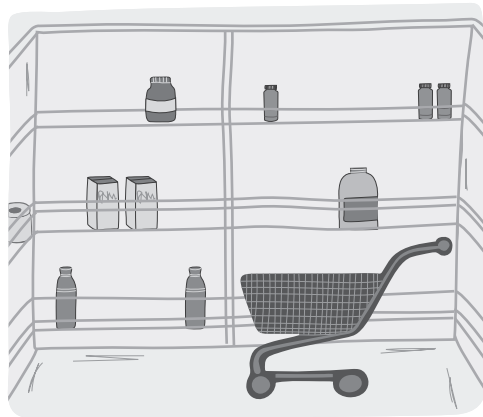
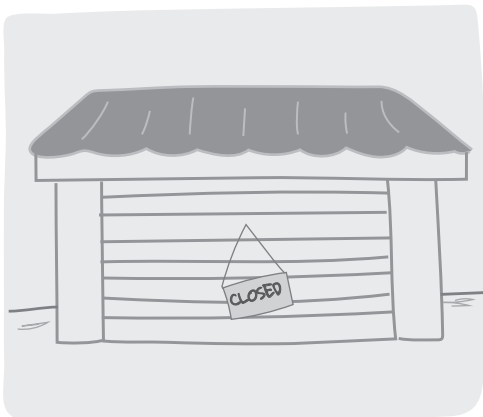


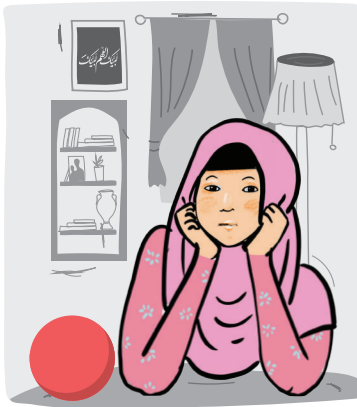


Lilanga elihle lamhlanje, kodwa izitalada kazilamuntu njalo kuthe cwaka nje indawo yonke.



Izitolo zivuliwe loba kulempahla ezilutshwana ezithengiswayo. Amagedi ezikolo avaluwe, akula ngitsho lomuntu oyedwa.

