

Niwe Manzi Yangye



Oku abaana barikubaasa
kurwanisa Endwara ya
COVID-19!

IASC
Inter-Agency Standing Committee

Okuhandiika akatabo "Niwe Manzi Yangye"

Akatabo aka kakatebeekanisibwa ab'ektongore ekya Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). Omurimo ogu gukashagikwa abakugu okuruga omu bicweka batari bimwe na bimwe okuruga omu nsi yoona, nka bamwe okuruga omu kitongore ekya IASC MHPSS RG, kanid abandi n'abazire, hamwe n'abo abarikureeberera abaana, n'abashomesa hamwe n'abaana kuruga omu mahanga 104. Endwara ya COVID-19 ku yaizireho, okucoondoza kukakorwa omu Ruharabu, orungyereza, oruitale, Orufuransa na Orusipaniya kubaasa kumanya embeera y'abaana omu biteekateeko n'ebyetengo byabo by'omubiri. Ebyo ebyazoirwe bikateebwa omu muringo gw'ekitebyo. Abaana okuruga omu nsi zitari zimwe ezaateganisiibwe COVID-19 batugye ebiri omu katabo aka barikubatebeza ekitebyo. Ebyarugire omu baana, abazaire n'abarikubareeberera bikakoresibwa kukora kuteereza omu kitebyo eki.

Abaana, abazaire, n'abarikureeberera abaana n'abashomesa, abarikurenga 1,700 kuruga omu nsi yoona bakatugambira oku barikwemeramu endwara ya COVID-19.

Nitusiima munonga abaana, abazaire baabo, n'abarikureebera abaana n'abashomesa okutuhwera omu condooza kwaitu n'okugira ebi bagamba omu kitebyo eki. Eki n'ekitebyo ekitebeekanisibwe ahbw'abaana omu nsi yoona.

Ekitongore kya IASC MHPSS RG nikisiima Helen Patuck ahbw'okuhandiika akatabo aka n'okukatamu ebishushani.

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Enyanjura

Akatabo "Niwe Manzi Yangye" kakahandikirwa abaana omu nsi yoona abakwatsirweho endwara ya COVID-19.

Ekatabo "Niwe Manzi Yangye" kashemereire kushomwa abazaire, abarikureeberera abaana nari abashomesa barikukashomera omwana nari guruupu y'abaana. Ti kirungi omwana kushoma akataba aka ataine orikumuhweraho nk'omuzaire, abarikureeberera abaana nari abashomesa. Ebindi ebyongyeirweho ebirikwetwa "Ebikorwa by'Emanzi" (nibiza kushohozibwa bwanyima) kwongyera kuhwera kushoborora ebirikukwata aha COVID-19, okubaasa kuhwera abaana kusingura enyehurira ezi barikubaasa kugira, hamwe n'ebindi eby'abaana nabyo nibija kuteerwa kurungiirira aha katabo aka.

Okuvunura

Ebitongore ebyagambwaho aharuguru nibyo birije kureeberera omurimo gw'okukanuura omu ndimi Oruharabu, Orukyayina, orufuransa, Oruraasa, n'Orusipaniya. Waaba nooyenda kukavunura omu rurimi orundi hikiirira aba IASC Reference Group for Mental Health and Psychosocial

Support (MHPSS) (mhpss.refgroup@gmail.com) , Nitukushaba oyetegyereza ebi ahaifo:

- Torikwikirizibwa kwongyeraho aha katabo aka akapande akaawe akarikworeka ebirikukwataho (nari ekitongore ekirikushagika omu by'esente).
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- Nikirungi okuta ebigambo ebi aha bi oraabe ovunwire: ""Okuvunura oku nari ebihindwiremu tibikozirwe ekitongore kya Inter-Agency Standing Committee (IASC). Ekitongore IASC tikiine bujunaanizibwa aha binunwirwe kumaya yaaba bihikire. The original English edition "Inter-Agency Standing Committee. My Hero is You: How Kids Can Fight COVID-19! Licence: CC BY-NC-SA





Nyina wa Sara niwe manzi we ahakuba niwe nyina orikukira abandi boona kandi niwe munyasayansi orikukirayo oburungi omu nsi yoona. Kwonka nyina we tarikubaasa kumanya omubazi ogurikutamba corona.

"Kwonka shi endwara ya COVID-19 neeshusha ki?"
Sara abuuza nyina.

