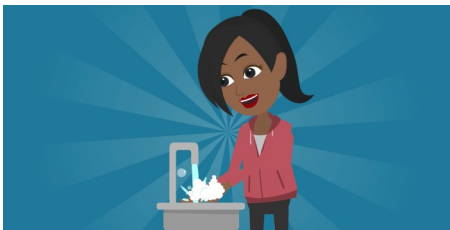
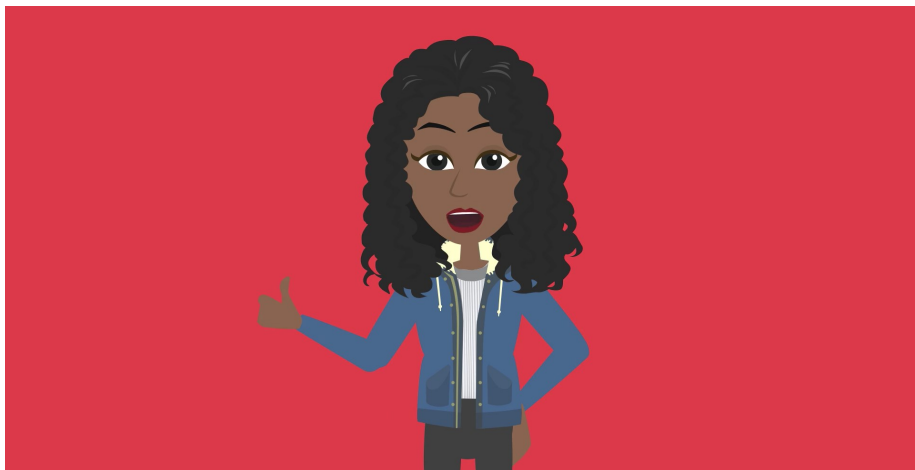


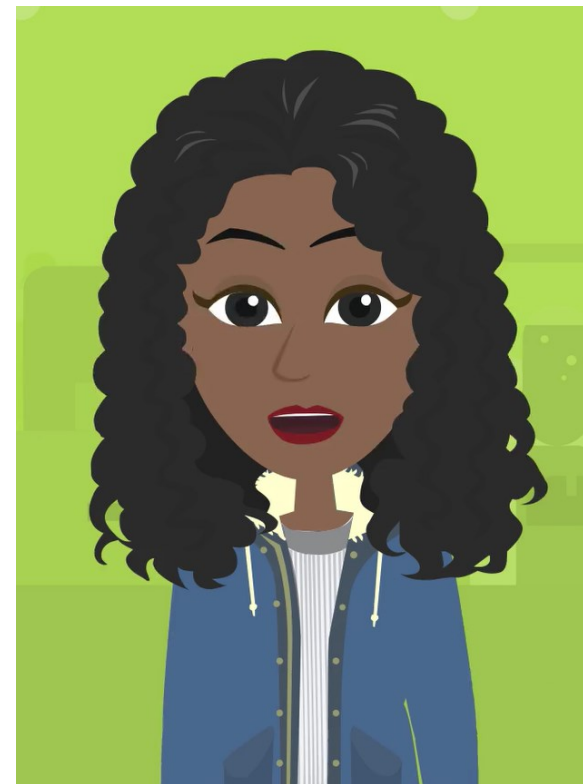
Tinoziva kuti kusarudzana
kunokanganisa vanhu. Tinofanirwa
kurangaridza vanhu kuti
kuchengetedzana kwakakosha.



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



Uye urambe uchibata vamwe zvakanaka!

