



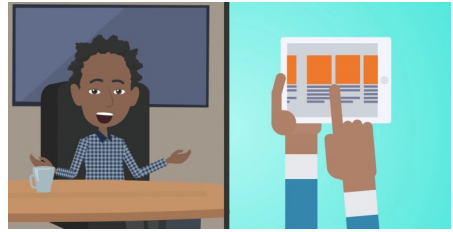
Sikhuluma nge COVID 19



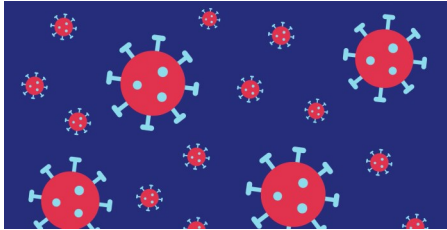


Salibonani, ibizo lami nguFatima

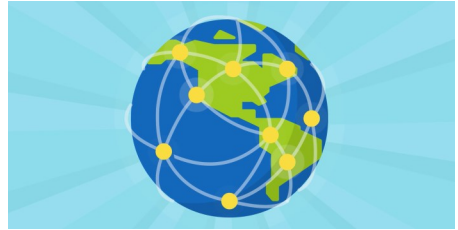
Ngicabange ukuthi lingafuna ukuba kwazi ngeCoronavirus le ekhulunywa ngabantu bonke mhlaba wonke jikelele



Kunengi okukhulunywa kuntathelizindaba laku internet, okunengi kucina kungazwisiseki yekelani ngilitshele engikwaziyo



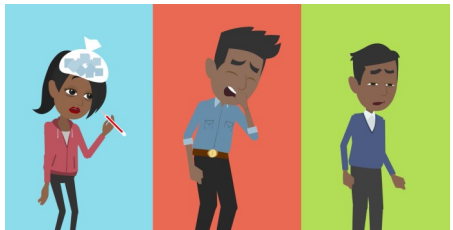
Coronaviruses yimuli enkulu yama-gcikwane ebangela ukugula okuhlanganisela ukukhwehlela esikujayeleyo



Igcikwane leli libangela ukugula mhlaba wonke jikelele enyangeni ezidlulileyo sekwenze ukuthi bayinikeze ibizo lokuthi 'COVID 19'.



uCOVID umelele ukuthi 'coronavirus disease', u19 umele u2019, umnyaka eyaqala ngawo



Abantu abathola iCOVID-19 baqala ngokukhwehlela okwamalanga amalutshwane, besekulandela ukukhwehlela okuwomileyo njalo abanye bacina bephefumula nzima

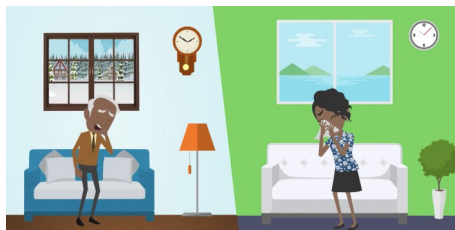


Kungangezelela, kuyabe sekumele baye esibhedlela

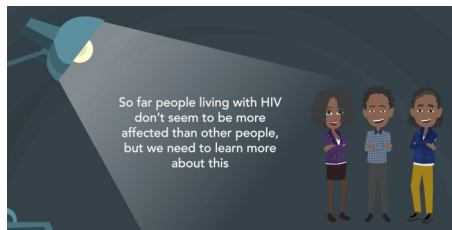
Abanye bacina besiba lomphimbo obuhlungu lesifuba esibuhlungu



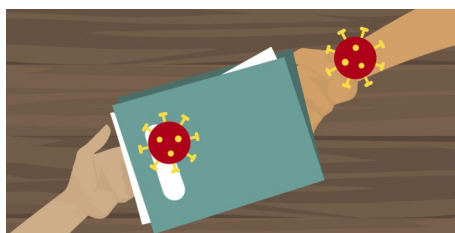
Abanengi baba lezibonakaliso ezincane basheshe balulame ikakhulu abantwana