Endwara ya "COVID-19, nari akakooko ka corona, ni kakye munonga titurikubaasa kukareeba," nyina aba nikwo yaamugira. "Kwonka niki ekirikukazanjanja omu bantu bakeetsyamura, bakakoorora kandi bakarwara, kandi ku barikukwata aha bantu nari ebintu ebibeetoriire. Abantu abarikuba bagirwire nibagira omushwija, nibakorora kandi nibagira obureemezi omu kwitsya."

"Mbwenu titurikubaasa kuburwanisa ahabw'okugira ngu titurikubureeba?" Sara abuuza.

Nyina Sara amugira ati: "Nitubaasa kugirwanisa," "Egi niyo nshonga ahabw'enki ninyenda ngu oyerinde, Sara. Endwara egi neekwata abantu b'emiringo yoona, kandi buri omwe naabaasa kutuhwera kugirwanisa. Abaana n'ab'omutaano kandi naabo nibabaasa kuhwera. Oine kuguma nooyerinda kubaasa kuturinda naitwe. Ninyenda ngu obe emanzi



Sara akabyama omu kitanda ekiro ekyo kwonka tarehuriire nk'emanzi na kakyé. Akaguubwa kubi. Akaba naayenda kuza ahaishomero kwonka eishomero rikaba rikingire. Akaba naayenda kureeba banywani be kwonka akaba naabaasa kukwatwa endwara. Sara akaba naayenda ngu endwara ya corona erekye kutiinisa ensi.

"abantu emanzi nibaba baine amaani mingi" aba nikwo yaayegambira, atyo abyama. "Nyine ki?"

Ahonaaho eiraaka rimugamba eiziina rye omu mwirima.

"N'oha ogwo?" Sara amugarukamu.

"Nooyetenga ki kuba emanzi, Sara?" eiraka rimubuuza.

"Ninyenda kumanya oku ndagambire abaana boona omu nsi yoona oku baine kwerinda kugira nabo babaase kurinda abandi boona..." Sara abo nikwo yaagarukmu.

"Mbwenu nooyenda nyowe mbe ki?" eiraka rimubuuza.

"Ninyetenga ekintu ekirikubaasa... ekintu ekiine eiraka rihango ... kandi ekintu ekirikubaasa kuhwera!"

Ekirkwehuta munonga, ekintu ekirkwiruka munonga kikaza ahaiguru munonga...





"Iwe ori ki?" Sara abuuza.

Amugarukamu ati: "Ndi Ario."
Sara amugira ati: "Tinkareebaga Ario,"

Ario agira ati: "Ntwire ndiho".
"Nindiga omu mutima gwawe."

Sara amugira ati: "Naaba nkwine...
nimbaasa kugambira abaana boona
omu nsi ebirikukwata aha corona!"
"Nimbaasa kuba hiro! Kwonka shi, Ario,
nikibaasika kugyenda na corona omu nsi
etakukwatsire?"

Ario agira ati "Kureka waaba ari naanye,
Sara." "Tihaine ekirikubaasa kukukora kubi
waaba ori naanye."





Sara agurika aza aha mugongo gwa Ario kandi bombi baguruka baraba omu ndirisa y'ekishengye kye baza ahaiguru omu mwanya. Baguruka baza ahaiguru bahika haihi n'okwezi.

Eizooba ku ryabaire nirifumuka, bahika omu ihamba rirungi haihi pyramids, ahu bashangire guruupu y'abaana bakte barikuzaana. Abaana bakashemererwa munonga bahubira Sara na Ario.

"Twabakiira, Ninye Salem!" omwe aha boojo aba nikwo yaabgira. "Nimukora ki aha? Mutusaasire titurikubaasa kubiirira haihi, twine kuguma hare mita nkamwe!"

Sara abagira ati: "Niyo nshonga ahabw'enki turi aha!"

"Ndi Sara kandi ogu ni Ario. Mwaba nimukimanya ngu abaana nibabaasa kurinda abataahi, abanywani, n'abazaire hamwe n'abaishenkuru n'abanyinenkuru kutakwatwa endwara ya corona? Twena twine..."

"Kunaaba engora zaitu na saabuuni n'amaizi!" Salem aba nikwo yaabgira arikumwenya. "Ekyo nitukimanya, Sara. Naitwe twaza kwetsyamura nitureeba omu nkokora zaitu twaba turware – kandi nituhubira abantu omu mwanya gw'okubakwata omu ngaro. Nituteeraho kuguma omu ka, kwonka nitutuura omu rurembo rurimu abantu baingi munonga... ti buri omwe ngu naaguma omu ka."

