

# Ndiwe ngwazi yanga



Mmehe ana  
angagonjetsele  
COVID-19!

**IASC**  
Inter-Agency Standing Committee

## Kupanga kwa "Ndiwe Ngwazi Yanga"

Bukhu ili ndi ndondomeko imene inapangidwa ndi bungwe la Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). Ndondomekoyi inapangidwa mothandizidwa ndi akuluakulu amene ali ma membala a bungweli ochokera mmayiko osiyanasiyana. Kuphatikiza apo, nawo makolo, opereka chithandizo, aphunzitsi ndi ana ochokera mayiko 104 anatengapo mbali. Kafukufuku wa dziko lonse lapansi anaperekedwa kwa anthu mu ziyankhulo zikuluzikulu za pa dziko lino lapansi pofuna kumvetsa kakhalidwe ka ana mu nyengo ino ya mlili wa COVID-19. Zotsatila zomwe zinachokera kwa ana, makolo komanso opereka chisamaliro zinagwirtsidwa ntchito pokonza nkhaniyi. Tili othokoza kwa onse anatengapo mbali pothandiza kukonzedwa kwa buku ili.

Ana, makolo, opereka chisamaliro komanso aphunzitsi oposera 1,700 dziko lonse lapansi anafotokoza mmene akuchitira mukakhalidwe ka moyo wawo mu nyengo ino ya mlili wa COVID-19. Kuyamika kwakukulu kupite kwa ana, makolo, opereka chisamaliro ndinso aphunzitsi poonetsetsa kuti akwanilitsa zonse zoyenera mu kafukufuku yemwe tinapangitsa ndicholinga chothandizira nkhaniyi. Nkhaniyi inapangidwira ana komanso anapanga ndi ana ozungulira dziko lonse lapansi.

Bungwe la IASC MHPSS RG ndi lothokoza kwa a Helen Patuck polemba nkhaniyi, komanso kujambula zithunzi mu bukhuli.

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Bukhuli latanthauzilidwa ndi a bungwe la Mphatso Books (Suhyoon Choi, Hyun Jeong Kim, Laura Malala, and Amos Nsabwe).

## Chiyambi

"Ndiwe Ngwazi Yanga" ndi bukhu limene lalembedwa chifukwa cha ana onse padziko lapansi omwe akhuzidwa ndi mlili wa COVID-19.

"Ndiwe Ngwazi Yanga" bukhu ili likuyenera kuwelengedwa ndi makolo, opereka chisamaliro kapena aphunzitsi limodzi ndi mwana kapena gulu lochepa la ana. Ndi zovutilapo kuti ana aziwerenga bukhuli popanda kuthandizidwa. Ndondomeko zina zoonjezera zomwe zili zothandizira polondolera zochitika zomwe zikutchedwa kuti "Ntchito za Ngwazi" (zomwe zitsindikizidwe posachedwa) zizaperekha thandizo pa zoyenera kutsatidwa pa nkhanzi za COVID-19 ndi cholinga chothandiza ana momwe angakhalire, komanso zina mwa zinthu zomwe angamachite molingana ndi bukhuli.

## Potanthauzira

Reference Group ndi bungwe lokhalo lomwe lili lovomerezeka kuyendetsa katanthauzilidwe ka bukhuli mu zilankhulo zikuluzikulu za dziko lapansi. Adziwitseni a bungwe la IASC Reference Group for Mental Health and Psychosocial Support (MHPSS) ([mhpss.refgroup@gmail.com](mailto:mhpss.refgroup@gmail.com)) mukafuna kutanthauzira bukhuli mu zilankhulo zina zonse. Pamapeto pakutanthauzira bukhuli mu zilankhulo zosiyansiyana, zonse zizayikidwa pa tsamba lowulutsilapo uthenga (website) la bungwe la IASC Reference Group.

