

NDEBELE

UKUKHULUMA NGE COVID-19 LE MPI LWAKAHLE YENGQONDO





UKUKHULUMA NGE COVID-19 LE MPILWAKAHLE YENGQONDO

NDEBELE



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SAKUBONA, IBIZO LAMI
NGUTAKU. NGILAPHA
LIKUZOKHULUMA LAWE
MAYELANA LEUPHILILE
YEZENGQONDO.



MAD

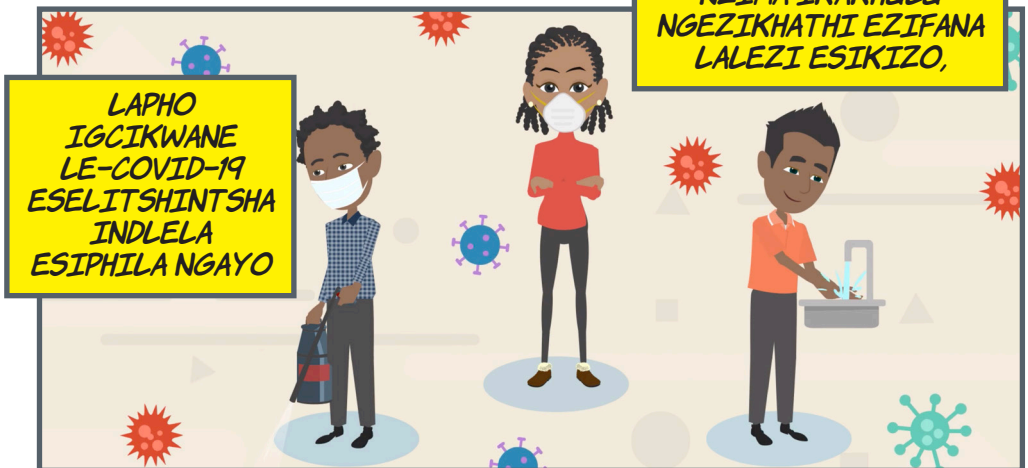
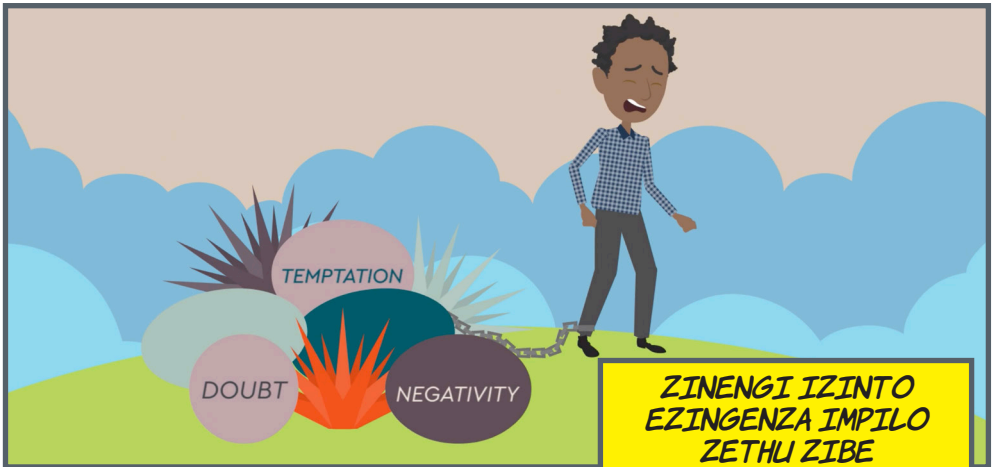
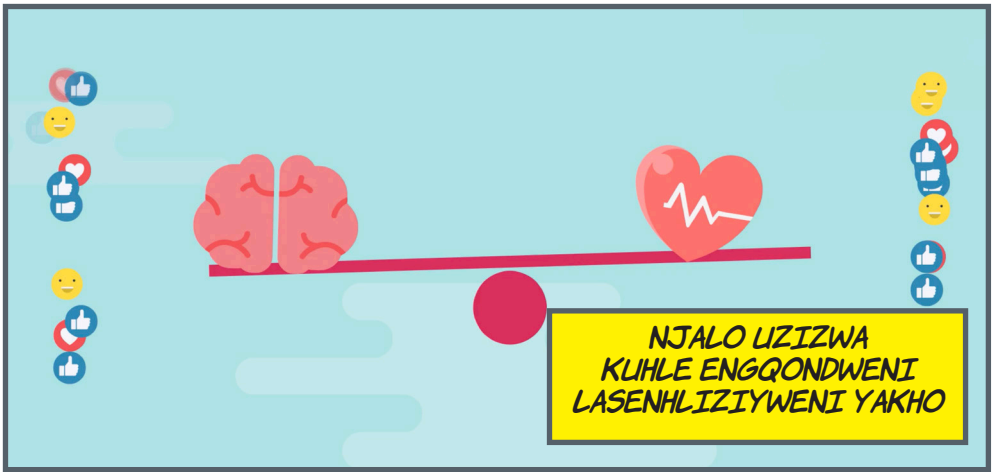
CRAZY