"Hmm, obundi nimbaasa kukuhwera omuri eki," Ario aba nikwo yaagira. "Tibarikubaasa kureeba akakooko ka corona, kwonka... nibabaasa kundeeba! Guruka oije aha, kwonka ashutame embaju zombi aha mapapa gangye – ahagati y'amapapa gangye hariho mita nk'emwe!"



Ario agaruka aza omu
mwanya na Salem na Sara
abaine aha mapapa ge.
Aguruka ahaiguru ayetoorora
orurembo reero atandika
kweshongora n'okuhuumaa!
Salem ayeeta abaana b'aha
nguuto n'eiraka rihango:

"Mugyende, mugambire
ab'omu ka yaanyu ,
nitwerinda twaba turi
omunda! Nitubaasa
kurindana gye twaba
tuguma omuka!" Abantu
bakatangarira ebi bareebire.
Bakabahubira kandi baikiriza
kuza omu maju gaabo.





Ario aguruka aza ahaiguru omu mwanya. Salem akagamba ashemereirwe. Okwo ahaiguru enyonyi niyo erikuzayo, kandi abarikuba bagirimu nibabareeba batiiinire.

Salem agira ati "abantu barihakye kurekyeraho kugyenda, omu bunaku obu." "Bariyo nibakiinga ensharo z'amahanga omu nsi yoona, twena twine kuguma ahu turi hati tugume n'abantu abu turikukunda."

Sara agira ati: "Ebintu byona bihindukire," "obumwe nintiina ahbw'ebiriyo nibibaho."

"Obumwe nitubaasa kuhuurira twashoberwa kandi twatiina ebintu byaba nibihinduka, Sara," Ario aba nikwo yaamugira. "Ku ndikutiina ninyitsya mpora kandi ninyitsya omuriro!"

Ario ahuuha aheeru ekiriro kihango kiri nk'omupiira!

Ario ababuuza "Niki ekirikubahwera kwikikana mwaba mutiinire?"



Sara agira ati: "Ninkunda kuteekateeka aha muntu orikundeteera kuhuurira nyine oburind."

"Naanye nikwo ndi, ninteeekateeka aha bantu boona abarikumpwera kuhuurira nyine oburinzi, nka maawenkuru na taatenkuru," Salem aba nikwo yaagira. "nimpurira mbiniire orususu. Tindikubaasa kubagwa omu kifuba ahabw'okuba nimbaasa kuturira corona. Nitukira kubareeba aha wikeenda kwonka hati titurikubaasa ahabw'okuba twine kubarinda tutabaturira endwara."

"Noobaasa kubateerera esimu ?" Sara abuuza munywani we. Salem agarukamu ati: "Eego buzima!" "Nibateerera esiimu buriizooba kandi nimbagambira ebintu byona ebi turikukora omuka.

Ekyo nikindeteera kuhurira gye, kandi naabo nikibareetera kuhurira gye."

"N'ekyabutoosha kuhurira osiisiire abantu abu orikukunda obu otarikubaasa kureeba omu bunaku obu," Ario aba nikwo yaagira. "Nikyoreka oku turikubafaho. Noija kushemererwa waabugama abantu emanzi abandi?"

"Eego buzima!" Sara na Salem bagamba bashemereirwe.

Ario agira ati "Ekyo nikirungi, munywani wangye Sasha aine amaani." . "Ka tugyende !"





N'ahabw'ekyo baguruka bahika omu kyaro kikye. Omwishiki akaba ari aheeru naacwa ebimuri. Ku yaareebire Ario kandi abaana bashutami aha mapapa ge, akasheeka.

"Ario!" agamba munonga ati: "Twine kutsigaho omwanya gwa mita nk'emwe ahagati yaawe naitwe, n'ahabw'ekyo tindikwija kukugwa omu kifuba! Imwe mwena muriyo nimukora aho?"

"Naahurira nk'owaangwa omu kifuba ku waagambira ebyo, Sasha," Ario aba nikwo yaamugira. "Ninkunda oku turikukoresa ebigambo okworeka ngu nitufayo aha bandi. Naaba ninyenda ngu banywani bangye bamanye amaani agu oine."

"Amaani gangye mingi niki?" Sasha abuuza.

"Kuruga obu omwe aha b'omu ka yaanyu arwara, agumire omuka okuhamya ngu otaturira abandi endwara ya corona," Ario amugarukamu atyo.