Ngati mutanthauzira bukhuli, kapena kulisintha, chonde dziwani zinthu izi:

- Simuli ololedwa kuyika pa bukhuli chizindikiro chanu (kapenango cha bungwe lomwe limakuthandizani pa zachuma).
- Ngati mwalisintha kalembedwe (monga, kusintha kwa nkhanzi kapena zithunzi), kugwiritsa ntchito kwa chizindikiro cha bungwe la IASC nkosaloredwa. Ndipo pasapezeke ganizo lonena kuti bungwe la IASC lavomereza bungwe lili lonse kapena zintchito zavo mukamagwiritsa ntchito buku losinthidwali mwanjira iliyonse.
- Zotanthauzira zanu, kapena zosinthidwa mu bukhuli zikuyenera kuvomerezeda kapena kutsata njira zofanana ndi zimene zimatsatidwa ndi Creative Commons license. CC BY-NC-SA 4.0 or 3.0 ndiyo njira yoyenera kugwiritsa ntchito.



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- Onetsetsani kuti mwayika chodzikanira ichi mu chilankhulo chomwe mwatanthauzira bukhuli: "Kutanthauzira kwa bukhuli kapena kusinthidwa kwake sikunapangidwe ndi bungwe la Inter-Agency Standing Committee (IASC). Siudindo wa bungwe la IASC pa zomwe zili mu buku lotanthauzilidwali, kapena tchutchutchu wa kasinthidwe kapena katanthauzilidwe kake. Bukhu lokhalo lomwe lili mu chilankhulo cha Chingerezi "Inter-Agency Standing Committee. My Hero is You: How Kids Can Fight COVID-19! Licence: CC BY-NC-SA 3.0 IGO ndi lokhalo lomwe lizatengedwe ngati lowona lenileni nthawi zonse."





Mayi ake a Sara ndi Ngwazi yake chifukwa chakuti ndi mayi wabwino komanso ndi katakwe kumbali ya sayansi mdziko lonse lapansi. Ngakhale zili chonchi, iwo sangakwanitse kupeza mankhwala a coronavirus.

"Kodi kachirombo kamene kamayambitsa matenda a COVID-19 kamaoneka bwanji?" Sarah anafunsa mayi wake.

"Kachirombo koyambitsa matenda a COVID-19 ndi kakang'ono moti sikaoneka ndi maso," Mayi wake a Sara adafotokoza. "Anthu amapatsirana kachiromboka kudzela mu timadzi tomwe timapezekwa mwa munthu yemwe akudwala matendawa maka pokhosomola, kuyetsemula, thukuta komanso magazi. Kukhudza zinthu zomwe wodwala coronavirus wagwiritsa ntchito kuthanso kufalitsa matendawa Wodwala coronavirus amatentha thupi komanso amavutika kupuma."

"Kodi ndiye kuti sitingakagonjetse chifukwa sitingakaone ndimaso?" anafunsa Sara.

"Titha kukagonjetsa," anatero mayi wake a Sara. "Ndichifukwa chake ine ndikufuna kuti ukhale otetezedwa. Kachilomboka kamakhudza anthu osiyanasiyana, ndipo aliyense atha kuthandiza pokagonjetsa. Ana ngati iweyo ndi anthu a ntengo wapateli kwambiri ndipo nawonso atha kutengapo mbali pa kuthandiza. Ukuyenela kutenga udindo wozisamala pofunanso kuteteza ife tonse. Ndikufuna nawe ukhale Ngwazi yanga."



Usiku umenewo Sara anagona pa bedi lake ndipo anaziona kuchepekedwa. Iye anali okhumudwa. Analì ndi chikhumbokhumbo chofuna kupita ku sukulu koma inali itatsekedwa. Ankafuna kukasewera ndi anzake koma ichi chinali chinthu choopsa. Sara anafunitsitsa coronavirus atatheratu kuti mantha athe pa dziko lapansi.

"Ngwazi zimakhala ndi mphamvu zapadeladela" anazilankhulira yekha, uku akutseka maso ake nkuyamba kugona. "Ine ndili ndi chani?"

Ali mkgati molingalira chomwecho, mwadzidzi anamva kulankhula konong'ona.

"Ndi ndani kodi?" Sarah nayenso anafunsa monong'ona chomwecho.

"Ukusoweka chani kuti ukhale ngwazi Sara?" anafunsidwa Sara.

