

Iqhawe Lami Ngewe



Abantwana
bangalwisana
njani le-COVID-19!

IASC
Inter-Agency Standing Committee

Ukulotshwa kwebhuku “Iqhawe lami nguwe”

Ugwalo lolu lubeyimpumela yohlelo Iwe-Inter-Agency Standing Committee Reference group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). Lolu luhlelo olube yimpumela yokuvumelanwa kwengcitshi ezihlanganisela izizwe zonke jikelele, amazwe kuziqunjana zalapha ezikhona, lengcitshi ezihlala emazweni azo zabe IASC MHPSS RG, kanye labazali, abancedisi, lababalisi. Kanye labantwana kuzizwe ezilikhulu lane. Kwaba lendingisiso eyathunyelwa kumaArabhu, abesingisi, ama-Italian, ama-French labesipanishi ukuhlolisa impilo yezengqondo kunye lemfuno zengqondo ezilabantwana ngesikhathi seCOVID-19. Isiqokoqela zalezimfuno zasetshenziswa ekubhalweni kwalolugwalo. Ugwalo lolu lubalwe njenge nganekwane ebantwaneni abahlala ezipheni ezileCOVID-19. Kusetshenziswe imbono yabantwana Kanye labazali lalabo abasebenza ukugcina abantwana ukuze kuxazululwe ukubhala loludaba.

Abantwana, abazali, lalabo ababagcina abantwana, kanye lababalisi babo abedlula 1700 babelana amacebo okuthi baphila njani ngesikhathi segciwane leCOVID-19. Siyabonga lababantwana labazali, lalabo abagcina abantwana, kanye lababalisi babo ekubeni yingxene yendingisiso kanye lokuncedisa ekubhaleni lindaba. Lelibhuku lenzelwe njalo lenziwa ngabantwana bezizwe zonke jikelele.

Abe IASC MHPSS RG babonga uHelen Patuck olobe lindaba lokufaka amapikitsha kumbe imifanekiso yokuchasisa lelibhuku.

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Lokhukuguqulwa kwebhuku leli kwensiwe ngu Dr. Omphile Marupi we ZBC, u Nomathemba Sibanda, uArnold Moyo IoNdabezihle Nyathi abasebenzela iNational University of Science and Technology, koBulawayo.

Isiqalo

"Nguwe iqhawe lami" libhuku elilotshelwe abantwana bonke ababhekana lesifo se-COVID-19.

"Nguwe iqhawe lami" kumele libalwe ngabazali, abagcina abantwana kumbe ababalisi emntwaneni oyedwa kumbe ebantwaneni abalutshwane. Liyakhuthazwa ukuthi lingaphi ontanga bezibabele bodwa kungelabazali, abagcina abantwana kumbe ababalisi babo. Kuzaba lelinye ibhuku elizalandela elithiya "Izenzo zamaqhawe" elizabeliphendula indaba ezimayelana lesifo se-COVID-19, ukuthi lingcedise abantwana isimo sabo kanye, lemizwa yabo kuhlanganisa lemisebenzi ephathelene lokuloba lolugwalo.

Ukuguqula

Iqembu elibhekane lokuguqula lumsebenzi kuvela kusilungu kusiya kulimi Iwesi-Arabhu, Isitshayina, isiFrentshi, isiRashiya lesi Panitshi yilo elizaphatha lumsebenzi. Abantu abathintane labe IASC Reference Group for Mental Health AND Psychological Support.(MHPSS) (mhpss.refgroup@hmail.com) nxa beswela ukuncediswa ukuba lolugwalo luguqulelwwe kwezinye indimi. Zonke inguquko ezifeziwego ngezinye indimi zizathunyezwu kubulembu beqembu le- IASC.

Nxa kungaba lomunye umsebenzi wokuguqula lolugwalo kufanele ukunanza lokhu:

- Akuvunyelwa ukufaka inhlamnvu zakho loba ezalabo abaphathise ngemali ekufezeni umsebenzi lowo.
- Nxa kungaba lenguquko engadinga ukwengeza imnfanekiso loba imitsho, ukusebenzisa umnfanekiso we IASC akuvunyelwa. Ekusebenziseni lumsebenzi makungalo tshwa amagama angenza igama le IASC libesengani livumelana lalokhu okulotshiwego.
- Kusadingeka ukuthi inguquko zonke ezenzakalayo kulo umbhalo zithole imnvumo ngaphansi kwemnvumo ye Creative Commons License. CC BY-NC-SA 4.0 kumbe 3.0. Imnvumo le ingatholakala ku <http://creativecommons.org/share-your-work/licensing-considerations/compatible-licenses>.
- Kufanele kube lemitsho ebonisa ukungabi lomlandu wencazeloeziza lalenguquko yombhalo ezithi: Inguquko yalumbhalo kayizi labe Inter-Agency Standing Committee (IASC). Abe IASC abalamlandu wencazeloeziza lalokho okumunyethwego ngemnva kwenguquko eyenzwe phezu kwalumbhalo. Iqiniso lalokho okumunyethwego kuvunywa nxa kusetshenxiswe ugwaloluza lulotshwe ngesingisi ngaphansi kwenhlanganiso ye "Inter-Agency Standing Committee.My Hero is You:How Kids Can Fight Covid-19! Ngaphansi kwe Layisensi ethi: CC BY-NC-SA 3.0 IGO, yilo oluzavumakala njengolweqiniso.





