

Keto le Zuri ba ithuta ka COVID-19



TSELA YA GO BALA BUKA ENO

Boikaelelo jwa buka eno ke go thusa bana go nna ba itekanetse e bile ba na le kitso ka COVID-19.

Batsadi, batlhokomedi le barutabana ba ka balela bana buka eno, ba ba kgothaletse go itumelela go e bala le gore ba tshwaele ka ditshwantsho le dilo tse Keto le Zuri ba di lemogang fa ba ntse ba dira dilo.

Dipotso di le mmalwa kwa bofelong jwa buka eno di tla lo thusa gore lo nne lo tsweletse motlotlo o o botlhokwa ono.

Buka eno e dirilwe go dirisiwa melao ya World Health Organisation ya Covid-19.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



Keto le Zuri ke ditsala tse di ntshanang seinong. Ba rata go nna ba taboga ko ntle, ba tshameka ko sekolong, ba bina le go tshegisa ka go nna ba senya difatlhego tsa bone.



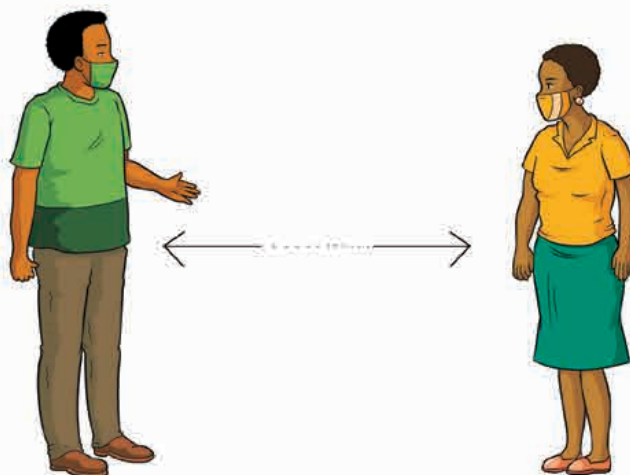
Ba tlhokometse gore morago jaana batho
ba bagolo ga ba tlhole ba dira dilo tse ba
neng ba di dira pele.



Ba tsenya di-mask go bipa dinko le melomo ya bone.



Ga ba atamalane



Ba nna kwa gae thata e bile ...

... morago jaana ba tshela
ka melao e mesha.