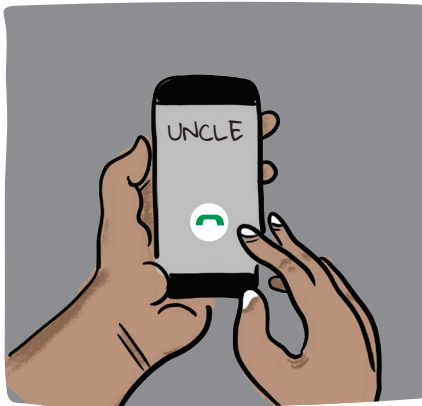




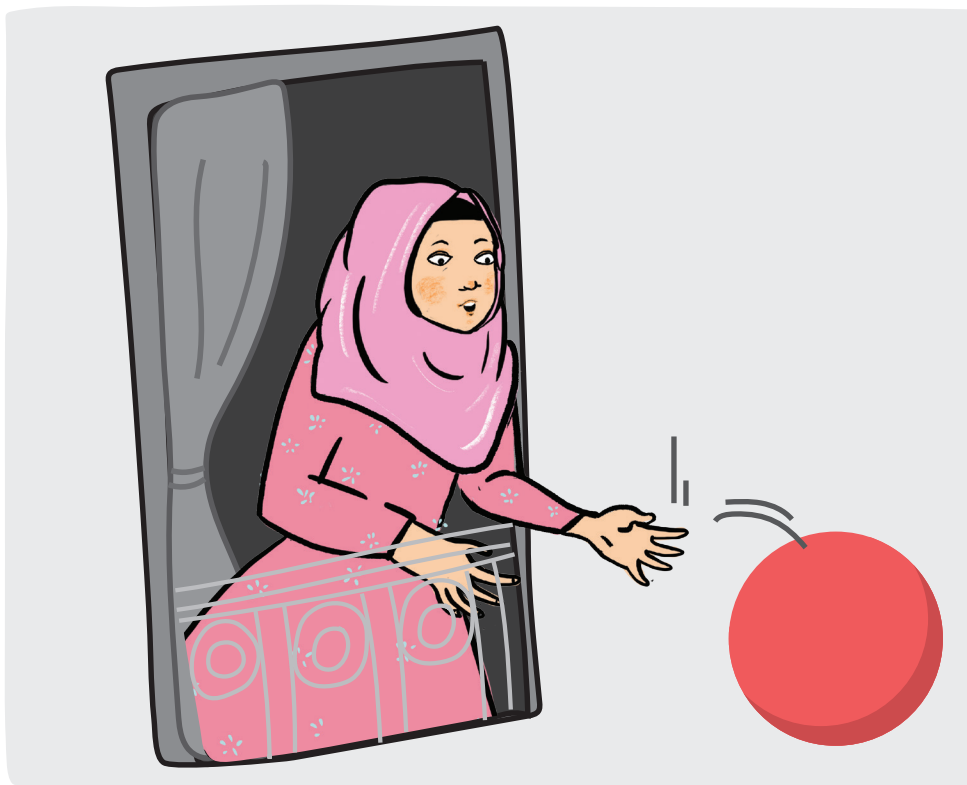
Izikolo zivaliwe. U-Amina, uOliver, uTara lo-Busani bavaletwe ezindlini. Kabakujabuleli ukuba ngekhaya ngoba kabavunyelwa ukuphuma endlini.

Malume, "kuyini i-Corona le ekhulunywa ngumuntu wonke?" "Sizakufa yini sonke?" Abantu abanengi bahlukumezekile. Mina ngiyakuzonda ukuhlala ngivalelwe ngekhaya ngingadlali labangane bami. Senzeni?

Busani, hlaliseka. I-Corona ligcikwane. Liyafana lamaqicikwane wonke akhona abangela ubuhlungu esifubeni, emphinjeni, isihlabo lokuphefumula nzima. Amathe aphuma nxa ukhwehlela lanxa uthimula amemethekisa igcikwane leCorona. Najzakuthumela umbiko olakho konke ongadinga ukwazi mayelana le-Corona.

