

## KUZVIPARADZANISA NEVAMWE URI PAMBA ZVITSA KUBVA NOVEMBER 2020

### MIBVUNZO INOGARARO BVUNZWA

Ndapotahangu ridzai runhare kune veKEMH pa2800 kana uine mibvunzo, kana usinganzwi zvakanaka uye uchida rubatsiro. Kana usinganzwi zvakanaka uchida rubatsiro taura ne vechipatara panhare uchivaudza kuti urikuzviparadzanisa kune vamwe , uye uchangobva kunze kwe nyika

Munokumbirwa muzive kuti mitemo yekugara munhu achizviparadzanisa nevamwe yakaiswa nebumbiro remitemo re Infectious Diseases Control ( Coronavirus , Quarantine ) Regulations 2020, se zvakananyorwa pasi muna November 2020. Kutadza kutevedzera zviri mubumbiro remutemo iyi imhosva inoita kuti usungwe nekuiswa mutirongo kwe mwedzi mitatu (3) kuna kubhadhara mari inosvika £2000

### Ndekupi kwandinofanirwa kuzviparadzanisa nevamwe ?

Unofanirwa kugara uri pamba pako ( zvinogona kusanganisira mughadheni) kunze kwekuti unoda kuenda kunoono chiremba kana kuti paita njodzi huru. Unofanirwa kugara wakazviparadzanisa nevamwe uye uri kure nevamwe vose kunze kwekunge vose vari muimba newe vari kurizviparadzanisa kune veruzhinji . Haufanirwe kusangana neshamwari , kuenda kuchikoro, kubasa, nzvimbo dzinosangana vanhu kana kushandisa mabhazi kana kushandisa matekesi , kusvikira wapedza mazuva gumi nemana wakazviparadzanisa nevamwe. Ukasvika muFalkland Islands 9am dzemanganani dzapfura , zuva rekutanga rekuzviparadzanisa rinotanga zuva rinotevera racho. Unofanirwa kukumbira rubatsiro kana uchida magirosari , kubhadhara magetsi , kutenga peturu, kana zvimwewo zvaungade kana kutenga mushonga. Usakanganwe unogona kutenga nekushandisa runhare ,(tarira nhungamiro ine runhare raunokwanisa kushandisa.) zvinofanirwa kujekeswa kune munhu achauza zvinhu zvako pamba pako kuti asiye panze kana pavheranda kana paunoono pakakodzera kusiya pamba pako .

### Ndichatariswa hutachiwana hweCoronavirus here munguva yekuzviparadzanisa nevamwe?

Nechido chekuchengete hutanao hwako ,hwe mhuri yako,shamwari pamwe nenharaunda yese,unoitwa maswabs eCoronavirus panguva nhatu dzakasiyana panguva iyo unenge uchizviparadzanisa neveruzhinji.Vashandi vekuchipatara vanokushanyira kumba kwako kuzoita maswabs aya muzuva rechitatu uchinge wasvika muno munyika, uye muzuva rechinomwe (7) uye muzuva regumi nematatu (13) uri mukuzviparadzanisa nevamwe .Kana uchigara nevamwe pamba ipapo , vose vagary vepo vachaitwawo maSwabs muzuva rechinomwe (7) nezuva regumi ne tatu.

### Ndingaitasei kana panezvimbo dzatinoshandisa tose semasitepisi, nziradzekunorasa marara nezvimweo?

Unofanirwa kuedza kusa shandisa zvimbo idzi nepese paunogona , unogona kushandisa panenge pasina vanhu manheru kana nguva dzaunoziva kuti panenge pasina vanhu. Unofanirwa kugeza maoko usati wabuda pauri kugara uye nekupfeka (face covering) zvino vhara kumeso kwako.