Umama kaSara nguye iqhawe likaSara ngoba yingcitshi kamama njalo nguye usolwazi kweze science emhlabeni wonke jikelele. Kodwa laye umama kaSara kayitholi into engalapha igcikwane lecorona. "Ibukeka njani iCOVID-19?" uSara wabuza umamakhe.

"ICovid-19, kumbe igcikwane lecorona lincinyane asingeke silibone ngamehlo," kwatsho unina ka Sara. "Kodwa limemetheka ngokukhwehlela, lokuthimula kwalabo abagula ngalo, kumbe bengabamba abantu kumbe izinto lapho abayabebekhona. Abantu abalegcikwane leli bayatshisa umzimba, bekhwehlele njalo abanye babo bayehluleka ukuphefumula kahle."

"Manje njengoba singaliboni leligciwane asingekesalilwisa na?" Kwabuza uSara.

"Singalilwisa", watsho umama kaSara. "Yikho kumele uhlale endaweni lapho ongeke walithola khona leli gcikwane, Sara. Leli gcikwane selimemethike ebantwini abahlukeneyo, njalo wonke umuntu engenelisa ukuncedisa ukulwisana laleligcikwane. Abantwana baqakathekile njalo labo bangancedisa. Kumele uhlale uvikelekile ukwenzela ukuthi sonke sivikeleke. Ngifuna wena ube liqhawe lami"



USara walala ngalobobusuku ezizwa eliqhawe. Wayedidekile ethukuthele. Wayefuna ukuya esikolo kodwa isikolo sakhe sasivaliwe. Wayefisa ukuyabona abangane bakhe kodwa lokhu kwakungaxwayiswa. Wayefuna ukuthi leligcikwane liyekele ukwethuselaabantu.

"Wazitshela ukuthi amaqhawe alamandla amakhulu", watsho evala amehlo akhe ukuthi elale. "Kambe ngingaba yini na"

Ngakhonokho nje wezwa izwi limnyenyezela ebumnyameni.

"Ngubani?" Watsho USara laye enyenyeza.

"Ufunani ukuthi ubeliqhawe, Sara" latsho izwi limbuza.

"Ngifuna indlela yokwabelana labanye abantwana ukuthi bengenzani ukuthi bazivikele, lokuthi bavikele abantu bonke..." khatsho uSara.

"Manje ufuni mina ngibeyini kumbe ngikuncede njani?" Latsho izwi limbuza.

"Ngifuna into engingaphapha ngayo....into elezwi elijiyileyo... into enganceda!"

Ngesiphange, kwabalesimanga esabonakaliswa yikukhanya kwe nyanga....





"Ungubani wena?" kwabuza uSara ngokwesaba

"Ngingu Ario," k watsho linto.

"Angikaze ngibone iArio" k watsho uSara.

"Hawu, bengivele ngilapha isikhathi sonke lesi", k watsho uArio. "Ngivele enhliziyweni yakho" Nxa ngingakuthola... ngizenelisa ukuthsela ingane zonke emhlabeni wonke jikelele ngesifo se coronavirus!" k watsho uSara. Ngingaba liqhawe!Kengibuze, Ario, kuvikelelile na ukuhamba le coronavirus?"

"Ngaphandle kwami nje k uphela k watsho uArio. Akula lutho olungakulimaza nxa Sisonke"





Ngakonje uSara weqela emhlane kaArio, bebonke baphaphela phandle bephuma ngefasitela ebunyameni bobusuku. Baphapha bebuka inkanyezi behulumisana lenyanga.

Lathi liphuma ilanga bafika enkangala
yasekipite lapho okwakulabantwana abambalwa
ababedlala. Bajabula ukubona uSara lo Ario
baze behlisa inyembezi ngokuthokoza.