ABANYE ABANTU BACABANGA UKLUTHI LOKHO
KUTSHO UKUHLANYA KLIMBE UKUPHAMBANA
INGQONDO, KODWA AYISIKHO



KUTSHO LUKUHLALA LIPHILE KAHLE





Anxiety

NGEZIKHATHI
ZOBUNZIMA
LINGAZIZWA
UKHATHAZEKILE,
KHONA OKWENZAKALA
NXA UMUNTU
EKHATHAZEKA
KAKHULU



Depressed

KUMBE LINGAZIZWA UHLULUKELIWE,
KHONA OKWENZAKALA LAPHO UMUNTU
EZIZWA ELOKUDANA OKUKHULU NJALO
ESWELA ITHEMBA



SUICIDE

LAPHO UKUZIZWA
UHLULUKELIWE
KAKHULU KUNGABANGELA
UKUBA LEMICABANGO
YOKUZIBULALA



LIMA LIHLANGANA
LOKUSONGELWA KUMBE
LIDLAKAME



KLINGABANGELA UKWESABA
LOKUKHATHAZEKA UKUTHI
UKUSONGELWA KUNGAPHINDA
KWENZAKALE KUIWE.

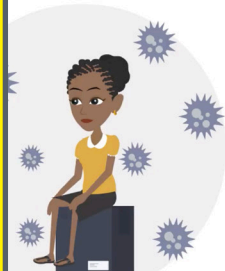




COVID-19



LINGAKHATHAZEKA
UKUTHI IGCIKWANE LE-
COVID-19 LIYISONGO
EMPILWENI YAKHO
KUMBE EMLINTWINI
OMTHANDAYO
OKUNGABANGELA
IMIZWA LE



Poor
Concentration

Irritable And
Angry

Depression

Anxiety

Worry

Fear



LIKUHLULUKELEKA, LIKUKHATHAZEKA, LIKWESABA KANYE
LOKUNGAHLAILESEKI KLINGATSHO UKUTHI AWLIYIKHOLISI
IMPILO YAKHO, KUMBE LIYEHLULEKA LIKUGXILISA INGQONDO,
KUMBE LIZIZWA LICAPHLIKILE NJALO LILOKUZONDA



Poor Sleep



Fast
breathing



Pounding
Heart



Poor
Appetite



Headaches

INKINGA LEZI ZINGAPHINDA FUTHI
ZIKUBANGELE UKUTHI LINGAZIZWA KAHLE
EMZIMBENI, OKUGOQELA UKUPHEFUMULA
NGOKUPHANGISA, UKUTSHAYA KWENHLIZIYO,
UKUNGALALI KUHLE, UKUNGADLI OKWANELEYO
KANYE LOKUTSHAYWA LIKHANDA