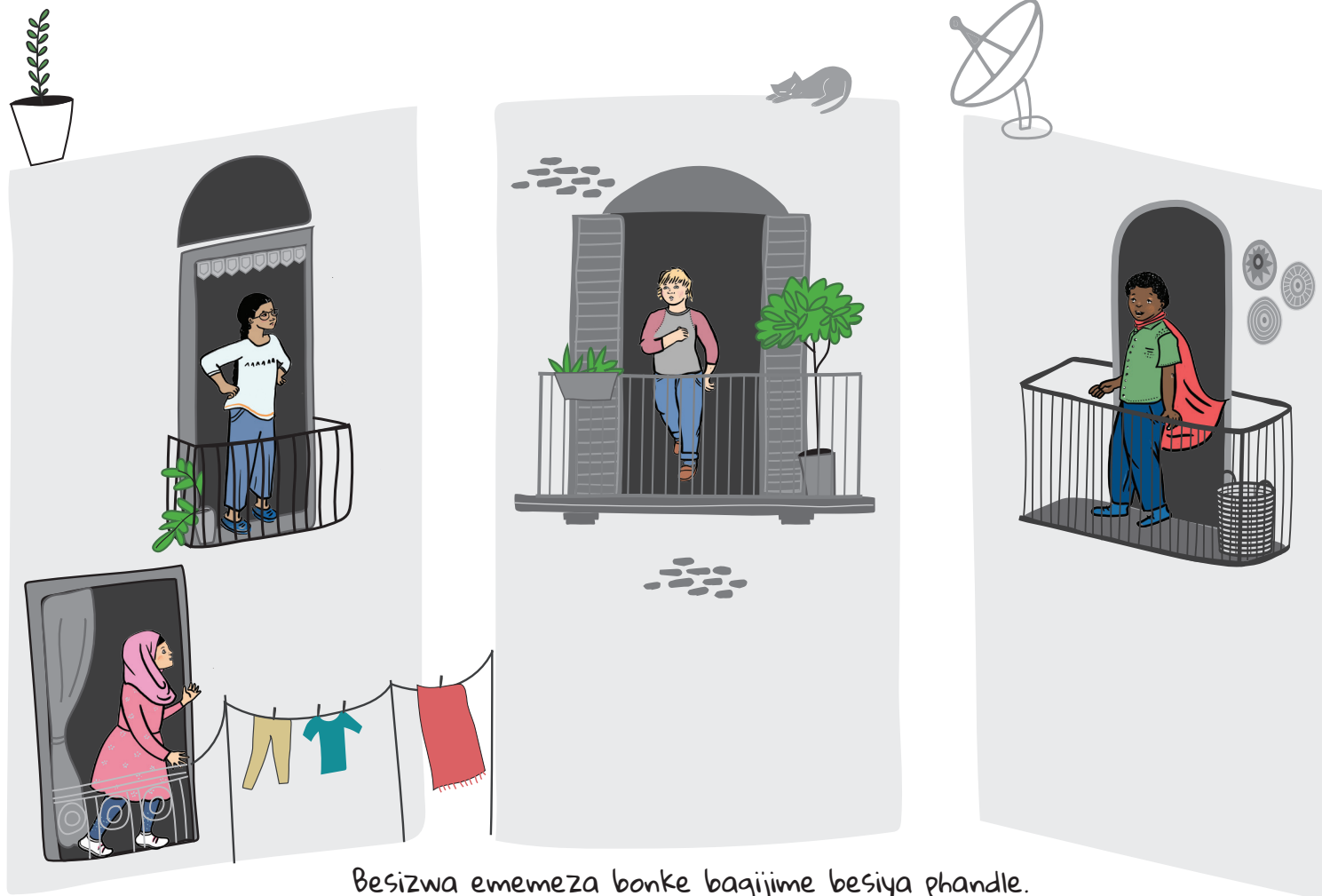


Ngokudana okukhulu, u-Busani udinga impendulo ngalokhu okwenzakalayo. Utshaya ucingo etshayela umalumakhe ongudokotela omkhulu edolobheni.



Sibona ibhola lisiwa phambi kwefasitela lika Oliver.

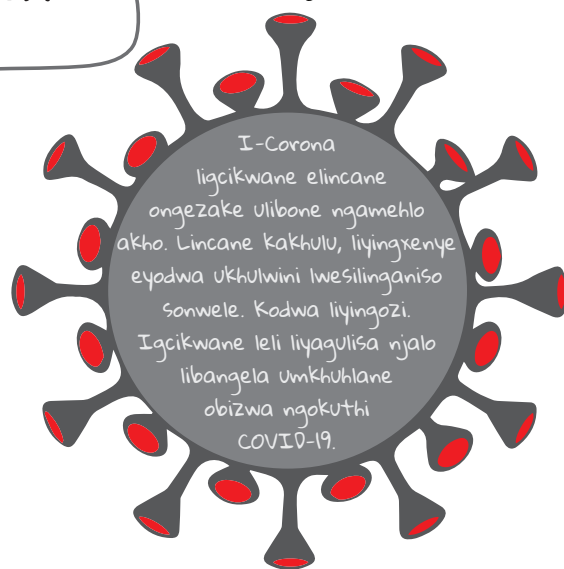
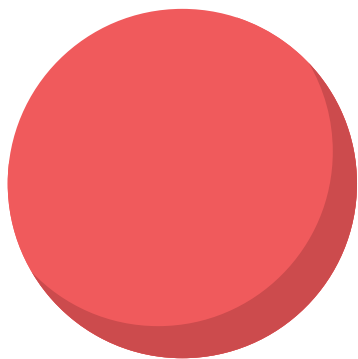
Amemeze egijima esiyaphandle