"Ngiyalamukela mina ngingu Salem!" watsho
omunye wabafanyana. Kanti lingaba lidingani
lapha? Lizathi ukuxola ngeke sisondele eduzane
lani, kufanele simele khatshana lani, phose
ibanga elingaba yimitha!"

"Yikho silapha, watsho uSarah ephendula.
Mina ngingu Sara ngihamba lo Ario. Liyazi na
ukuthi abantwana bengavikela omakhelwane
babo, abangane, abazali Kanye labomkhulu
babo ukuthi bengabi legcikwane le corona?
Kuzabe kufanele ukuthi senze okulandelayo..."
"Sigeze izandla zethu ngamanzi ale-sepa!"
kwatsho uSalem ebobotheka. "Hatshi ke
Siyakwazi lokho, kutsho uSara.
Kufanele sikhwehlelele ekhwapheni nxa
silofuba, njalo singaxawulani nxa sibengelelana.
Sizame ngazonke indlela ukuhlala ngezindlini
lanxa nje kusehlula njengabantu abahlala
emadolobheni.

"Hmm, engxene ngingancedisa kulokho"
kwatsho uArio. "Igcikwane le corona ngeke
balibone... kodwa mina bayangibona,
ngakhoke balakho ukuhlala emaphikweni ami
nxazonke ukuze bengathintani babe khatshana
lakhatshana ngobude be-mitha inye.



uArio waphapha waya
emayezini elo Salem lo Sara
behlezi empikweni. Badlula
phezu kwedolobho, watsho
evunguza ehlabela! uSalem
wamemeza ngezwi eliphezulu
esithi:

Hambani liyotshela imuli zenu
ukuthi sivikelekile kugcikwane
nxa zihlezi ezindlini.
Singazivikela ngokuhlala
ezindlini zethu.

Abantu bamangala
ngabakubonayo. Banqekuza
bephakamisa izandla
bengena ezindlini zabo





UArio waphapha engena emkhathini. USalem wajabula okumangalisayo. Bathi bephapha esibhakabhakeni baphambana lendizamtshina, ilabantu abababheka ngokumangala okukhulu.

"Abantu kuyamele beke beme ukuhamba lokuvakatsha okwesikhathshana, manje," kwatsho uSalem. Imingcele eyomhlaba iyavalwa maduzane nje, kusamele sihlale labantu esibathandayo

"Izinto seziguqukile" kwatsho uSara. Ngesinye isikhathi ngizwa ngigcwala ukwesaba.

"Ngizwa ngigcwala ukudideka lokwesaba nxa izinto ziguquka kanje, Sara" kwatsho uArio. Nxa ngingagcwala ukwesaba kanje ngiphefumula mbijana njalo ngiphefumula umlilo" uArio watsho ephefumula ilangabi lomlilo!

"Ukhululeka njani nxa ugcwele ukwesaba ngaphakathi?" watsho ebabuza uArio.



"Ngifuna ukucabanga ngomuntu ongenza ngizizwe ngivikelekile" kutsho uSara.

Lami kunjalo, ngicabanga abantu bonke abangenza ngizizwe ngivikelekile, abantu abafunalabomkhulu. Ngaze ngabakhumbula. Ngeke ngibaxhawule ngoba ngingabathelela igcikwane le corona. Bona sihlala sibavakatshela ngempelaviki, kodwa okwakathesi kuzamele sime ngoba singabathelela igcikwane le corona.

"Uyenelisa ukubatshayela ucingo?" watsho

uSara ebuza umngane wakhe. "Yee...!" wastho uSalem."Bayangitshayela ucingo insuku zonke lami ngibaxoxela ngalokho esikwenzayo ngekhaya. Kwenza sizizwe ngcono sonke.

"Kujwayelekile ukukhumbula abantu esibathandayo uma singababoni" kwatsho uArio. Kubonisa uthando esilalo. Akelingitshelle lingezwa kanjani ukuhlangana lamanye amaqhawe na?"

"Yee.. batsho bevuma uSara lo Salem.

"Kulungile ke ngoba umngane wami uSasha olamandla amanye amangalisayo",kwatsho uArio. "kulungile asambeni!"





Ngemnva kwalokho bephula uhumbo lwabo lokuphapha emayezini bayafikela komunye umuzi lapho abafica intombazana idobha amaluba. Wathi ebona uArio labanye abantwana behlezi empikweni wafa yikuhleka.

"uArio!" watsho ememeza"kusamele sihlale katshana la khatshana ngobubanzi be-mitha, ngakhoke ngizakubingeleta ngikhatshana! Kanti lenzani lapha?"

"Ngizwile ukubingeleta kwakho, Sasha" kwatsho uArio. Ngithanda indlela osebenzisa amazwi lomzimba wakho ukubonisa ukuthi uyangithanda. Ngithanda ukuthi abangane bami babekwazi ngamadla anganeno olawo."

