



Zikhusele wena nabanye KWI-CORONAVIRUS KWI-COVID-19

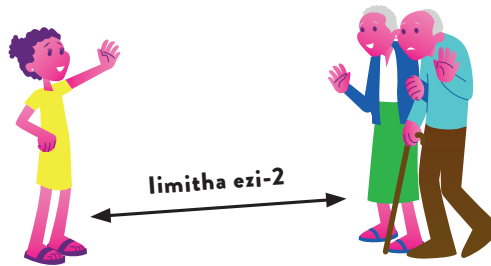


Akuxhawulwa zandla okanye akukho kwangana ngeli xesha lesifo se-coronavirus/ se-COVID-19! Weyiva, nqwala okanye uthobe intloko!

Intsholongwane esanda kufunyaniswa igulisa abantu abaninzi. Wena nabanye abantwana bala ndawo uhlala kuyo ningancedisa ukulwa esi sifo sitsha. Usenokunyanzeleka utshintshe indlela owenza ngayo yonke into ukusukela kwindlela obulisa ngayo abantu abasebebadala bakowenu ukuya kwindlela oncedisa ngayo ekhayeni nasekuhlalanganeni nabahlobo.

INDLELA YOKUYENZA LOO NTO

Le ntsholongwane inwenwa xa amachaphaza amancinci olwelo ethe abhabha ukusuka kwimiphunga yakho aphume ngomlomo. La machaphaza angawela ezandleni zakho, ezintweni zakho nakwabanye abantu. Ngoko ke, kubaluleke kakhulu ukubhekela ngokwaneleyo kwabanye abantu. Ingakumbi kubantu abasebebadala nabo baneengxaki zezempilo ezimandundu, kuba bangagula kakhulu yi-coronavirus/yi-COVID-19. Abantwana ikakhulu baye bagule nje kancinci.



Kunganzima ukuthi qelele phakathi kwakho nabantu abasebebadala bakowenu. Yiloo nto kubaluleke kakhulu ukuba uhlambe izandla zakho kwaye ubhekele kubahlobo nakwabanye abantu abangahlali kowenu. Yenza nje kangangoko unakho!

IZINTO EZINCINCI ZINGASINDISA UBOMI!



Hlamba izandla zakho

Manzisa izandla, yenza ugwebu ngesepha uze ukhuhle yonke imiphezulu yesandla kangangemizuzwana engama-20. Zipurushe uze uzomise.



Thimlela engqinibeni yakho

Thimlela kwaye ukhohlelele engqinibeni yakho ukuthintela le ntsholongwane inganwenweli kwabanye abantu.



Musa ukubuphatha ubuso bakho

Ungayifumana le ntsholongwane ngokubamba emlonyeni, empum-lweni nasemehlweni – iindawo apho le ntsholongwane inokunge-na ngazo emzimbeni wakho.

Hlamba rhoqo

Izandla ezicocekileyo zikhusele wena kunye nabanye. Hlamba izandla nanini na xa zingcolile kwanangalo lonke ixesha, umzekelo emva kokusebenzisa indlu yangasese nasemva kokudlala, ngaphambi kokuba upheke na...

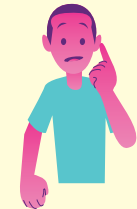


... semva kwemise-tyenzana yasekhaya

... ngaphambi nangemva kokutya



... ngaphambi nasemva kokuthutha amanzi, njlnjl.



Unamalungelo

Njengokuba uhleli ekhaya ngeli xesha le-corona/le-COVID-19, nceda ukhumbule ukuba usenelungelo lokukhuselwa kwimpatho embi, kwaye unelungelo lokuba nendawo yokuhlala, ukutya, impilo kunye nemfundo. Xela naluphi na ulwaphulo lwala malungelo akho ngokufowunela amapolisa kwiinombolo ezisimahla, okanye ufune uncedo kumntu omthembileyo.

ANGAGULA KANGAKANANI UMNTU?

Uninzi lwabantu abosulelwe nge-coronavirus/ nge-COVID-19 bagula nje kancinci kuphela. Njengaxa unengqele okanye umkhuhlane. Phantse wonke umntu uye aphilile kwakhona!

UKHOHLOKHOHO OLOMILEYO

UBUSHUSHU

UKUSOKOLA UKUPHEFULA



Uziva ugula? Hlala ekhaya.

Nokuba uziva ungaphilanga nje kancinci kumele uhlale ekhaya. Uninzi lwabantu aludingi ncedo lwezonyango ukuze lube ngcono. Ukuba umntu uthe wagula kakhulu, jonga imigaqo yekliniki okanye yesibhedlele sakho uze wenze izinto ngendlela engakubeki emngciphekweni wokugqithisela le ntsholongwane kwabanye abantu.

Umyalezo ovela kwi-The World's Children's Prize Foundation



Ngexaxaso evela kwi-The Swedish Postcode Lottery ne-Survé Philanthropies