

**Zimbabwean Shona, Kugara Muchionana: Kuchengetedza hutano panyama
Magwaro anokubastirai kuti izvi kubva kuhurumende yeFalkland Islands,
musi wa 5 Chivabvu.**

**Izvi zvakavandudzwa musi wa25 Chikumi , kutarisa zvakashanduka
maererano nekuzviparadzanisa munharaunda kune avo vane njodzi huru
,sechikamu chehurukuro yekudzora zvirango. Mitemo yagara iripo
maererano nekusangana nevamwe munharaunda muma bubbles inoramba
iripo.Iri gwaro rinozogadziriswa mune ramangwana kana pana zvinenge
zvachinja pamusoro pe COVID-19 .**

Revised version

Zvekuita kubva nhasi

Kubva musi wa20 Kurume Hurumende yeFalkland Island yakaisa nzira dzakasiyana siyana kuvanhu vemuFalkland Island kuitira kuvachengetedza kubva kuhutachiona hwe Covid-19, izvi zvakaitwa pakatanga vanhu muStanley kusanzwa zvakana. Kubva musi was26 Kurume hurumende yeFIG yakaona zvakakodzera kuyambira vanhu kuti vashandure mararamire avo uye zvazvakana kura mukuedza kudzikisa kutapurina kwehutachiona uhu kuvagari vose vemunharaunda yedu

Panguva iyi taiva tisina nzira dzinotiudza kuti munhu ane utachiona here, naizvozvo takaisa mitemo yaisafanira kupikiswa kuitira kuchengetedza upenyu hwevanhu, pamusoro pazvo takavhara zvikoro, takakumbirai kuti mumire kuonana nehama neshamwari, kufambidzana kusangana kana kutamba mitambo pamwe nekungotandara henyu , izvi zvakaitirwa kuti hutachiona husatapuriranwe kune avo vanenge vasina.

Takanga tichikwanisa kutarisa vanhu vanezvitarodzo zve Covid-19 ava ndivo vaitaridza kunge vanedzihwa naizvozvo taitora mate avo nezvimwe mukanwa (swabs) totumira kuUK neAirbridge, izvi zvinotora nguva tisati tazivo kuti munhu ane Covid-19 here.

Izvi zvose zvavakushanduka takaita rombo rakanaka tikange takukwanisa kutumira ma swabs nguva nenguva neAirbridge kuUK. Pari zvino chipatara chedu KEMH chiri mubishi kugadzirira mishina inoita kuti tikwanise kuvheneka mate nezvimwewo (swabs) muno kune vanenge varwara. Zvakakosha zvikuru kuva nemuchina uyu zvakadaro tichatanga kushandura zvimwe zvinhu.

Nekuti hupenyu nehutano hwenanhu ndiro donzvo redu mubasa redu, tinoda kukwanisa Kudzivirira kuparira kwe Covid-19 munyika medu nepose patinogona, tiri kutarisawo nekudzidza kune zvirikuitwa nedzimwe nyika mukudzivirira kupararira kwechirwere ichi, zviri kuti batsira zvizhinji kuitira tiise mitemo yakakodzera kuitira kuvandudza kuyanana kwevanhu. Muenzaniso mukuru takaona zvakaitwa nenyika yeNew Zealand takaona zvakakodzera titeverewo nzira iyoyo kuti tibatsire nyika yedu Falkland Island.

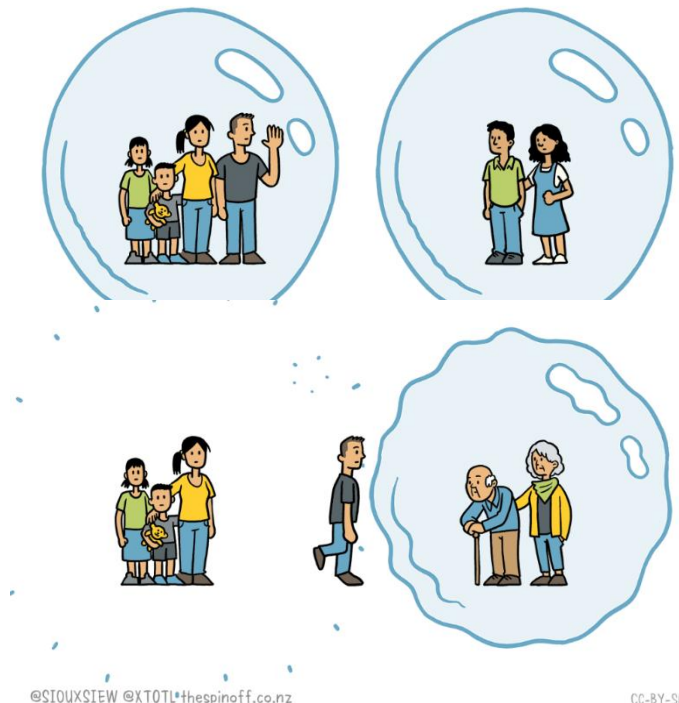
Kurumwa nechekuchera (Blowing Bubbles)

Izvi ndizvo zvakashandiswa kuNew Zealand, naizvozvo takaona kuti zvakakosha titevere matsimba avo, urwu rubatsiro rwunoita kuti vanhu vagare mazvikwata zvavo (bubbles). Mungaone sezvinhu zvakare asi kwete, zvinobatsira vanhu vafunge kaviri pane vanhu vavanoda kuyanana navo pamwe nekugara vachisangana navo.