### Ndunokwanisa kubuda kunze kunotasanura nhengo dzemuvira (exercise) ?

Nguva yaunenge uchizviparadzanisa nevanhu Unofanirwa kugara mumba mako nekugara mugadheni mako. Kana pane vanhu vaunogara navo vasiri kuzviparadzanisa nevamwe vari

mugadheni unofanira kugara kure navo uri 2m kubva kwavari.Kana zvisinga kwanisike kudaro munofanira kupana majana ekupinda kunogara kugadheni , kuitira kuti usasangane vevamwe vari kugara pamba ipapo newe. Haukwanise kuenda panze kuno famba, kumhanya kana kutyaira mota chero kunzvimbo dziri kure kusina vanhu.

### **Chii chinoitika kana ndiri kugara nevamwe vanhu?**

Munguva yekuzviparadzanisa nevamwe, usasangana neavo vaunogara navo mumba kana vasiri kuzviparadzanisa sewe.Gara muimba yako wega wakavhara gonhi rako nguvadzose , uye unofanira shandisa chimbuzi chako wega kana kazvichiita.Unofanira kuziva kuti kugara kure nakure muimba imwechete zvinova avo kana uyo arikuzviparadzanisa neveruzhinji neuyo kana avo vasiri ,zvakanakosha zvikuru,kutadza kutevera mitemo iyi zvinoita kuti usungwe wobhadhara faindi kana kugara mutirongo.Ndapota hangu garai 2m kure neavo vaurikugara navo muimba imwe chete

Kana usingakwanise kuve neimba yechumbuzi kana kugezera yako wega,unofanira kushambidza zvakanakwana nzvimbo dzese dzinogara dzichi batwa, mushure mekunge wayishandisa. Nzvimbo dzinogara dzichibatwa dzinosanganisira, magonhi, pekubatidza magetsi, / matepi, zvigaro zvechimbuzi uye nezvimwe . Munokumbirwawo kuti mufunge nezvekupanana nguva yekushandisa imba iyi yakasiyana nevamwe , iwe uchishandisa imba iyi pekupedzisira uchisiya wanyatso shambidza imba iyi nemazvo. Ita iva neruzivo kuti unoshandisa matauro akasiyana nevamwe (ayo anofanirwa kuchengetwa mukamuri yako) kubva kunhengo dzemba, matawuro ekuzviomesa mushure mekugeza kana ekushamba uye nezve hutsanana hwemaoko.

Haufanire kushandisa pamwe ndiro, makapu emagirazi, makapu, zvekushandisa pakudya, matauro, magumbeze kana zvimwewo zvinhu nevamwe vanhu mumba mako vasiri kuzviparadzanisa vewe. Mushure mekushandisa zvinhu izvi, geza zvakanakwana nesipo nemvura; machira anogona kushandiswa kuchenesa zveku dyisa nazvo.

Mbatya dzako nemachira zvinofanira kushambidzwa pakasiyana nevamwe nemvura inopisa zvikuru (kudarika 60 degrees).

**Kana musinga kwanise kugara kure nakure muimba iyo munokumbirwa kuti mose muri muimba iyo mugare makazviparadzanise neve ruzhinji kana munofanirwa kutsvaga dzimwe nzira dzinoita kuti uwane zimbo yekuti ugare wega, izvi zvinoitika nekukurukura neavo vanokufambisira papepa ako parwendo (booking agents) kana neFalklands Islands Government House Falkland Islands Government office, Falkland House 14 Broadway London SW1H 0BH (email: [reception@falklands.gov.uk](mailto:reception@falklands.gov.uk)) Usati wasvika mulands.**

### **Ndinogona kushanyirwa here?**

**Kwete.**Panguva yegara wakazviparadzanisa nevamwe uno tarisirwa kugara kure neveruzhinji nguva dzose,kunze kweavo vaunenge uchigara navo pamba uye vari kuzviparadzanisawo kune veruzhinji sewe. Unogona kugara nevamwe vanhu pamba imwe chete iyoyo asi hamufaniri kusangana pedyo nepedyo ,munogara 2m kure nekure nguvadzose,kunze kwe avo vaunogara navo hautenderwi kuunza vashanyi pamba ipapo.Avowo vaunogara navo vanotenderwa kushanyirwa havo asi vanouya vanofanira kuva vashomanana zvakanakwana. Kana iwe uchifunga kuti pane chinodiwa chakanakosha kuti mumwe munhu akushanyire , tanga wakurukura nezvazvo nechipatara panhamba idzi 28000. Kana uchida kutaura nemunhu asiri nhengo yemhuri yako , ita izvi parunhare .

