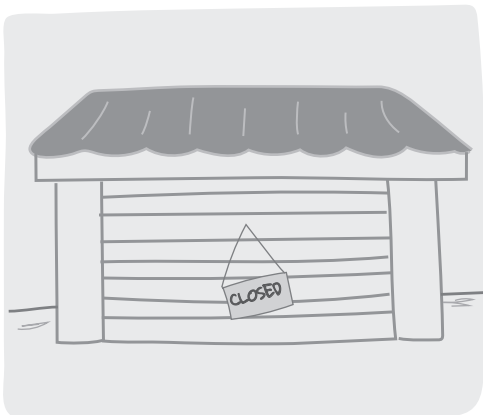


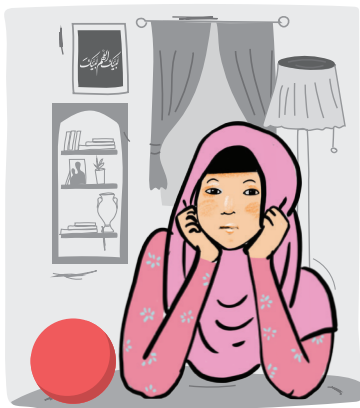


Nhasi kune zuva kwanyatsochena asi pakati peguta pakati zii, runyararo kwose.



Zvitoro zvakavhurwa asi nzvimbo dzekurongedzera zvinhu zvekutengesa hadzina zvinhu. Misuwo yezvikoro yakavharwa uye zve hakuna kana munhu mumwe zvake ari kufamba munzira.

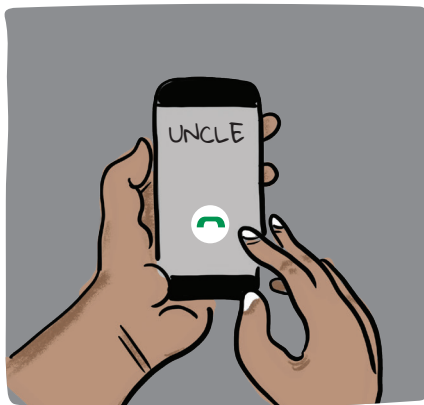




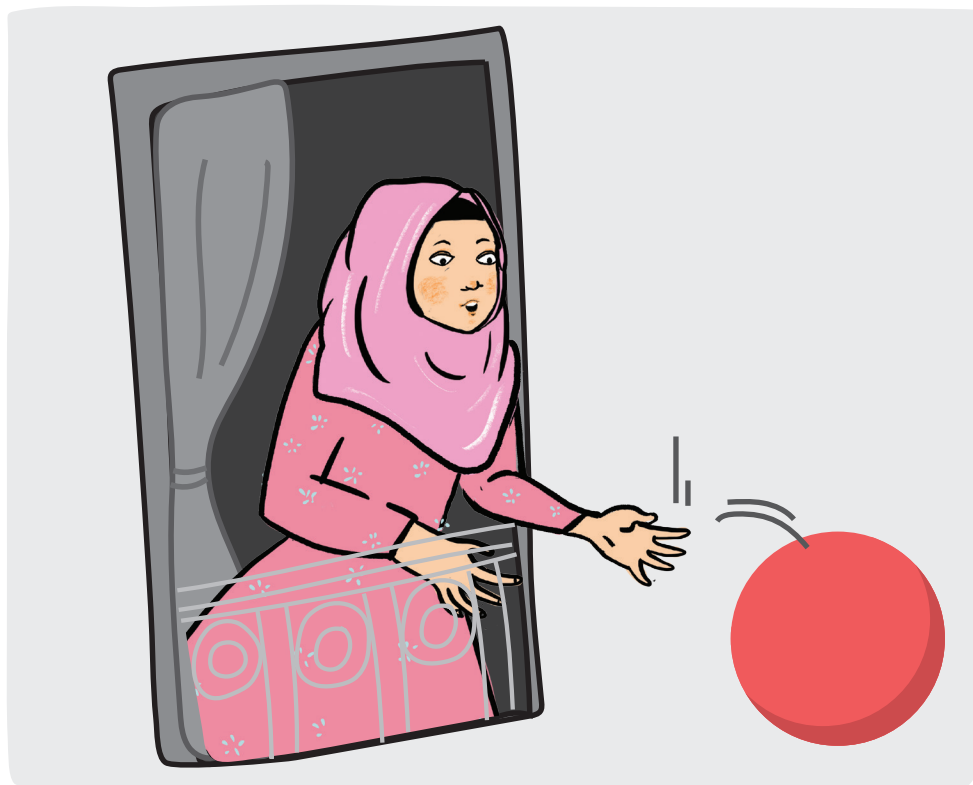
Zvikoro zvakavharwa. Amina, Oliver, Tara na Tendai vapererwa nezvekuita vari mumba. Vakasuruwara nekuti havasi kutenderwa kubuda panze.

