

# Ibedo Jalwenuy Parak



Paka nyithindho  
jonyalo lwenyo  
gi COVID-19

**IASC**  
Inter-Agency Standing Committee

## **Ndiiko kitawo “Ibedo Jalweny Paran”**

Jo Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG) ama jondiko kitawo me. Joma jowodho paro pajo ma ketho i tawo me jowok i piny g’adech m’opokere opokere kendo ma jotiyo gi jo IASC MHPSS RG, kanyacheil gi jonywol, joma jokuro nyithindho, jofonji, gi nyithindho woki i piny m’opokere opokere ma romo 104. Jodwaro paro pa ji i dhudhok me, Arabic, English, Italian, French kodi Spanish, nyalo ɻeyo nger ma two ma COVID-19 omako kwɔŋ paro pa nyithindho kodi gikipiny ma nyalo mitere timo ri nyithindho i hongo me. Paro ma jonwaŋo ondiki i kitawo me paka kigana. Gima nyithindho kodi jokuri nyithindho jowacho am’okethi i kigana me.

Nyithindo, jonywol, jokuri nyithindho kanyachel gi jofonji ma kalo 1,700 i piny gipi ama jowaco ri wan paka jonyalo chiro two ma COVID-19. Wafoyo swa nyithindho no, jonywol pajo, joma kuro jo, jofonji pajo, kodi jono je ma jodwaro paro pajo ru meni ma joketh’iye neno ni walimo kitawo me.

Jo IASC MHPSS RG jofoyo swa Helen Patuck ru ndiko kitawo me gi keth’iye pichin.

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## **Wach ma Yawo**

Kitawo "Ibedo Jalweny Paran" ondiki ma konyo nyithindho i piny gipi ma jorembo ru two ma COVID-19.

Jonywol, joma jokuro nyithindho, kosa jafonji ama joripo kisoma kitawo me gi nyathi kosa gi nyithindho. Nyithindho jokiripi kisoma kitawo me kendi jo. Kitawo man m'ilwoño ni Gima Jolweny Jotimo (wachegin wodho) labed'iye gikipiny ma makere gi COVID-19, ma lakonyo nyithindho weyo rembo tektek, kodi gikipiny ma nyithindho jonyalo timo ma makere gi kitawo no.

## **Wiro i Dhudhok Megi**

Jom'onyhi malo kenyo ama jolamiyo tel i wiro kitawo meggi paka i Arabic, Chinese French, Russian, kodi Spanish. K'imito wiro kitawo, tiyiere gi jo IASC Reference Group for Mental Health and Psychosocial

Support (MHPSS) ([mhpss.refgroup@gmail.com](mailto:mhpss.refgroup@gmail.com)). Dhudhok je m'otyeki wiro ilaketho i websait ma IASC.

K'iwiwo kitawo me i dhudhok man kosa k'ioro i nger moro je, poyi ni,

- Ikiripi ketho ranen perin (kosa apa joma jomiyin kony) ma wodho kitawo me.
- Ka nitie gimoro je m'iwiwo (paka wiro wach kosa pichin), kiyeyi oro ranen pa jo IASC. Nger moro je m'ilaoro kitawo me, kiripi bedo gimoro je ma nyutho ni jo IASC ama joyeyo oro kitawo me ameno kosa yevo mich moro je.
- Iripi limo layisens ma wiro kitawo me aka sano makere gi chik ma limo layisens kosa romo gi layisens pa jo Creative Commons. Inyalo oro CC BY-NC-SA 4.0 or 3.0. Me a liyisens ma ber oro, <https://creativecommons.org/share-your-work/licensing-considerations/compatible-licenses>
- Ber medo wach me i dhudhok m'iwiwo, ""Dhudhok me/kosa wiro me k'obedo apa jo the Inter-Agency Standing Committee (IASC). Gim'owiri i kitawo me kosa tiro mere kimaki kwon jo IASC. Kitawo m'otelo ma Dhomuzungu obedo "Inter-Agency Standing Committee. My Hero is You, How Kids Can Fight COVID-19! Aka me a layisens mere, CC BY-NC-SA 3.0 IGO am'obedo kitawo m'otire kendo magenere."





