



Kutura nezve

COVID 19



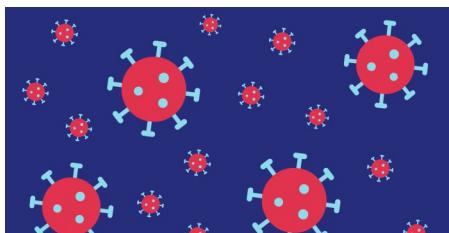


Zvirisei, ini ndinonzi Fatima,

Ndafunga kuti mungangoda kuziva
nezveCoronavirus iri kungotaurwa
nevanhu.



Pane zvakawanda zviri kutaurwa
panews nepainternet zvekuti zviri
kupedzisira zvativhiringidza, aka regai
ndikutipirei.



Coronavirus imhuri hombe
yehutachiona hwakasiyana
hunokonzerza zvirwere zvakasiyana
kusanganisira chikosoro chatagara
tichiziva.



Hutachiwana hweCorona hwakonzera
hurwere pasi rose pamwedzi yadarika
uye chirwere ichi chabva chapihwa zita
rekuти 'COVID-19'.



COVID zvakamirira kuti 'coronavirus
disease' uye 19 akamirira gore ra'2019'
sezvo pari ipo pachakatanga.



Vanhu varikubatira COVID-19 vanopisa
muviri kwemazuva mashoma,
zvoterwa nechikosoro chakaomarara
kune vamwe vanobva vanetsekana
nekufema

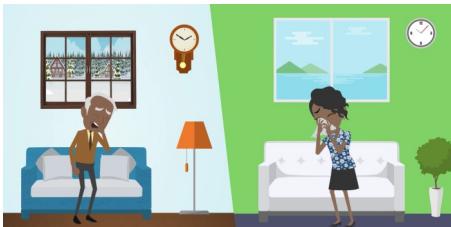


izvo zvinogona kuguma zvanyanyisa zvekuti vanenge vavekufanirwa kuenda kuchipatara. Vamwewo vanorwadziwa nepahuro nekurwadziwa pachipfuva



Most people have mild symptoms and recover after a few days, especially children

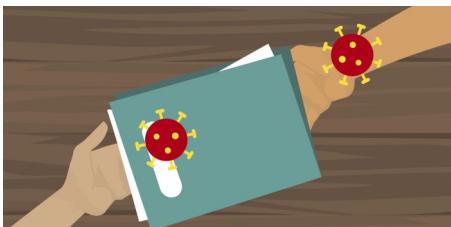
Vanhu vazhinji vanogona kurwara zvishoma vobva vapora mumazuva mashoma, kunyanya kuvana vadiki.



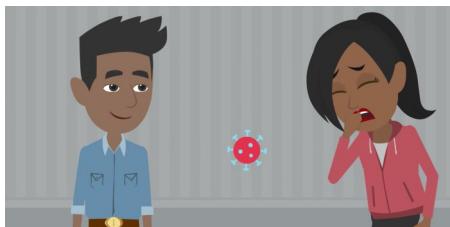
Zvisinei kune vachembera, kana vanhu vane muviri unenge usina kusimba kana vaya vanorwara nezvirwere zvakaita serurindi nekuzarirwa vanokanganiswa zvakanyanya, aka tinofanirwa kubetserana kuti tisaparadzira hutachiona uhwu.



Parizvino hapana chati charatidza kuti vanhu vanorarama nehutachiona hweHIV vanonyanyokanganiswa neCOVID-19 kudarika vamwe. Asi zvatinotiva ndezevekuti kunwa maARVs zvakanaka zvinoita kuti muviri wako uve wakasimba kuti ukwanise kurwisa zvirwere



Vanhu vasingaratidze kuti vane hutachiona uhu vanogona kuparadzira kune vamwe aka tinofanirwa kuzvichenetedza isu pamwe nevamwe nguva dzose.



Unokwanisa kuwana chirwere ichi kana munhu anehutachiona aka kosora kana kuhotsira pedyo newe,



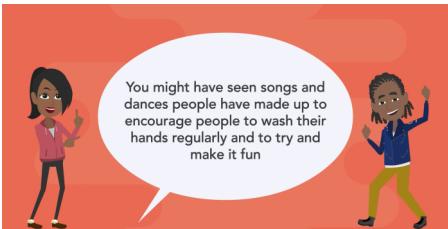
kana kuti ukaenda pedyo nemunhu ane
hutachiona kana kubata chinhu
chabatwa nemunhu anehutachiona
wozobata kumeso kwako.



Pane zvakawanda zvaunogona kuita kuti
usabatire hutachiona uhu, uye
kuchengetedza vanhu
vakakutenderedza.