Senzira dzekushandura zvinhu, tiri kukukurudzirai kuti mugadzire zvikwata zvenye zvamunokwanisa kufambidzana nazvo. Ava ndivo vachava chikwata chenyu (bubble) kazhinji vanhu vamunogara navo pamba ivelyo. Tinokumbirisa zvikwata izvi zvive zvidiki kuitira kuti tidzivirire kupararira kwe COVID-19 kana ichinge yapinda muno muFalkland Islands. Izvi zvinoti batsira kuti tikurumidze kuziva avo vanogona kunge vakatapurirwa hatachiwana uhu, husati hwapararira.

Kana tine hama dzedu dzakura ana Mbuya naSekuru asi vachigona kugara havo zvakana vega, zvakakosha ivo waitewo kachikwata kavo vega .kana une shamwari inogara yega zvokakosha kuti imiwo vaviri muitewo kachikwata (bubble) kenyu. Kana une mudiwa wako ane vanhu vaano garanavo vachishandisa imba imwechete, iwe unewo vako, izvi hazvigoni kuti muite chikwata chimwe kunze kwekunge umwe wenyu abva kumba kwake anotanga kugara nemudikani wake mumba imwe.

Chikwata chenyu ichi ndicho chichava nhavo nehupenyu (protective shield) pakukudzivirirai kuCovid-19.

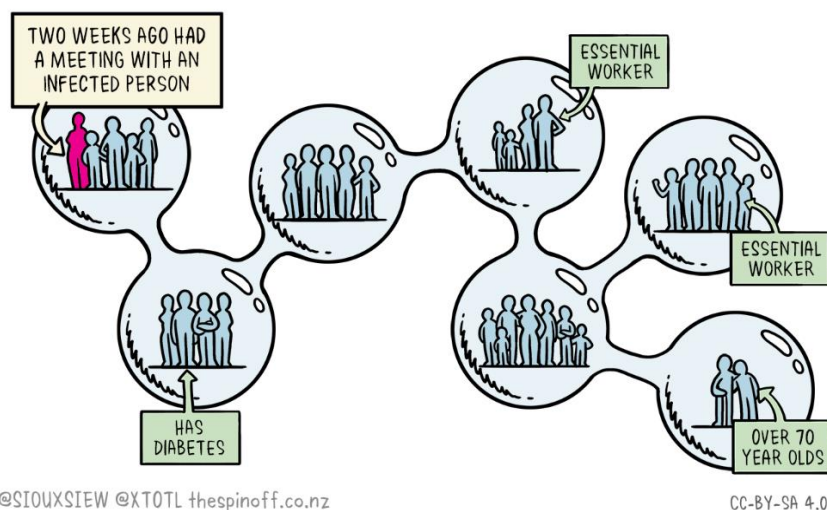


Kana pakaita umwe wenyu abatwa nehutachiwana, regai kusangana nezvimwewo zvikwata Kudzivirira kupararira kwechirwere kana utachiwana kune zvimwe zvikwata. Zvakakosha

kutimuchikwata chenyu mumwe akarwara ne zvinotaridza kunge Covid-19 , musa sangana nevamwe, Garai mumba, taurai neveKEMH panhare dzinoti 28000.

Munhu wese ari muchikwata chenyu kasanganisira vana, anofanirwa kuziva zvekuita kana vachisangana nevamwe, pamwe shamwari. Izvizvinoreva kuti:

- Kugara mamita maviri kubva kune avo visiri muchikwata chenyu.
- Kushambidza maoko pamwe nekushandisa mishonga yakatenderwa nana mazvikota nguva dzose paunosvika panzvimbo itsva, uchinge wabata chinhu kana wahotsira kana kukosora ipapo.
- Hamukurudzirwi kusangana nevanhu vasiri vemumba menyu kana muchikwata chenyu, kana zvichiitika ngavave vanhu vashoma vashoma.
- Mufanidzo unoteverapasi unotitaridza zvinogona kuitika kana masanganisa mapoka kana zvikwata zvevanhu zvakawanda.