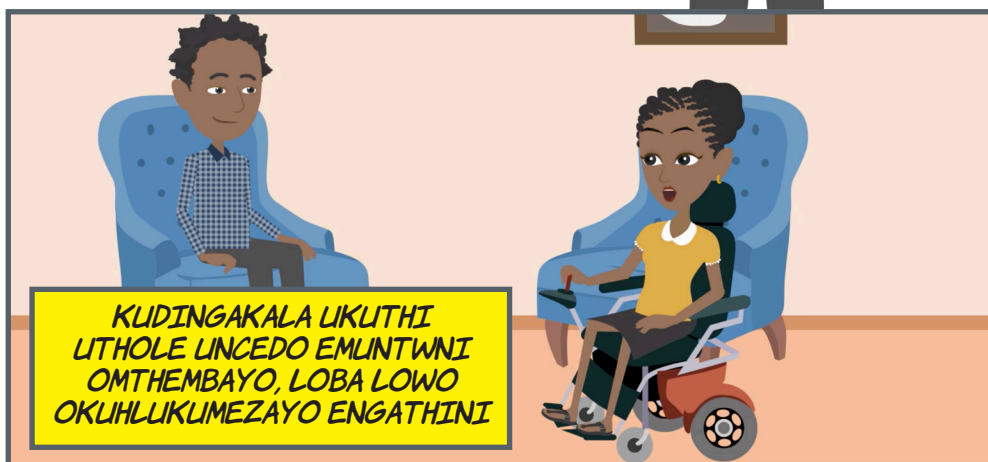


NGEZIKHATHI
ZOKUHLULUKELWA,
LIDLAKAME KANYE
LOKUHLUKUNYEZWA
KUNGAYANDA EZINDLINI
LASEZIMULINI

**NOT
OK**



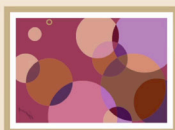
LIKUHLUKUNYEZWA KOHLOBO
LOBA YILUPHI AKULUNGANGA



KUDINGAKALA UKUTHI
LITHOLE LINCEDO EMUNTWNI
OMTHEMBAYO, LOBA LOWO
OKUHLUKUMEZAYO ENGATHINI



**UNGALINGEKA UKUTHI USEBENZISE OKUDAKAYO
OKUFANA LOTSHWALA KLIMBE IZIDAKAMIZWA**



**UCABANGA
UKUTHI LOKHU
KUZAKUNCEDA
UKUTHI
UBHEKANE
LEMIZWA ENZIMA**



**LOBA LEZI ZINTO
ZINGENZA UKUTHI NGANI
ZIYANCEDA NGESIKHATHI
LESO, ZIYABE
ZIVELE ZIYEHLISA
UKWENELISA KWAKHO
UKUTHI UBHEKANE
LOKUNCINDEZEKA
NJALO KWENZE UKUTHI
UKHATHAZEKE NGAMANDLA**

