



Zvidzivirire iwe pachako pamwe nevamwe kubva kuchirwere che **CORONAVIRUS COVID-19**



Usakwazise kana kumbundira chero munhu panguva ino yatawirwa nechirwere checoronavirus/ COVID-19! Bhabhaisa, tyora muzura kana kugutsirira musoro sekwasizo yako!

Kune chirwere chitsva chakonzeresa kuti vanhu vazhinji varware. Zviri kwauri iwe neshamwari dzako kuti mubatsire pakurwisa chirwere ichi kunzvimbo kwaunogara. Unofanira kushandura zvaunoita mazuva ose sekukwazisa vanhu vakuru, kuita mabasa epamba kana kutamba neshamwari dzako.

MAITIRO EKUZVIDZIVIRIRA NAWO

Hutachiona uhwu hunopararira kana tumadonwe twemate tukabuda emumuromo mako tuchibva kumapapu ako. Tumate utwu tunokwaisa kuenda pamaoko ako, zvinhu zvako zvaunoshandisa uye nevamwe vanhu. Nekudaro, itsika yakakosha kuti urege kugumhana kana kuve pedyo nepedyo nevamwe vanhu. Usanyanya kuve pedyo nevanhu vakuru uye vamwe vane zvimwewo zvirwere nekuti vane mukana wakanyanya wekubatira coronavirus/COVID-19. Vana havawanzoita zviratidzo zvakanyanya zvechirwere ichi.



2 mts



Zvakaoma kuti uve kure nekure nevemhuri yako kunyanya vanhu vakuru. Nekudaro zvakakosha kuti ugeze maoko ako nemvura ine sipo pamwechete nekusava pedyo neshamwari dzako kana vamwe vanhu. Edza nepaunogona kuzvidzivirira!

TUNHU TUDI KI TUNOKWANISA KURARAMISA VANHU VAZHINJI



Geza maoko

Nyorovesa maoko ako, mazore sipo wobva wamakwisa zvakasimba mativi ese kwenguva inokwana masekonzi 20. Dzumburudza maoko ako nemvura inoyerera wosiyana aome.



Hotsira mukati megokora rako

Hotsira kana kukosora mukati megokora rako kudzivirira kutapuririra hutachiona kune vamwe vanhu.



Usabate kumeso kwako

Hutachiona uhu hunokwanisa kubatika nyore nekubata muromo, mhino kana maziso – ndidzo nzvimbo dzinopinda nehutachiona uhwu.

Geza maoko nguva dzose

Maoko akachena anokuchengetedza iwe nevamwe vako. Geza maoko nguva dzese kunyanya paanenge asviba senge paunenge wabva kuchimbuzi kana kunotamba, usati wabika uye...



... wapedza mabasa epamba

... usati uye wapedza kudya



... usati kana wapedza kunochera mvura, nezvimwe.



KO UNORATIDZA KURWARA SEI?

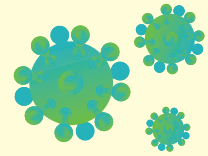
Vanhu vazhinji vanenge vabatwa nehutachiona hwecoronavirus/ COVID-19 havanyanye kuratidza kurwara. Vanongoita kunge vane flu yatajaira. Kana vakatevedzera zvanouduzwa nevhutano vazhinji vacho vanopora!

- KUKOSORA**
- FIVHA**
- KUOMA KUFEMA**



Uri kurwara here? Gara kumba.

Kunyangwe ukanzwa kurwara mbichana unofanira kugara kumba. Vanhu vazhinji vari kupora kubva kuchirwere ichi vasina kuchengetwa kuchipatara. Asi kana munhu azonyanya kurwara, teedzerai zvinotaurwa kukiriniki kana kuchipatara kuti apore imiwo muchizvichengetedza kuti musarwarewo.



Hutachiona hutsva hwemhando yecorona-virus hunokonzera COVID-19. Haukwanise kuhwona nemaziso ako asi nemichina yana mazvikokota inoona zvinhu zvidikidiki uye hutachiona uhwu hunoonekwa sezvizi nemichina iyi!



Teerera chete chokwadi

Kune mashoko akawanda ari kutenderera pamwechete nemakuhwa pamusoro pechirwere checoronavirus/COVID-19. Zhinji dzenyaya idzi dzinenge dzisingatauri chokwadi. Mamwe mashoko aya anogona kukutyisa uye mamwe okukurudzira kuti utenge chimwe chinhu. Iwe teerera chokwadi chete!

Taura nemunhu waunovimba naye

Zvinoitika kuti usuwe, ufunge zvakanwanda, ushushikane, utye kana kuita hashu. Kana wasangana neizvi zvinokubatsira kutaura nemunhu waunovimba naye angava munhu mukuru mumhuri menyu kana mudzidzisi wako. Kutaura dambudziko rako zvinokwanisa kuvabatsirawo. Iva nechido chekuzvibatsira iwe pachako uye nevamwe.

Uchine kodzero dzako

Paunenge usingafambe uchigara kumba nekuda kwecorona/ COVID-19, rangarira kuti uchiri nekodzero yekuchengetedzwa kubva mukushungurudzwa, uyezve kodzero yepekugara pakanaka, kodzero yekuwana chekudya, kodzero yekuva nehutano uye nedzidzo. Kana wasangana nekushungurudzwa mhan'ara kumapurisa kana kufona kunhamba dzedu dzamusingabhadhare, kana kutsvaga rubatsiro kune munhu waunovimba naye.



Mharidzo kubva kune ve World's Children's Prize Foundation



Mashoko aya abva kune ve Swedish PostCode Lottery neve ForumCiv