

# Mo ero, se lwa



Kouma bann zanfan  
kapav konbat COVID-19!

**IASC**  
Inter-Agency Standing Committee

## Kreasion "Mo ero, se twa"

Sa liv-la se enn proze ki finn devlope par Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). Sa proze-la finn resevwar soutien bann exper mondial, rezional ek nasional ki apartenir a organization manb IASC MHSS RG, insi ki bann paran, ed-swagnan, ansegنان ek zanfan depi 104 pei atraver lemond. Enn lanket mondial finn pibliye an Arab, Angle, Italien, Franse ek Espagnol pou evalie lasante mantal ek bezwin psikososial bann zanfan anplin propagasian COVID-19. Bann rezulta sa lanket-la finn permet pou determinn bann lide prinsipal ki ti ena pou aborde atraver zistwar-la. Sa liv-la finn rann aksesib sou form zistwar dan plizier pei ki afekte par COVID-19. Retour ki finn gagne de bann zanfan, paran ek ed-swagnan finn servi pou reget ek aktializ zistwar-la.

Plis ki 1 700 zanfan, paran, ed-swagnan ek ansegنان dan lemond antie finn pran letan pou explik nou kouma zot fer fas a pandemi COVID-19. Nou dir enn gran mersi a sa bann zanfan-la, de mem a zot paran, ed-swagnan ek ansegنان, ki finn reponn a nou lanket e ki finn inflians sa zistwar-la. 'Mo ero, se twa' se enn zistwar invante pou ek bann zanfan dan lemond antie.

IASC MHPSS RG remersie Helen Patuck ki finn ekrir zistwar-la ek ilistre liv-la.

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## Introduksion

"Mo ero, se twa" se enn liv pou bann zanfan dan lemond antie ki afekte par pandemi COVID-19.

"Mo ero, se twa" finn elabore pou ki paran, ed-swagnan ouswa ansegnan lir a enn zanfan ou enn ti group zanfan. Li preferab ki bann zanfan pa lir sa liv-la tousel me ki zot akonpagne par enn paran, ed- swagnan ou ansegnan. "Actions for Heroes" (ki pou pibliye plitar) se enn gid konplemanter ki fourni bann konsey lor fason abord bann size ki lie a COVID-19, pou ed bann zanfan zer zot santiman ek lemosion ek propoz lezot aktivite ki bann zanfan kapav fer apartir liv-la.

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Pou Sara, so mama enn ero parski li meyer mama ek siantifik dan lemond. Me mem mama Sara pa kapav trouv enn remed kont koronavirus.

"Kouma COVID-19 ete?" Sara demann so mama.

"COVID-19, ou koronavirus telman tipti ki nou pa kapav trouv li," so mama reponn.

"Me li fane kan dimounn malad touse ou terne ek kan zot tous dimounn oubien kiksoz otour zot. Dimounn ki malad gagn lafiev, touse ek parfwa gagn problem pou respire."

Nou pa kapav konbat li alor si nou pa kapav trouv li?" Sara demande

So mama reponn li "Si, nou kapav," "Akoz samem to bizin res an sekirite Sara. Viris-la afekte tou kalite dimounn ek sakenn kapav donn koudme pou konbat li. Bann zanfan okip enn plas spesial ek zot kapav ede osi. To bizin res an sekirite pou nou tou. Mo bizin ki to vinn mo ero."



Sa swar-la, alonze lor so lili, Sara pa ti santi li ditou kouma enn ero. Li ti tris. Li ti anvi al lekol me so lekol ti ferme. Li ti anvi trouv so bann kamarad me sa ti riske. Sara ti anvi ki koronavirus aret fer so lemond per.

"Bann ero ena siper-pouvwar," li dir limem ek ferm so lizie pou al dormi. "Ki mo ena mwa?"

Enn kou enn lavwa dous mirmir so nom dan nwar.

"Ki sann-la sa?" Sara mirmire an retour.

"Ki to bizin pou vinn enn ero Sara?" lavwa-la demann li.

Sara dir: "Mo bizin rod enn fason pou dir tou zanfan dan lemond kouma protez zotmem pou zot protez tou lezot dimounn."

"Abe kouma to le mo ete?" lavwa-la demande.

"Mo bizin enn zafer ki avole ... ki ena enn gro lavwa... ek ki kapav ede!"

Oush, enn labriz soufle ek enn kreatir extraordiner aparet dan kler-de-linn.