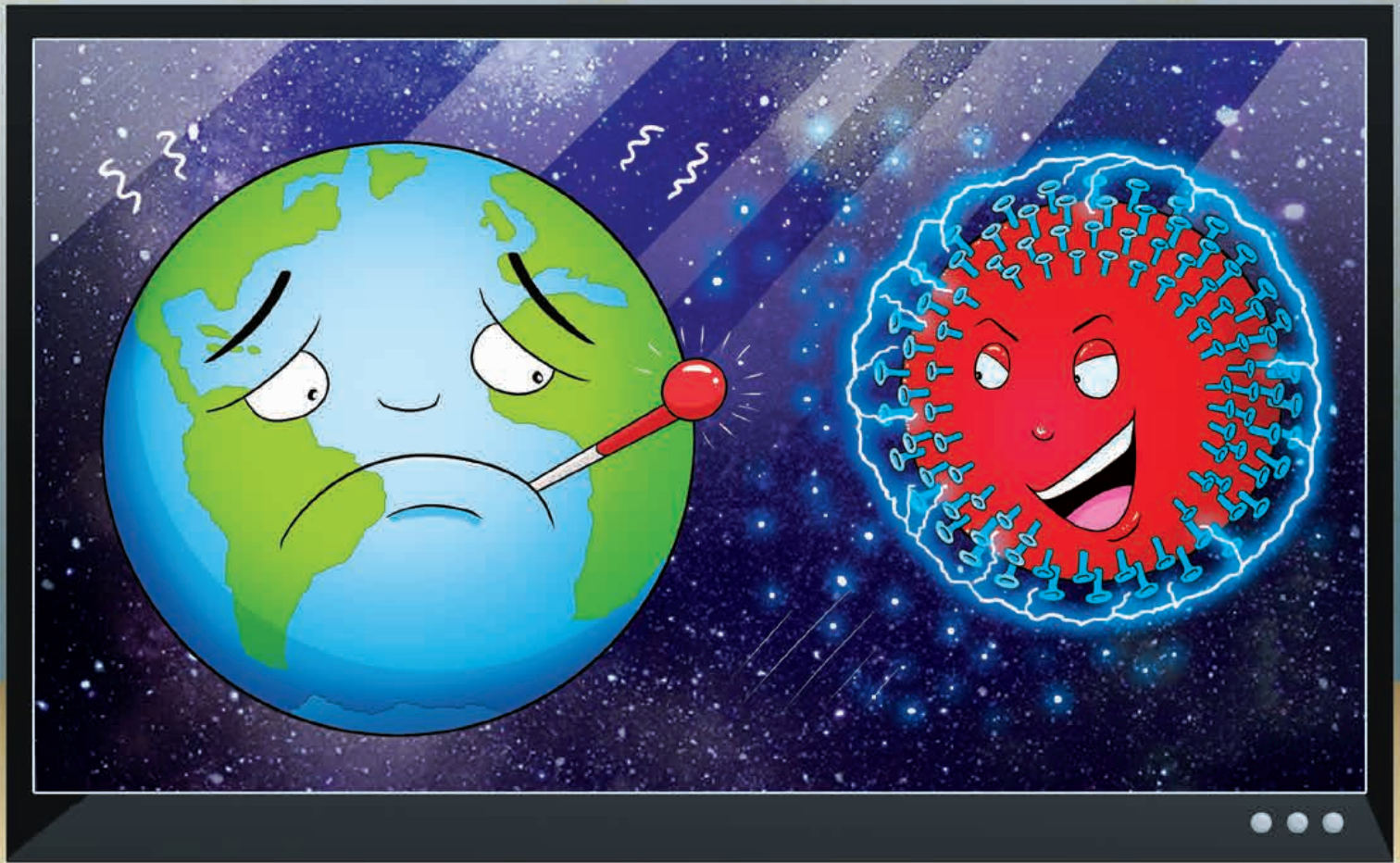


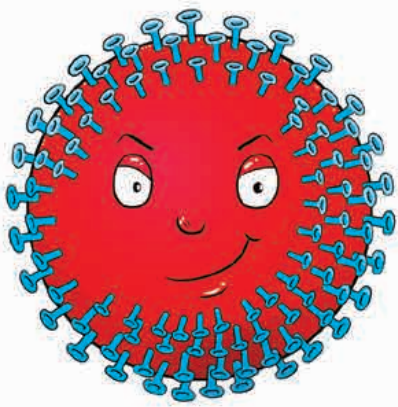
Keto, tla
lo tlhape
matsogo!

Zuri, tsenya
mask wa gago!



Gotlhe gono ke ka ntlha ya baerase nngwe e ntšhwa e e lwatsang batho mo lefatsheng lotlhe, e dira gore ba tshwarwe ke bolwetse bongwe jo bo bidiwang SARS COV2.

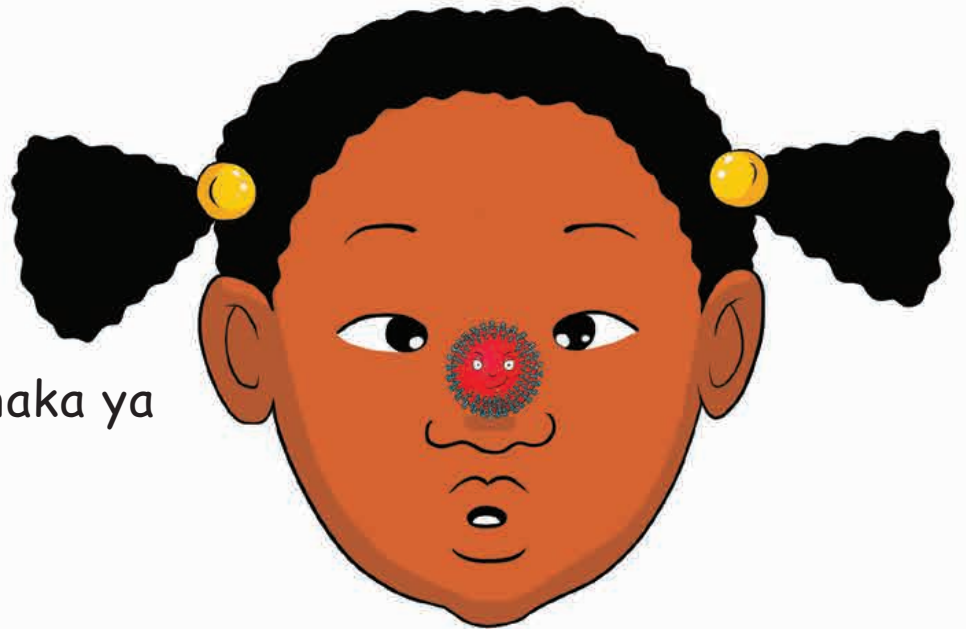
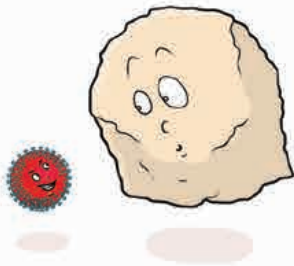




Baerase e e nnye thata.