"Amandla ami anganeno yiwaphi?"

"Ngemnva kokuba lomunye welunga lemuli yakwenu egulile, uhlala laye ngekhaya ukuze lingathelelani igcikwane le corona" kwatsho uArio.

"Yee.., ngihlala lobaba wami. Uzihlalela ngasekamelweni lakhe aze aphole," kwatsho uSasha.



Kodwa akukubi kangako! Siyadlala imidlalo, siyapheka, Sithole ithuba lokuba sesivandeni siphinde sidle sonke njengemuli. Mina labafowethu siyathola ithuba lokugida, sibale ingwalo zethu lanxa nje sengikhanuka ukuya esikolo. Ukuhlala ekhaya kwaqala kungajwayeleki kodwa manje sengijwayele.

"Kodwa akulula, Sasha" kwatsho uArio. "ulazo indlela zokuzithokozisa lemuli yakho lingekhaya. lokho kwenza ube liqhawe lami!"

"Liyake lixabane lemuli yenu?" wabuza uSalem?

"Kwezinye izikhathi," kwatsho uSasha. "Kusafanele sibe lokubekezelelana Kanye lokuzwisisana njalo siohangue sixolisane nxo siphambanisene. Lokhu yikho ukuba lamandla anganeno njengeqhawe, ngoba kusenza labanye sizizwe ngcono. Mina ngiyathanda ukugida lokuhlabela nje ngedwa! Kwezinye izikhathi ngiyanxusa abangane bami.."

Akutsho, Ario abantu abakhatsana lekhaya kumbe abangela makhaya ke?" kwabuza uSara.

"Ngumbuzo omuhle lowo Sara," kwatsho uArio. "Asambe siyedingisisa."





Babhabhayisa uSasha , basuka njalo. Umoya
wezwakala usukhudumala sebefika emhlabathini
ogonjolozelwe ngamanzi elwandle.



Bafica isiqumbu sabantu. Enye intombabzana yababona, yaqala ukubaphakamisela isandla.

"Sakubona Ario, ngiyajabula ukukubona njalo!" wamemeza. Siyazama ukuhlala sinanze imitha, ngakho ngizakhulumu lawe nginanzelela lokho. Kodwa ngizathanda ukuhlangana labangane bakho! Mina ngingu Leila"

"Sakubona Leila! Mina ngingu Sara ngihamba lo Salem," kwatsho uSara. Kukhanya uyazama sibili ukuzivikela kugcikwane le corona. Kuyini okunye njalo okwenzayo?"

"Siyageza izandla zethu ngamanzi ale" sepa!" watsho ephendula uLeila

"Uyakhwelela ekhwapheni na?" wabuza uSalem.

"Sicela usibonise ukuthi ukwenza kanjani?" Watso uLeila ebuza. uSalem wasemtshengisa.

"Siyazama sonke ukuba lezibindi, kodwa kukhona okungikhathazayo," kwatsho uLeila. Singaxosisana ngakho sobabili? Ngizwa kuthiwa ukhona oke wagula wafa, ngakhoke kuyangethusa lokho. Liqinis ukuthi abantu bangagula bafe ngegcikwane lecorona?"



UArio wehlisa iphika wahlala phansi wazinza.

"Yebo, maqhawe amatsha lokhu kuyisimanga" kwatsho uArio. Abanye abantu abaguli kodwa abanye bengabanjwa ngumkhuhlane lo bagula kakhulu, njalo abanye bayatshona. Ngakhoke kumele sinanzelele ikakhulu abantu abadala labanye abavele beleminye imikhuhlane, ngoba bandies ukugula kakhulu ngaleligcikwane. Kwesinye isikhathi nxa sizizwa sisesaba kungasiza ukuthi sicabange sisendaweni evikelekileyo. Ungafuna yini ukuzama ukukwenza lokhu lami na?

Bavuma bonke, ngakho uArio watshela abantwana bonke ukuthi bavale amehlo bacabange indawo enhle lapho abazizwa bengelakwesaba.

"khumbulani isikhathi lapho owazizwa uvikelekile," kwatsho uArio.

Wasebabuza ukuthi babonani, bazwani, njalo lokuthi kwakulomnuko onjani endaweni le evikelekileyo. Wababuza ukuthi bangaba lomuntu oqakathekileyo empilweni kumbe abamthandayo abangafisa ukumnxusa ezoxoxisana labo endaweni le, evikelekileyo, wabuza njalo ukuthi babengaxoxa ngani.