Babamukuru, ko chii chinombonzi Corona chiri kungotaurwa nemunhu wese? Tichafa tose here nayo? Kune vanhu vakawanda vari kutambudzika. Ini handifariri kugara pamba ndisinganotamba neshamawri dzangu. Saka ndoita seiwo ini?

Tendai, dzikama hako, Corona hutachiwana hwakangofanana nehumwe hwese hwagara huriko kunoparadzirwa huchibva nemumvromo kana mumhino sechirwere chedzihwa. Nditumire kero yako kuti ndikwanise kukutumira zvidzidzo zvakanwanda pamusoro pehutachiona hwe Corona uhu.

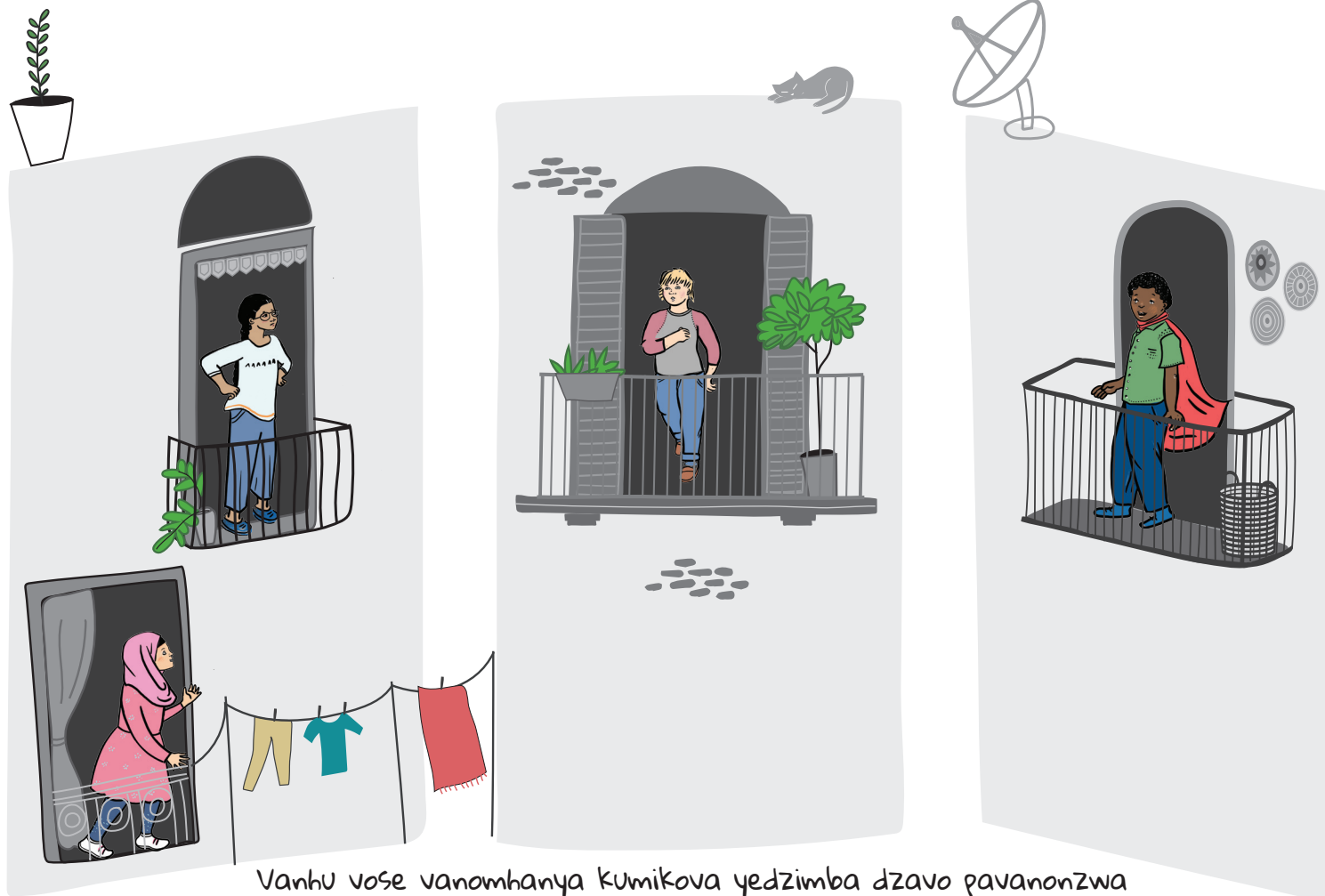


Neshungu, Tendai akasarudza kuchaira nhare babamukuru vake vanozivikanwa kuva nyanzvi mune zvekurapa muguta.



Tinoona donhwe rakaita sebhora richidonha pamberi pe fafitera ra Oliver.

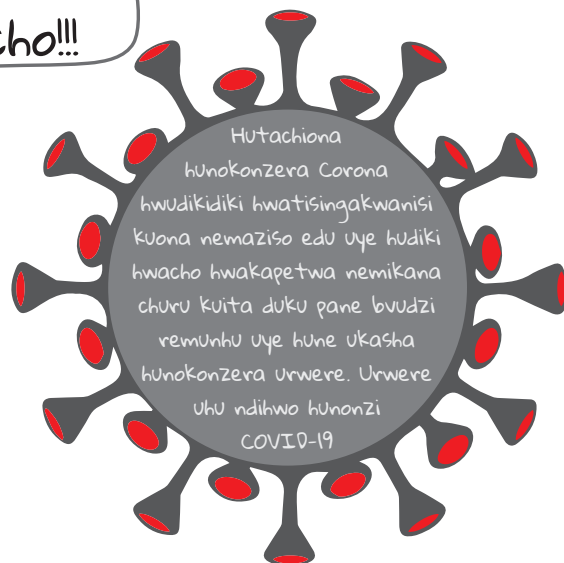
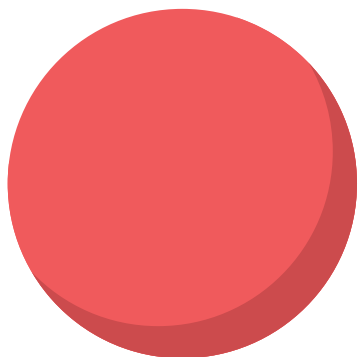
Oliver anoshevedzera nezwi guru achibuda panze



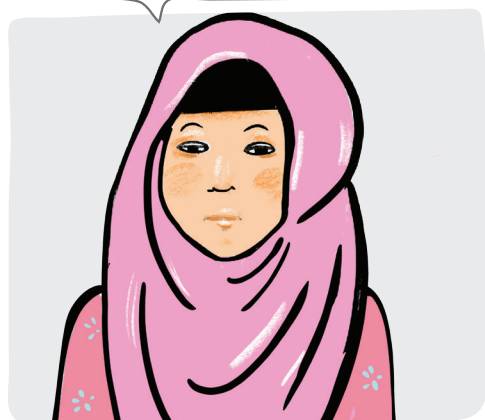
Vanhu vose vanomhanya kumikova yedzimba dzavo pavanonzwa kudaidzira kwa Oliver.