E nnyane go nko ya Zuri ...

Tota e bile e nnye thata go feta le tlhaka ya moshawa!



E nnye thata jaana mo e leng gore o ka se kgone go e bona ntle le fa o dirisa maekeroskoupo.



Baerase eno e kgona go tswa mo mothong yo mongwe e fetele
kwa go yo mongwe ka marothodi a mannye fa batho ba gotlhola,
ba ethimola kgotsa ba bua.



E kgona go tsena mo mmeleng wa gago, fa o kgoma sefatlhego sa gago o na le mangwe a marothodi ano mo diatleng tsa gago o sa tlhapa diatla. Go botlhokwa tota gore marothodi ao a seka a kgoma sefatlhego sa gago. Fa mongwe le mongwe a ka tsenya mask, re ka kgona go emisa kanamo ya megare eno gore e seka ya gasama. Tsenya mask go sireletsa wena ga mmogo le batho ba ba gaufi le wena.



Keto, a o
tsentse mask wa
gago?

Zuri, a o
tlhapile
matsogo?

Ke gone ka moo go leng botlhokwa gore o tsenya mask wa gago fa o nale batho mme o tlhape le diatla ka sesepa go netefatsa gore o ntsha marothodi a go ka diregang gore o a kgomile. O ka nna wa phepafatsa diatla tsa gago ka go dirisa sebolayamegare se se naleng bojalwa.

Batho ba bantsi ba ba tswereng ke baerase eno ga ba na matshao ape mme go ka direga gore ga ba itse gore a ba lwala. Jaanong re itse jang fa motho a nale baerase eno? Batho ba le bantsi ba ba tshwerweng ke baerase eno ba nna le letshoroma, ba a gotlholo, e bile go ka direga gore ba nne le mathata a go hema.



Ba bangwe ga ba kgone go dupa sentle ...



... kgotsa ba tshwarwa ke mala ba bo ba ikutlwa ba lwala.



Mme batho ba le bantsi ba fola ka bonako fa ba alafiwa ke ngaka. Ka maswabi, ba bangwe ba swa fa ba lwala thata, fa ba sa bone kalafi ka nako kgotsa ba sa newe kalafi gotlhelele.



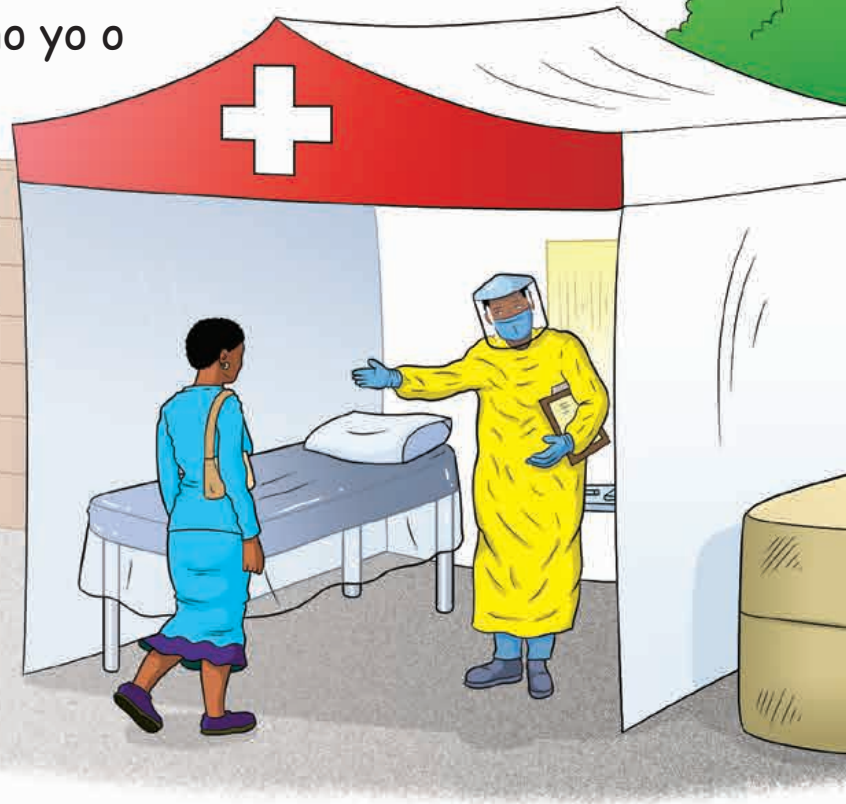
Batho ba ba godileng, kgotsa batho ba ba neng ba ntse ba lwala go le gale, ba ka nna ba lwala le go feta ka ntlha ya baerase eno.