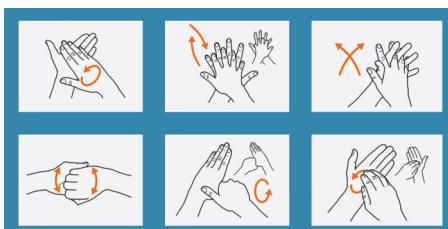
Chinhu chakanyanyokosha kugeza
maoko ako.



Ungave wakaona nziyo nemadhanzi
akagadzirwa sekurudziro kuvanhu kuti
vageze maoko avo nguva nenguva uye
kuti zvive zvinonakidza kuita



Unofanirwa kugeza maoko ako
kwemasekondi anokwana kuita 20,



Woedza kugeza mativi ose ari maviri,
kusanganisira nzara dzako nepakati
pezvigunwe



Unosarudza rwiyo rwaunofarira kuti ushandise pakugeza maoko ako.



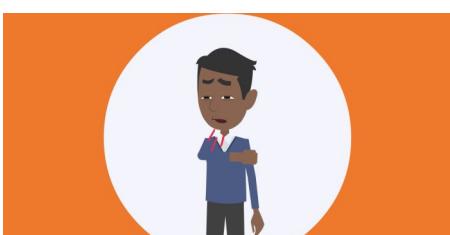
You can use **HAND SANITIZER** as well but washing with **Soap** is the best method
Unokwanisa kushandisa mushonga wemaoko unouraya hutachiona uhu (hand sanitizer) asi nzira inonyanyoshanda kugeza maoko nesipo



Zvakakosha kuti usabate maziso, mhino nemuromo wako kana uri panzvimbo dzine veruzhinji sezvo uchigona kubatira hutachiona wobva wapinda mumuviri wako nenzira idzi.



Kana uchikosora kana kuhotsira shanda tissue kuvharidzira chikosoro wobva wakurumidza kurasa tissue wapedza kushandisa



kana kuti unokosorera mugokora sezvo usingakwanisi kubata kumeso kwako.



Vanhu vakawanda vakamira kumhorosana nemaoko kana kumbundirana pavanosangana



Zvinogona kuita zvinyowani zvekusamhorosana nevamwe asi unogona kugadzira nzira dzekumhorosana nevamwe vako, unogona kushandisa gokora rako, kubhaibhisana, kana kutsika kajive!



Vanhu vari kukumbirwa kuti vagare mudzimba. Zvakakosha kusaenda panzvimbo dzine vanhu vakawanda nyangwe vachiratidza kuti vane hutano sezvo mumwe achinonoka kuratidza kurwara obva akuzadza.



Zukanakisa kugara panofura mhepo nekusiya nzvimbo inokwana ruko rwako pese pawasangana nevanhu! Unogona kunzwa vanhu vachiiti ‘social distancing’.



Kana uchiratidza kuti une COVID-19 unofanirwa kugara kumba kuti uchenget-edze hutano hwemwe.



Vashandi vepachipatara vachakudzidzisa zvekuita uye hurumende iri kutumidzira mashoko efundiso.



COVID-19 hutachiona hunyowani saka hatisati taziva zvakawanda nezvayo.



Ndosaka paine nyaya dzakawanda dziri kubuda paTV nepanews.



Zuva rega rega ana chiremba nevanotora matanho vari kutsvaga nzira dzekuti vachengetedze vanhu nekudzikisa kutapuriranwa kwehutachiona uhu.



Zvakawanda zviri kuchinja, pane mibvunzo yakawanda yatisingakwanisi kupindura zvekuti vanhu vanogona kunetsekana. Unogona kunge uchinzwza zvimwe chete. Zvinonzwisisika kuti uve uchinzwza zvakadai.



Zvakakosha kurangarira kuti pane vanhu vakawanda vari kubatsira kuti uve wakachengetedza – madoctors, manurses, mateachers, vachengeti, mascientists.



Nevamwe varikushanda pasi rose kutsvaga mimwe mishonga inoshanda zvakanaka.



Nekuti hatisi kuziva zvakawanda pamsoro pehutachiona uhu, vanhu vari kunetsekana kuti wakambobva kipi . Asi chinhu chakakosha ndechekeuti COVID-19 inobata chero munhu, ari kipi ne kipi. Tinofanirwa kuchengetedzana.



Tinoziva kuti kusarudzana
kunokanganisa vanhu. Tinofanirwa
kurangaridza vanhu kuti
kuchengetedzana kwakakosha.



Saka ramba uchigeza maoko ako,
teerera yambiro yekuti
ungazvichengetedze nekuzvitsigira sei
pamwe chete nevamwe.



Uye urambe uchibata vamwe zvakanaka!

Written and produced by Zvandiri Youth

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