Iyi haisi Corona! Uhwu
ndiwo hutachiona hwacho!!!



Izvo ndaizviziva kare.



Eheka hazvo Amina, iwe waizviziva



Ko waitwa sei nhai Amina?
Urikuratidza kusafara wani





Mangwana izuva rekurangarira kuzvarwa kwemuninina wangu uye takange takaronga mhemberero. Zvino tazorambidzwa kuita mutambo uyu nevabereki vedu. Izvozvi ari kuchema zviri kundinzwisa tsitsi.

Ndinoona sezvisina kuringana kuti mwana mudiki akadai arege kupemberera zuva rekuzvarwa kwake. Pakati pedu isu hapana ane hutachiona uhu saka zvinoreva kuti hapana njodzi.



Veduweka, ini ndinoona kuti ichenjedo yekuti tisapinde munjodzi. Chenjedo iyi yakatikoshera parizvino.

Corona haina basa nemiganhu inogona kupinda pese pese munyika dzose dzemu Africa, Asia, America, Europe kunyangwe maguta makuru nemadiki kana kumamisha chaiko.

Ichokwadi zvinoratidza sekuti hazvichina basa kuti munhu anogara muguta here kana kumusha, hutachiona uyu hunosvika kweze. Asi vagari vemuguta ndivo vari munjodzi huru nekuti vanogara vakawanda panzvimbo diki.



Ndobvumirana newe. Kana munhu akahotsira, kukosora kana kukwazisana muchibatana maoko, hutachiona hunotapuriranwa kubva kune anahwo kuenda kune asina. Hutachiona hunopinda mumunhu nemumaziso, muromo kana mumhino.

Veduwee saka toziva sei kuti munhu ave nehutachiona hwe Corona nekuti nhasi mangwanani mai vangu vahotsira. Saka zvingareve kuti mai vangu vangave vave nayo here? Saka zvinoreva kuti vakutofa here?



Kuhotsira kwemunhu hakurevi kuti ave nechirwere. Asi unogonawo kuva nehutachiona uhu asi usingaratidzi kurwara. Unenge uchingatapurira vamwe. Ndizvo zvinoita kuti chirwere ichi chipararire kudarika zvimwe zvirwere zvedzihwa.

Corona ikapinda mumuviri inogona kuberekana yowanda. Masoja emuviri anotanga kurwa nehutachiona uhu zvinozoita kuti munhu adziye muviri nekukosora. Vanhu vagara vaine zvimwe zvirwere kana dambudziko neutano hwawo uye vanhu vakura zvakore makumi mashanu zvichienda mberi (50-60yrs) sana sekuru nana mbuya vedu ndivo vanogona kukurumidza kubatwa nechirwere uye kurwara zvakananyanya. Nedzimwe nguwa vanhu ava vanotoda kuzoendeswa kuchipatara kuti vabatsirwe navanamazvikokota.





Ini ndinongonzwira munin'ina wa Amina tsitsi. Dai zvaibvira angaita hake mutambo wake wekupemberera kuzvarwa kwake.

Vabereki vaAmina vari kuita chinhu chakanaka chose chekuchengetedza munin'ina wako uye nevamwe vose vanga vachida kuzouya pamhembero iyi.



Garai kumba mungosangana vemhuri.



Rangarirai nhanho dzekugara makataramuka. Kana muchigara nanambuya nanasekuru munyanje kuzvicherechedza zvekutaramuka izvi nokuti vanokurumidza kubatwa nechirwere ichi.



uyewo tisangobuda mumba tichienda kwese kwese kunze kwekunge pane chikonzero chinokosha sekunotenga chikafu.