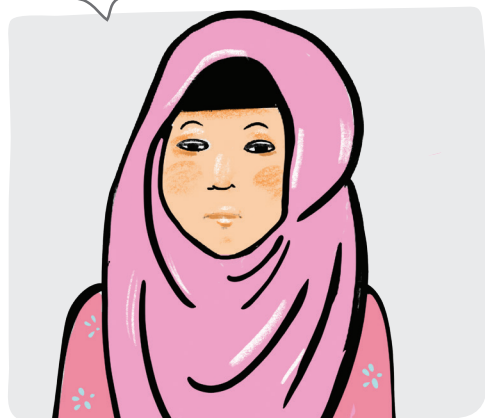
Besizwa ememeza bonke bagijime besiya phandle.



Kayisiyo Corona le. Nansi
i-Corona!!!



Lokhu ngiyakwazi.



Qiniso Amina, ukwazi lokhu.



Kwenzenjani Amina?
Udaneleni?





Kusasa lusuku lokuzalwa komnawami oyintombazane. Besesilungiselele umdlalo wakhe kodwa abazali bethu bathe umdlalo awusekuba khona. Selokhu ekhala, sengimzwela.

Akulunganga ukuthi usana lungathakazeleli usuku lwalo lokuzalwa. Akula muntu phakathi kwethu olegcikwane, sonke sigcinakele.



Bafowethu, lokhu ngokokuthi singineke, singabilomkhuhlane. Ukungineka kuqakathekile okwakhathezi.



I-Corona kayihloniphi mingcele, ingavela loba ngaphi loba kuse Africa, e-Asia, e-Melika lase-Europe... emadolobheni amakhulu lamancane kanye lemaphandleni.

Qotho, akukhathalekile ukuthi sihlala edolobheni kumbe emaphandleni - liyafika igcikwane kuzozonke lezindawo. Amadolobho akhanya ehlaselwe ngumkhuhlane lo kakhulu ngenxa yokwanda kwabantu.



Qiniso, umuntu oleCorona angathimula, akhwehlele kumbe axhawule abanye igcikwane lilokweqa kuye liyekwabanye abantu abangabe bengelalo. I-Corona ingangena ngomlomo, ngamehlo kumbe amakhala



Manje singazinjani ukuthi siyagula ngenxa yegcikwane le-Corona. Umama ukewathimula namhla ekuzeni. Engabe eselegcikwane le-Corona na? Uzakufa yini?



Ukuthimula kanye akutsho lutho. Kodwa ungabe usulawo umkhuhlane we COVID-19 lanxa ungazizwa ugula. Njalo ulakho ukuwumemethekisa kwabanye. Yiso isizatho esenza i-Corona imemetheke lula kulomvimbano esiwejayeleyo.

I-Corona ingangena emzimbeni iyazalana yande. Sekwenzakele lokhu amasotsha ethu omzimba ayaqala ukulwisana legcikwane kubangela ukuthi imizimba yethu itshise kakhulu umuntu akhwehlele. Abantu abavele begula kumbe asebeleminyaka engu 50 kusiya kubo, njengo khulu logogo yibo abasengozini yokuhlaselwa ligcikwane bagule kakhulu. Kuyadingeka ukuthi belatshwe ezibhedlela ukuze basile.





Kodwa mina ngilosizi ngodadewabo kaAmina. Kumele athakazelele usuku lwakhe lokuzalwa.

Abazali baka Amina benze into eqondileyo ukuvikela udadewabo ka-Amina laye wonke umuntu obezakuba emdlalweni.



Hlalani ezindlini lidlelane labemuli kuphela.



Kakube lokughelelana phakathi kwenu logogo lokhulu lanxa lihlala ndlu yinye.