Min Sara am'obedo jalweny pere rupiri go am'obedo mama kendo jamilerwa maber loyo i piny gipi. To kiri min Sara kinyali limo yath ma botho coronavirus.

Sara openjo min ni, "Mama, COVID-19 chale nedî?"

Min odwoko go ni, "COVID-19, kosa coronavirus, thin swa wakinyal kada neno gi waŋ wan. To dhano limo two no ka ɳata ni gine ojiro kosa owolo chegin gi go, kendo ka ɳato omako kwoŋ dhano kosa gikipiny manitie chegin gi jo. Dhano ma ni gine limo musuja gi wolo aka ruman kiywe maber."

Sara to penjo min ni, "Dwoŋ mere wakinyal lwenyo gi coronavirus rupiri wakinyali neno?"

Min odwoko go ni, "Wanyalo lwenyo gine. Am'omiyo akimiti ni ilimi two no, Sara. Two no nyalo mako dhano moro je, aka kisi dhano nyalo lwenyo gine to lacho. Nyithindho bende jonyalo. Wajoje waripo neno ni wakilimi two no. Amito ni ibedi jalweny paran."



Sara okidho i kanindo pere wori no sano kiwinji ni go obedo jalweny. Owinjo marach swa. Omito kidho i somero to poyo ni somero pere ochegi. To mito kidho bongi merin pere to lworo timo ameno. Sara omito two ma coronavirus w'oweyi ameno chowo kwoŋ ji i piny siem.

"Jolweny jobedo gi meni madit swa," meno apaka Sara owacho ka diyo waŋe nindo wokwali go. "To aŋo ma anigne ay'adieri?"

Piyo piyo no, to Sara winjo dwondi dhano ma lwoŋo go i mudho.

Sara openjo ni, "Meno ŋa?"

To dwondi ŋato dwoko go ni, "Sara, ginano ma mitere nyaka inyali bedo jalwany?"

Sara to dwoko ni, "Amito wacho ri nyithindho i piny gipi nger ma jonyalo kurok to bende jonyalo kuro joman...."

Dwondi ŋato openjo Sara ni, "Onyo aŋo m'imito ni abedi?"

Sara odwoko ni, "Amito gima nyalo por malo... gima nigi dwonde madwoŋ... kendo gima nyalo konyan!"

Gimanyalo ucho, to por malo tundo kuma dwe n'iye...





Kenyo to Sara ywe gi malo to penjo ni, "To in ilwoñin ned?"

To ɳato dwoko go ni, "An ilwojan ni Ario."

To Sara wacho ni, "Oyido fodi akiwinjoye dhano m'ilwoño ameno."

Ario to dwoko ni, "Woki chon anitie kodin. Abedo i pal chunyin."

Sara to wacho ni, "Bedi initie kodan, d'anyalo wacho ri nyithindho i piny gipi wach ma mako kwoñ coronavirus! Ameno t'abedo jalweny pajo. To kutho kuriye , Ario, iparo ni ber wotho pama munyo coronavirus fodi nitie?"

Ario to dwoko ni, "Sara, ikiri irembi. Ka wawotho kendi wan, ongoye teko moro je manyalo tundo kwoñin."





Kenyo to Sara por to bedo i dierjey Ario to joluwo i dinisa ma kisika pa  
Sara to jowok woko to jopor malo wori to jokidho kama michalin n'iye  
to jomotho dwe.

Munyo wañ chenj owoki, jopye i thim chegin gi udi maboyo m'ogeti gi lowo kende, kuma jonwaño nyithindho sano jotuko. Nyithindho no josangala swa munyo joneno Sara kodi Ario.

Achel kwøj nyithindho no owacho ni,  
"Asangala gi neno win, ilwojan ni Salem!"  
Sara openjo jo ni, "Witimo ajo kenyo? Chwaki  
win ri wan, wakinyali chore chegin gi win,  
waripo bedo boriye hongo ma romo mita  
achel!"

Sara to wacho ni, "Amomiyo wabino ka!"  
"Ilwojan ni Sara aka me Ario. Oyido wiñeyo ni  
nyithindho jonyalo konyo jogeri pajo, jonywol  
pajo, g'adhachere pajo to coronavirus weyo  
mako jo? Wajoje wanyalo konyere..."

