhonzo kulabo labangeke bakhone kuhambela ngekwabo.
- Khumbulani kwekutsi lenkhonzo kumele ibe yimfisha. Cinisekisani kwekutsi niyati kwekutsi kutawukhuluma bani, futsi nitsintsane netihlobo kucinisekisa kwekutsi wonkhe umuntfu uyenliseka ngetinchubo.
- Kubuka nobe kubamba sihlobo senu lesishonile angeke kukhonakale, futsi nenkhonzo kumele yentiwe ngaphandle kwemtimba.
- Kunemacembu latsite ebantfu lasengcuphelweni kakhulu, futsi ngako-ke akusuwo umcondvo lomuhle kwekutsi bahambe umngcwabo ngekwabo. Labantfu ngilaba labangetulu kweminyanga lengema-60, nalabo labanekugula lokufana nehayihayi, sifo sashukela nesifo sesifuba.



“Nkhulunkhulu udzinga wena nami kwekutsi sibe ngebalingani kute siphephise labanyenti.”

- Umbhishophi Malusi Mpumlwana

NGESIKHATSI SEMNGCWABO

“Kulokusa ngihambe umngcwabo kwekucala kusukela kubhedvuke i-#Covid-19. Konkhe lengingakusho kutsi siphila etikhatsini letahlukene futsi nangabe sivilisa loku masinyane futsi sikwemukela, kutawuba ncono. Nkhulunkhulu akabusise.”

- umhambeli wemngcwabo

Nati tindlela lekumele sigcinane ngato siphephile nangabe sihambela umngcwabo:

- ♥ Tifonyo yindlela yekucala yekutivikela. Gcokani letintfo leti nangabe niphakatsi kwalabanye bantfu, futsi nibe naletinye taletintfo nangabe titawudzingakala!
- ♥ Bani kudze nalabanye, nasetikhatsini lapho khona kubonakala kwangatsi kugonana kutawusita. Imphilole lehle iletsa kwenetseteka lokukhulu ekuhambeni kwesikhatsi.
- ♥ Vimbelani kuba sendzaweni levalekile tikhatsi letidze, futsi ngenani esakhiweni nangabe kunesidzingo lesikhulu sekuba lapho.
- ♥ Ningachebulani nebantfu. Khombisani kubonga kwenu ngekunyakatisa inhloko, nobe ngemagama ekubonga.
- ♥ Gezani tandla tenu njalo niphindze nisebentise sihlantamagciwane.
- ♥ Yekelani tivalo tivulekile kute ninciphise linani letandla lelibamba tibambo tetivalo.
- ♥ Kunekutsi nibambe libhokisi nangabe nihamba, kuncono kwekutsi nishiye timbali nobe sikhumbuto ethuneni.

Nangabe ungeke ukhona kuba lapho ngekwakho, unghlanganyela enkhonzweni ekhaya:

- Layitha likhandlela.
- Thandaza.
- Hlaliseka ubambe imivo yakho.
- Ungajahi lusizi lwakho, tinikete sikhatsi lesenele losidzingako.

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NGEMUVA KWEMNGCWABO

Ngemuva kwemngcwabo kungavama kuba sikhatsi lesimatima kini kutsi nilandzelele imitsetfo. Kodvwa nangabe bonkhe bantfu babambisene ekulandzeleleni letinkhombandlela, singacinisekisa kwekutsi sonkhe siphephile.

“Akusho kwekutsi aninaso sineke nemusa. Loku kumayelana nekuphephisa timphilo.”

- Umbhishophi Malusi Mpumlwana

- Kute kuhlangana lokuvunyelwe ngemuva kwemngcwabo.
- Kute kudla, litiya nobe tinatfo letitawuniketwa.
- Njengobe kute kuhlangana kwemacembu lokutawuvunyelwa ngemuva kwemngcwabo, cabangani letinye tindlela, njengekucoca ngetheknoloji, nobe kutfumelana imilayeto.
- Khombisani kubonga kwenu kulabo labahambe umngcwabo ngemagama, nivimbele kugonana nekubambana ngetandla.
- Nangabe umndeni wenu udzinga kuhlangana ngemuva kwemngcwabo, bani kute nalabanye bantfu, gcokani tifonyo, futsi nihlangane ngaphandle nakukhonakala.
- Kulabo labatawudzanga kulala ebusuku, kulala ehhotela nobe etindlini leticashisako kungaba yintfo lehle. Nigcina bantfu lenibatsandzako baphephile nangabe nikudze nabo.
- Nangabe utfolakala unaleligciwane ngekhatshi kwemalanga lali-14 ngemuva kwekuhambela umngcwabo, intfo lehle longayenta kutsi utjele umholi wetenkholo nobe umhleli wemngcwabo masinyane.