"Ndikufuna chinthu chouluka, komanso cha mawu amphanmu kuti chindithandize kufalitsa uthengawu mwachangu ..."

Dzidzidzi, chimbalame chooneka modabwitsa chinatulukira pamalopo...





"Ndiwe yani?" Sara anafunsa.

"Dzina langa ndine Ario," chimbalamecho chidatero.

"Ine ndi koyamba kukuona Ario," Sara anayankha.

""Ndimayenda nawe nthawi zonse ngakhale sumandiona," Ario anafotokoza.  
"Ndimakhala mu mtima mwako."

"Titakhala limodzi ndiye kuti titha kufikira ana onse nkuwachenjeze pa nkhani ya matenda a coronavirus!" Sara anatero.  
"Tsono nditha kukhala Ngwazi! Koma ndikufunse Ario, kodi sichikhala chinthu choopsa kumazungulirazungulira munthawi ino ya coronavirus?"

"Iwe udalire ine ndipo zonse zitheka Sara," anatero Ario. "Palibe chomwe chingakuvulaze tikakhala limodzi."





Sara anadumphira pa msana pa Ario ndipo awiriwo anatulukira pa zenera la ku chipinda chomwe Sara amagona. Anaulukira kutali, kufupi ndinyenyezi ndikuyandikiranso mwezi.

Pamene duwa linkatuluka awiriwo anatera mu dziko lina lokongola. Pamene po anaona ana akusewera ndipo anawo anawaitana Sara ndi Ario mwa msangala.

"Takulandilani, dzina langa ndine Salem!" anatero mmodzi mwa anyamatawo.  
"Tikuopeni? Pepani sitikuyandikirani. Tauzidwa kuti tidzikhala motalikirana kwa mita imodzi!"

"Ndichifukwa ife tabwera!" Sara anayankha motero. "Ine dzina langa ndi Sara ndipo nzangayu ndi Ario. Kodi mukudziwa kuti anafe tingathe kuthandiza kuteteza anansi athu, anzathu, makolo komanso agogo athu ku matenda a coronavirus? Tonse tikuyenera ku..."

"Kusamba mmanja ndi sopo nthawi zonse!" Anayankha mwachangu Salem, uku akumwetulira. "Tikudziwa, Sara." Tikuyenera kukhosomolera mu chigongono ngati tikudwala, komanso tisapatsane moni wa pa dzanja. Tikuyenera kuchepetsa kuyendayenda ngakhale si tonse tikukwanitsa izizi chifukwa timakhala mmizinda yochuluka anthu."

"Hmm, mwina ine ndithandizepo pang'ono," Ario anatero. "Mwina anthuwo sangaone coronavirus, koma ... ine atha kundiona! Dumphilani pa mapiko angawa ndipo mukhale motalikana kwa mita imodzi!"



Ario anauluka mlengalenga,  
Sara ndi Salem ali pa mapiko  
ake. Ankauluka uku akuyimba  
nyimbo! Salem anakuwa kwa  
ana omwe anali akusewela  
amvekere:

"Ananu mverani, Kauzeni  
abale anu adzikhala  
mnyumba! Tingathe kupewa  
ndi kuthandizapo pokhala ku  
nyumba!"

Anthu amene anaona ndi  
kumva izi anazizwa. Iwo  
anamvera uthengawo  
nakalowa mu nyumba zawo.





Ario anaulukira  
mlengalenga. Salem anali  
osangala kwambiri. Ali  
mlengalenga choncho,  
ndege inawadutsa,  
ndipo anthu mmenemo  
anawayang'ana iwo  
mozizwa.

"Anthu onse akuyenera  
kuyimtsa maulendo awo  
pakadali pano," Anatero  
Salem. "Posachedwapa  
mayiko atseka zipata zaho  
ndipo tonse tikuyenera  
kukhala malo amodzi ndi  
abale athu okondeka."

"Zambiri zikuoneka kuti zasintha,"  
anatero Sara. "Nanenso ndikumakhala  
ndi mantha nthawi zina."

