

# Ukugwema ukuzidla emoyeni lokuthukuthela ngolaka COVID-19.

Ukungakhululeki ezintweni esijayeke ukuzenza lokungasabonani labangani kuyimpilo enzima. Okunye njalo yikuphelelwa yimali, ukuhlala liminyene ezindlini, ukuhlukumezeka, ukuhlala usevalweni ngoba ikusasa lifiphele, lokuhlala udabukile emoyeni kanye lokukhubazeka engqondweni kwenza impilo ibenzima kakhulu. Kuyahlala kunjalo ngalesi isikhathi seCOVID-19. Kungakho-ke kumele sithole amaqhinga angcono angasenza siphile kulesisikhathi sobunzima.

## Zinakekele.

**Okwakuqala:** Gcina umzimba wakho uphilekuhle. Dlana ukudla okulomsoco okwaka umzimba, nyakazisa umzimba, natha amanzi amanengi ngelanga, phumuza umzimba ngokulala okufaneleyo. Cabanga ngezinto ezinhle kuphela ongazenza njalo layikuthi ungazithola njani. Ungalingi ungene kuzidakamizwa (*drugs*) kumbe etshwaleni, ngoba kungezelela inhlupheko.



**Dinga indlela zokuxhumana labanye.** Tshayela izihlobo labangani ucingo, kumbe thumela umlayezo ngefoni. Kumbe-nje xoxisana lomakhelwana. Mhlawumbe ungaxhumana labantu kubhuzeni / umthombowezokuxhumana (social media) kumbe ku (*online network*). Ungabilenhloni lokuxhumana labantu ngoba wonke umuntu kulenzinsuku uzizwa ekhathazekile njengawe.

**Thatha inyathela elingamelana lokucindezeleka komoya wakho.** Akulunganga ukuhlala ukhathazekile emoyeni ngoba kukhokhelela ekutheni wehluleke ukubekezela, njalo kuvusa ukuthukuthela lodlame. Zifundise ukuzithoba ukuze uhlalisane kuhle lemhuli yakho. Ungathandaza, kumbe uhlale uthule zwi ujule emcabangweni ngobuhle kuphela (*meditate*). Kuyasiza lokho. Mhlawumbe okunye ongakwenza yikuhlabela njalo ugide. Kumbe ungabhala loba udwebe ngoba injongo yikududuza umoya wakho. Ungakwenza lokho uwedwa loba ulabanye. Imininingwane itholakala ku (*Take breaks*) lapho okufundiswa khona obaba (*Especially for men*) ngamaqhinga wokuzithoba.

**Zincede.** Hlolisisa kuhle imizwa yakho. Nxa inhlupho zikwandela dinga uncedo. Tshela abantu obathembayo kumbe izihlobo. Tshayela ucingo kulabo abalolwazi lokunceda (*hotline*). Kumbe tshayela ucingo labo abalolwazi ngezempilo yokukhubazeka engqondweni. Kumele uthole uncedo olungakwenza ukwanise ukumelana lobuzima okubo. Nxa phambilini wakewaba lilunga lenhlanganiso encedayo (*Support Group*) kungakafiki iCOVID-19, buyela kuyo leyo nhlanganiso. Uqhubeke njengasekuqaleni.

**Nciphisa ingozi.** Yebo ungakwanisa ukuhamba emsebenzini ngoba ufuna imali kumbe njalo umsebenzi wakho ngoqakathekileyo (*essential*). Kungenzeka njalo ukuthi lihlala ngekhaya liminyene kumbe endaweni eminyeneyo, njalo liyaminzana ngasezitolo. Gqoka imask lakho konke okokuzivikela. Qhelelanani. Geza izandla ngasosonke isikhathi. Qinisekisa ukuthi umphathi wakho emsebenzini ulilungisele indawo ephephile. Nxa ungakwenza konke lokhu, uyabe uzivikela, uvikela lemhuli yakho, abangane, lezihlobo kanye labomakhelwane. Ngalokho-ke nceda labanye balandele indlela eziphephile. Iqiniso yikuthi nxa sonke singabambisana ukunciphisa ukusabalala kweCOVID-19, impilo zethu zingaphepha.