Ungaphumi phandle njalo nje ngaphandle nxa kuqakathekile, njengokuya thenga ukudla.

Lokhu kubizwa ngokuthi yikuqhelelana, social distancing ngesilungu.



Kulungile. Amina ungadani, ngoba imuli yakho izama ukuvikela wonke umuntu.

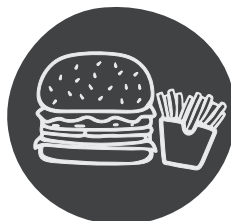
Ukuqhelelana yinto eyodwa eqakathekileyo efanele ukuthi yenzwe ngumuntu wonke ngalesi 'sikhathi. Kuyindlela esebenzayo ekuvikeleni ukumemetheka kwegcikwane kanye lokunanzelela ukuthi igcikwane kalingeni emizimbeni yethu. Yiso isizatho izikolo zivaliwe - emadolobheni lasemaphandleni. Kutsho ukuthi kuzaba yisikhatshana lingahlangani labangane benu.



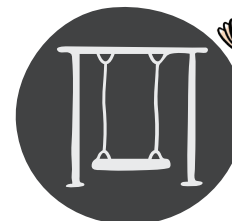
Abazali bami bathe ukuqhelelana kugogela ukungahlanganeli labantu embuthanweni. Imibuthano efana



lamabhayisikopo



lendawo zokudlela



lendawo zokuziphumuza



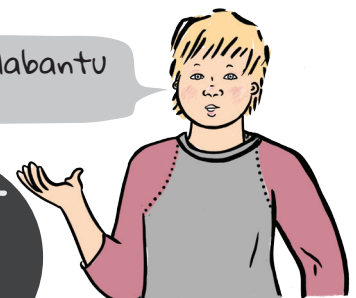
lemidlalo yebhola



imihlangano yezigaba



imithimba yokuzithokozisa



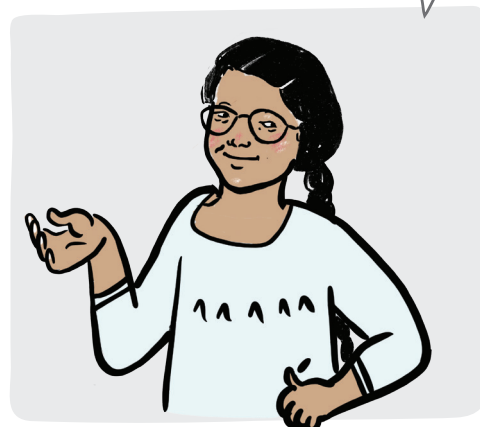
Yebo, kumelele senqabele ukumemetheka kwegcikwane. Unanzelele ungavumeli igcikwane emzimbeni wakho.



Kodwa asingeki sihlale endlini zikhathi zonke. Kuyadingakala ukuthi siphume phandle siyethenga ukudla kumbe ukuyakudokotela. Senze njani?



Uqondile Oliver. Kodwa kulokulula esingekela ukukwenza ukuthi singazifaki engozini nxa sithe saphuma phandle



okufana loqabujana, ukwangana, kumbe ukuxhawulana.



lokubingelela ngokubobotheka nje kumbe ukukhuluma lomunye wakho kwenele.



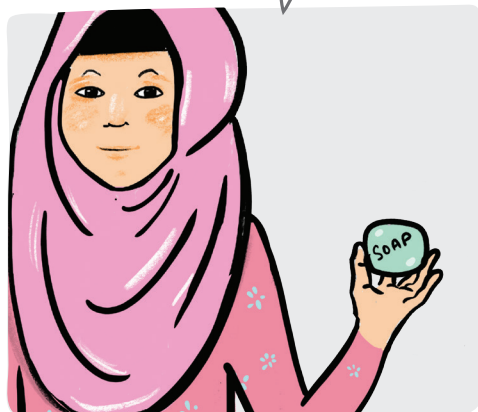
Ukuqhelelana ngamamitha angu 1.5 lomuntu oseduze kwakho.



