

- Kuya kuvipatela washi nge vatwama muvihela vize vinengilila namusongo khana chipwe vili muulyanyi nakupwa nachishika shika, kakoho chipwe ukalu wakuhwima;
- Kutwalililaho nakwamwisa vakhemba javo numba vali lyehi nakathutu khana chipwe vali nakulishinganyekela ngwavo vanakwachiwa nakathutu khana mwomwo kathutu khana kanda vachimuwane muusoli soli wamavale aze vanakwamwisa. Visemi javana vali namusongo wa COVID-19 vatela kuvwala mahina akuliuva hatunwa nahamazulu halwola navamwisa vakhemba javo; kusana kumavoko shimbu kanda vachikwate khemba javo nahakufuma hakumukwata wash; haze nawa nakufwafumwina vitumbo mangana vajihe tuthutu havyuma vyakukwata kwata nganomu nganomu;
- Kutwalililaho nakukwata nakulela khemba javo mujila ize yatela;
- Kuhula chifungiji chavo chipwe ndotolo haze navachiwana ngwavo chinapu chakutamo kusapulukilaho nakupwa navishinganyeka vyalusemo kuchinyisa kulizakamina nakumona ngwavo vanahase kuheta kuchihela khana mulwola;
- Kutwalililaho nakutambula kukafwa chakufuma kuvipatela, hali kupalisa chavana nakuvahana vitumbo mulwola mulwola, kufuma hakusapuluka chauze khemba.
- Vanyike vaze kanda vachihetese hamyaka itanu (5 years) navaze vali mwishi kavatela kuvwala mahina akuliuva hameso nahatunwako. Echi chinemanyina chikuma hakukingako nakuhaka muchima hali vaze vanyike haze nawa nakupwa nangolo jakutamo jakuzachisa mahina khana chakuhona kukafwa chachinene.

## **Kulongesa vanyike vaze vachili kumashikola amutumbo aji Preschool jijila jakulihendela kukwachiwa namusongo wa COVID 19**

- Fuvililenu hatatho yakulikangula ize yakutamo, yakufwana kufwika nakhonekelo yalvoko halwola luze mwakohola nakuphemba nakusana kumavoko nganomu nganomu.
- Imbenu kamwaso shimbu muli nakusana kumavoko enu mangana muhase kukava muthato ize vetavila yalwola lwa 20 seconds. - Vanyike vavandende vanahase “kulilongesa” kusana kumavoko avo namaji amuyachi wa hand sanitizer.
- Putukenu tatho yakuhunanana hakusana kumavoko nakuhana mawana akuzamikisa pwipwi yakusana kumavoko nganomu nganomu.
- Zachisenu tuphonya navathu vamalengeso mangana musolole vinjikizo (liphwema, kakoho, chishika shika) navyuma vize mwatela kulinga nge vanaputuka kwivwa kukola (vinjikizo; mitwe javo inakukola, mumajimo avo muli nakukola, vanakwivwa liyena nakutukuchila chipwe kuzeya chachinene) namujila mwakuvendejekela muthu uze anakwivwa kukola (kupwa namuchima wakuvendejeka hamwe nathato yakulelako muveji).
- Kuhandula vana vatwame hakasuku umwe namukwavo, kuvalongesa kulyolola vilyo vyakumavoko avo chipwe, vatela kulihandula chikuma nakulisela lihanya chakuhona kukwata mukakasendo kenya.
- Monenu ngwenu munevwilila kukuyayavala chavanyike nakukumbulula vihula vyavoye haseteko yamyaka ize yatela.

***Vanyike navakiko vatela kuvakilinga kumusongo wa COVID 19 mwomu navakiko vanapu vathu !!!!***



***LIPEPA LYAUNJIHO  
UNAKUTALA HAVANA  
KUPWA VATHU  
NAVAKIKO***



## Musongo wa COVID-19 unapu uka?

COVID-19 musongo vanakukokanga kututhutu vavavulu vavahya vavuluka ngwavo coronavirus. Vasona va 'CO' vemyanyina kupwa corona, vasona va 'VI' vemyanyina tuthutu (virus), kaha 'D' shina musongo. Tete, musongo khana vauvulukilenga ngwavo '2019 novel coronavirus' chipwe '2019-nCoV.' Tuthutu vamusongo wa COVID-19 vanapu tuthutu vavahya vanapanjika kuthanga yoyimwe namusongo waunene wamuthulo vavuluka ngwavo Severe Acute Respiratory Syndrome (SARS) hamwe namuyachi wawenyembo wakakoho naliphwema vene.