## Ukunakekela abantwana.

Ukuvalwa ngenxa yesifo kwenza uhlelo lwabantwana lubesezandleni zabazali loba ezandleni zabagcini (abanakekeli), inengi labo ngomama. Phezukwalokho, inengi labomama vele yilo eliphethe yonke imisebenzi yasekhaya. Kunzima-ke kathesi ukuthi umama athole ukubekezela kumbe injabulo ebantwaneni. Kubanzima njalo ukuthi umama akhuthaze abantwana abeyisiqondiso kubo kakhulukazi nxa bonke abazali kumbe omunye wabazali esebenzela ekhaya. Kunzima futhi lasebantwane ukutshona behlezi ekhaya. Abaselankululeko abayijayeleyo enjengokuhlangana labangane, lokuya ezikolweni kanye leminye imicimbi ebathokozisayo. Lokhu-ke kudala inzondo kanye lengxabano ekhaya. Lanxa ungeke wayitshintsha imithetho ephathelene lokuvalwa ngenxa yesifo (*quarantine*), kodwa ungabaqoqa kuhle abantwana ubaduduze behlise izinga lokukhathazeka emoyeni.

**Hlukanisa imisebenzi engenziwa ngabantwana ekhaya.** Khona-nje kuyimizamo yokuncedisana. Abantwana asebekhulile bangancedisa abancane. Obaba abangajayelanga imisebenzi yendlini lithuba labo lokufunda ukuthi abantwana baphathwa njani. Ngokwabela leyimisetshezwanyana kwenza wonke umuntu lapha ekhaya athole ithuba lokuphumula.

**Lina bomama elizimele lodwa, bambanani.** Kubanzima ukugcina abantwana uwedwa. Dinga omunye umzali onjengawe ukuze litshintshane ukukhulisa abantwana lonke. Mhlawumbe ungacela umakhelwane. Kodwa qinisekisa ukugqoka imask lokugeza izandla ngasonke isikhathi ngoba yiyo indlela yokuhlala uphephile.



**Ncedisa abantwana bathole amathuba wokufunda lokuxhumana.** Njengoba izikolo zivaliwe, abazali yibo asebefundisa abantwana. Ncedisa njalo abantwana baxhumane lentangazabo kanye labangane. Kodwa beka imithetho mayelana lokusetshenziswa kocingo (*phone*) le internet. Hlolisisa njalo ukuthi abantwana baxoxa lobani ku internet, njalo baxoxani. Kodwa khumbula phela ukuthi abantwana kumele badlale njalo basebenzise amandla yemizimba yabo.



**Thatha ithuba lokuphumula.** Kuyadina ukuthi njalonje nguwe okhangele abantwana sikhathi sonke nsukuzonke. Nxa abantwana kungabakhulileyo ungabatshiya bodwa okwemizuzo elitshumi lanhlanu (*15 minutes*), ukuze lawe uthole ithuba lokuzulazula uselula ingqondo. Ukuziphumuza kancane kubalulekile. Kodwa ungazizwa usuphelelwa lithemba kumbe nje usucasuka mahlayana, zibambe ume wenze lokhu: Hotsha umoya, uphide uphefumulele phandle kancane. Phinda lokho kahlanu andubana uzavula umlomo ukhulume lokho ofuna ukukutsho. Kumbe-nje ungasuka lapho okhona uyekweyinye indlu lapho ozapholisa khona

ingqondo yakho. Ungaphola, usungabuyela ebantwaneni. Kumbula ukuthi nxa usucasukile, usane olukhalayo uyakwanisa ukulutshiya lodwa ululalisengeqolo endaweni ephephile. Lawe uyengasese uyepholisa ingqondo okwemizuzo emihlanu (*5 minutes*).

## Phumuza ingqodo kancane okomzuzo owodwa.

Yebo lanxa kunzima ukuthi ukholwe, kodwa iqiniso yikuthi: ukuma uthule zwi okomzuzo owodwa kusiya kwemihlanu kuyaxotsha imizwa emibi emzimbeni. Ongakwenza yilokhu:

1. Hlala esitulweni ukhululeke, inyawo zilingane phansi, usubeka izandla ngaphezulu kwamadolo. Cimeza-ke.
2. Zibuze umbuzo uthi, “Kuyini engikucabangayo kathesi?” Ngalowo mbuzo, hlohlisa ukuthi ingqondo yakho ithini. Uzizwa njani emoyeni lasemzimbeni.
3. Lalela lendlela osuphefumula ngayo. Beka isandla sakho esiswini ukuthi uzwe isisu sakho siphakama njalo sisehla nxa uphefumula. Ziduduze ukhuluma uthi, “Kulungile. Loba yini, mina ngilungile.” Usungaqubeka futhi ukulalela isisindo sokuphefumula kwakho okwesikhatshana uze ucine usuzizwa usungcono.
4. Khathesi-ke usungazihlohlisa ukuthi uzizwa njani emzimbeni.
5. Qathanisa isimo okade uyisona ekuqaleni, lesimo osuyisona kathesi. Ngikholwa yikuthi usungcono. Usungavula-ke amehlo akho ubuye emsebenzini wakho.