IZVI ZVANDATAURA IZVI ndiyo inonzi "social distancing".

Zvakanaka Amina, unofanira kufara kuti mhuri yako iri kuchengetedza hutano hweruzhinji.

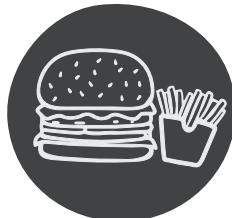


Kugara vanhu vakataramukana ndinoona kuti inzira yakanaka yekudzivirira chirwere nekuti kana munhu akahotsira hutachiona haukwaniisi kusvika kumunhu ari pedyo newe. Ichi ndicho chikonzero chakaitirwa kuti zvikoro zviivharwe zvemumadhorobha nezve kumamisha uye kuti tisasangane neshamwari dzedu kwekanguva kashoma kanoteera.

Vabereki vangu vakandiudzawo kuti kugara makataramukana uku zviorevawo kuregedza kuenda pakaungana vanhu,



Kuenda kudzimba huru dzevona zvivhitivhiti- Kwete



kunodya muzvitoro zvekudjira- Kwete



Kuenda kunotamba sekuminzuwerere- Kwete



Kuenda kurikutambwa mitambo mikuru inounganidza vanhu vakawanda- Kwete



Kuunganaungana mumisha- Kwete



Kuenda kumhemberero dzekuzvarwa- Kwete

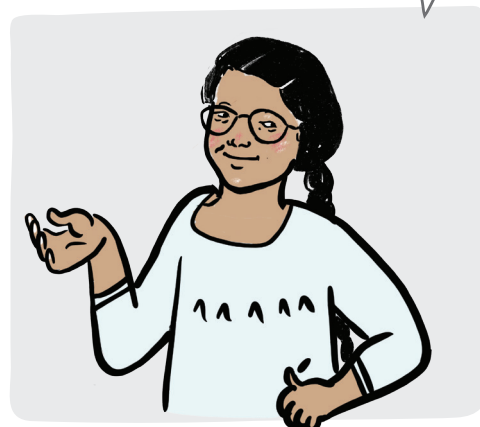
Chokwadi! Ngatidamburei nzira dzinoparadzira nadzo kutachiona.



Asi hatingagari mumba nguva dzose, tingona kudawo kubuda kunotenga zvekudya nekuona ana chiremba. Saka todii?



Wataura chokwadi Oliver. Asi kana tabuda tine zvinhu zvatisingafanirwi kuita.



Kuita sekutsvodana, kumbundikirana, nekukwazisana nemaoko



Ngatingoshandisa kunyemwerera kana kusimudza ruoko



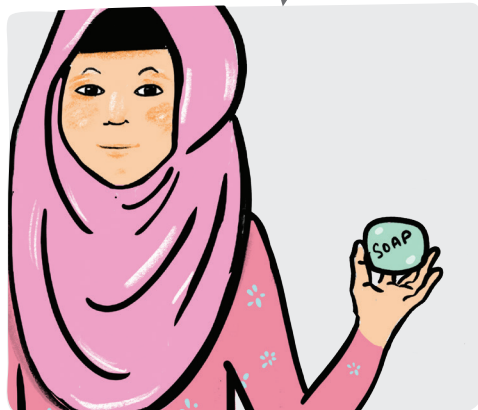
tichirangarirei kumira chikamu chimwe nechidimbu (1.5metres) pakati pedu.



Kana uchida kuhotsira kana kukosora, ngatishandisei pasi pegokora redu nguvadzose.