LAPHO MA LINATHA
LITSHWALA KLIMBE
LUSEBENZISA
IZIDAKAMIZWA



LIDLAKAME

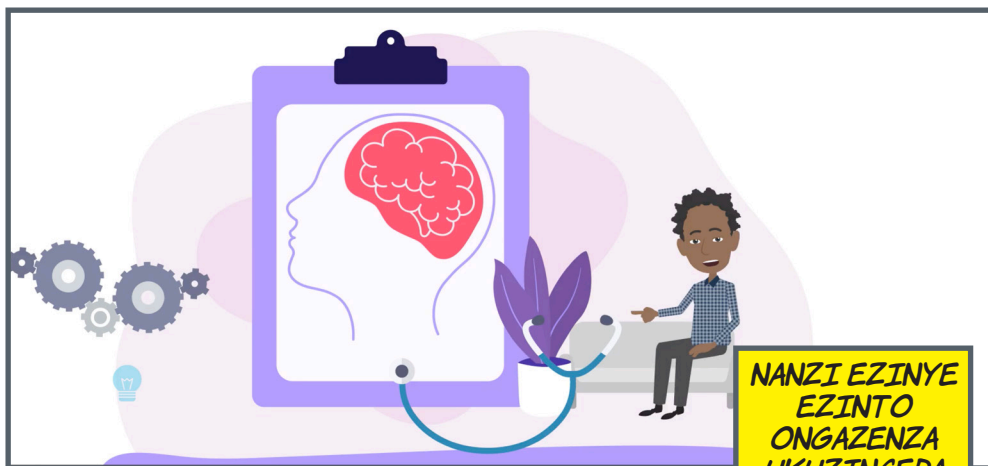
LIKUTHATHA
IZINQUMO EZIMBI

KANYE
LOKUZIPHATHA
NGENGOZI
KUNGENZEZELEKA

LIZINAKEKELE
WENA



KANJALO,
KLIMQOKA LKUTHI
LIZINAKEKELE WENA



**NANZI EZINYE
EZINTO
ONGAZENZA
UKUZINCELA
UKUSEKELA
IUPHILILE
YENGQONDO
YAKHO**

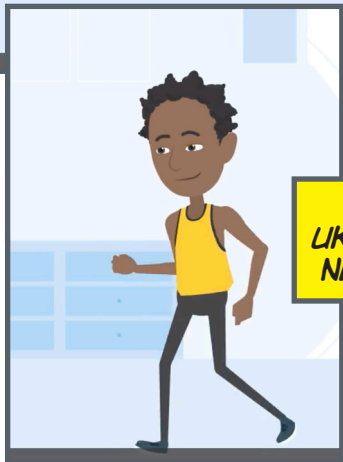
**THOLA UMUNTU ONGAKHULUMA
LAYE NGEMIZWA YAKHO**



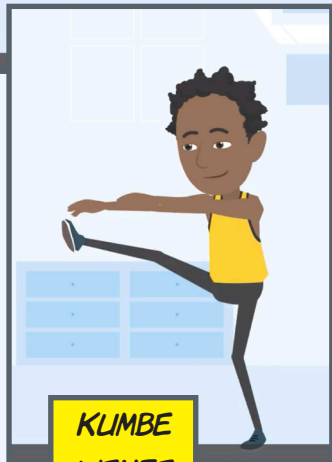
**LIKUKHULUMA IMICABANGO YAKHO KANYE LOKUBA
LOMUNTU OKUZWISISAYO KUNGANCEDA KAKHULU**



**NYAKAZISA UMZIMBA, LOBA UNGENELISI UKUPHLUMA PHANDLE
LIZIHAMBAHAMBELE YENZA OKUKWANISAYO ENDLINI**



**ZAMA
UKUGIJIMA
NDAWONYE**



**KUMBE
WENZE**



**AMA SQUATS KUMBE
AMA SIT-LIPS**

**KUYANCEDA UKWENZA LOKHU
LOMUNYE UMUNTU KHONA
LIYAKHUTHAZANA**



DLANA KUHLE...



**...ULALE
OKWANELEYO**

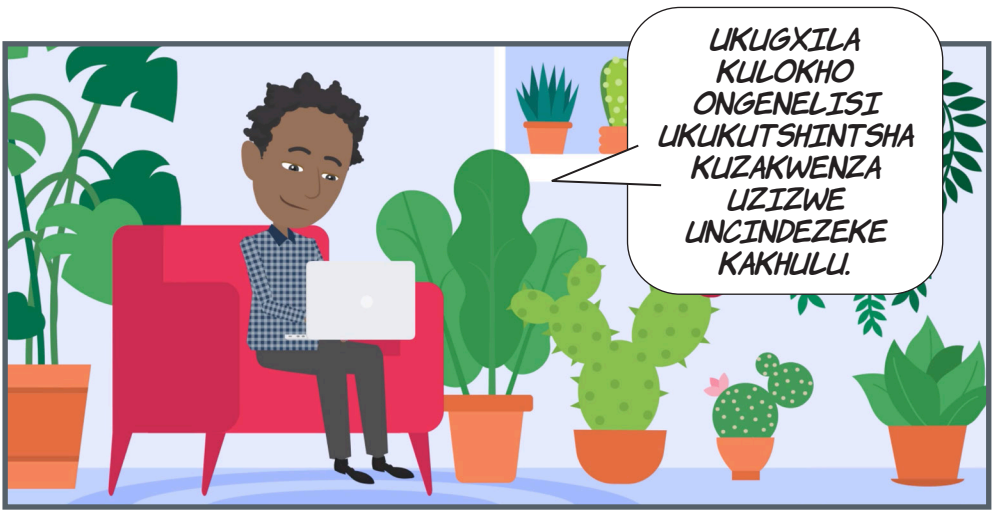


**UKUZINAKEKELA
IMIZIMBA YETHU
KUPHINDA KUNCEDE
INGQONDO ZETHU**



**GXILA
EZINTWENI
OYENELISA
UKUZILAWULA**

**IZINTO OYENELISA
UKUZILAWULA
ZIHLEZI ZIKHONA
KANYE LALEZO
ONGENELISIYO**



CABANGA
NGALOKHO
ONGAKWENZA;
LIKWENZE

UZABONA
UKUTHI
AWUKALAHLI
ITHEMBA
LONKE





**UZIPHE ISIKHATHI
SOKUTHI
LINGAKHATHAZEKI**

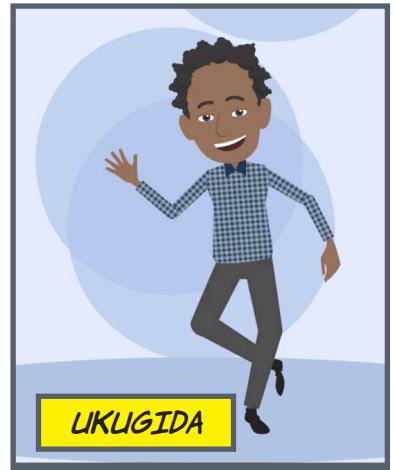
**YENZA IZINTO
EZIZASUSA
INGQONDO YAKHO
ENKINGENI,
LOBA KUNGABA
NGOKWESIKHATHI
ESIFITSHANE**