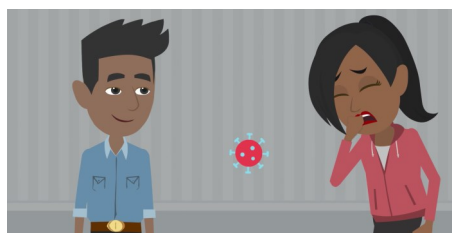
Kungenani, abagugileyo labalemizimba engaqinanga, njalo abantu abagula ngemikhuhlane enjenge asima lomkhuhlane wofuba (TB) bangaba lezitshengiselo eziphezulu. Yikho kuqakathekile ukuthi sizame ngendlela zonke ukuqeda leli gcikwane



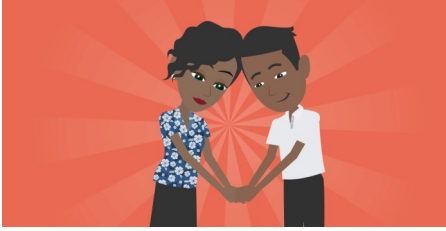
Okwakathesi akukatshengiseli ukuthi abantu abaleHIV baphanjaniswa kakhulu, kodwa kumele sifunde okunengi ngalokhu. Esikwaziyo yikuthi ukunatha kuhle njalo ngendlela ama ARVs kuyaqinisa amasotsha akho omzimba, ubususenelisa ukulwa lemikhuhlane engakuhlasela



Abantu abangela zitshengiselo bangathelela abanye leli gcikwane yikho kumele sizivikele zkhathi zonke



Ungathola igcikwane nxa umuntu olalo engathimulakumbe engakhwehlela duze kwakho



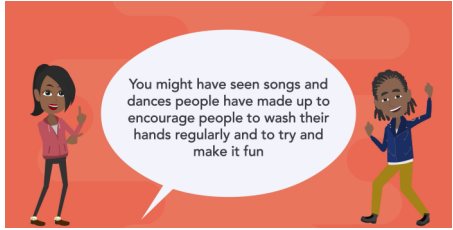
Ungaba duze lomuntu olegcikwane leli ungabamba lapho okubanjwe khona ngolegcikwane ubusubamba ubuso



Zinengi indlela ongazenza ukuthi uzi-vikele uvikele njalo abakugom-bolozeleyo.



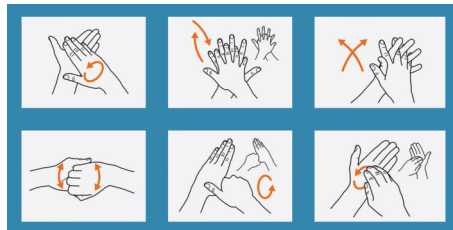
Okuqakathekileyo yikugeza izandla



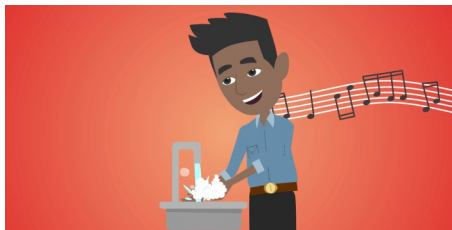
ungabe wabona ingoma lamajaivi alungiswa ngabantu ukukhuthaza ukuthi sigeze izandla zkhathi zonke



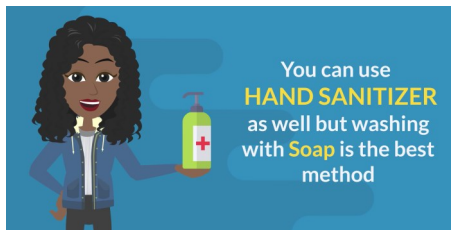
Kumele ugeze izandla okwemizuzwana angamatshumi amabili



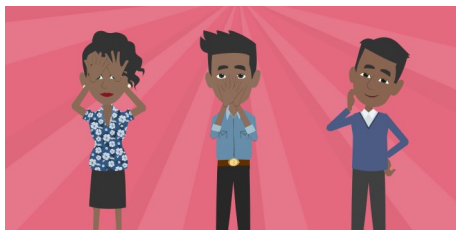
Unanzelele ukuthi ugeze phakathi laphandle, inzipho laphakathi kweminwe yakho



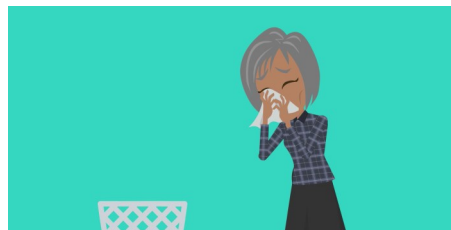
Ungakhetha ingoma oyithandayo ugide ngayo