"Sara, ndizinthu zopereka mantha ndi kuzunguza mutu  
pamene pakuchitika kusintha," Ario ananena. "Ine  
ndikamachita mantha, ndimapuma mwachifatse, pang'ono  
pang'ono kenako ndimapuma mpweya wamoto!"

Pamenepo Ario anapuma moto wochuluka!

"Mumakhazikitsa bwanji mtima wanu pansi  
pamene mwagwidwa ndi mantha?" Ario  
anawafunsa.



"Ine ndimakonda kuganiza za anthu amene amanditeteza,"  
Sara anatero.

"Inenso chimodzimodzi, ndimaganizira za anthu onse  
amene amanditeteza, monga agogo anga," anatero Salem.  
"Ndawasowa agogo anga. Sindingawakumbatire chifukwa  
nditha kuwapatsira coronavirus. Ndimafuna ndikanapita  
kukawaona kumapeto a sabata monga ndimachitira nthawi  
zonse koma sinditero ngati njira imodzi yowateteza."

"Kodi unga the kuwayimbira lamya?" anafunsa Sara. "Eya  
ndithu!" Salem anavomera. "Amandiyimbira lamya tsiku  
lirlonse, ndipo ndimawauza za mmomwe zinthu zilili  
kunyumba.

Ndimasangalala ndipo ndimakhulupilira iwonso amakhala  
osangalala nazo."

"Ndichinthu chomvesetseka kuwasowa abale omwe  
timawakonda kamba koti pakadali pano sizingatheke  
kukumana nawo," Anawauza Ario. "Izi zimasonyeza chikondi  
chathu pa iwo. Kodi mungasangalale mutakumananso ndi  
ngwazi zina?"

"Eya ndithu!" Sara ndi Salem anayankha pamodzi  
mosangalala.

"Chabwino, tiyen kwa mnzanga wina dzina lake Sasha  
yemwenso ali ndi mphamvu zapadeladela kwambiri,"  
anatero Ario. "Tiyeni!"





Tsono iwo anaulukira pa mudzi wina ndipo anapeza mtsikana wina akuthyola maluwa panja pa nyumba ya kwao. Mtsikanayo atawaona atatuwo nkhope yake inadzala ndi chimwemwe.

"Ario!" lye anati. "Tikuyenera kukhala motalikilana kwa mita imodzi, choncho ndingokuonetsela chizindikiro cha ngati tikukumbatirana! Kodi mukudzatani kuno?"

"Ndamvadi ngati wandikumbatira mmene wateromo Sasha," Ario anatero. "Ine ndimakondwa ndi mmomwe tingagwiritsire ntchito mawu powonetsa kukondana kwathu. Ndikufuna abwenzi angawa adziwe zambiri za mphamvu zako zapaderadera."

"Kodi Mphamvu zanga zapaderadera ndi ziti?" anafunsa Sasha.

"Inu mwachita zozizwitsa poonetsetsa kuti nonse mukukhala panyumba pamene m'bale wanu akudwala. Ndi cholinga chosafuna kufalitsa coronavirus kwa ena," anatero Ario.

"Eya ndithu, bambo anga ndi amene akudwala ndipo sakutuluka ku chipinda mpaka adzachire," anatero Sasha.



"Koma sikuti nzoopsa kwambiri! Ine ndi abale anga tikukhala bwino lomwe.  
Tikumaphika ndipo pena timachita masewera osiyanasiyana ndipo nthawi zina tikakondwa timavina. Penango timawerenga mabuku omwe amatithandiza kumbali ya maphunziro athu. Kukhala pakhomo osachokapo kumavuta masiku oyamba koma kenaka munthu umazolowera."

"Sizinthu zophweka nthawi zonse Sasha," anatero Ario. "Ngakhale zili choncho, iwe ukukwanitsa kumakhalabe munthu osangalala komanso kucheza bwino ndi abale ako. Zimenezo nzimene zikukupanga iwe kukhala Ngwazi!"

"Kodi ilipo nthawi ina yoti mumasemphana zochita?" anafunsa Salem.