Ungaya kulindawo evikelekileyo nxa usizwa usesaba kumbe udanile." Kwatsho uArio. "Lawa yiwo amandla akho, njalo ungabelana labengane lemuli. Ukhumbule ukuthi ngiyakuthanda njalo labanengi bayakuthanda. Lokhu kuzakusiza njalo."



ULeila wathi, "Sonke singanakekelana."

"Kulungile, Leila," watsho uArio. "Sonke singanakekelana, inoma ngaphi lapha esikhona. Uyafuna ukuhamba lathi kuloluhambo lwethu lokucina? "

ULeila wakhetha ukuhamba loArio labangane bakhe abatsha. USara wathaba ukuthi uLeila wavuma ukuhamba labo ngoba wayekwazi ukuthi kwezinye izikhathi kufanele sincedisane sonke. Baphapha bethulekungela okhulumayo kodwa uLeila wayekwai ukuthi abangane bakhe abatsha babemnakekela kakhulu.



Baqala ukubona Intaba ezilenkungu, uuArio wehlela edolobheni elincane. Abantwana abaluthwane babezidlalela esifuleni.

"Ario!" wamemeza omunye wabo, ephakamisa isandla

"Sakubona, Kim," watsho uArio. "Bantu bonke, Ngifuna ukuthi lazane labangane bami ababelegcikwane le corona basila."

"Kwakunjani?" Kwabuza uSalem

"Ngangikwehlela, ngitshiselwa kwezinye izikhathi. Ngangisizwa ngidiniwe ngingafuni ukudlala okwamalanga ambalwa." Watsho uKim. "Kodwa ngangilala kakhulu, imuli yami yayinginakekela. Abazali bethu labogogo lokhulu bahaniswa esibhedlela. Omongikazi labodokotela babebaphethe kuhle lezakhamizi zazisisiza ngekhaya. Ngemva kwamaviki ambalwa sasesisilile."



"Ngingumgane kaKim," kwatsho omunye wabantwana. "Ngena yokuthi uKim wayebanjwe ligcikwane le corona, asizange sime ukuba ngabangane noma ngangingenelisi ukumbona. Angizange ngime ukucabanga ngaye, ngiyaabula ukuthi sesingadlala sonke futhi!"

"Kwezinye izikhathi okuqakathekileyo esingakwenza njengabangane yikuvikelelana," watsho uArio. "Noma kusitsho ukwehlukaniswa okwesikhatshana."



"Singenzelana lezi zinto," watsho uLeila

"Kuzothi ngelinye ilanga, sizenelisa ukudlala sonke njalo sibuyele esikolo njengesasikwenza." watsho uSalem.

Kwasokuyisikhathi sokuya endlini, lesikhathi sikaSara sokuvalelisa abangane bakhe abatsha. Bathembisana ukuthi abasoze behohlwe uhumbo lwabo bebonke.

USara wezwa ukudana ecabanga ukuthi abasoze bebonane okwesikhathshana. Kodwa wezwangcono ekhumbula okwakukhulunye ngumngane ka Kim. Loba singabonani akutsho ukuthi siyama ukuthandana.



UArio webehlisa ezindlini zabo walinda uSara waze wabanjwa yibuthongo engakasuki.

"Singahamba futhi kusasa ukuya kwenza esikwenze namhla"? Wambuza uSara.

"Hatshi Sara, sokulithuba lakho lemuli yakho," kwatsho uArio.

"Ukhumbule loludaba. Ungavikela laba obathandayo ngogeza izandla zakho, lokuhlala ngekhaya. Ngihlala seduze. Ungaba lami ungaya endaweni yakho evikelekileyo. "

"Uliqhawe lami" wanyenyeza.

"Lawe uliqhawe lami, Sara. Uliqhawe kubobonke obathandayo," watsho.



Usara wabanjwa yibuthongo, wathi esevuka ngelanga elilandelayo uArio wayesehambile. Wasesiya endaweni yakhe evikelekileyo ukuyaxoxisana laye, wasedweba konke ayekubonile layekufundile bebonke. Wagijima waya kumamakhe lalokhu ayekudwebile, emtshele lindaba.

Sonke singancedisa ukuthi abantu bavikeleke, mama” watsho. “Ngihangane lamaqhawe ami amanengi kuloluhambo!”

“A Sara, uqondile!” katsho umamakhe. “Banengi abantu abangamaqhawe abancedisa ekugcineni abantu bevikelekile kuleligcikwane lecorona, njengabodokotela, lamanesi. Kodwa wena ungikhumbuza ukuthi wonke umuntu engaba liqhawe, nsukuzonke, njalo mina iqhawe lami elikhulu nguwe.”