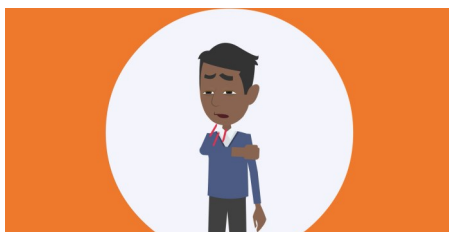
ungasebenzisa umuthi wezandla (hand sanitizer) kodwa ukusebenzisa isepa yindlela edlula zonke



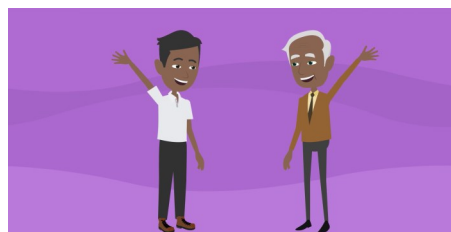
Kuqakathekile ukuthi ungabambi amehlo, amakhala lomlomo. Kakhulu nxa usendaweni elabantu abanengi ngoba igcikwane lingena ngendlela lezo



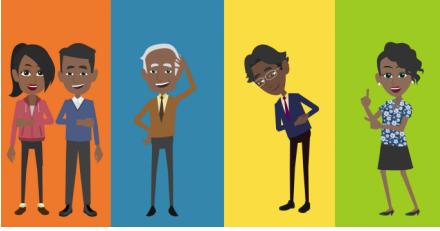
Nxa ungakhwehlela kumbe ukuthimula sebenzisa itishu ungaqeda uyilahle ngokuphangisa



Kumbe ukhwehlelele phakathi kwendololwane, ngoba ngeke ubambe ubuso ngayo



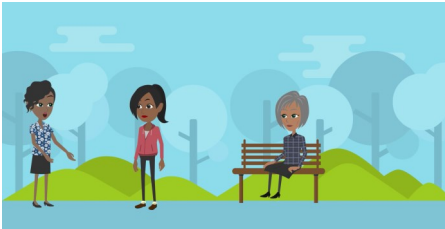
Abantu abanengi sebama ukuxhawulana nxa behlangana



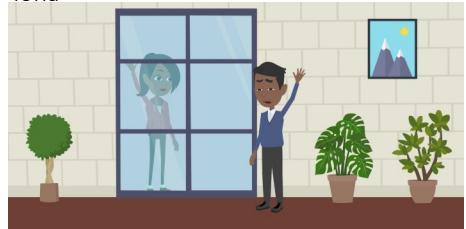
Kungabayindlela engajwayelekanga kodwa ulakho ukulungisa indlela zokuthi libingelelane. Lingasebenzisa indololwane, ukubhahayisa, ukukhothama kumbe ukugida nje!



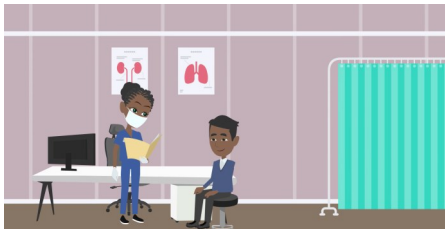
Abantu bayacelwa ukuthi bahlale ezindlini. kuqakathekile ukungayi endaweni elabantu abanengi ngalesisikhathi loba bengela zitshengiselo, ngoba abanye bengabe belalo igcikwane leli njalo bengakupha lona



Kubalulekile njalo ukuba lapho okubetha umoya lokutshiya indawo ekwana isandla sakho, khatshana labantu ohlangana labo. Usungezwa abantu bekubiza ngokuthi yi 'social distancing'



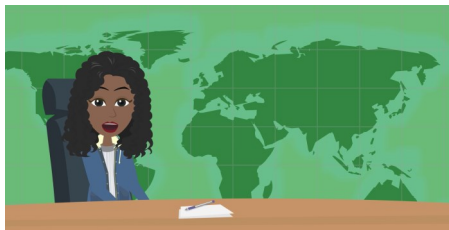
Nxa ulezitshengiselo zeCOVID-19 kumele uhlale endlini uvikele abanye abantu