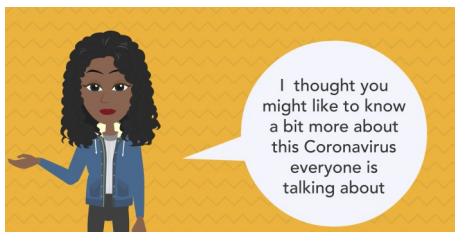


Kutaura nezve COVID 19

Written and produced by Zvandiri Youth

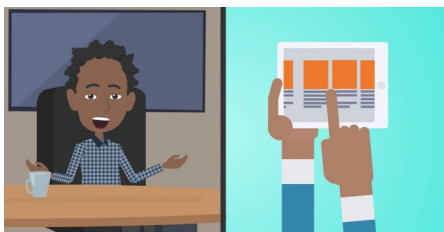
www.africaid-zvandiri.org



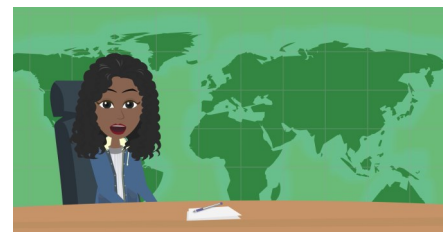


Zvirisei, ini ndinonzi Fatima,

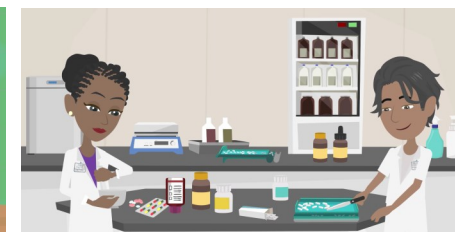
Ndafunga kuti mungangoda kuziva nezveCoronavirus iri kungotaurwa nevanhu.



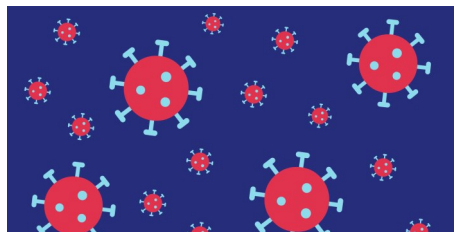
Pane zvakawanda zviri kutaurwa panews nepainternet zvekuti zviri kupedzisira zvativhiringidza, saka regai ndikutipirei.



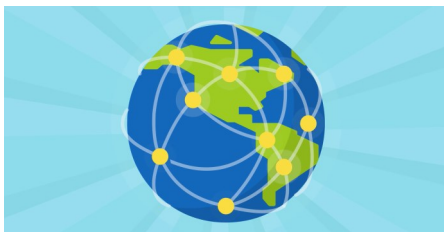
Ndosaka paine nyaya dzakawanda dziri kubuda paTV nepanews.



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



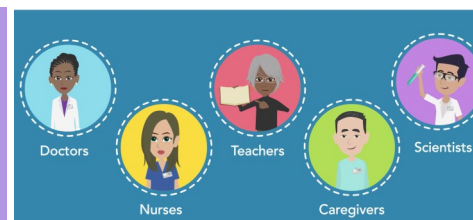
Coronavirus imhuri hombe yehutachiona hwakasiyana hunokonzera zvirwere zvakasiyana kusanganisira chikosoro chatagara tichiziva.



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



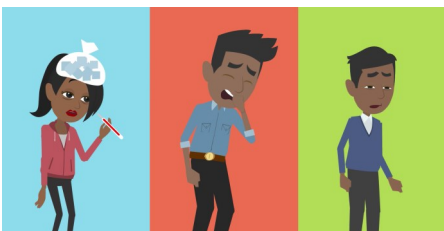
Zvakawanda zviri kuchinja, pane mibvunzo yakawanda yatisingakwanisi kupindura zvekuti vanhu vanogona kunetsekana. Unogona kunge uchinzwwa zvimwe chete. Zvinonzwisika kuti uve uchinzwwa zvakadai.



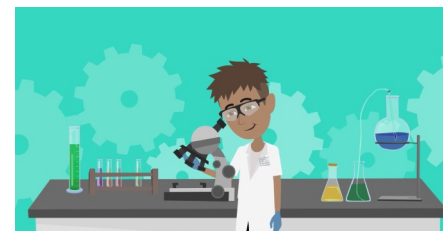
Zvakakosha kurangarira kuti pane vanhu vakawanda vari kubatsira kuti uve wakachengetedzwa – madoctors, manurses, mateachers, vachengeti, mascientists.



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



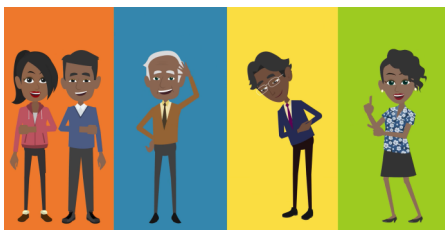
Vanhu varikubatira COVID-19 vanopisa muviri kwemazuva mashoma, zvoteerwa nechikosoro chakaomarara kune vamwe vanobva vanetsekana nekufema



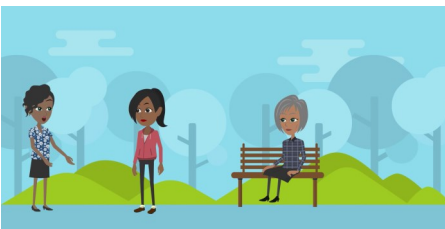
Nevamwe varikushanda pasi rose kutsvaga mimwe mishonga inoshanda zvakanaka.



