

kupya mubili nokuba kukola antela kufwundilila kuyoya .

- Kuzumanana kunyonsya mwana kunkolo nokuba kuti bajisi bulwazi nokuba kuti bayeeya kuti bajisi bulwazi mukuti bulwazi tabunajanwa mumubili wanu mukuti mukupa wakabwezyegwa wakunkola tiwakajanika aabulwazi pe.
- Bamamama bajisi bulwazi bwa COVID-19 beelede kusama mask ciindi nobasanina mwanaabo muvwanda;
- Kusamba kumaanza kamutaninga jata nokuba mwamana kujata mwana;
- Kuzumanana kulanganya lyoonse mwana wenu muvwanda;
- Kulomba batumbusya amadokotela kwalo nkobalimvwa kuti mpaabusena bulikabotu kutumbukila alimwi akulibambila bweelede bwakutumbuka kutegwa kuti kube kucesa kuyooa alimwi akubona kuti basika kubusena mucindi;
- Kuzumanana kupa busilisi buyandikana, kusanganya kuzumanana ciindi aciindi kupa musamu wakukwabilila malwazi, kuzwa mwana azyalwa.
- Bana bajisi myaka yosanwe (5 years) amyaka iitasiki kuli yosanwe tabeelede kusama ma masks pe.

### **Nzila zyakuyiisya Bana baciya mumuzenge (Preschool) kukwabilila bulwazi bwa COVID 19**

- Kulanganya kuba aabukkale bwakuba aanseba zyilikabotu, mbuuli kulivwumba akukola aakwesyemuka kubelesya kakokola mokali mukati akusamba kumaanza ciindi aciindi.
- A m w i i m b e k a i m b o k u m w i

mwanikusamba mumaanza kutegwa mucikonzye kutola ciindi cilampa 20 seconds. Bana inga bacikonzya kusamba mumaanza kubelesya hand sanitizer .

- Amubikke nzila yakunakusamba kumaanza akupa kulumbula mukuzumanana kusamba kumaanza ciindi aciindi.
- Amubambe cakunakubelesya mbuuli tudooli kupa citondezyo cambuli muntu u ujisi bulwazi m b a b o n e k a (kweesyemuka, kukola, kumvwa mpeyo akupya mubili kapati) alimwi acakucita kuti naa balimvwa kuciswa (mukozyanyo mutwe wabo wanikucisa, banikumvwa kucisa mwida, banikulimvwa kupya alimwi akukatala ciindilila) abwakukulwaizya uumwi muntu uuciswa (kulanganya kuba aalubomba alimwi akulanganya kabotu bweelede).
- Bana abakkalane aalamfwu kuzwa kulumwi. Ababweze ntaamu yakunakubelesya kutambika maanza abusena bulampa kuzwa kulumwi aumwi. Bana beelede kusiya busena bulamfwu kuzwa kulumwi kutegwa kuti batanikugumani abeenzyinyina akukkala.
- Amubone masimpe kuti mwabikkila maano kutwaambo tujatikizya bana akwiingula mibuzyo yabo kutobelanya amusela naa myaka njobajisi yakuzyalwa.

***Bana beelede kukwabililwa kubulwazi bwa COVID 19 mbantu abalo !!!!***



## **CIPEPA CAMALEMBO AAKULANGANYA KUTONDEZYA KUTI BANA MBANTU ABALO**



## **Sena COVID-19 ninzi?**

COVID-19 mbulwazi buboola aakazunda kanya kategwa coronavirus. 'CO' ciiminina kuti corona, 'VI' ciiminina kazunda, kakuli 'D' ciiminina bulwazi.

Oobu bulwazi bwakali kwiitwa kuti mucikuwa bulwazi bupya bwa '2019 novel coronavirus' antela '2019-nCoV.' Kazunda kabulwazi bwa COVID-19 virus nkazunda kanya kali mumukwashi omwe amalwazi aamwi aalwana bantu kapati mbuuli bulwazi bwa Severe Acute Respiratory Syndrome (SARS) alimwi amalwazi aamwi aboola aakutontola.

## **Zyitondezyo zya COVID-19 zyilibuti?**

Zyitondezyo kuli kumvwa mpeyo akupya mubili, kukola akufwundilila kuyoya. Bulwazi nobusinizyide kapati inga bwapa kuti muntu amvwe kucisa kwa tusinga abuyumuyumu kuyoya. Zyiindi zyimwi bulwazi oobu bulakonzya kusiniza kapati akujaya. Eezi zyitondezyo zyilikozyenye azyitondezyo zyacisyini antela kumvwa mpeyo, zyalo ziywula kuba kubantu kwiinda mukuba kwabulwazi bwa COVID-19. Nchencico eco nchokuyandikila kupimwa kutegwa kuti muntu azyibe kuti naa ujisi bulwazi bwa COVID-19.