**LOKHU KUNGATSHO UKUBUKELA
LIMABONAKUDE**



LIKULDLALA LIMDLALO



LIKUGIDA



BHALA PHANSI
IZINTO
EZIKUNCEDA
LIKUTHI LISUSE
INGQONDO YAKHO
KUNKATHAZO
ZAKHO NJALO
UZAME UKWENZA
OKUTHILE
MALANGA WONKE

YENZA IZINTO

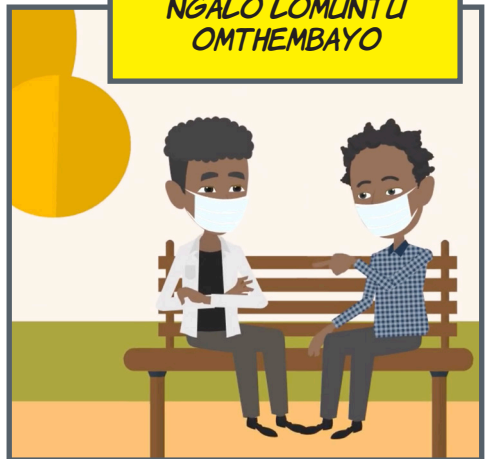
EZISUNGULA

UTSHINTSHO

LOKHU KUNGABA
YIKUTSHINTSHA
LHLLIPHO
LWAKHONA,
KUMBE INDLELA
OLUBONA NGAYO



LOKHU KUNGAGOQELA
LIKUKHULUMA
NGALO LOMLINTU
OMTHEMBAYO



UKUBHALA
EGWALWENI UKUZE
LIVEZE IMICABANGO
YAKHO...

...UKULALELA
EZOMCULO KANYE
LOKUHLABELA
KUNGATSHINTSHA
INDLELA OZIZWA
NGAYO

UKUHLABELA NDAWONYE LABANYE OHLALA
LABO KUNGANCEDA FUTHI

KUMBE UKUTHATHA
ISIKHATHI UKHULEKA

**1. UNGAZAMA
UKWEHLISA UMOYA
KANYE LENGQONDO
YAKHO NGOKUQHUBA
EZOKUPHEFUMULA**

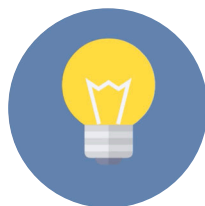
**3. HOTSHA UMOYA KANCANE
NJALO NGOKUJULA UBALA USIYA
FIKA KOKUNE, UBAMBE UMOYA
WAKHO LIBALE USIYA KOKUNE
LIBESUWUKHIPHELA PHANDLE
UBALA USIYA FIKA KOKUNE**

**2. HLALA
UKHULULEKE
LIBE SLIGXILA
EKUPHEFUMULENI
KWAKHO**

**4. YENZA LOKHU
UKUPHINDAPHINDA
OKWEMIZIZU
EMBALWA. KUMELE
KUKWENZE
LIZIZWE UYEHLISE
UMOYA**



**UKWENZE LOKHU MALANGA
WONKE, LOBA UNGASAZIZWA
UNCINDEZEKILE KAKHULI.
UNGABELANA LABANYE
OBATHANDAYO IMICABANGO
LE, KUNGABANCEDA LABO
FUTHI**



**KHUMBULA FUTHI UKUTHI
KUIQAKATHEKILE KATHESI
OKWEDLULA NINI
UKUZINAKEKELA UMZIMBA
KANYE LENGQONDO YAKHO,
UKUHLALA UPHILE KAHLE
NJALO ULENTOKOZO**



JABULA

UPHILILE



OPPORTUNITIES
GOALS
Fun
Smile
HOPE
Trust
sing
Hospital
support
unleash
smile live
Dancing
our own books

PURPOSE
Well-being
Change
Adaptation
Peace
Engagement
Empowerment
CONFIDENCE
SAFETY

Fun
Care
Learning
Education
Trust
Safety
Skill
Dance

Viral
A voice
Pride
Access
Growth
Skills
Safety
Peace

HEARING AIDS
SHINE
PEACE
DREAMS
LIFE

TRAINING
CD
LOVE
MEDICINES
SAFETY
DANCE
EDUCATION

SUPPORT
SKILLS
Belief
Strength
Zimbabwe
Harmless
Ourselves
PROTECTION

Dental Care
HAPPINESS
Access to treatment & care



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