"Eego taata niwe arwire, kandi naaguma omu kitanda kye okuhitsya yaakirira



"Kwonka embeera ti mbi! Nituzaana emizaano, tuteeka, nitumara obwire omu musiri gwaitu kandi turya hamwe eby'okurya. Munyaayazi hamwe naanye nitukwata eby'okuzanisa byaitu reero tuziina. Nitushoma ebitabo kandi ningumizamu ninyega ahakuba obumwe nimpurira ndikwenda kuza ahaishomero. Okuguma omuka omu kubanza kikangumira, kwonka hati kimanyirire."

Ario agira: "Ekyo butoosha nikiba kitoorobi, Sasha," "Nooronda emiringo ei orikubaasa kushemerewamu n'ab'omuka yaanyu muri omuka. Ekyo nikuhindura emanzi!"

Salem abuuza ati: "Oraarwineho n'ab'omuka yaanyu?"

Sasha agarukamu ati: "Obumwe niturwana." "Twine kuba abagumisiriza, abarikwetegyereza, kandi turikuraahuka kugira nti naashobya. Ekyo nikyo kirikumanyisa okuba ow'amaani, ahabw'okuba nikitureetera kwehuurira gye hamwe n'abandi kwehuurira gye. Kandi kugira obwire nkaba nyenka. Ninkunda okuziina n'okweshongora ndi nyeeka! Kandi obumwe nimbaasa kuteera esiimu banywani bangye..."

"Kwonka, Ario, kandi shi abantu abarikutuura hare n'omu ka kandi bataine eka?" Sara abuuza.

Ario agira ati: "Ekyo n'ekibuzzo kikuru, Sara," "Ka tuyende tutunye eky'okugarukamu."





Batyo baasibura Sasha bagyenda. Bakahurira
obutagatsi ku bagiire aha kirwa ekyetooireirwe
enyanja.



Okwo bakareeba omwanya gurimu abantu baingi.

Omwishiki omwe akabareeba yaabateera jambo
ari hare n'abo.

"Agandi Ario, Naashemererwa kugaruka
kubareeba!" agamba atyo munonga. "Nituteerah
kuguma hare nka mita emwe, ninza kugamba
niwi ndyaha. Kwonka nkayenzire kureeba
banywani baawe! Eiziina ryangye ni Leila."

"Agandi Leila! Ndi Sara, kandi ogu ni Salem,"
Sara ayeta munonga. "Nooteerah kwerinda
corona. Ekindi oriyo nookara ki?"

"Nitunaaba engaro zaitu na saabuuni n'amaizi!"
Leila abagarukamu munonga atyo.

"Nimwe nimwetsyamura murikureeba omu
nkonkora zaanyu?" Salem ababuuza.

"Nimubaasa kutworeka oku murikukikora?"
Leila ababuuza. Reero Salem abooreeka oku
barikukikora.

Leila agira ati: "Nituteerah kugira obumanzi,
kwonka haine eki ndikutiina. "Nimbaasa
kukikugambira? Mpuriire ngu omuntu arwire
kandi yaafa kandi ekyo kintiiniise munonga.
N'eky'amazima ngu abantu nibabaasa kufa
ahabwa corona?"



Ario aitsya munonga kandi ashutama ahansi.

Ario agira ati: "Eego, emanzi, ekyo buziima nikitinisa . "Abantu abamwe tibarikurwara, kwonka Abamwe nibarwara munonga kandi abamwe nibabaasa kufa. Niyo nshonga ahabw'enki twena twine kwegyendesereza okukira munonga twaba twine abantu abakuzire munonga, hamwe n'abo abaine endwara ezindi, ahabw'okuba abo kyorobi kukwatwa corona. Obumwe nitutiina munonga, tuhurira tutiine burinzi, kandi ekyo nikibaasa kutureetera kuteekateeka omwanya gw'oburinzi. Nooyenda kugusherura naanye?"

Boona bagira ngu eego, atyo Ario agambira abaana kuhumiza reero bakateekateeka ahu baakubaasa kuza bakahurira baine oburinzi.

Ario abagira ati: "Muteekateekye aha bwire obu murikuhuurira mwine oburinzi."

Reero ababuuza eki barikureeba, eki barikuhuurira, eki barikukaga omu mwanya gw'oburinzi ogwo. Yaabuuza yaaba hariho omuntu w'omutaano ou bankwenzire kweta omu mwanya ogwo kugira ngu babe nawe.