Kenyo to Salem bwonjo to wacho ni, "Wañeyo  
giratima, Sara. Waripo lwoko chingi wan gi  
sabun!

Aka ka wawolo, waripo umo dhoki wan ka  
watwo - aka ka wamotho ji wakiripi mako  
chingi jo. Watemo doñ i ot, to adech ma  
wabed'iye n'iye ji madit swa... aka nitie ji ma  
jokidoñi i udi pajo."

Ario to wacho ni, "Oooo..., kono anyalo konyin  
kenyo. Jokinal neno coronavirus, to jonyalo  
nenan... ! Por win i dienjeyan, to kis dhano  
obedi yu thenge achel ma bwomban - hongo  
ma romo mita achel!"



Ario opor malo munyo  
Salem gi Sara jobedo wi  
bwombe. Joluwo i tindi  
je munyo jokoko kendo  
munyo jowero! Salem oluwo  
gi malo munyo wacho ri  
nyithindho je m'oyido jonitie  
i tindi no ni,

"Kidhi win wiwachi ri  
jopecho mewin ni, ber donji i  
ot! Wanyalo kurok maber ka  
wajoje wadoŋ pecho!"

Ji jouro swa ru gima joneno  
to joyeyo donji i udi pajo.





Ario opor malo swa. Salem  
owinjo kisangala madit swa  
to koko swa ru kisangala.  
Munyo jotundo malo koro,  
ndege oluwo chegin gi jo.  
Munyo ji m'oyido jonite i  
ndege no jonenjo, jouro  
swa.

Salem owacho ni, "Ji joripo  
weyo ameno wotho, kutho  
di jokuroye pama."  
"Jowoki i piny achel to  
jokidho i man, aka sano  
wajoje di wadoj pecho to  
wabedo gi ji ma wamaro."



Sara to wacho ni, "Iy'adyeri,  
gikipiny mathothi owire  
swa. K'aparo, ruman miyan  
rembo."

Ario to dwoko ni, "Sara, ka gikipiny ochako wire  
ruman abende arembo kendo t'adhier. To k'awinjo  
lworo aywe moth moth kendo aywe mach!"

Kenyo to Ario ywe, to mach madwoj swa wok i  
dhoke!

Ario to penjo jo ni, "Ajo ma kwneyo chuny  
win ka nitie gima miyo win lworo?"



Sara to dwoko ni, "An aparo kwon̄ dhano ma kelo ran winjo maber."

Salem to wacho ni, "Abende aparo kwon̄ ji ma jomiyan winjo siem paka adhachere paran. Akeñ jo swa. Akinyali podho i kor jo rupiri alworo ni coronavirus nyalo mako jo. Oyido wamaro kidho neno jo kisi wikend to pama kinalere rupiri wakimiti ni jowolimi two."

Sara to penjo Salem ni, "Inyalo luwo gi jo i simu?"  
Salem to dwoko go ni, "Ey, anyalo! Jogoyo ran simu kisi ndelo t'awacho ri jo gima watimo pecho.

Meno miyan winjo maber, aka miyo jo bende winjo maber."

Ario owacho ni, "K'obedo giraura winjo ni waken̄ ji ma wamaro ma wakinyali neno pama. Meno nyutho ni wadewo kwon̄ jo. Winyalo winjo nedī k'atero win bongi jolweny man?"

Sara gi Salem joluwo gi malo ni, "Ey, teri wan!"

Ario to wacho ni, "Meno ber, mere paran Sasha ni gi meni madit swa. Owe, wakidhi bonge!"





To jopor malo to jopie chegin gi chalo mathin. Nitie nyako m'oyido ni woko sano fono mawuwa. Munyo oneno Ario gi nyithindho m'oyido jobedo i bwombe, onyero.

To luwo gi malo ni, "Ario! Waripo bedo bor hongo ma romo mita achel, to kada emeno kole awinjo pa gini apodho i korin! Wijoje witimo ajo ka?"

Ario to dwoko ni, "Sasha, awinjo maber swa munyo i wacho ni i winjo pa gini i podho i koriwan. Amito swa nger ma wanyalo oro wach gi tim nyutho ni wadewo kwoŋ jowoti wan. Amito ni mere paran me jowoŋeyi jalweny perin ma jameni."

