

hela mudi kumalung'a kudiwu musong'u nawa neyi mujimba wunatati, kakohu nikukala mukoona.

- Twalekenuhu kwamwisha mwanenu hela neyi munakwachiki kuniwu musong'u hela munakufwikila kwikala nakabubu mulong'a kabubu kenaka hikawanikang'a wanyi mumayeli.. Akamama adi namusong'u wa COVID-19 atela kuvwala kadihina kakubuta kukanwa nikumuzulu hakwamusha mwanindi; weleku kumakasa henohu kanda mukwati mwana nihansa yakumukwata, twalekang'u tuhu nimpinji yejima kuwahisha malung'a amboka.
- Twalekenuhu kukwata mukeki nakuhemba chiwahi ikowa dindi.
- Ihulenu nkong'i mukwakusapulwisha hela ndotolu kwilung'a kunatong'ojokiye neyi kunashikilimu kusapulukilaku kulonda kukeheshaku kwakama nikuyaku mumpinji yashikilamu.
- Twalekenuhu kukwatahu makasa munyidimu yakuukewa, kubombelahu nikwasewa jitombi hanyima yakuvwalika mukeki.
- Anyana adi nayaka yitanu nakufunta mwishina atela wanyi kuvwala kadihina kakubuta kumazulu nakukanwa.. Chinu chinemeeni hakuking'a nikwakameena mwana nawuswa washikilamu waktwasha kuvwala tumahina twakubuta kumazulu nakukanwa kwakubula kukala..

Anyana adi kumashikola anyanya mujinjila mwakuyitang'isha mwakuking'ila musong'u wa COVID 19

- Shinshikenuhu hayilwilu yayiwahi yakudiking'ilamu yidi neyi kubuta kukanwa

- Nihakupemba kuzatisha hadivungila ikokola nikuwela kumakasa mumpinji himpinji.
- Imbenu kamina iku munakuwela kumakasa kulonda mushikij mpinji yetejewa ya 20 sekodi. Anyana niwena anatweshi kuwela kumakasa nayitambu yakuwelesha kumakasa.
- Wanenuku njila yakukolesha mudimu wakuwela kumakasa nakuyifwakwija hakashinshi kawu kakuwela kumakasa mumpinji himpinji.
- Zatishenu tuyuma tuyifwikija twakulumbulula yinjikijilu (kupemba, kukohola, kutatashana kwa mujimba) niyakwila neyi anakati (chakutalilahu. Kukata kwa Yuma yinu: mutu, mwivumu, kutiya kutata hela kusweja kuzeya) ninjila yakukundejelamu muntu ona wakata (kushinshika hakwiluka munakuhitayi nikudikunda.).
- Kwashenu anyana kushakama mukudambula nawakwawu, kuhitila mukolola makasa ,atela kushiyamu ilung'a dashikilamu kulonda kubula kukwata mabwambu jawu
- Talenu nenu munakutiylila kunyabu yawanyana nakwakula malwihu awu kulondela yaka yikwetiwu.



NSANG'U YAKUTALA HADI NYANA HAKWIKALA NIWENA HIYANTU



Anyana yakeng'eka kuyiking'a kumusong'u wa COVID 19 niwena hiyantu. !!!!

COVID-19 hichumanyi

COVID-19 himusong'u waletang'awu kutububu twa coronavirus. 'CO' yalumbulula corona, 'VI' yalumbulula virus, ni 'D' yalumbulula musongu. Musongu wunu ading'a nakuwutena nawu '2019 novel coronavirus' hela netu '2019-Covid.' COVID-19 hitububu twatwiha tudi hezanvu dodimu datububu tunakundami hamu na Severe Acute Respiratory Syndrome (SARS) kubombelahu kunyichidi yikwawu yayipwembu.

COVID-19 yekala nayinjikijilu yamuchidinyi?

Yinjikijilu yinatweshi kwikala iyi.kutata mujimba, Kakohu nikujika kutulu hakona. Neyi musongu wunasweji kukukwata,wunatweshi kwikala namusongu wakabanvu hela kukala mukona. Mpinji yikwawu, musong'u wunu wunatweshi kuletsha muntu kufwa. Yinjikijilu yeniyi yekala neyi yachipwembu ,yaswejang'a kumwekana nankashi kubadika COVID-19. Kupimisha kwekala kwasweja kulema kulonda kuwana walala neyi muntu wudi namusong'u wa COVID-19.