### **Chii chinoitika kana ndaita zviratidzo zvechirwe ndichida rubatsiro kubva kuchipatara?**

Kana iwe ukava nechiratidzo chechirwere chehutachiona, kana kusanzwa zvakanaka mune imwe nzira panguva yekuzviparadzanisa nevamwe, fonera chipatara panhamba dzinoti 28000. Kana uchidarubatsiro zvechimbi chimbi (emergency) ndapota fona pa999. Unofanirwa kuudza chero munhu wauchataura naye kuti uchangobva kunze kweNyika uye uri kuzviparadzanisa nevamwe . Izvi hazvireve kuti iwe haungakwanise kuwana rubatsiro, kungoti isu tikwanise kutora matanho ekuzvidzivirira panjodzi dzese dzekutapurirana hutachiona kune mumwe munhu.

Kunyangwe kana zviratidzo zvako zvisina kunyanya zvekuti waisawanzo tsvaga zano kubva kuna chiremba , unokurudzirwa kuti utaure sezvo tinenge tichida kuronga swab kana zvakakodzera.

### **Chii chinoitika kana paine njodzi senge moto?**

Chinangwa chekuzviparadzanisa nevamwe ndeche kuti tidzikise njodzi yekutapurira hutachiwana kune vamwe vanhu. Kana paita dambudziko rinoisa hupenyu hwako pakaoma, senge imba ikabatira moto, zvinoreva kuti unogona kubuda pamba pako uchitiza moto. Nekudaro, iwe unofanirwa kuedza kuchengeta 2m (zvinhambwe zviviri) kubva kune chero munhu angave atizawo moto uyu sewe uye kubva kuvashandi vanopa rubatsiro kuvanhu munguva yakaita se iyi (Emergency Service Personnel) uye pfeka (face mask)kana ichikwanisa kuwanikwa. Kana iwe uchida kutsvagirwa imwe imba yekugara unofanira kuzivisa varikuita izvi kuti iwe uri kuzviparadzanisa kubva kune vamwe

### **Chii chandinofanira kuita nemarara angu?**

Marara ose anobva mumba yako kana uri pakuzviparadzanisa nevamwe , anosanganisira matishu anoshandiswa uye mamask , anofanirwa kuiswa mupepa repurasitiki yekurasa marara uye rosungwa zvakanakaka. Bhegi repurasitiki rinofanira kuiswa mupepa rechipiri uye rokasungwa. Kana marara ave mubhegi rechipiri, rinogona kusiiwa panze kuita kuti umwe munhu agonorasa. Kana iwe uchigara munzvimbo dzekugovaniswa senge kufat iwe unofanirwa kumirira kusvika mavhiki maviri ekuzviparadzanisa apera kana mabhini ako asiri mubindu rako.

### **Rangarira zvakakosha zvehutsanana nguva dzese.**

Geza maoko ako nguva nenguva uye zvakakwana kwemasekondi makumi maviri nesipo nemvura inopisa.

Vhara muromo wako nemhino nematishu anoraswa paunokosora kana kuhotsira. Rasa matishu mubhegi repurasitiki remarara (ona pumusoro maererano nekurasa marara), uye nekugeza maoko ako nesipo nemvura kwe masekondi makumi maviri, geza nekuma womesa chaizvo.

**TINOTENDA NEKUZVIBATA KWENYU  
PANGUVA INO**