## Okuvamileyo emadodeni.



**Inhlupho ezidalwe yiCOVID-19 akusizo zakho.** Kuyinkolo yethu ukuthi amadoda yiwo kuphela adalelwa ukuvikela imhuli kanye lokugcwalisa imfuno zenhlala kahle yemhuli ekhaya. Kungakho ukuphelelwa ngumsebenzi, ukuminyana endaweni eyodwa, kumbe ukugula phakathi kwemhuli kuletha usizi lolaka emuntwini ongubaba, ngoba uzibona angathi uyisehluleki. Akusiwo mlandu kabana umkhuhlani. Luhlupho lomuntu wonke. Kungakho kumele sincedisane ukudinga isisombululo. Ngalokho-ke, sukuma. Phuma uyedinga usizo, ungabilenhloni.

**Ungawathola amanye amaqhinga.** Abanye bayazikhohlisa-nje, lokhe bequba impilo njengalokho ababeyikhona kudala. Qala kathesi ukubona kanye lokwenza izinto ngendlela ehlukileyo. Gwema indlela okhuluma ngayo kanye lezenzo zakho. Khetha ukungabi lolaka ngoba ulaka lulimaza imhuli yakho. Ungazizwa usugcwalilana ngolaka, kuza inhliziyo yakho uthi, “Hatshi! Hayi ngalesikhathi!” Mhlawumbe ungayeka okwenzayo okwemizuzwana elitshumi (10 seconds), andubana uzathatha inyathelo. Zinikeze ithuba lokungasebenzisi udlame.

**Vala intukuthelo.** Kanengi uyazizwa nxa usufikelwa lulaka. Imizwa yakho iyatshintsha. Umbuzo uthi yisimo bani esivusa ulaka kuwe? Ucasuka masinyane nini njalo kutheni? Uzonda masinyane nxa ulambile kumbe umzimba wakho ungasinwa uvusa ulaka? Kumbe utshwala bukwenza uthukuthele masinyane? Zama ukuzibamba. Zikhuze. Nxa kuyikuthi uvuka ubhova nxa ulambile, dlana ukuze ububhova bakho behle. Nxa njalo ukudinwa kukwenza uzonde masinyane, phumula. Nxa njalo kubutshwala obuvusa ulaka, hayi-ke, zikhuze – natha kancane. Nxa ungaphumelela ngokuzikhuza, amhlophe kuwe! Labanye abalohlupho olufana lolwakho bazazikhuza ngoba bebona utshintsho kuwe.

**Kumbula isimo owawukuso ukuthi sakutshiya unjani.** Inengi lethu sakhula kumhuli elabobaba abalodlame. Kuyimfundiso embi leyo. Khumbula ukuthi ubuhlungu babunjani kuwe. Kungakho lawe ungaze wahlukumeza imhuli yakho. Kuqakathekile ukuthi uxoxe lemhuli kumbe labangane bakho ngodlame owakhuliswa kulo. Uxoxe ngephimbo elizwisa ubuhlungo owadlula kubo.

## **Nceda abanye.**

Sonke siyakwanisa ukunceda labo abavalelwe yisifo kumbe abasebunzimeni bokuhlukunyezwa ngekheya.

**Batshayele ucingo, loba bathumele umlayezo.** Yebo khona kunzima ukudinga usizo. Zama ukufona kumbe uthumele umlayezo ngefoni kubantu bonke ubazisa ukuthi uzimisele ukunceda labo asebekhubazekile emoyeni. Bancede ukuze baxhumane labasizi kumbe baxhumane labosizi oluphuthumayo (*emergency*).