Ngatirangairirei kugeza maoko edu nesipo nguva dzose kana tadzoka kumba



Ichokwadi ngatigezei maoko nesipo nemvura inomhanya kwezvidhimbu zvenguva makumi maviri (20 sec) sezvizvi:



1. Totesa maoko nemvura

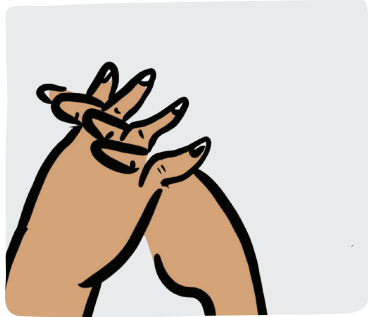
2. Zorera sipo



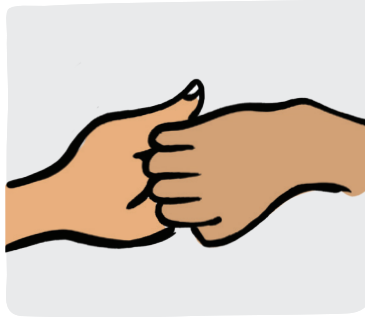
3. Zvanza



4. Kuseri kwemaoko



5. Pakati pezvignwe



6. Kuseri kwezvignwe



7. Zvignwe zvikuru



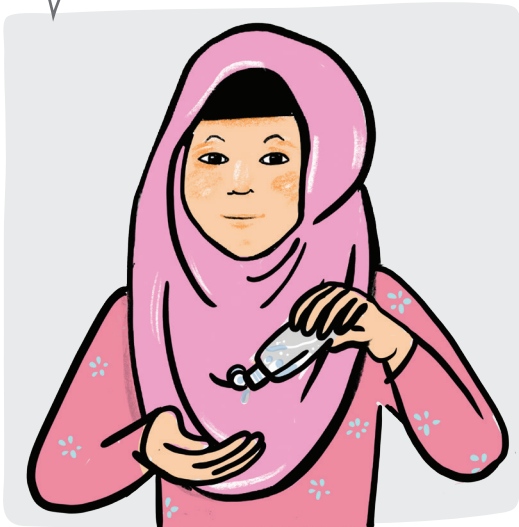
8. Munzara

9. Bvisa sipo mumvura nomhanya

10. Womesa maoko ako

Nenzira yataurwa
iyi Corona
haingagoni kugara
mumaoko edu.

Kana pasina sipo tsvaga zvigadzirwa zvinochenesa maoko zvakagadzirwa nemishonga zvineuwandu hwemakumi matanhatu (60% alcohol) kana kuedza kusabata kumeso kana muromo wako kusvika wawana paunogezva maoko ako.



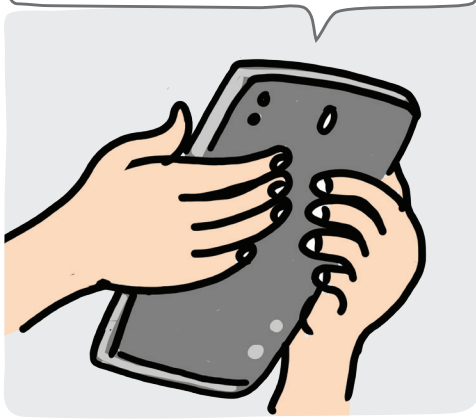
Hama dzangu kana tose tikaedza kuti hutachiona hwe Corona husapinde mumuviri yedu kana kutapurira vamwe, zvinoita kuti kupararira kwechirwere kudzike. Nguva iyoyi tiri mudzimba kudai ngative nguva yekuverenga, kuita mitambo yemumba uye kuita basa rechikoro ratakapihwa. Ngatidzidzisanei zvatinoziva nevose vatinoziva. ISU ndisu vanhu vacho vanogona kubatsira kuti Corona isapararire.