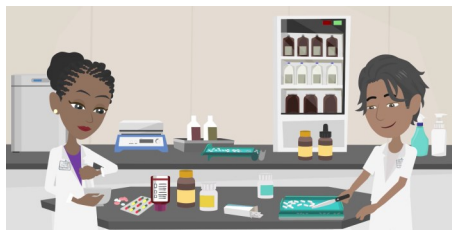
Abempilakahle bazakuxwayisa oko-kwenza njalo uhulumende unikeza ulwazi olunengi Okuqakathekileyo



iCOVID-19 ligcikwane elitsha njalo kunengi esingakabi kwazi ngalo



Yikho kulokunengi ezindabeni lemisa-kazweni



Langa linye ngalinye, amasayentisti badinga indlela ezokuvikela abantu behlise ukumemetheka kwegcikwane leli



Ngendaba zokuthi okunengi kuyantshintsha kuba lemibuzo emineni esingeke sayiphendula, okungenza uzizwe ukhathazekile. Lawe ungazizwa ukhathazekile, lokhu kuvame ukwenzakala



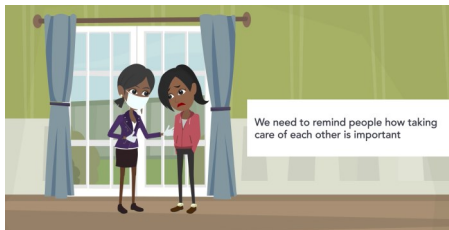
Kuqakathekile ukukhumbula ukuthi abantu abanengi bayancedisana ukuthi uhlale uphephile, abahlanganisela omongikazi, ababalisi, abasigcinayo lamasayentisti



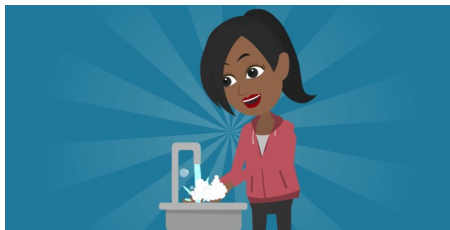
njalo abantu bamatasatasa mhlaba wonke jikelele ukuthola umuthi



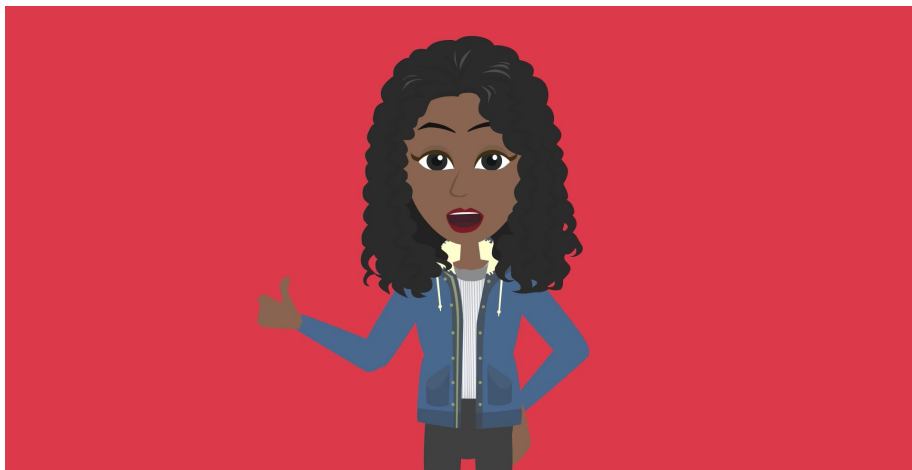
Ngenxa yokuthi asikwazi konke ngegicikwane leli, abantu bakhathazekile ukubakwazi ukuthi livela ngaphi lokuthi laqala njani. Kodwa okuqakathekileyo yikuthi sibekwazi ukuthi iCOVID-19 ingakuthola noma ngaphi. Akulandaba ukuthi abantu basuka ngaphi. Kumele sivikelelane



Siyakwazi ukuthi ubandlululo lubuhlungu njalo lungenza abantu bezisuse kwabanye. Kumele sikhumbuzane ukuthi ukunakekelana kuqakathekile.



Asiqhubekeni sigeza izandla, silalele izixwayiso zokuthi singavikeleka njani labanye abasigombolozelayo



Njalo siqhubeke ngomusa kwabanye!

Kubhalwe njalo kwakhiqizwa yi Zvandiri Youth

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