"Pena timasemphana maganizo," anatero Sasha. "Chofunika ndi kupilira ndi kumvetsetsana komanso kupepesa zikalakwika. Kukwanitsa zimenezi ndi mphamvu zina zapaderadera. Nthawi zina ndimapeza mpata wokhala pa ndekha ndi kumavina, kumayimba nyimbo kabenango kutchaya lamya kumacheza ndi anzanga ..."

"Ario, kodi amene alibe nyumba zikuwathera bwanji?" anafunsa Sara.

"Wafunsa bwino, Sara," anatero Ario. "Tiyeni tipite limodzi tikadzionere tokha."





Ndipo iwo anatsanzikana ndi Sasha ndikupitilira ndi ulendo wawo. Ka mpweya kofunda kanawapeza pamene anali kutera pa chilumba china.



Kumeneko iwo anapeza msasa wa anthu ochuluka. Msungwana wina anawaona nawakwezera mkono iye ataima poteropo.

"Ndakondwa ndi kubwera kwanu Ario!" anatero." Kwathu kuno tikukhala motalikirana. Ndasangalalanso kuti mwatibweretsera alendo. Alendo ine dzina langa ndi Leila."

"Moni Leila! Ine dzina langa ndi Sara ndipo tili nayeyu ndi Salem," Sara analankhula motero. "Zikuoneka kuti mukudziteteza ku matenda a coronavirus. Kodi ndi njira ziti zina zomwe mukutsata popewa komanso kuchepetsa coronavirus?"

"Timasamba mmanja pogwiritsa ntchito madzi ndi sopo!" anayankha Leila.

"Kodi nanunso mumakhosomolera pa chigongono?" anafunsa Salem.

"Mungationetseni mmene mumachitira?" anapempha Leila. Ndipo Salem anawaonetsa.

"Tikuoneka ngati anthu opanda mantha, koma ine ndili ndi nkawa," Leila ananena. "Kodi nditha kukumasukilani pa izi? Kwathu kuno ndinamva kuti wina anadwala matenda a coronavirus mpaka anamwalira. Izi zinandipatsa mantha. Kodi ndi zonna kuti anthu akumafa ndi matendawa?"



Ario anapuma motulutsa mpweya wambiri, nakhala pansi.

"Inde, zinthuzi nzachilendodi," Ario anatero. "Zikundivuta kumvetsa kuti ena akumadwala kwambiri ndi matendawa mpaka kumwalira pamene ena ali gwa osadwala konse ayi. Achikulire ndi ena omwe ali ndi matenda ena kale ndiye ali pa chiopsezo. Koma zikhoza kutithandiza tikamaganizira zabwino tili nazo mmoyo mwathu. Kodi mungathe kuyesa zomwe ndanenazi pamodzi nane?"

Onse anavomereza pamodzi.

Ndipo Ario anawauza kuti atseke maso ndi kulola malingalilo awo awatengele kutali.

"Mulingalire ndi kukumbukira za nthawi imene munali pa mtendere ndiponso opanda nkhawa," anatero Ario.

Ndipo iye anawafunsa za zomwe amaona, mmene amamvera, komanso kununkhira kwake kwa malo analingalilawo. Anawafunsanso ngati pali munthu yemwe amafuna kuti akumane naye ku malowa ndi nkhanzi zimene angakonde kuti akambilane naye.

"Ndikufuna kuti mudziwe kuti inuyo mungathe kupita ku malo okusangalatsaniwa nthawi iliyonse pomwe mwakhumudwa kapena pomwe muli ndi mantha," anawauza motero Ario.

"Mphamu zanu zozizwitsa mwapaderadera ndi zimenezi. Kagawaneni ndi abale komanso anzalu za zimenezi. Muzikumbukira kuti ine Ario ndimakukondani. Abale anunso amakukondani. Anzalu amakukondaniso. Kudziwa zimenezi kudzakuthandizani pa moyo wanu wa tsiku ndi tsiku."



Leila ananena nati, "Tonse titha kutengapo mbali posamalirana."

"Ndikoyenera kutero Leila", Ario anafotokoza. "Titha kusamalirana kulikonse komwe tingakhale. Kodi ungakhale ndi chidwi chopita nafe ku ulendo wathu omaliza?"