Sasha to wacho ni, "Jalweny parani?"

Ario to dwoko ni, "Ey. Rupiri nitie dhano m'olimo coronavirus i pecho mewin, am'omiyo widonji pecho ŋey dhano man woweyi limo two no."

Sasha to wacho ni, "Meno adieri, baba amatwo, go kiwoki i kisika pere chuka obothi."



"To kwo pere kirach tektek. Watuko, watedo, wafuro, kendo wachemo kanyachel. An g'omeran wamako tiendi wan to wamyelo. Wasoma kitawin to wamedere fonjirok, rupiri ruman awinjo ni aken kidho i somero. Bedo pecho k'oyot ri wan i chakiriok, to pama wanjire."

"Ayere kodin Sasha, bedo pecho kiyot. To inyalo limo nger ma limo kisangala kanyachel gi ji m'imaro. Meno lokin jalweny paran!"

Salem openjo ni, "Ruman wigore gi jopecho mewin?"

Sasha to dwoko ni, "Ey, ruman wagore. To wafonjere ni ber mako moth gi mako wor gi joman, kodi wacho ri jawoti wan ni cwaki ran. Jalweny mar'adieri amatimo ameno, rupiri kwayo cwaki miyo wan gi joman winjo maber. Ruman amito bedo kendan. Amito swa wero gi myelo kendan! To ruman alwojo merin paran..."

Sara to penjo ni, "To, Ario, aka ji ma jobedo bor gi pecho pajo kosa ma jongoye gi pechin ma bed'iye?"

Ario to dwoko ni, "Penji no ber swa, Sara." "Wakadhi win wadwari jono."





Ameno to josewila Sasha to jokadho. Lyetho  
omedere munyo jotundo i kigoda moro ma  
nyanja ma pi otho thenge je.



To joneno ji madit swa.  
Nyako moro oneno jo togoyo ri jo jambo gi  
bor.

Nyako no owacho ni, "Ario, asangala gi neno  
win kendo!" Watemo bole hongo ma romo  
mita achel, ri amano alaluwo gi ka. Oyido  
amito romoye gi merin perin! An ilwojan ni  
Leila."

Sara to luwo gi malo ni, "Leila! An ilwojan ni  
Sara, aka me Salem." Aneno ni itemo kurok  
coronavirus. Ginajo man ma witimo nyalo  
kurok?"

Leila to dwoko ni, "Walwoko chingi wan gi  
sabun!"

Salem to penjo ni, "Wibende ka wiwolo wiumo  
dhoki win?"

Leila to wacho ni, "Apa nyuthi wan paka witima  
amenos." Salem to nyutho jo.

Leila to wacho ni, "Wajoje watemo bedo  
jomeni, to nitie gima miyan Iworo, m'amito  
wachoye ri win. Awinjo nitie dhano ma two no  
omako to tho, aka gino omiyan Iworo madit  
swa. Adieri coronavirus nyalo neko ji?



Ario oywe luya madit swa to bedo piny.

To wacho ni, "Adieri, jolweny wadan ma thindho. Joman two no kimaki jo, to joman two no mako jo aka nyalo kiri neko jo. Am'omiyo waripo neno ni two no kimaki jomoti gi joma jonigi two megi, rupiri jono ka two no omako jo chando jo swa. Ruman ka wawinjo ni walworo tektek, kosa ni kwo mawan n'iteko, ber paro kwoj kama n'iye siem. Wimito temoye timo ameno kodan?"

Joje jowacho ni ey, to Ario wacho ri nyithindho je umo waŋ gin jowopari kwoj kabedo ma n'iye siem.

Ario to wacho ri jo ni, "Par win kwoj hongo ma wiwinj'iye siem."

Rumachen to penjo jo gima joneno, gima jowinjo, kodi gima jonweyo. Kendo to penjo jo ka nitie dhano m'opokere ma jonyalo lwojō i kabedo no kodi gima jonyalo kilyesa gi nato.

Ario to wacho ni, "Kis ka wiwinjo rembo, winyalo kidho i kabedo mewin ma wiwinj'iye siem. Meno am'obedo meni ma wini gine ma winyalo oro konyo jopecho mewin gi merin mewin. Aka poyi win ni adewo kwoj win swa, aka joma thoth bende jodewo. Meno lakonyo win swa."