Ario agira at: "Nimubaasa kuza omu mwanya gwawe gw'oburinzi mwahurira mugwirwe kubi nari mutinire. Ago nigo maani gaanyu, kandi nimubaasa kugabagana na banywani baanyu n'ab'omuka yaanyu. Kandi mwijukye ngu nimbafahren



Leila agira ati: "Twena nitubaasa kufayo ahari bagyenzi baitu."

Ario agira ati: "Ohikire, Leila. Nifufayo ahari bagyenzi baitu ahu turikuba turi hoona. Nooyenda kugyenda naitwe omu rugyendo rwaitu rw'aha muheru?"

Leila akacwamu kugyenda na Ario hamwe n'abanywani be abasya. Sara akashemerwa ahabwa Leila akabegaitaho ahabw'okuba akaba naamanya ngu twine kuhwerekwerana. Baguruka mpura, batarikugamba, kwonka Leila akaba naamanya ngu banywani be abasya nibamufaaho munonga.



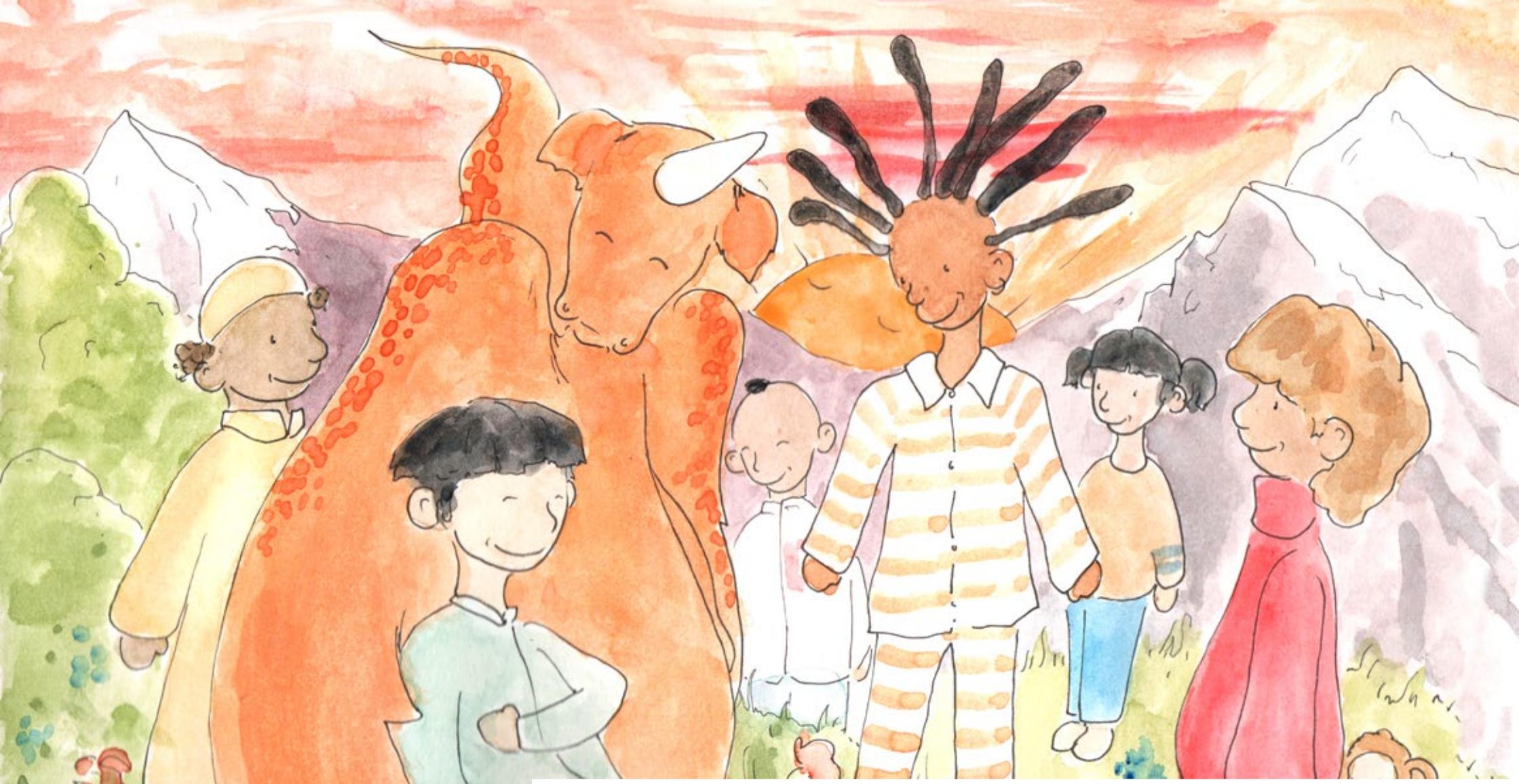
Bareeba orushozi ruriho orubare, kandi Ario ahika omu katauni kakye. Abaana bakye bakaba nibazanira aha mugyera.

