



Ukunakela kulesi sikhathi se-CORONA

## Izeluleko Kubafundisi

YINI OKUMELE UYENZE LAPHO WAZISWA NGOKUTHI UMUNTU USHONILE?

*“Lesi yisikhathi esinzima, ngokudabuka lapho abantu abaningi balahlekelwa zimpilo zabo ngenxa yevayirasi yekhorona. Ngisho nangesikhathi sesililo, kumele sivikele abantu esibathandayo. Asikho isikole esifundisa ngemingcwabo ngesikhathi se-Covid-19. Kubafundisi abaningi, uma lokhu kwenzeka okokuqala, awazi ukuthi kumele wenzeni.”*

- Umbhishobhi uMalusi Mpumlwana, SACC



Njengomfundisi, udlala indima esemqoka ekusekeleni imindeni lapho omunye welunga labo eshonile Uhlinzeka ngezeluleko kanye nokududuza ngezikhathi ezinzima.

Kodwa kulesi sikhathi se-Covid-19, kumele usize imindeni ukulandela imithetho yenqubo kahulumeni. Kanti imithetho yenqubo yemingcwabo ayilula ukuyilandela!

Lapho waziswa ukuthi omunye webandla lakho ushonile, thatha ngokuthi ubulawe ngokuqondene ne-Covid-19.

Thatha izinyathelo zokucophelela ngesikhathi uvakashele umndeni oshonelwe ukuzivikela kanye nokuvikela bona. Wonke umuntu kumele agqoke imask kanye nokugeza izandla noma ukusebenzisa i-sanitiser.

### 1. QALA NGOKUQINISEKISA UKUTHI UMNDENI WENZE OKULANDELAYO:

- Wazise iziphathimandla ukuze bakwazi ukuza bazothatha umzimba womuntu oshonile. Sizana nomndeni ukuxhumana namaphoyisa kanye ne-undertaker yomngcwabo.
- Ubize udokotela okumele asho nokuqinisekisa ukuthi umuntu ushonile ngempela ngaphambi kokuhambisa umzimba womuntu.

### 2. CHAZELA ABANTU OKUVUNYELWE KANYE NOKUNGVUNYELWE

#### KHUMBULA!

Imithetho yenqubo kahulumeni yemingcwabo ayenzelwe ukuthi ingahloniphi izinkambiso sesintu zabantu zokungcwaba. Yenzelwe ukumisa ivayirasi ukuthi ingasabalali.

- Amalunga omndeni angabheka umzimba womuntu emoshari noma endaweni ka-undertaker.
- Amalunga omndeni, abangani kanye nomakhelwane bangabonisa uthando ngokushayela ucingo noma ngokuthumela imilayezo nge-WhatsApp noma ngokuthumela imithandazo.
- Ngaphansi kwesimo se-Covid-19 akukho imilindelo evunyelwe.
- Abantu ABAVUNYELWE ukuza ekhaya lomufi ukuzobona umzimba womuntu oshonile.
- Abantu ABAVUNYELWE ukuvakashela umndeni oshonelwe.

### 3. SIZANA NOMNDENI UKUHELELA UMNGCWABO

Yenza umhlangano wokuhlela umngcwabo nomndeni.

- Hlalani ngaphandle ukuxoxa ngamalungiselelo omngcwabo, ebese uchaza ngemithetho yenqubo ye-Covid-19.
- Bekani izitulo ziqhelelane omunye komunye ngaphandle. Wonke umuntu kufanele afakele imask.
- Siza ukuchaza imithetho yenqubo emndenini.

Bakhombise Izeluleko Kwimindeni Ngemingcwabo ezitholakala e churchinaction.org.za.

- Xoxisana nomndeni ukuthi umngcwabo uzobanjelwa kuphi.