Leila owacho ni, "Wajoje wanyalo konyirok."

Ario to wacho ni, "Meno adieri, Leila. Kis dhano nyalo konyo nyawote hongo je. Wimito kadho kodi wan i adech mawan machowe?"

Leila oyeyo kadho kodi Ario gi merin pere aryo manyen. Sara osangala swa munyo Leila oyeyo kadho gi jo rupiri oyido onjeyo ni ruman mitere ni wakonyere. Kenyo to jopor malo nyalinlinj. Leila oyido onjeyo i chunye ni merin pere jodewo kwoj go swa.



To jochako neno gote man'ye pe, to Ario  
pye i tindi mathin. Nitie nyithindho m'oyido  
jotuko chegin gi jwom.

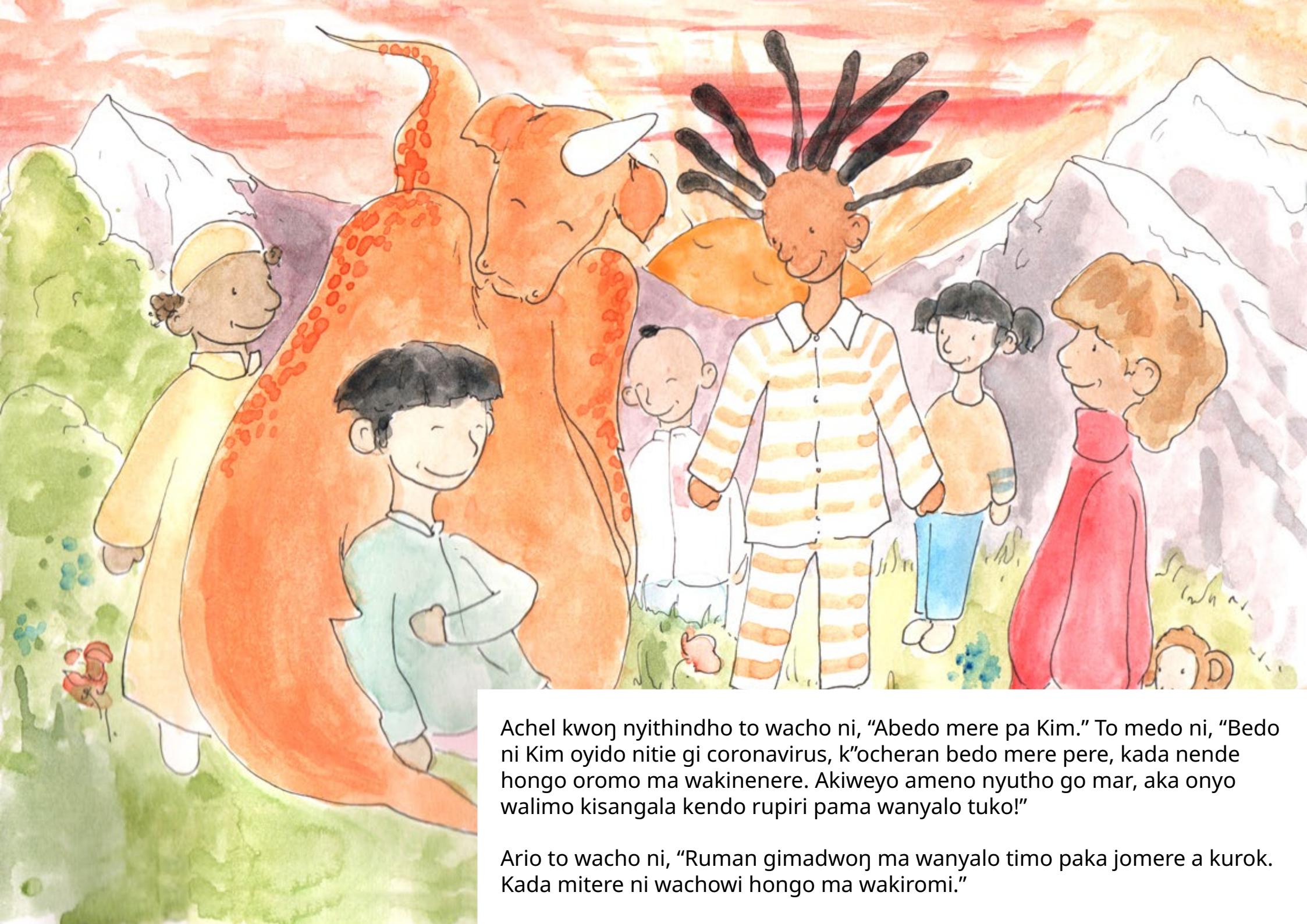
Achel kwoŋ nyithindho no oŋawo chinge  
malo to Iwoŋo Ario ni, "Ario!"