"Ario!" omwe ahari bo amweta n'eiraka rihango, kandi amuhubira.

Ario agira ati: "Agandi, Kim." "buri omwe, naaba ninyenda ngu mumanye bamwe ahari banywani bangye abaakwatsirwe corona kwonka bakakira."

Salem amubuuza ati: "Embeera eka eri eta?" "Nkaba ninkorora kandi nkahurira nk'oine omushwija.

Kim agira ati: Buzima nkaba nduhire kandi nkaba ntarikwenda kuzaana kumara ebiro bikye. "Kwonka nkabyama munonga kandi ab'omuka yaitu bakantekyera ebyokurya. Bamwe aha bazaire baitu na baamawenku na taatenkuru bakaza omu irwariro. Abanasi hamwe n'abashaho bakabahwera munonga kandi abantu b'omu kicweka kyaitu bakatuhwera omuka. Bwanyima ya saabiiti nkye, tukaba gye."



Omwe aha baana agira ati "Ndi munywani wa Kim,". "N'obu Kim araabe yaarwire corona, tituraarekkyireho kuba abanywani- n'obu ndaabe naabire ntarikubaasa kumureeba. Nkagumizamu nimufaho kandi Hati ninshemererwa kureeba ngu nitubaasa kugaruka tuzaane kumwe"

Ario agira ati: "Obumwe ekintu kikuru eki turikubaasa kukora nk'abanywani ni buri omwe kurinda mugyenzi we. N'obu ekyo kyakwetengyesa okuguma omuka tutarikureebana kumara akaire kakye."



Leila agira ati: "Nituhwerahwerana."

Salem agira ati: "Kandi eizooba, nituza kubaasa kugaruka kuzaana kumwe kandi tugarukye tuze ahaishomero nk'oku tutwire nitukora."

Obwire bukaba bw'ahika obw'okugaruka omuka, na Sara okusibura banywani be abasya. Bakagambirana ngu tibaryebwa byona ebi bareeba omu rugyendo rwabo.

Sara akahurira kubi ahabw'okugira ngu bakaba nibabaasa kutarahuka kureebana. Kwonka akahurira gye ku yijukire ebi Kim munywani we yaagambire. Okugira ngu torikureeba muntu, tikirikumanyisa ngu nooba otakimukunda.



Ario boona abagarura omuka owaabo, reero ategyereza ngu Sara reero abone kugyenda.

Sara abuuza ati: "Nitubaasa kugaruka tukore tutyo nyenkyakare?"

Ario agarukamu ati: "Ngaaha Sara, hati obu n'obwire bw'okuba kumwe n'ab'oku yaanyu.
"Ijuka ekitebyo kyaitu. Noobaasa kurinda abu orikukunda orikunaaba engaro zaawe kandi okaguma omuka. Tindihare. Noija kuba ori naanye waaza omu mwanya gwawe ogw'oburinzi."

"Niwe manzi yangye," amugambira mpora.

Amugira ati: "Niiwe ori emanzi yangye, Sara. Ori emanzi ahari abo boona abu orikukunda."



Sara agwejegyera kandi ku yaasimukire eizooba eryakuratsireho, Ario akaba yaagyenzire. N'ahabw'ekyo aza omu mwanya gwe gw'oburinzi kugamba nawe, reeo aijuka buri kimwe eki ayegire n'eki areebire omu rugyendo rwe. Ayiruka aza owa nyina n'ebi yaateera kugambira amakuru.

Agambira nyina ati: "Maama nitubaasa kuhwera abantu boona kutakwatwa endwara," "Mbugaine emanzi nyingi omu rugyendo rwangye!"

Nyina amugira ati: "Sara, ohikire!". "Hariho abantu emanzi baingi abarikurinda abandi kutakwatwa corona, nk'abashaho hamwe na abanaasi. Kwonka waanyijutsya ngu twena nitubaasa kuba emanzi, buriirooba kandi emanzi yaangye e'y'okubanza niwe."

