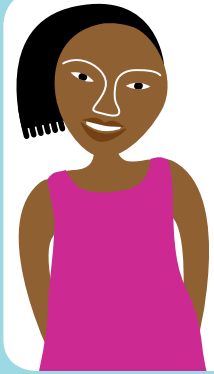
READY
RESILIENT & EMPOWERED ADOLESCENTS & YOUNG PEOPLE

COVID-19
Mazano kune vechidiki



Unogona kunge uri kunetseka nezveramangwana, asi wana mazano uye nhungamiro inoita kuti uzvidzivirire uye urambe uine utano, zvoita kuti ukwanise kuzvimiririra uye kubatsira hama neshamwari dzako.

Chii chinonzi Coronavirus?

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

Kuti uwane mamwe mashoko, enda pa: www.who.int/emergencies/diseases/novel-coronavirus-2019

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 uri kurarama neutachiona hweHIV asi usiri kunwa mushonga, unogona kuva pangozi yakakura yekubatwa neCOVID-19 uye zvinozonetsa kuti apore kana wabatwa nayo.

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 uri kunwa mushonga, inwa sezvawakaudzwa nachiremba. Edza kugara uine mushonga unopedza mwedzi uye tsvaga umwe kana wava kupera.

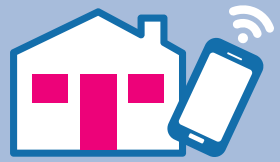
Zvaungaita kuti ugare uine utano

2 Taura nemumwe munhu kana uri kunetsekana nezveCOVID-19 – semuenzaniso kufona kana paWhatsApp.

3 Kurudzira shamwari dziri kure dziri kunetsekana kana kuti dzisiri kufambirwa nezvinhu kumba.

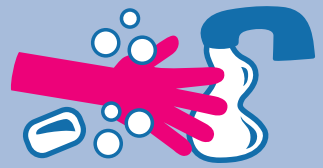
4 Idya zvine utano uye ita maekisesaizi kuti uchengetedze utano hwemuviri nepfungwa.

5 Kana ukanzwa chikosoro furuu kana kupisa muviri, gara pamba uye fonera vanachiremba kana uri kutadza kufema zvakanaka.

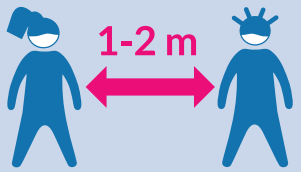


6 Usaungana neshamwari dzako-gara kumba uye ingofamba uchiita zvinhu zvinokosha sekutenga zvekudya kana mushonga.

7 Gara uchigeza maoko nesipo kwemasekonzi 20, kunyanya paunobuda mumba uye paunodzoka.



8 Pfeka mask, uye rega kubata maziso, mhino nemuromo.

9 Ngwarira kuti usatevedzera mashoko asina kutsvakurudzwa uye usaaparadzira.

10 Pfeka mask uye ugare wakasiya mita imwe kana mbiri pakati pako nevamwe, uye edza kusaenda pakaungana vanhu.