Ke gone ka moo Keto le Zuri ba sa tiholeng ba kgona go etela rakgadi wa bone yo ba mo ratang thata. Ba tshwanetse go nna kelotlhoko thata gore ga ba mo tlietse baerase eno.



Batho ba ka kgona go tlhatlhobiwa go bona gore a ba na le baerase eno. Fa mongwe a tshwaetsegile ka COVID-19, ba tlike go kopiwa go nnela kgakala le batho ka nakwana gore baerase eno e seka ya tshelegela go ba bangwe. Seno se ka dira gore batho ba le bantsi ba se ka ba lwala. Motho yo o lwalang tshwanelwa ke go robatswa kwa bookelong lobakanyana.



Baitsesaense ba dirile setlhare se se kgethegileng se se bidiwang moento se se ka thusang batho go nna ba itekanetse le fa ba kile ba tshwaediwa ke baerase eno.

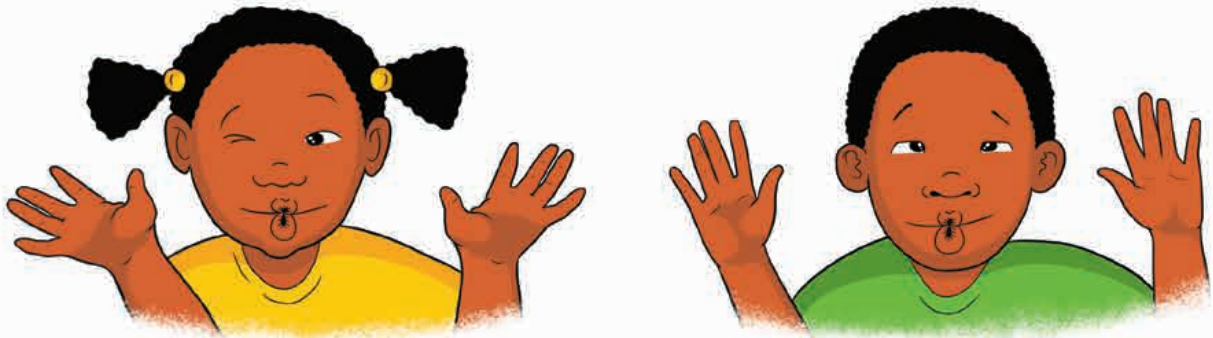
Mafatshe a mantsi a enta batho ba one mme fela go tlike go tsaya lobaka pele ga dingaka di ka enta batho lefatsheng ka bophara. Bana ga ba tshwanela go tsaya moento ono go fitlha dingaka di bua gore go siame go dira jalo.



Mme gone jaanong, Keto le Zuri ba tihomamisa gore ba nna ba itekanetse ka go nna ba tsentse di-mask tsa bone fa ba na le batho, go nna ba butse sekgala mo gare ga bone le ditsala tsa bone,



go se itshware dinko, matlho kgotsa melomo,



gotlholela kgotsa go ethimolela mo teng ga thishu kgotsa mo sekgonong se se obegileng,



mme gape ...