## Vinjikizo vyamusongo wa COVID-19 vinapu vika?

Hakachi kavinjikizo vyamusongo khana hanahase kupwa chishika chachinene, kukohola nakuhwilila. Nge unahete halwola lwakuhyana, musongo khana unahase kukoka musongo wakahachi chipwe ukalu wakuhwima. Musongo khana unahase kulyana, oloze kachavula chikumako. Vinjikizo khana vinalifwane naliphwema (influenza) chipwe shiki eyi vene yawenyembo, eyi inakuvulanga chikuma kuzomboka musongo wa COVID-19. Echi chikiko chuma nachizangiliwa kupima mangana vawane nge muthu ali namusongo wa COVID-19.

## Musongo wa COVID-19 unakutandanga ngachili?

Tuthutu khana vanakuvatambwilanga kuhichila mukulikunda kunda namasoto soto a n a k u f u m a n g a k u v i k o h w e l a namaphwelumbwa amuthu uze ali nawo (anakufumanga hakukohola chipwe hakuphemba). Vathu nawa vanahase kuutambula hakukwata havyuma vize vinengilila natuthutu khana kutwala muze hikulikwata kumeso avo(chinjikizo, meso, muzulu, kanwa). Tuthutu vakakukoka

musongo wa COVID-19 vanahase kutwama nakuyoyela helu lyavyuma hajiola jajivulu, oloze kufwafumwinaho navitumbo chinahase kuvajiha.

## Iya ali muulyanyi chikuma?

Tunakulinangula vyavivulu hajila musongo wa COVID-19 unakukwachila vathu hakumbi nge hakumbi. Tushinakaji, na vathu vaze vali namisongo yayikalu, yakufwana nge musongo wa shuka (diabetes) namusongo wamuchima, vanakusoloka kupwa nauyanyi waunene wakupwa navinjikizo vyavinene vyamusongo khana. Hakuwana ou katuthutu napu wamuhya tuchili nakulinangula hajijila musongo khana unakukwachilamo vanyike. Tunejiva ngwetyu chachashi kuvathu vakhala seteko kukwachiwa nakathutu khana, oloze halwola luno kunapu kaha unjiho waundende wavanyike vaze vanakukwachiwa namusongo wa COVID-19. Ou kathutu napu wamuhya shikaho twatela kulinangula mwamunene mujila unakukwachila nakuvanyike nawa. Ou kathutu nahase kulyana halwola lumwe lwakuhona kuvula, chikumanyi mukachi katushinakaji vaze vali namisongo ikwavo. Mujila muka navahashila kunyekumunako chipwe kutepulula kutanda chamusongo wa COVID-19?

Nge omu chapwa namisongo ikwavo ize inakukwatanga kuvilyo vyakuhwimina yakufwana nge shiki chipwe liphwema, jindondelo vanaseteka vakutala hakulikangula chavathu jinapu jajilemu mangana vanyekumuneko kutanda chamusongo khana. Jindondelo vanaseteka vakakutala hakulikangula chavathu hali Vitakwojoka vyakulikanga chahakumbi hakumbi shina hali vino:

- kutwama kumazuvo nge unakukola;
- Kufwika hakanwa nahamuzulu nakhonekelo halwola mukuhola nahakuphemba chipwe kuzachisa kalipepa kakavovu ka tissue halwola mukohola chipwe kuphemba. Mbilenu

kalipepa kaze munazachisa hoho vene;

- Kusana kumavoko kakavulu nasopo nameya; na
- Kuwahisa havyuma vize munakukwatanga kakavulu hamwe navinoma Omu natulinangula vyavivulu hamusongo wa COVID-19 vakakutala hakulikangula chamijimba yavathu vanahase kunehamo vitakwojoka vikwavo vyakuhakilaho.

## Vitumbo muka vyakukisa musongo wa COVID-19?

Muholyapwa ngana, kakweshi navitumbo viliko vyakukisa musongo wa COVID-19 ko.Oloze, vinjikizo vyavivulu vanahase kuvyuka kaha hakutambula kukafwa chakufuma kuli vakakutala hakulikangula chamijimba yavathu chinahase kutepululako ulyanyi wamusongo khana. Kuli kupima pima chachivulu vali nakulinga mangana vawane umbanda wamusongo wa COVID-19.

## Shimbu kavachitachitakijileko ngwavo hamwe kathutu khana vanahase kulitambwisako mukachi kanaye namwanenyi halwola lwakwimita nahalwola lwakusapuluka, vakazango ya UNICEF vanachitavila ngwavo vakamama vosena vaze vanemita:

- Vatela kukava mujindondelo josena jakulikanga vavene kukathutu khana, kulihunanana vavene havinjikizo vyamusongo wa COVID-19 nakuya nakutambula unjiho wakuvevulula kuvipatela vanaseteka vili hakamwihi nge navamona ngwavo vali navinjikizo khana;
- Kulilama mujila yoyimwe yakukanyishilamo kukwachiwa namusongo wa COVID-19 nge muze vali nakulinga vathu vakwavo vosena: kulilama nathato yakulihenda kuvathu vakwavo, kulihenda kuvilika vyavathu muchivulu nakuzachisa makina amakumbi ano a online mangana vawane mwakuvokila;