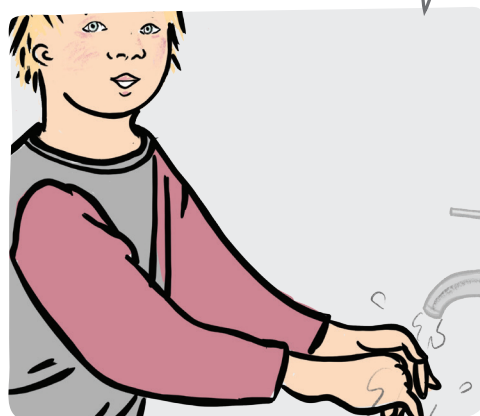
Thimulela, kumbe ukhwehelele phakathi kwendololwane.



Geza izandla ngesepa ngazo zonke izikhathi nxa ungena endlini.



Yebo, geza izandla zakho ngesepa lamanzi okwemizwana engu 20 ngali ndlela:



1. Manzisa izandla

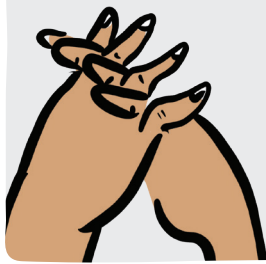
2. Gcoba izandla
ngesepa kumbe
umlotha



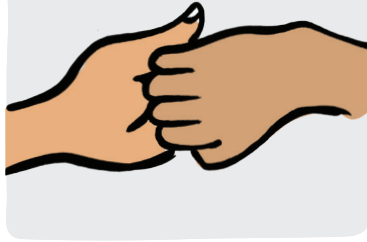
3. Impama



4. Phandle kwezandla



5. Phakathi kweminwe



6. Ngemva kweminwe



7. Isithupha



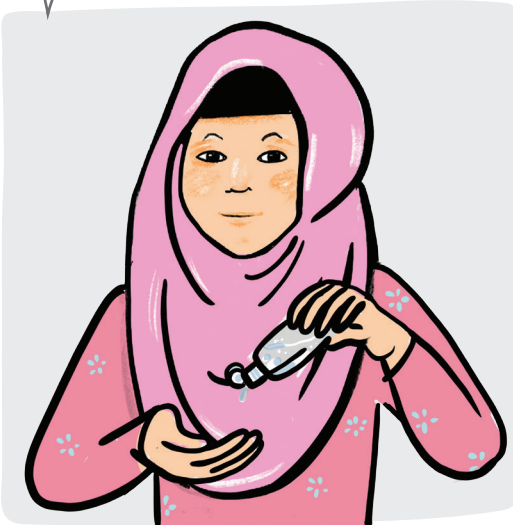
8. Inzipho

9. Hlambulula izandla
ngamanzi agelezayo.

10. Yesula izandla zakho
ukuze zome

Ngalindlela
i-Corona ayihlali
ezandleni zakho.

Lapho ungela manzi lesepa sebenzisa
amafutha ahlanza izandla (alcohol based
handrub) kumbe uzame ngazozonke izikhathi
ukuthi ungabambi ubuso uze uthole ithuba
lokugeza izandla.



Bangane, nxa sonke singenqabela ukuthi i-Corona ingene
emzimbeni yethu siza kwehlisa ukumemetheka kwegcikwane.
Okwakhathesi asihlalani ezindlini, sibale ingwalo zethu, sidlale
imidlalo yendlini senze lomsebenzi wesikolo esawuphiwa
ngababalisi. Asabeni ulwazi esesilalo kwabanye esibaziyo.
Siliqembu elingenqabela ukumemetheka kwe Corona Virus.