Emerveye, Sara demande: "Ki to ete?"

"Mo Ario," kreatir-la reponn.

"Zame mo'nn trouv enn Ario avan," Sara dir.

"Pourtan toulstan mo ti la," Ario reponn.  
"Mo sorti dan to leker."

"Si mo ena twa alor mo kapav koz lor koronavirus  
ar tou zanfan dan lemond!"

Sara exklame. "Mo kapav vinn enn ero!

Non atann, Ario, eski li bon vwayaze avek  
koronavirus ki partou la?"

"Selman zis avek mwa, Sara," Ario reponn.  
"To pa pou gagn nanye tan ki nou ansam."



Lerla Sara mont lor ledo Ario ek toulede avole par lafenet so lasam dan lanwit.  
Zot anvol ver bann zetwal ek fer lalinn salam.

Kouma soley ti pe leve, zot ateri dan enn zoli dezer akote bann piramid, kot enn ti group zanfan ti pe zwe. Bann zanfan ti kriye avek lazwa ek ti pe fer signal ar Sara ek Ario.

ENN garson kriye, "Bienveni, mo apel Salem!". "Ki zot pe fer la? Sori, nou pa kapav koste, nou bizin gard omwin enn met distans!"

"Akoz samem nou la!" Sara kriye an retour. Mo apel Sara ek ala Ario. Eski to kone ki bann zanfan kapav protez zot vwazin, kamarad, paran ek gran-paran kont koronavirus? Nou tou bizin..."

"Lav nou lame avek savon ek delo!" Salem kontigne avek enn sourir. "Nou kone, Sara. Nou ousi tous dan nou koud si nou malad – ek nou fer bann sign olie donn lame. Nou esey res kot nou me nou res dan enn lavil kot ena boukou dimouunn... Pa tou ki res lakaz."

"Hem, kitfwa mo kapav fer enn zafer," Ario dir. "Zot pa kapav trouv koronavirus, me ... zot kapav trouv mwa! Ale grinp lor mo ledo, selman sakenn asiz lor enn lezel sil-vouple – zot ena omwin enn met distans!"



Ario anvole dan lesiel avek Salem ek Sara lor so de lezel. Li anvole atraver lavil e koumans grogne ek sante! Salem kriy avek bann zanfan ki ti lor sime.

"Ale, al dir zot fami, ki nou plis an sekirite andan! Meyer zafer ki nou kav fer pou protez sakenn se res lakaz!"

Bann dimounn etone par seki zot ti pe trouve. Zot signal bann-la ek dakor pou rant kot zot.





Ario al bien-bien lao dan lesiel. Ere, Salem ti pe kriye. Pli lao dan niaz, enn avion ti pe pase ek bann pasaze ti an admirasion ler trouv zot.

"Biento, dimounn pou nepli kapav vwayaze, omwin pou asterla," Salem dir.

Bann pei dan lemond pe ferm zot frontier, ek nou tou bizin res kot nou ete avek dimounn ki nou kontan."

"Telman kiksoz finn sanze," Sara dir. "Mo gagn per parfwa."

Ario dir li: "Li kapav bizarre ek efreyan kan kiksoz sanze Sara," Ario dir. "Kan mo gagn per, mo respir dousma-dousma – ek mo kras dife!"

Lerla Ario kras enn gro boul dife!

"Kouma zot rilax kan zot gagn per?" Ario demann zot.



"Mo kontan mazinn kikenn avek ki mo santi mwa an sekirite," Sara dir.

"Mwa si, mo pans bann dimounn avek ki mo santi mwa an sekirite, parey kouma mo bann gran-paran," Salem dir. "Zot mank mwa. Mo pa kapav ser zot dan mo lebra tension mo fer zot gagn koronavirus. Nou abitie trouv zot dan wiken, me asterla non, parski bizin protez zot."

"Eski to kapav telefond zot?" Sara demann so kamarad.  
"A! Wi!" Salem dir. "Zot sonn mwa toulezour ek mo rakont zot tou seki nou fer lakaz. Sa fer mwa dibien, ek zot osi."

"Li normal ki dimounn nou kontan ek pa zwenn mank nou," Ario dir. "Sa montre komie zot importan pou nou. Zot ti pou santi zot pli bien si zot zwenn lezot ero?"

Sara ek Salem kriye, "A! Wi!"

