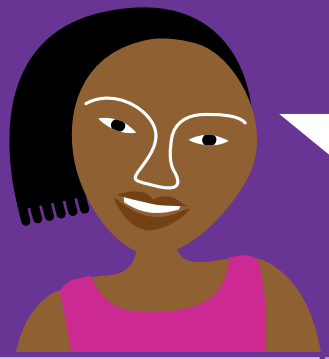
READY
RESILIENT & EMPOWERED ADOLESCENTS & YOUNG PEOPLE

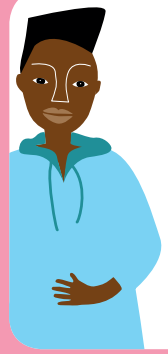
(COVID-19)

Mazano kuVabereki, vanochengeta varwere, vanachiremba nevamwewo vangaada



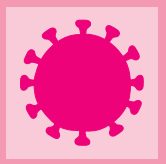
Zvamungaita kuti mubatsire Vechidiki kuti vazvidzivirire uye vagare vaine utano.

Kuti muwane mamwe mashoko: endai pawebsite ye
WHO – www.who.int/emergencies/diseases/novel-coronavirus-2019
UNAIDS – www.unaids.org/en/covid19



Munhu wese ari kunetseka nezveramangwana, asi Vechidiki vanoda rubatsiro rwenyu kuburikidza nekuvatungamirira uye kuvapa mazano ari nyore kunzwisisa, uye munogona kuvabatsira kuti vazvidzivirire uye vagare vaine utano.

Chii chinonzi Coronavirus?



Coronavirus, inonzi **COVID-19**, chirwere chinokonzerwa neutachiona hunonzi coronavirus. Chirwere che **COVID-19** chinogona kubata mhuka kana vanhu.

Munhu anenge abatwa nechirwere ichi anogona kungonzwa seane furuu kana kuti anogona kurwara zvekusvika pakunzwa mabayo, kutadza kufema zvakanaka uye anogona kufa.

Vamwe pavanobatwa nechirwere ichi vanogona kusatomborwara kana kuratidzika sevari kurwara. Vazhinji vanenge vabatwa nechirwere ichi (**inenge 80%**) vanopora pasina zvakawanda zvekurapwa zvavaitwa. Kana wechidiki ari kurarama neutachiona hweHIV asiri kunwa mushonga wake zvakanaka, zvinozonetsa kuti apore kana akabatwa neCOVID-19.

Zvinowanzoita munhu abatwa neCOVID-19

Chikosoro chisina makararwa

Kupisa muviri zvakanyanya

Nezvimwewo zviratidzo zveFuruu

Tiri kushanda takabatana ne: Africaid, (CANGO), Frontline AIDS, Global Network of People Living with HIV (GNP+), Global Network of Young People Living with HIV (Y+), M&C Saatchi World Services, PATA, REPSSI uye RNJ+ **www.frontlineaids.org/ready**

1 Kana vari kunwa mushonga, vayeuchidzei kuunwa sezvavakanzi vaite nachiremba. Vanofanira kugara vaine mushonga unopedza mwedzi kana kupfuura.

2 Varatidzei rudo, vabatsirei uye vanzwirei tsitsi pavanenge vachinetseka, vanogona kunge vasiri kubatwa zvakanaka kumba.

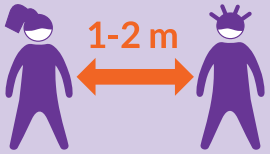
3 Onai kana vachiratidzika sevari kuzvidya mwoyo, vane stress kana depression uye kurumidzai kuvabatsira.

4 Vakurudzirei kuti vadye zvine utano uye vaite maekisesaizi kuti varambe vaine utano hwemuviri nepfungwa.

5 Ngavasashanyira shamwari, asi vakurudzirei kuti vagare vachitaura nadzo pafoni kana paWhatsApp.

6 Vechidiki vakawanda vachaudzwa zvinhu zvakasiyana-siyana, saka vayeuchidzei kuti vavimbe nemashoko ane umboo chete.

7 Kana vakanzwa chikosoro kana furuu, vanofanira kugara pamba uye kufonera vanachiremba kana vari kutadza kufema zvakanaka.

8 Vapei nhamba dzavanogona kufonera kana vachida rubatsiro.

9 Kurudzirai kuti vagare vakapfeka mask uye vasiye mita imwe kana mbiri pakati pavo nevamwe kana vari kufamba munharaunda uye vasaende panenge pakaungana vanhu.