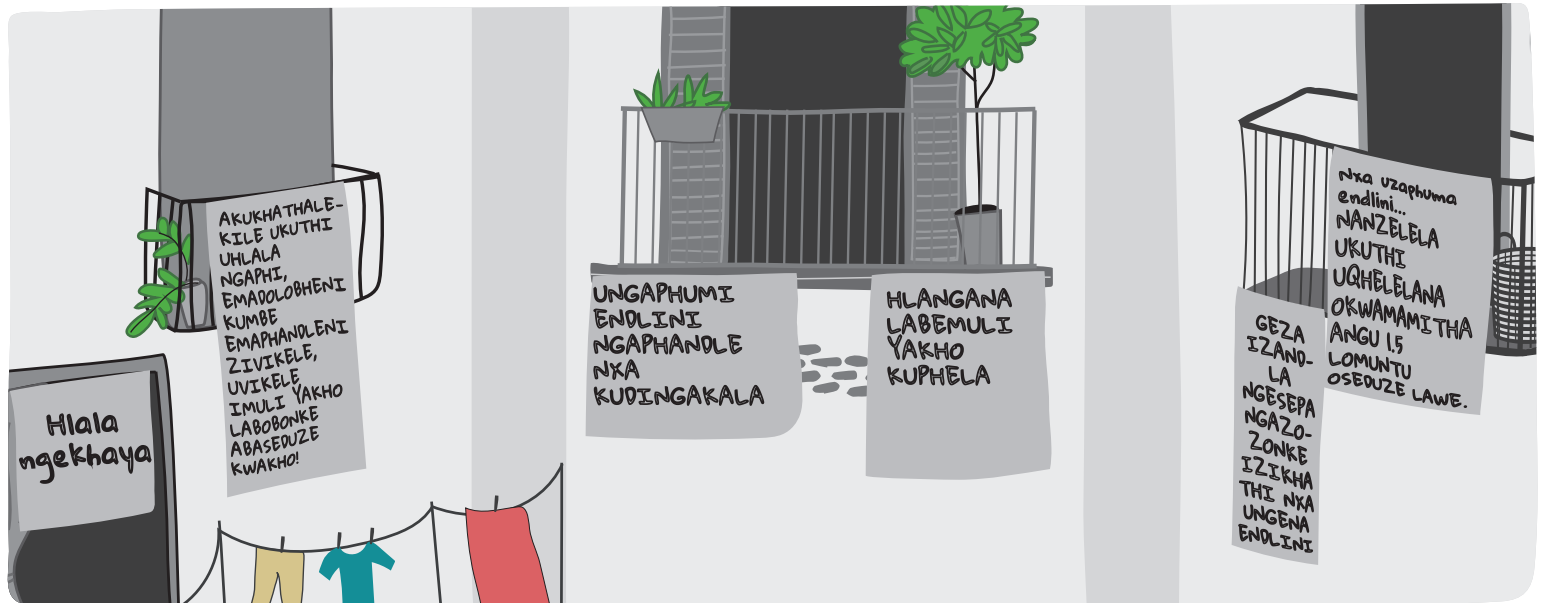
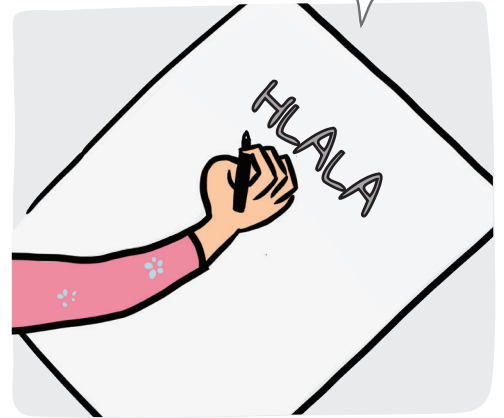
Ngizathumela umbiko kuye wonke umuntu engimaziyo.



Ngizacela abazali bami ukuthi babelane labangane babo ulwazi lolu....ngokubatsheyela ucingo



Kusasenjalo asabeni imibiko le eqakathekileyo lakubomakhelwane.



Ngosuku olulandelayo...



Khumbula ukuthi uzivikele laye wonke oseduze kwakho.