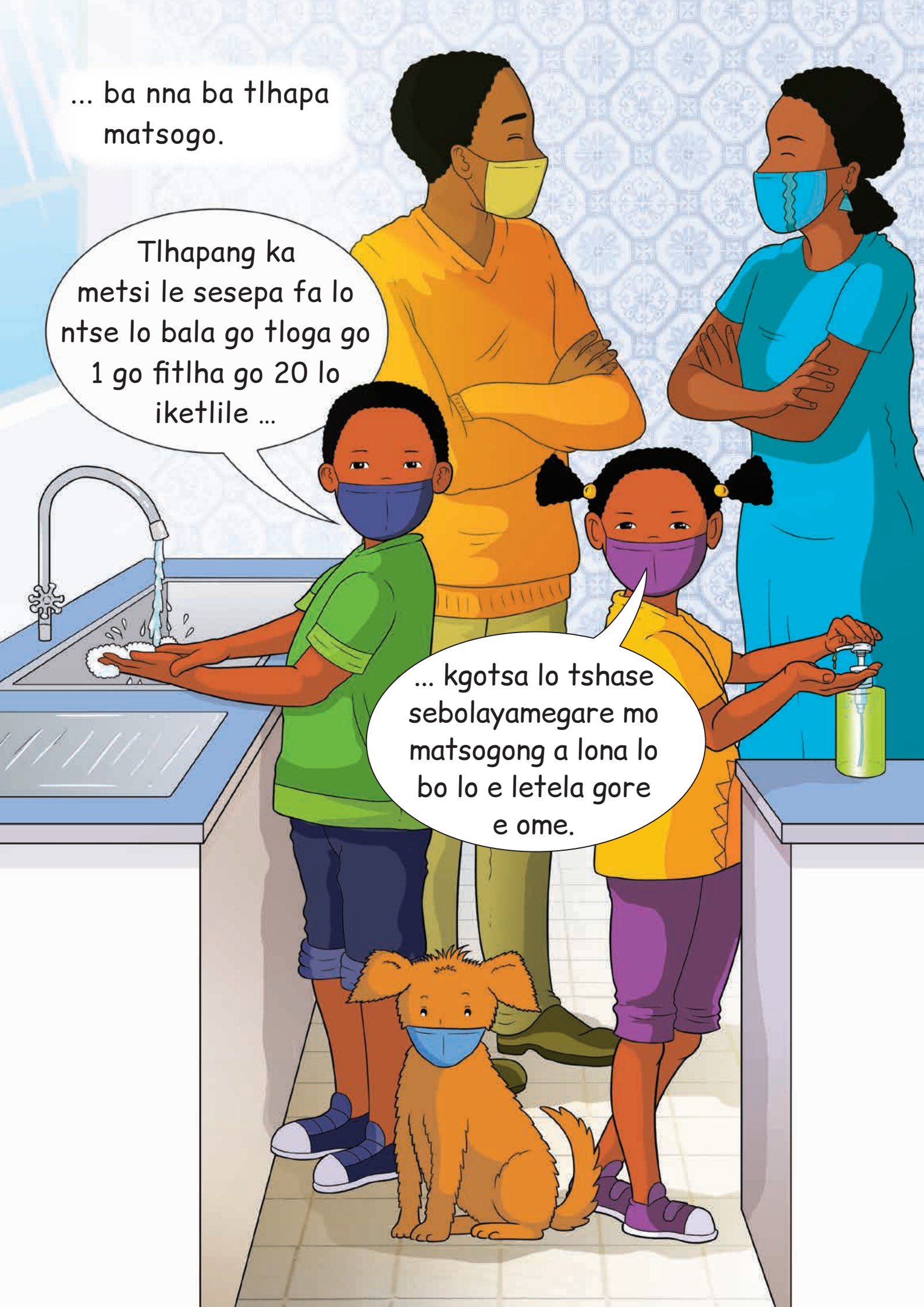
Keto!

Zuri!

... ba nna ba tlhapa
matsogo.

Tlhapang ka
metsi le sesepa fa lo
ntse lo bala go tloga go
1 go fitlha go 20 lo
iketlile ...

... kgotsa lo tshase
sebolayamegare mo
matsogong a lona lo
bo lo e letela gore
e ome.





NTLA RE BUE

COVID-19 ke bolwetse jo bo bakwang ke baerase nngwe e e sa tswang go bonwa bosheng jaana e e bidiwang SARS COV2. Mme ka gone leno ke leina le le leele thata batho ba e bitsa fela ba re ke coronavirus. Mo kgannyeng eno, Keto le Zuri ba ithutile mmogo le rona gore re tshwanetse go dirang go itshireletsa gore re se ka ra lwala, kgotsa ra anamisetsa baerase eno kwa bathong ba bangwe.

Nta re bone gore o gakologelwa go le kana kang?

1. Bula _____ mo gare ga gago le ba bangwe.
2. Tsenya _____ ya gago fa o na le batho ba e seng ba lelapa la gaeno.
3. Leka gore o se ka wa itshwara _____.
4. Gotlholela kgotsa o ethimolele mo teng ga thishu kgotsa _____ sa gago.
5. Gakologelwa go tlhapa _____ a gago.

Gakologelwa kgakololo ya ga Keto le Zuri ka tsela e e molemolemo ya go tlhapa matsogo. Tlhapa ka metsi le sesepa o ntse o bala go tloga ka 1 go fitlha go 20 o iketlile kgotsa o tshase matsogo ka sebolayamegare se se nang le 70% ya alekhoholo mme o a emele gore a ome.