## **Sena bulwazi bwa COVID-19 buyambukila buti?**

Kazunda kabulwazi oobu kalayambukila kwiinda mukuguma tulokaloka kuzwa kumuntu uujisi bulwazi alimwi akujata masena aali kazunda kabulwazi oobu alimwi akujata busyu bwabo (mukozyano kulijata kumeso, mpemo nakuba kumulomo.

Kazunda kabulwazi bwa COVID-19 kalakonzya kupona kwamawoola manji, pele nkozyili nzila zyubauba zykonzya kubelesegwa kujaya kazunda aaka.

## **Mbabali bali mucilijazyo kapati cabulwazi oobu?**

Bulwazi bwa COVID-19 bulalwana bantu boonse. Pele bantu bakacembaala, abajisi malwazi aasinizyide kapati mbuli bulwazi bwa c'chuka amalwazi aamoyo, balalwanwa kapati abulwazi oobu. Kwalino tuciiya biya kujatikizya mbuuli mbokalwana bana basyoonto kazunda aaka. Tulizyi kuti bantu bamisela yoonse balakonzya kuciswa bulwazi oobu, pele cino ciindi mweelwe musyoonto uumvwika wabana bajatwa abulwazi bwa COVID-19. Oobu mbulwazi bupya, aboobo toonse tuyandikana kwiiya kujatikizya mbobulwana bana basyoonto. Oobu bulwazi mbukali kapati alimwi bulajaya muzyiindi zyimwi. Kwacino ciindi, cizyizyilwe nchakuti mbantu bakacembaala bajisi kale malwazi aamwi aabalwana bali mucilijazyo kapati abulwazi oobu.

## **Sena kuyambukila kwabulwazi bwa COVID-19 inga kwaimikwa buti antela kukwabililwa buti?**

Kutobelanya amalwazi aalwana zyizo ziyakuyoyela aali mbuli cisyini antela malwazi aamwi aboola aakutontola, nzila ziyakukwabila nseba kubuleya zyilijisi cibeela cipati mukulesya kuyambukila kwamalwazi. Nzila ziyakukwabilila bulwazi oobu ziyakabikkwa a mfulumende zijatikizya mbuli:

- Kukkala aang'anda wanikucisidwe;
- Kulivwumba kumulomo akumpemo kubelesya kakokola mokali mukati antela tissue akukola antela

akweesyemuka. Kusowa ma tissue ngimwali kubelesya campoona mpoona alimwi;

- Kusamba kumaanza ciindi aciindi kubelesya nsipa ameenda alimwi;
- Kusalazya masena azyintu ziywula kujatwajatwa. Mbuuli notwiiya akumvwa twaambo tunji tujatikizya bulwazi bwa COVID-19 babelesi banseba inga bazumanana kupa nzila zyimwi ziyakukwabilila bulwazi oobu.

## **Bulwazi bwa COVID-19 busilikwa buti?**

Kunyina musamu cino ciindi uuliko wakulwana bulwazi bwa COVID-19. Nokuba boobo, zyitondezyo zyinji inga zyasilikwa akulanganyizyigwa kuzwa kubasilisi kutegwa kuti bulwazi butakomeni kapati. Kwaciindi eecino, kuli nzila zyandeene zyicitwa ziyakusola kujanwe musamu wakukwabilila bulwazi bwa COVID-19.

## **Nokutana ziyibwa kuti naa kazunda kalakonzya kuyambukila kuzwa kuli banyina kuya kumwana muciiindi nobamitide aciindi cakutumbuka, mbunga ya UNICEF ikulwaizya kuti bamakaintu boonse bamitide balelede:**

- Kutobela nzila ziyakulikwabilila lwabo beni kuti batajati kazunda, cakusinizya balangisyisye kubona zyitondezyo zya COVID-19 aakupegwa malailile kuzwa kucibbadela cilimunsimunsi muciiindi;
- Kulitantamuna kuzwa kubantu bamwi akubelesya nzila zya online naa internet ziyakujana lugwasyo lwa zyanseba;
- Kuunka kujana busilisi muciiindi kuti naa bakkala mumasena muuli bulwazi antela mumasena muli cilijazyo cakujana bulwazi alimwi akuti kabamvwide mpeyo,