Leila adasankha kuwaperekeza anzake aja. Sara anakondwa popeza aliyense amafunika mnzake olimbitsana naye mtima. Iwo anawuluka mwakachetechete popanda wina olankhula, koma Leila anali otsimikizika kuti azinzake atsopanowa ndi anthu achikondi.



Ali mkati mouluka anaona mapiri wokutidwa ndi chizizira.

Posakhalitsa anatera pa ka mzinda kena.

Anaona ana akusewera cha kufupi ndi mtsinje.

"Ario!" anakuwa wina mwa ana aja powalandira iwo.

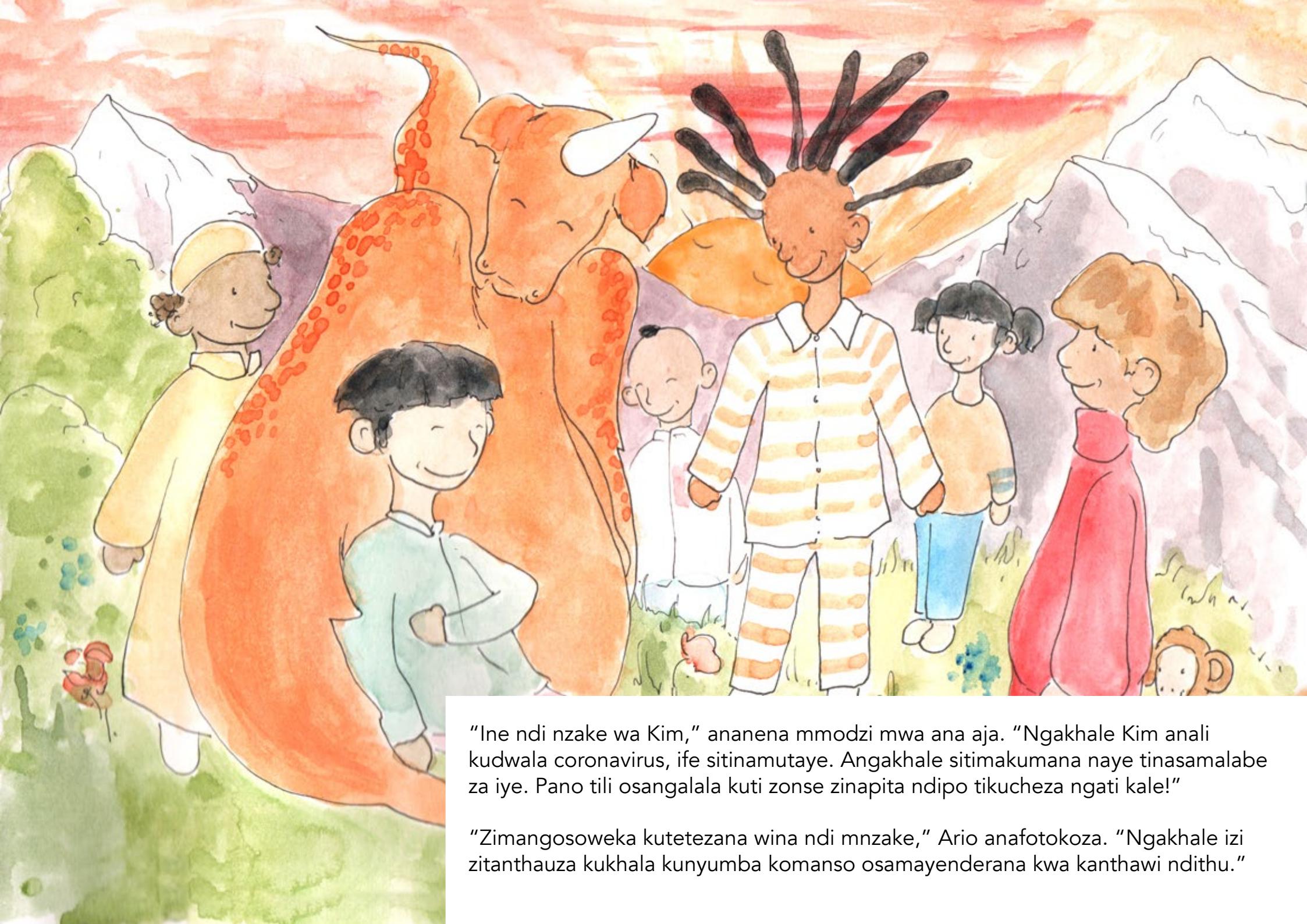
"Moni Kim," analonjera motero Ario.