"Top, mo kamarad Sasha ena enn extra siper-pouwpar,  
" Ario dir. "Anou ale!"





E zot pik tet anba ek al ateri pre enn ti vilaz.

Enn tifi ti andeor so lakaz ek ti pe kas fler. Ler li trouv Ario ek bann zanfan lor so lezel, li kas enn gran riye.

Li kriye: "Ario! Nou bizin gard omwin enn met distans, alor mo avoy twa enn kalin! Ki zot pe fer la?"

"Mo'nn santi to kalin, Sasha" Ario dir. "Mo kontan manier ki nou servi bann mo ek osi bann aksion pou montre nou lafekcion. Mo ti'a voudre montre mo bann kamwad to siper-pouwar."

"Ki siper-pouwar?" Sasha demande.

Ario explike, "Depi ki enn manb dan to fami finn tom malad, to pe res lakaz pou to sir ki to pa transmet koronavirus ar kikenn."

"Wi, mo papa sa, ek li pe res dan so lasam ziska li bien net," Sasha dir.



"Be pa tro grav! Nou zwe, fer lakwizinn, pas letan dan zardin ek nou pran nou bann repa ansam. Mo bann frer ek mwa , nou tous nou bann ledwa lipie ek nou danse. Nou lir bann liv ek mo kontign aprann parski ena fwa lekol mank mwa. Koumansman ti drol res lakaz, me aster mo trouv sa normal."

"Li pa toulstan fasil, Sasha," Ario dir. " To trouv bann distrakcion ek bann mwayin pou res an armoni dan to fami. Sa fer twa mo ero!"

Salem demande, " Eski li arive ki to lager ar to fami?"

Parfwa ousi, mo bizin enn ti letan tousel. Mo mari kontan danse ek sante tousel! E mo telefonn mo bann kamarad detanzantan..."

"Abe, Ario, kouma bann dimounn ki lwin kot zot ou ki pena lakaz fer?"Sara demande.

"Sa, se enn extra bon kestion Sara, "Ario dir. "Anou al gete."





Alor, zot dir Sasha orevwar ek repron zot larout. Ler  
ti pe vinn pli so letan zot poz lor enn lil ki ti antoure  
ar lamer.



Lor la, ti ena enn pake dimounn. Enn tifi ti remark zot ek li fer zot enn sign depi lwin.

Li kriy for, "E! Ario, mo kontan pou retrouv twa ! Nou pe sey gard omwin enn met distans ek nou kamwad, alors mo pou koz ar twa depi isi mem. Me mo ti'a kontan zwenn to bann kamarad! Mo apel Leila."

Sara dir, "Bonzour Leila, ek ala Salem. Koumadir zot pe rod protez zot kont koronavirus. Ki zot fer ankor?"

"Nou lav nou lame avek savon ek delo!" Leila reponn.

"Eski zot tous osi dan zot koud?" Salem demande.

"To kapav montre nou?" Leila demande an retour. Lerla Salem montre zot.

"Nou tou anvi montre ki nou ena kouraz, me enn zafer pe fer mwa gagn traka," Leila dir. "Mo kapav koz sa ar zot ? Mo'nn tann dir ki kikenn finn malad, apre finn mor.

Eski li vre ki dimounn kapav mor ar koronavirus?"



Ario pous enn gran soupir ek asiz lor so gro deryer.

"Ayo! Wi, mo bann ti ero, li etranz," Ario dir. "Sertin dimounn pa santi zot malad ditou, me ena tom bien-bien malad ek ena mor tou. Akoz samem nou bizin fer atansion avek bann gran-dimounn, ek seki ena lezot malad parski zot pli frazil. Parfwa kan nou per, oubien nou santi nou an danze, sa kapav ede si dan nou latet nou mazinn enn lie sir. Eski zot anvi eseye ar mwa?"

Tou ti dakor ek Ario demann bann zanfan-la ferm zot lizie ek mazinn enn lie sir kot zot santi zot proteze.

"Konsantre lor enn souvenir ou enn moman kot zot ti santi zot an sekirite," Ario dir.

Apre li demande ki zot pe trouve, ki zot lemosion ek ki zot santi dan sa landrwa-la. Li demann zot ankor si zot ti pou kontan invit enn dimounn spesial dan zot lie sir e ki zot ti pou koze ansam.