Kana muchida rubatsiro kune vamwe vanhu vasiri vemumba kana muchikwata chenyu, zivai kuti a ava havasi muchikwata chenyu, vanhu ava vanokwanisa kukubatsirai mushure vageza maoko vamaomesa zvinemwero. Vamwe vanotoda nhumbi dzinovadzivira kuhutachiona uhu kuti vakwanise kukubatsirai.

Kusanganisa zvikwata (Connecting Your Bubble)

Kubatsira vanhu kuti vazive zvinorevei nemabatiro azvichaita hupenyu hwavo, tinokurudzira vanhu vanoyatso fungisisa nezvazvo vasati vatora danho guru rekusanganisa chikwata cheimwe imba nechavo.

Kushanduka kwezvinhu

Zvinorevei

1. Vanhu vemumba menyu vanogona kusangana, nekuonana nedzimwe mhuri mbiri panguva imwe chete (dzimba nhatu). Pane dzimwewo nguva, chikwata chenyu chinogona kusanganazve nezvimwe zvikwata zviviri
2. Pamunosangana nazvimwe zvikwata munofanira kugara kure nakure, muchikwanisa uonana nekutaura mese.
3. Kana vanhu vakushanyirai, vanofani kugeza maoko pamwe nekuaomesa vasati vabata chinhu, izvi zvinofanirwa kuitwa kana mose muine hutano hwakanaka imiwo mukashanyirawo mhuri iyi munofanira kutevedza nzira murarambe makachengetedzeka pahutano.
4. Vanhu vanoitawo mabasa aya akakosha panguva ino vanokwanisa kupindawo muchikwata chenyu kana maona vakakodzera kuti vanokwanisa kuchengetedzai. Vanhu ava vangave vehutsanana, nehutano, kana vava vanouya kuzogadzira zvinenge zvafa pamba penyu, kana vava nanouya nezvikafu. Munogona kuudza avo venenge vashanya kuti vashambidze maoko avo nekuaomesa pamwe nekuti vagare kure mamita maviri kubva kwamuri.
5. Tinokurudzira zvikuru muchengetedze ruzivo rwekuti ndivana ano vakakushanyirai. Kuitira patinonzi pane aita Covid-19, munokwanisa kutiudza ndivanaani vamanga muchi wadzana navo.
6. **Kubva musika 19 chikumi misungu yanga yakaiswa panyaya yekusangana nevanhu munharauranda kunyanya avo vari panjonzi yarerutswa. Vanhu vane njodzi huru vanofanirwa kuva vane chivimbo kuti chokuti vave kukwanisa kuve vaka sununguka kusangana ne hama ne shamwari . Kana paine munhu anonzwa achinetseka, achiremerwa kana kutya pamusoro pekurerutswa kwaitwa mitemo iyi, ndapota taura neKEMH kuti ubatsirwe.**

Zvinorevei kwandiri pabasa

1. Zvikoro nenzvimbo dzinochengetwa vana zvichahvurwa zvakare. Vadzidzisi nevavanobata navo vose vangu vari mubishi kushambidza nzvimbo idzi kuti dzive dzakakodzera kuti vana vadzoke madziri.
2. Zvishandurwa zvitsva zvinoreva kuti mabhazimisi ose avakodzokera kumabasa kenze, kwevemabhaw, vema firimu vema kafa nevanoita zvekubika. Izvi zvose zvakaitwa maererano nezvatakawana kubva kuNew Zealand, kuti varidzi vemabasa neavo vanovabatsira vatore matanho akakodzera kuitira muve nehutano hwakanaka pabasa.

3. Pane vamwe vasati vakudzokera kumabasa avo sakare nekuda kwehutano hwavo. Vanokurudzirwa kuramba vachishandira kumba.
4. Mukasanzwa zvakanaka nezvinotaridza kunge Covid-19 garai kumba. Rovai runhare kuKEMH pa 28000 mupihwe rubatsiro rwuzere. Musaende kuchipatara. Usakanganwe, imba yenyu, chikwata chenyu, mose munofanira kugara mumba muchimirira kutariswa kuti haisi Covid-19 here.

Zvinhu zvisiri kushanduka

1. **Kubva musi wa 19 chikumi nzvimbo dzose dzinotambira vana dzakavhurwa.**
2. Panguva dzino mitambo yose inoda chisimba icharamba yakavharwa, nekuti hamuzogona kuramba muri kure nakure apo muchinge motamba uye vanhu vanogona kukuvara zvakaipisira. Pari zvino vakuru vemitambo iyi vari kugadzira nzira dzingaite murambe muri vatanu uye chitaura mose.

Kana munemibvunzo

Sezvetiri kushandura zvakanwanda mukurarama kwenyu. Tinoziva muchava nemibvunzo. Kana muchidaru batsiro rwekukudza chikwata chenyu, kana kugara makachengetedzeka pahutano, ridzai nhare kuKEMH pa 28000 munowana rubatsiro.