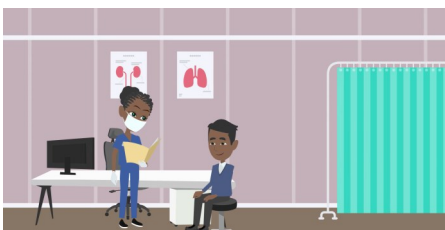
Nekuti hatisi kuziva zvakananda pamsoro pehutachiona uhu, vanhu vari kunetsekana kuti wakambobva kupi . Asi chinhu chakakosha ndechekuti COVID-19 inobata chero munhu, ari kupi ne kupi. Tinofanirwa kuchengetedzana.



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



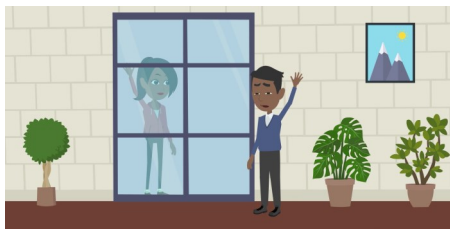
Zvakanakisa kugara panofura mhepo nekusiya nzvimbo inokwana ruoko rwako pese pawasangana nevanhu! Unogona kunzwa vanhu vachiiti 'social distancing'.



Vashandi vepachipatara vachakudzidzisa zvekuita uye hurumende iri kutumidzira mashoko efundiso.



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



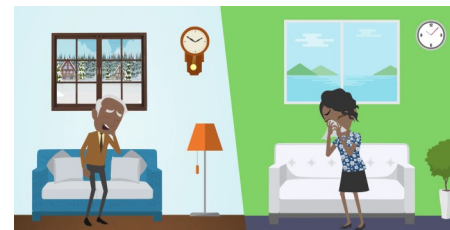
Kana uchiratidza kuti une COVID-19 unofanirwa kugara kumba kuti uchengetedze hutano hwevamwe.



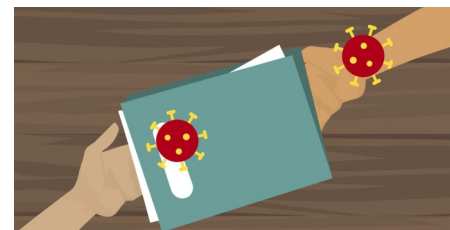
COVID-19 hutachiona hunyowani saka hatisati taziva zvakanwanda nezvayo.



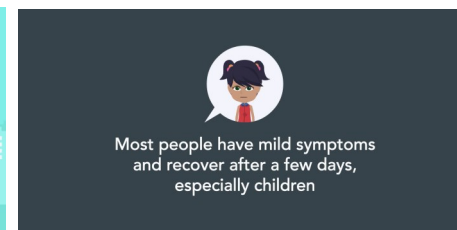
izvo zvinogona kuguma zvanyanyisa zvekuti vanenge vavekufanirwa kuenda kuchipatara. Vamwewo vanorwadziwa nepahuro nekurwadziwa pachipfuva



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



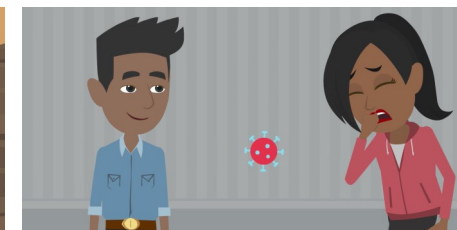
Vanhu vasingaratidze kuti vane hutachiona uhu vanogona kuparadzira kune vamwe saka tinofanirwa kuzvichengetedza isu pamwe nevamwe nguva dzose.



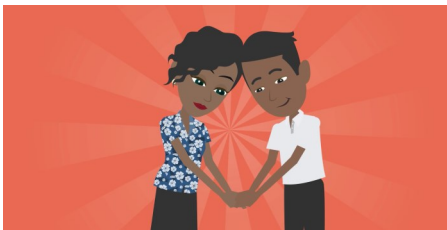
Vanhu vazhinji vanogona kurwara zvishoma vobva vapora mumazuva mashoma, kunyanya kuvana vadiki.