"Zot kapav al dan zot lie sir sak fwa ki zot per ou santi zot tris," Ario dir. "Samem zot siper-pouwvar ek zot kapav partaz li avek zot bann kamarad ek fami. E pa blyie ki mo pe vey lor zot parey kouma plin lezot dimounn. Sa pou ede ousi."



Leila dir, "Nou kapav pran swin nou kamarad."

"Vremem sa, Leila," Ario dir. "Nou kapav vey sakenn lor lot, pe import kot nou ete.  
Eski to anvi vinn avek nou pou nou dernie vwayaz?"

Leila desid pou vwayaz avek Ario ek so bann novo kamarad. Sara ti extra kontan ki Leila vinn avek zot, parski li kone, ki parfwa, nou bizin soutenir sakenn so kamarad. Zot anvole dan lezer trankilman, san enn mo, me Leila ti kone li ti konte pou so bann novo kamarad.



Dan peizaz, bann montagn lanez pare, ek Ario desann dan enn ti lavil. De-trwa zanfan ti pe zwe pre kot enn rwiso.

ENN ANT ZOT KRIYE "ARIO!" EK FER LI SALAM.

"Bonzour Kim," Ario reponn. "Zot tou ki la avek mwa, mo ti'a voudre prezant enn-de mo bann kamarad ki ti'nn gagn koronavirus e ki'nn bien asterla."

"Kouma sa ti ete?" Salem demande.

"Mo ti pe touse e mo ti pe gagn extra so par moman. Mo ti ousi bien-bien fatige e pandan plizier zour mo pa ti pe anvi zwe," Kim dir.

"Me mo'nn dormi boukou e mo fami finn okip mwa. Ena dan nou fami ki'nn bizin al lopital. Bann infirmier ek dokter ti bien zanti avek zot, e bann manb dan nou landrwa finn ed nou lakaz. Apre detrwa semenn, nou'nn korek."



"Mwa, mo enn kamarad Kim," enn lot zanfan dir . "Se pa akoz Kim ti'nn gagn koronavirus ki nou'nn aret kamarad – mem si nou pa ti trouv nou kamarad. Zame mo finn aret pans so bien-et e nou telman ere pou rezwe ansam!"

"Parfwa, kiksoz pli importan ki nou kapav fer antan ki kamarad se protez sakenn," Ario dir. "Mem si savedir res lwin avek nou kamarad pandan inpe letan."



"Nou kapav fer sa bann zafer-la pou sakenn," Leila dir.

"E enn zour, nou tou pou kapav rezwe ansam ek retourn lekol, kouma avan," Salem dir.

Ti'nn ariv ler pou Sara rant lakaz ek dir orevwar so bann novo kamarad. Zot fer promes ki zame zot pou blye lavantir ki zot finn viv ansam.

Sara ti santi li tris letan li mazine ki kitfwa zot pa pou retrouv zot kamarad de sito. Me li'nn santi li inpe pli bien ler li rapel seki so kamarad Kim ti dir. Mem si nou pa trouv bann dimounn, sa pa vedir ki nou nepli kontan zot.



Ario al kit zot tou zot lakaz, e li atann  
ki Sara dormi avan ki li ale.

"Eski nou pou kapav rekoumanse  
demin?" Sara demann li.

"Non Sara, to bizin res avek to fami  
asterla," Ario dir. "Rapel nou zistwar.  
To kapav protez bann dimounn ki  
kontan kan to lav to lame e kan to  
res kot twa. Zame mo pou lwin avek  
twa. To pou touzour avek mwa kan  
to res dan to lie sir."

"Tomem mo ero," Sara mirmire.

"Twa ousi to mo ero, Sara. To enn  
ero pou tou bann dimounn ki kontan  
twa," Ario dir.



Sara dormi e kan li leve landemin, Ario ti'nn fini ale. Lerla, li al dan san so lie sir pou koz avek li, apre li desinn tou seki zot finn aprann e tou seki zot finn trouve pandan zot lavantir. Li galoupe pou al get so mama, so desin dan so lame, pou rakont li tou.

"Nou kapav ed bann dimounn res an bonn sante, Ma," Sara dir. "Mo'nn zwenn boukou ero pandan mo lavantir!"

"To ena rezon, Sara!" so mama reponn.  
"Ena boukou ero ki protez bann dimounn kont koronavirus, kouma bann dokter ek bann infirmier. Me to'nn rapel mwa ki nou kapav bann ero, toulezour, e mo pli gran ero, se twa."