To Ario dwoko go ni, "Kim. Biye win wijoje  
wineni merin paran ma coronavirus omako  
jo to joboth."

Salem to penjo ni, "Obedo ned?"

Kim to wacho ni, "Oyido awolo aka ruman  
oyido awinjo lyetho madit swa. Kendo oyido  
awinjo olo aka achowo ndelo maromo  
munyo akituki. To anindo swa hongo no  
aka jopecho bende jokonyan swa. Jonywol  
mawan kodi adhechere mawan oteri jo i  
dwaliro.

Jomilerwa jonyutho jo wor, aka ji ma jonitie  
i adech mawan jokonyo wan swa pecho.  
Rumachen ma sabiti manok, waboth."



Achel kwoŋ nyithindho to wacho ni, "Abedo mere pa Kim." To medo ni, "Bedo ni Kim oyido nitie gi coronavirus, k'ocheran bedo mere pere, kada nende hongo oromo ma wakinener. Akiweyo ameno nyutho go mar, aka onyo walimo kisangala kendo rupiri pama wanyalo tuko!"

Ario to wacho ni, "Ruman gimadwoŋ ma wanyalo timo paka jomere a kurok. Kada mitere ni wachowi hongo ma wakiromi."



Leila to wacho ni, "Kis dhano nyalo timo ameno ri nyawote."

Salem to wacho ni, "Ndelo latundo odoko to wanyalo kadho kwayo gi kadho i somero paka oyido wamaro timo."

Hongo otundo ma doki pecho, to Sara sewila wadi. Joje joyere ni wiyi jo kinyal wili gi hongo ma jochowo munyo jowotho kanyachel.

Sara owinjo marach munyo opoyo ni odoko jokilanenere chowo hongo ma romo.

Kuchel, owinjo maber munyo opoyo gima mere pa Kim owacho. Bedo ni ikinyali neno dhano kinyuthi ni ikinyali nyutho go mar.



Ario otero jo je pecho pajo, to kuro to nindo kwalo Sara to nyaka go bende doki thugin.

Sara openjo go ni, "Wanyalo timo ameno dikini bende?"

Ario to dwoko ni, "Be Sara, hongo otundo ma bedo gi jopecho perin. Poyi gima waluwo kwoje. Inyalo kuro jopecho perin munyo ilwoko chingin kendo munyo ikeye pecho. Bero mere anitie chegin. Inyalo bedo kodan hongo je m'imito k'ikidho kabedo perin ma n'iye siem."

Sara to mwojo munyo wacho ni, "Ibedo jalweny paran."

Ario to dwoko ni, "Ibende ibedo jalweny paran, Sara. Ibedo jalweny pa jono je ma jomarin."



Kenyo to nindo kwalo Sara. Munyo ochewi yawere mere, onwaño munyo Ario okadho. Sara to kidho kabedo pere ma go winj'iye siem to luwo gi Ario, rumachen to goyo pichin ma gikipiny je ma joneno kendo ma jofonjere i wotho pajo. To ringo to kidho bongi min gi pichin no to lyesa ri go wach maber no.

Sara to wacho ri min ni, "Mama, wajoje wanyalo kuro joman. Aromo gi jolweny madit swa kama awok'iye!"

Min Sara to wacho ni, "Meno adieri, Sara!" Nitie jolweny madit swa ma jokuro ji kwon two ma coronavirus, paka jomilerwa. To poyan wanyali goyo ri jolweny je simu? Iñata ibedo jalweny paran marapena."