**Funda ukulalelisisa.** Okunye umuntu engabe ezixoxela, echitha isizungu. Kungakho kuqakathekile ukuthi ulalelisise. Omunye engaxoxa lawe kodwa wena ubone ukuthi usengozini embi. Kungabe kulezikhali (*weapons*) endlini, kumbe njalo ufuna ukuzilimaza. Omunye njalo ungabona ukuthi isimo sengqondo yakhe ayisamanga kuhle, fonela abasizi bakuqondise (*hotline*).



## **Ungabangumcedisi kumbe umkhuthazi.**

Inengi labantu abalohlupho lokunatha utshwala bafonela abasizi ngohlupho lwabo. Kungakho ukuba ngumsizi kubalulekile ngoba kukhuthaza abanye ukuthi balimuke bengangeni engozini njalo behlukane lodlame. Kubalesisindo nxa umsizi kunguye okhulumayo ngenhlungu adlula kuzo.



**Ncedisa abantu bathole abakufunayo.** Ungakwanisa ukusiza abantu bathole izinto ezibalulekileyo empilweni zabo (*goods and services*). Ungathikazi, bancedise bathumele izicelo zabo kuhulumende, kumbe bathole ukudla okunikezwa umphakathi. Basize njalo lakwezinye izidingo zabo ezinjengokuya thenga, kumbe ukuxoxisana labanye. Bancedise njalo bathole izeluleko ngokwelatshwa nxa sebegula.

**Ncedisa ngokubadingela ulwazi.** Dingisisa ukuthi yini eloncedo kumphakathi wakini. Abanye mhlawumbe bayabe bengazi. Kungakho kumele ufafaze umlayezo kumphakathi wonke ngosizo abangaluthola, hatshi ukuzinceda wena wedwa.

## Nxa kulodlame kumbe ukuhlukunyezwa ekhaya.

Udlame ohlanganalalo alukufanelanga njalo akusomlandu wakho. Akekho ofanele ukuhlukunyezwa lapha ekhaya. Dinga usizo kuzinhlanganiso ezikhona lapho okhona. Ziyaphangisa ukusiza lezo nhlangu niso zikubeke endaweni ephephileyo. Mhlawumbe zikufunele izeluleko zomthetho (*legal advice*). Mhlawumbe njalo bakudingele umuntu loba iqembu elingakwanisa ukukhuza umhlukumezi wakho. Nxa njalo ungathakazeleli ukudinga usizo, hayi-ke qinangeqhinga elikusizayo. Iqhinga eliphephileyo okumele ulicabange yileli: umhlukumezi lowo uyabe esefike kuliphi izinga elingakwenza ubaleke? Kuyini ongabaleka lakho? Yimalini ongabalekalayo? Ungabalekela ngaphi? Ngubani ongakusiza? Phela wena nguwe oyazingcono ngobhova lowo ohlala laye njalo nguwe obonayo ngengozi engavelela imhuli yakho. Nxa kuyikuthi isivunguvungu sesisondele, dinga indawo yokucatsha masinyane, kuze kufike usizo kumbe ulaka lwehle.



Kholelwa yilokho abantwana abakutshela khona nxa isimo sabo sibonisa ukuhlukunyezwa. Impawu zokutshaywa (*bruises*), ukuwopha igazi ngakusitho sangasese, ukudlala ngocansi, ukuzigona, ukuziphatha sangane, amaphupho amabi, ukungathembi lutho, ukwesaba, lempawu ezibonisa ukukhathazeka — zonke lezi zimpawu ezibonisa ukuthi umntwana uyahlukunyezwa. Nxa libanengi ekhaya, lodlame lokuhlukunyezwa luvamile. Abantwana bona abakwanisi ukuzivikela. Kumele wena ubavikele bengatshaywa, bengahlukunyezwa ngocansi njalo bengathukwa. Vele bazafuna usizo lwakho ukuthi babuyele esimeni esikahle.

**Unganceda njani?** Nxa ubona angathi ukhona ohlukunyezwayo, sebenzisa indlela zakathesi eziphangisayo zoku report. Ungasebenzisa i signal or Telegram.

Mhlawumbe ungafona nxa umhlukumezi engekho eduze kumbe elele. Mhlawumbe lingasebenzisa indlelazokukhuluma eziyimfihlo (*code words*) njengokuthi, “Okwakathesi asosikhathi esihle sokukhuluma,” kumbe, “Ngidinga ukusizwa kathesi.”

Hlala uphethe ulwazi lonke (*information*) ngabantu abaluncedo kumbe inhlanganiso eziluncedo ebantwini.