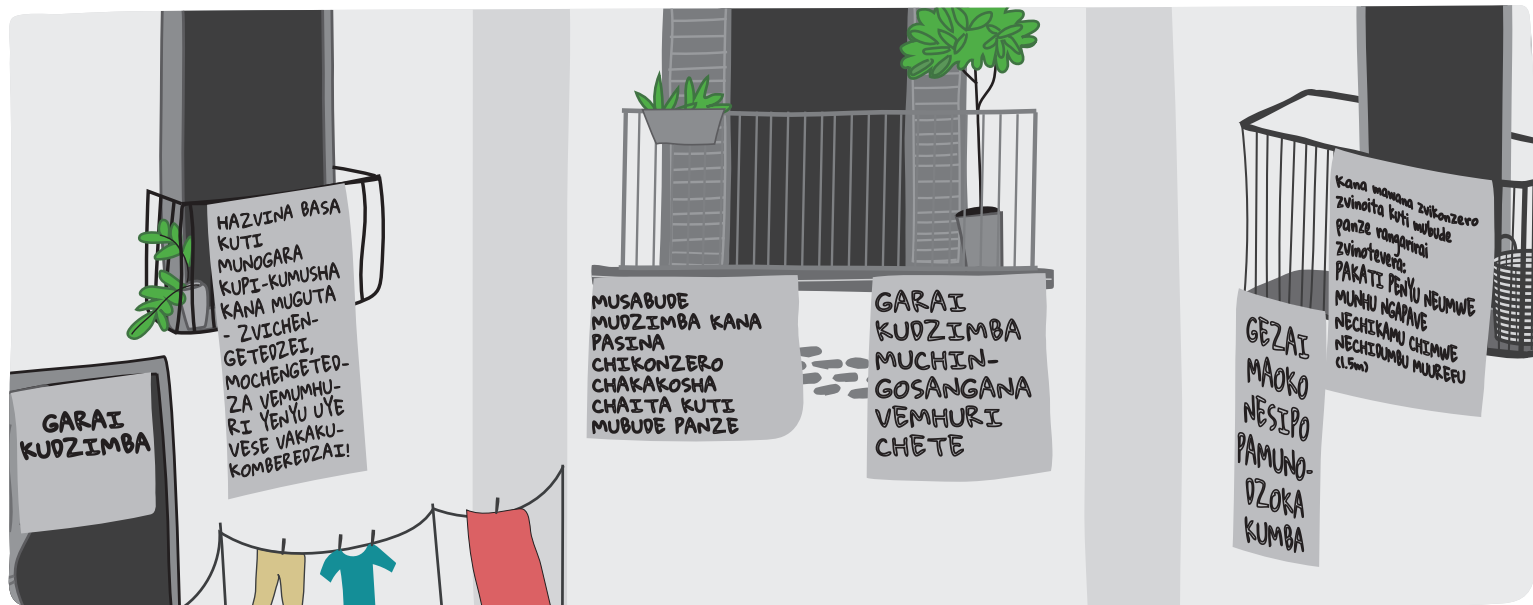
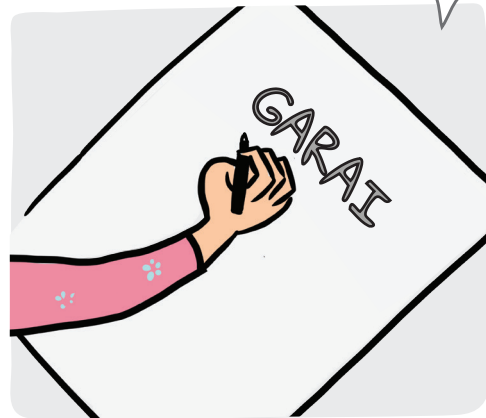
Ini ndichanyora tsamba yemashoko aya ndichitumira kumunhu wese wandinoziva.



Ini ndichakumbira vabereki vangu vadzidzisewo shamwari dzavo pamusoro pehutachiona uhu vachishandisa nhare.



Tichiri ipapo, ngatiwanei nguva yekudzidzisawo vavakidzani veduwo!



Zuva rinotevera



Rangarira kuzvidzivirira iwe nevakakukomberedza!