Munjilanyi mwatadilang'a musongu wa COVID-19?

Tububu twatandang'a kuhitila mukuchihula nimakohola kusapukila kufuma kudi muntu wudi natububu (yekalang'aku kuhitila mukukohola nimukupemba). Antu anatweshi kukwachika cheng'I kutububu kuhitila mukukwata- kwata hayuma hadi tububu kushilahu nikukwata mumesu,kumuzulu,nakukanwa). Musongu wa COVID-19 hekwapu wunatweshi kwikala hehulu dahuma hapinji yayilehi ilang'a yitumbu yaswayi yakufwafumwina

yinatweshi kuyijiha.

Hinyi wudi mukukala kwakukata musong'u iwu?

Tunakutang'a nankashi hamusongu wa COVID-19 muwaletelang'a kukala kudi antu hefuku hefuku. Atushinakaji kubombelahu ninawa anakuhandila nayitumbu nanyisong'u yakufwana neyi musong'u wa shuka, nawamuchima, diwanelukewi neyi adi mukukala nankashi kwakwikala nayinjikijilu yamaneni yaniwu musong'u. Neyi kushinshika hadi akabubu kakaha, tuchidi kutang'a munjila muwakwatilang'a anyana.. Tweluka netu antu ejima anatweshi kukwatika kukabubu aka ,ilang'a chayinu mpinji kudi hohu nambala yaanyanya yantesha yinakwatiki kuniwu musongu wa COVID-19.. Kabubu kenaka kakaha ,tukukengeka kukunaminamu kutang'a mukakwatilang'a nyana. Kabubu kenaka kanatweshi kuleta kukala kwakufwa, champinji yinu chinelukewi neyi antu atushinakaji ekala dehi nakukala kwatukati diwatweshi kwikala mukukala kweneni..

Njilanyi mwakukeheshela nikukang'esha musongu wa COVID-19?

Yikatu yinakundami kukona yidi neyi chipwembu, njila yakuking'ilamu kupompa kwawantu amavulu kwalema mukukeheshaku nyisongu kutanda. Kudiking'a akwetung'a kudi hayuma yinu

Njila yahefuku hefuku hakachi kaniyi:

- Kushakama hetala neyi wakata.
- Kubuta kukanwa nikumazulu namukachi kakokola mwadivung'ila muwina mwakunatila majilu chikasa hela ipepa da dovu hakukohola hela hakupemba nakudinata muwina

mwakunatila majilu.

- Natenu ipepa datisu munazatishi kwakubula kulaba.
- Kuwela kumakasa mwanti mwanti namulola nimenji atoka akubula majilu
- Kuwahisha hayuma munakukwata- kwata. Tunakudiza nankashi hansangu ya COVID-19 ichinaleteshi nawa ankong'i atalang'a hanyidimu yayipatela kufuukula kubombelahu nyidimu yikwawu yakuzata..

COVID-19 anakuyukang'a ng'ahi?

Kwosi yitumbu yidiku yakuuka nachu musong'u wa COVID-19. Helachochu, yinjikijilu yayivulu yinatweshi kuukewa kuukewa swayi kudi nkong'i wamuchipatela kunatweshi kukeheshaku musong'u kufwana..Kudi nyidimu yayivulu yinakushinshikawu hakuuka kwa musong'u wa COVID-19.

Hela kwosi wunsahu wunelukewi wamukamama kutambwisha kabubu mukeki hampinji yidiyi nevumu nihakusampuluka, UNICEF yinafuukuli neyi akamama adi namavumu atela:

- Kulondela njila yakudiking'ilamu kukwatika kukabubu, kusha maana hakushinshika hayinjikijilu yamusong'u wa COVID-19 nakutambula wukwashi kuyipatela yidi kukamwihi neyi mudi nakukala hela yinjikijilu yamusong'u.
- Zatenu mudimu wakukang'esha musong'u wa COVID -19 neyi chinakwilawu antu makwawu dizenu kudambula nukudishilamu ilung'a bayi kuwanika kukupompa kwawantu amavulu nikuzatisha makina amakoonu munyidimu yakuyuka:
- Mwatela kunyakashana kuukewa neyi mwilung'a mwashakama mudi musong'u