

## Chii chinonzi kuzviparadzanisa munharaunda uye nei zvakakosha?

Kugara kure nevamwe kunosanganisira nzira dzekumisa kana kunonoka kupararira kwezvirwere zvinotapukirana. Izvi zvinoreva kuiti kuonana kwako nevamwe vanhu kuite kushoma. Kugara kure nevamwe kwakakosha nekuti COVID-19 inonyanya kupararira kubva kumunhu ne munhu kuburikidza:

- kuvapedyo nemunhu panguva yaanenge ane utachiwana kana mumaawa makumi maviri nemana zviratidzo zveutachiwana zvisati zvaonekwa
- Kuve pedyo nemunhu akabatwa nehutachiwana uyo anenge achikosora kana kuhetsura, kana
- kubata zvinhu kana zvimbo (zvekuvharisa gonhi kana matafura) akatapurirwa utachiwana kubva mukukosora kana kuhetsura kubva kumunhu akabatwa nehutachiwana, uyezve kubata muromo kana kumeso.

Nekudaro, pakaita nzvimbo yakakura pakati pako nevamwe, zvinonetsa kuti hutachiona hutapukire.

## Chii chiri kubvunzwa munhu wese kuti aite?

Kubva musi wa 7 Kubvumbi 2020, munhu wese parizvino ari kurayirwa kuti agare kure nevamwe kana kuzviparadzanisa .

Izvi zvinoreva kusauya mudhuze mamamita maviri nevamwe vanhu vasingagare newe. Tichifungidzira kuti hapana kana mumwe wako ane chero zviratidzo (uye asiri pamwero kana asiri muboka rekutyirwa kuti angabatire utachiwana) saka kana zvakadaro hauna chikonzero chekugara kure nevamwe mukati memhuri yako kunyangwe uchifanirwa kunge uchitora zvine hungwaru zvakadai sekugara uchigeza maoko nekupukuta zvakajairwa kubatwa nzvimbo dzakaita selight switches uye zvimbuzi. Kana uri kudzoka kubva kunosangana nevanhu kunze kweimba yako, sekuuya kumba uchibva kubasa, saka unofanirwa kushambidza maoko ako nekuchinja mbatya dzako (kushambidza nguwo dzekubasa kwemadzigirii makumi matanhatu) uchingosvika kumba.

Kana iwe uine vana vanogara vachishanya pakati peimba mbiri izvi zvinofanirwa kuitwa zvisoma asi zvichiri kubvumidzwa. Kana paine chero mune imwe yemhuri ikava chiratidzo vana vanofanira kuramba vari mune chero imba yavanenge vari kudzamara mazuva gumi nemana ekuzvitsaura apapa.

## Chii chidingaite?

Kana iwe uchirwara, gara kure nevamwe - ndicho chinhu chakanyanya kukosha chaungaite.

Iwe unofanirawo kudzidzira hutsanana hwemaoko uye hutsanana paunenge uchihotsira kana kukosora:

- geza maoko ako chaizvo nesipo nemvura, usati wadya uye mushure mekudya, uye mushure mekuenda kuchimbuzi

- vhara muromo wako kana uchikosora kana kuhetsura, rasa matishu, uye kushandisa sanitiser ine doro ,uye
- kana usinganzwe zvakanaka, dzivisa kusangana nevamwe (gara 2metres kubva kuvanhu).

Sezvinei unogona kutanga kuzviparadzanisa nevamwe nemutengo wakaderera. Izvi zviri nyore, zvakajairika zviito zvinobatsira kuderedza njodzi kwauri uye kune vamwe. Ivo vachabatsira ku

kunonoka kupararira kwechirwere munharaunda - uye iwe unogona kuzvishandisa mazuva ese - kumba kwako, kubasa nekunharaunda kana pane zvakakosha zvauri kuda.

## Kuzviparadzanisa nevamwe kumba

### ***Dzimba***

Kuderedza kupararira kwehutachiona:

- Sezvataurwa, dzidzira hutsanana hwemaoko uye hutsanana kana uchikosora kana kuhetsura
- \* regera kumhoresa vanhu nemaoko uye kutsvodana
- Gara uchibvisa hutachiona hwepamusoro , senge mabhenji ekicheni uye magonhi
- Wedzera mweya unopinda mumba nekuvhura mafafitera kana kugadzirisa mushini wemhepo
- Shanyira zvitoro zvishoma
- Tarisa uone kana zvine chikonzero kuti ufambe nemhuri yako kana uri wega

### **Dzimba dzinevanhu vari kurwara \* (kuwedzera matanho ari pamusoro)**

\* "III" munhu anoreva mumwe munhu asina chirwere chisina kufanira kufema kana chirwere kana fivha, iye asati achiferefetwa CCID-19 asi zvakadaro inogona kunge iri nyaya isingazivikanwe.

- Chengetedza anorwara mukamuri imwe kana zvichikwanisika
- vachengeti vevanorwara vanofana kuita vashoma
- Chengeta mukova wechipinda womurwere wakavharwa uye, kana zvichiita, hwindo rakavhurika
- Kana zvichiita vanhu vari kurwara vanofanirwa kushandisa imba yekugezera uye yekurara yakasiyana nevamwe

Chengetedza dzimwe nhengo dzemhuri dziri panjodzi, dzakadai sevanhu vanopfuura makore makumi matanhatu kana vanhu vane chirwere chisingaperi,kana zvichiita, kuvatsvagira kumwe kwekugara.

## Kuzviparadzanisa nevamwe kubasa

Kuderedza kupararira kwehutachiona munzvimbo yebasa:

- Gara pamba kana uchirwara
- Regedza kubata ruoko kana uchikwazisa vanhu
- Kuita misangano kuburikidza nevhidhiyo kana kufona uchishandisa runhare
- Regerai kuita musangano wakakura
- Kurudzirai hutsanana hwemaoko kana hutsanana pakukosora kana kuhotsira uye nekupa nzira dzekushambidza maoko kune vese vashandi
- Geza unekubvisa hutachiona panzvimbo dzinobatwa nguva dzose
- Funga kuvhura mafafitera uye kugadzirisa mhengo ye air conditioning kuti iwedzere kutenderera kwemweya
- Regedza kubata kwechikafu uye kugovana kwechikafu munzvimbo yebasa
- ongorora kuti zvakanosha here kufamba ne basa panguva ino

## Kuzviparadzanisa nevamwe paruzhinji

Kuderedza kupararira kwehutachiona:

- Chengetedza chinhabwe chemamita maviri kubva kune vamwe
- Shandisa sanitizer pese pazvinogoneka, pese pauno pinda nekusiya nzvimbo
- Vashandi vekutakura veruzhinji uye vatyairi vematekisi vanofanirwa kuvhura mafafitera pese pazvinogoneka, uye mota dzavo dzigare dzakachena uye bvisa huturu munzvimbo dzinobatwa zvakananyanya

## Ruzivo rwakawanda

Nezano razvino uye ruzivo, enda ku <https://fig.gov.fk/covid-19>