

wakwibele. Banacifyashi abali na COVID-19 bafwile ukufwala ifyakufimba pamyona napakanwa ilyo baleonsha umwana ; ukusamba kuminwe apo tabalaikata umwana elyo napanuma yakwikata umwana; elyo cilanshita ukulafumikisha umuti wakwipaya utushishi pancende apo baleikata cila nshita;

- Ukukonkanyapo ukwikata akanya elyo nokulakabika pamubil;
- Ukulomba banacimbusa nangu bashinganga uko balemona ati nakucingililwa uko bengapapila elyo nokupekanya ukupapa mukucefyako ubwafya nokumona ukutula baya kuncende panshita iyalinga;
- Ukukonkanyapo ukupokelela ukutangatwa mufyabumi, ukubikapofye ukulaswa inyeleti shakucingilila kumalwele cilanshita, panuma umwana nga afyalwa.
- Abana abali nemyaka isano nokuya panshi tabafwile ukulaifimba pamyona napakanwa. Neci kukonka nokucingilila kwabana elyo nokukwanisha bengakwanisha ukubomfya icakuifimba pamyona napakanwa ukwabula ukwafwilishiwa.

### **Abana abali mumasambililo yakutendeka (Preschool) bafwile ukufundwa ifyo bengacincintila ubulwele bwa COVID 19**

- Koseleleni pamicitile isuma iyabumi, ifili nga ukufimba pakanwa ilyo mulekola nangu ukutesula ukubomfya icifutu capankonkoni yapakuboko elyo nokusamba kuminwe cila nshita.
- Imbilenipo nakalwimbo ilyo mulesamba

kuminwe pakutula mwingafisha 20 seconds iyasuminishiwa. Abana kuti “baeshako” ukusamba kuminwe nokusuba amafuta yepaya utushishi kuminwe aya hand sanitizer.

- Bikeniko inshila yakulacecetelamo ukusamba kuminwe elyo nokulapela ifilambu cilanshita /nangu munshita munshita pakusamba pakuminwe.
- Bomfyeni ifilubi ukulanga ifishibilo (ukutesula, ukukola, umubili ukukaba) elyo nefyakucita nga cakutula baumfwa ukulwala ( ifli nga umutwe nga ulekalipa, mumala nga mulekalipa, baleumfwa ukukaba nangu ukunaka sana) elyo nefyakutensha umulwele (ukulenga balekwata uluse elyo nemicitile yakusakamana abanabo).
- Ukulenga abana baletalukana pakwikala, ukubalenga ukutambulula amaboko nangu “ukucita kwati balepupuka”, bafwile bashapo incende ikalamba pakutula tabalekumyana nabanabo.
- Moneni ukutula mwaumfwa kufileipusha abana elyo mwayasuka namepusho yabo ukukonka nemyaka yabo.

***Abana bafwile ukucingililwa kuli COVID 19 nabena bantu!!!!***



# **AKAPEPALA PABANA BANTU NABENA**



### **Bushe COVID-19 chinshi?**

COVID-19 bulwele ubuletwa notushishi utupya utwa coronavirus. 'CO' imininako corona, 'VI' imininako virus (akashishi), elyo 'D' imininako ubulwele (disease). Kale ubu bulwele bwaleitwa '2019 novel coronavirus' nangu '2019-nCoV.' Akashishi ka COVID-19 kashishi akapya akasuntinkanishiwa amalwele ya tushishi utwakakata uto beta Severe Acute Respiratory Syndrome (SARS) elyo nemitundu imbi iyacifine necifuba.

### **Bushe fishibilo nshi ifya COVID-19?**

Pafishibilo kuti paba, umubili ukukaba, icifuba elyo nokupelelwa ukupema. Nga bwatantalila, ubu bulwele kuti bwaleta akalaso nangu ukushupikwa ukupema. Kukapeleko, kuti mwatumbuka imfwa. Ifi ifishibilo fyalipalana necifine ca (influenza) nangu icifine icaseka ukucila COVID-19. Eico ukupimwa kulakabilwa ukushininkisha nga cakutula umuntu nakwata COVID-19.