Bonke abantu endaweni kumele baqhelelane ngamamitha angu 1.5 phakathi kwabo kuzo zonke izinhlangothi. Ngakho-ke, inani labantu abahambela inkonzo yomngcwabo lizoya ngobukhulu noma ubungakanani bendawo okubanjelwa kuyo umngcwabo. Kodwa ayikho indawo yomngcwabo okumele ibe nabantu abangaphezulu kwenani lika 100.

Uma kukhonakala, kungcono ukubambela inkonzo ngaphandle.

- Khuthaza umndeni ukwenza umngcwabo ngokushesha ngendlela okungakhonakala ngayo.
- Cabangani ngokwenza i-streaming sevidiyo kulabo abangeke bakwazi ukuhambela umngcwabo.

### INKONZO YOMNGCWABO

*“Bafundisi njengozakwethu, mina nani sizohlangabezana nalezi zinselele. Isimo sethu sidinga ukulandela lo mthetho oqinile. Ukuphepha kuhamba phambili kubo bonke. Ivesi eliyiseluleko yileli: ‘Ngokuba uNkulunkulu akasiphanga umoya wobugwala, kepha owamandla, nowothando, nowokusikhuzwa’ (2nd Kuthimothewu 1:7).”*

- uPastor Reiner Focke

### UKULUNGISELELA INDAWO YENKONZO

Kumele ubhekane nomsebenzi wendawo yenkonzo lapho umngcwabo ozobanjelwa khona. Bheka imithetho yenqubo.

Kumele kwenziwe okulandelayo:

- Kuhlolwe bonke abangenayo ukuhlola izimpawu ze-Covid-19.
- Gcinani irejista yabahambela umngcwabo, nifakele amagama abo, amakheli kanye neminingwane yokuxhumana nabo.
- Yenza amalungiselelo okuthi abantu bahlala ngokuqhelelane.
- Qinisekisa ukuthi isibalo sabantu abahambela umngcwabo, esibandakanya nomfundisi singabi ngaphezulu kwabantu abangu 100.
- Qinisekisa ukuthi kukhona ama-sanitiser alingene kanye nendawo yokugeza izandla elingene.
- Hlanzekisani indawo yenkonzo njalo.



### NGOSUKU LOMNGCWABO

- Ukucula kuyingxenywe yenkambiso yenkonzo yomngcwabo. Kodwa kuyindlela enkulu yokusabalalisa ivayirasi. Khuthaza abantu ukuculela ngaphakathi ezinhliziyweni. Noma rhekhoda ikhwaya noma umculi oyedwa ngaphambi kwesikhathi ebese kudlalwa lomculo orhekhodiwe.
  - Isikhathi senkonzo kumele singeqi ihora elilodwa. Uma abantu behlangana isikhathi eside, lokhu kunikeza ithuba kwivayirasi ukuthi isabalale.
  - Wonke umuntu ohambela umngcwabo, okubandakanya nomqhubi wenkonzo, kumele bafakele amamask kanye nokuqhelelane.
  - Ukuhlangana kwabantu akuvunyelwe ngemuva komngcwabo.
  - Akuvunyelwe ukuhlaba isilwane, ukuphuza itiye, ukwenza izidlo ngaphambi nangemuva komngcwabo.
- Lokhu kungoba ngeke wakwazi ukufakela imaski ngesikhathi udla! Ukwabelana ngezinto zokudla kanye nezinkomishi nakho kuyingozi kakhulu.*
- Yenza umndeni kanye nezihambeli zomngcwabo zikwamukele ukuthi akukho ukudla emngcwabeni. Lokhu akwenziwa ngoba abantu beswele umusa wokuphana noma ukuswela umoya wobuntu ukuthi kungabi nakudla. Kukhombisa ukukhathalela abangani ngesikhathi se-Covid-19. Nifuna ukubavikela.
  - Uma abantu abahambela umngcwabo betholakala bene-Covid-19 ezinsukwini ezingu 14 ngemuva kokuhambela umngcwabo, KUMELE bakwazise.