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



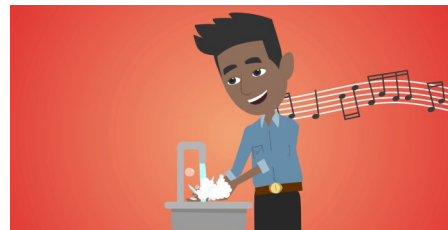
Unokwanisa kuwana chirwere ichi kana munhu anehutachiona aka kosora kana kuhotsira pedyo newe,



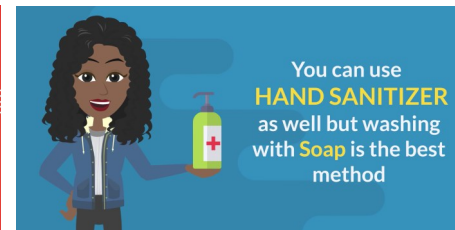
kana kuti ukaenda pedyo nemunhu ane hutachiona kana kubata chinhu chabatwa nemunhu ane hutachiona wozobata kumeso kwako.



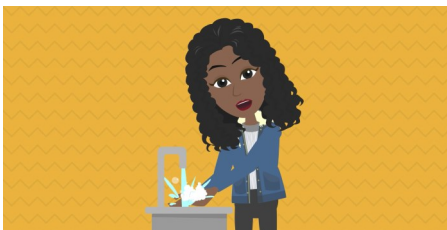
Pane zvakanwanda zvaunogona kuita kuti usabatire hutachiona uhu, uye kuchengetedza vanhu vakakutenderedza.



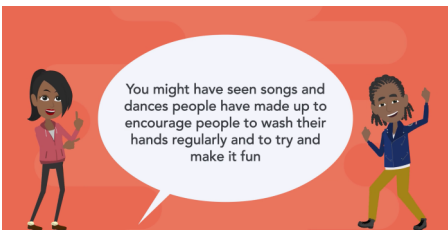
Unosarudza rwiyo rwaunofarira kuti ushandise pakugeza maoko ako.



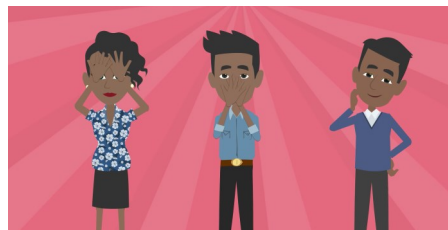
Unokwanisa kushandisa mushonga wemaoko unouraya hutachiona uhu (hand sanitizer) asi nzira inonyanyoshanda kugeza maoko nesipo



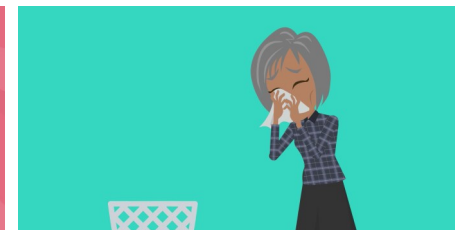
Chinhu chakanyanyokosha kugeza maoko ako.



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



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



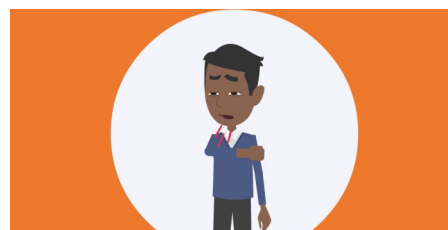
Kana uchikosora kana kuhotsira shandisa tissue kuvharidzira chikoso wobva wakurumidza kurasa tissue wapedza kushandisa



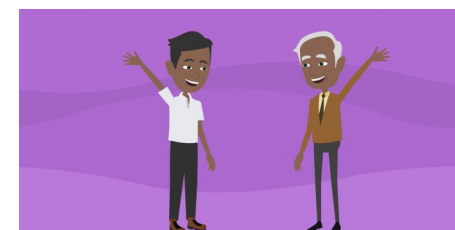
Unofanirwa kugeza maoko ako kwemasekondi anokwana kuita 20,



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



kana kuti unokosorera mugokora sezvo usingakwanisi kubata kumeso kwako.



Vanhu vakawanda vakamira kumhorosana nemaoko kana kumbundirana pavanosangana