### **Bushe COVID-19 isalangana shani?**

Aka kashishi ukupitila mukukumyanya notumate tusabuka ukufuma kumuntu ukwete akasalanganishiwa (ukupitila mukukola namukutesemula). Abantu kabili kuti bayambula ubu bulwele ukupitila mukwikata apali akashishi elyo baikata kumenso (ifili nga mumenso, mummyona, namu mukanwa). Akashishi ka COVID-19 kuti kaikala pancende panshita iyitali, lelo ukufumikishapo umuti kuti kwalenga kafwa.

### **Nani uli mukayofi kakwambula?**

Tucili tulesambilila ifingi pafyo COVID-19 ilekuma abantu cila bushiku. Abakoloci elyo nabakwata amalwele panshita itali ifili nga ubulwele bwa sugar elyo nobulwele ubu,

butebelela umutima, ebaba ilingi line mukayofi kakulwala sana kuli ubu bulwele. Pamulandu wakutula aka kashishi akapya, tucili tulesambilila pafyo icita kubana. Twalishiba umuntu uli onse temulandu nemyaka kuti akwata aka kashishi, lelo ukufika pali nomba abana abanono tabaumfwikapo ukukwata COVID-19. Aka kashishi akapya elyo tufwile ukusambililapo ifingi panshila katebelelamo abana. Muli aka kashishi kuti mwatumbuka imfwa limo, ukufika nomba abakoloci abalwala panshita itali ebaletetebelelwa sana.

### **Bushe ukutandanya kwa COVID-19 kuti kwacefeshi wako shani nangu ukucincintilwa?**

Ukulinganafye namalwele yatebelela ukupema kwamuntu ifili nga icifine nangu icifuba icaseka, ukubikako ifyakukana sangwa mucintubwingi kukankala nganshi mukucefyako ukutanda kwabulwele. Ifyakukonka ifyacintubwingi emicitile yakucincintilamo ubu bulwele cila bushiku apo pengaba;

- Ukwikala panganda ilyo mulwele;
- Ukufimba pakanwa napamyona necifutu capakuboko nangu ka tissue ilyo muletesula nangu ukukola. Ukuposa mukwangufyanya ka tissue ako mwabomfya;
- Ukusamba kuminwe libili libili nesopo elyo namenshi; elyo
- Nokuwamya pancende apo muleikataula nangu ifintu ifyo muleikataula. Ilyo tulesambililapo ifingi pali COVID-19 ababomfi bacintubwingi kuti balundapo nanfimbi ifingacitwa.

### **Bushe bundapishi nshi ubwa COVID-19?**

Takulaba Pali nomba takwaba umuti uli onse uwakucingilila kuli COVID-19. lelo, ifishibilo ifingi kuti fyaundapwa elyo nokutangatwa bwangu kubatangata mubumi kuti kwalenga ubu bulwele bwacepako. Kuliko ukwasha ukwingi uko kulecitwa mukuceceta ukusangako kwamuti wa COVID-19.

### **Nanguline tacilaishibikwa bwino nga cakutula aka kashishi kalatandwa ukufuma kuli nyina ukuya kumwana ilyo namayo ali pabukulu elyo napakupapa, abacisaka ca UNICEF batila bonse banamayo abali pabukulu bafwile:**

- Bakonka ififwile ukonkwa mukuicingilila ukukana yambula aka kashishi, ukulaiceceta cila nshita kufishibilo fya COVID-19 elyo nokulomba ukupandwako amano ukufuma pancende shibikwako nga cakutula nabakwata amepusho nangu nabakwata ifishibilo;
- Ukulaicingilila mukuitalusha kukwambula COVID-19 pamo nabantu bambi: muleikala akatalamukila nabantu bambi, mwilakumana mumabumba elyo mulebomfya ukutangatwa kwapa pafitunshishi.
- Kabiyeni mukutangatwa mubumi bwangu ngacakutula mwikala muncende umuli aka kashishi nangu muncende umwaba ayayofi kakukaba imibili, ukukola nangu ukushupikwa mukupema;
- Bakonkanyepo ukonsha nanguline bali nakashishi nangu baletunganishiwa ukukwata akashishi pantu aka kashishi takatala akasangwapo mumukaka