"Salem, Sara ndi Leila ndafuna kuti mudzadziwe anzanga omwe anadwala matenda a coronavirus ndipo anachira."

Salem anafuna kudziwa zambiri, "Unkamva bwanji?"

"Ndinkakhosomola komanso thupi limatentha. Nthawi zambiri ndinkakhala ofooka ndipo kusewera kunali kovuta," anatero Kim. "Nthawi zambiri ndinali chigonere koma abale anga anandisamalira. Makolo athu nawo anali atagonekedwa ku chipatala.

Madotolo ndi anamwino anagwira ntchito yotamandika. Mudzi wonse nawo unatenga gawo lalikulu pothandiza ndi zosowa zathu nthawi imene tinali kudwala. Tonse tinachira patapita masiku ochepta."



"Ine ndi nzake wa Kim," ananena mmodzi mwa ana aja. "Ngakhale Kim anali kudwala coronavirus, ife sitinamutaye. Angakhale sitimakumana naye tinasamalabe za iye. Pano tili osangalala kuti zonse zinapita ndipo tikucheza ngati kale!"

"Zimangosoweka kutetezana wina ndi mnzake," Ario anafotozo. "Ngakhale izi zitanthauza kukhala kunyumba komanso osamayenderana kwa kanthawi ndithu."



Leila anavomereza nati, "Tingathe kusamalirana wina ndi nzake. Ndikhulupirira kuti tsiku lina matendawa adzatha ndipo zonse zidzakhala bwino ngati kale."

"Anafe tidzasewera komanso kupita ku sukulu monga tinkachitira," anayankha Salem.

Nthawi itakwana yobwelera kumudzi, Sara anatsanzikana ndi anzake aja. Analonjezana kuti sadzaiwala ulendo wawo umene anayendera limodzi.

Sara anali okhumudwa pozindikira kuti atha osazakumana nawonso anzake aja. Koma mtima wake unakhalako pansi atakumbukira mawu amene analankhula nzake wa Kim. Iye anati, sikuti chifukwa chakuti sukuonana ndi anthu zitanthauza kuti unasiya kuwakonda ayi.



Ario anakawatula onse  
mumakwawo. Anadikilira kuti Sara  
agone kaye iye asananyamuke.

Sara anamufunsa Ario, "Kodi mawa  
tingachitenso chimodzimodzi?"

"Ayi Sara ndi nthawi yoti ucheze  
ndi abale ako" anatero Ario.

"Udzikumbukira kusamala abale  
onse posamba mmanja komanso  
posayendayenda popewa kufalitsa  
matendawa a covid. Ukafuna  
kucheza nane uzichita zomwe zija  
ndakuuza limodzi ndi anzako aja."

"Ndiwe Ngwazi yanga," Sara  
analankhula monong'ona.

"Ndiwenso ngwazi yanga Sarah,  
ndiwe ngwazi ya abale onse omwe  
umawakonda," anamaliza chotero  
Ario.



Sara anagona tulo tofa nato, ndipo pamene ankadzuka kunja kutacha anapeza Ario atapita. Poona izi, iye analingalira za malo otetezeka ndi a mtendere omwe anakalankhulana naye, ndipo anajambula zonse zomwe anakumana nazo komanso zomwe anaphunzira pa ulendo omwe anali nawo uja. Kenako anathamangira kwa mayi ake kuti akawafotokozere zomwe anakumana nazo komanso kuwaonetsa zithunzi zija.

"Amayi, tonse titha kutengapo mbali posamalana wina ndi nzake," anatero Sara. "Pa ulendo wanga ndinakumana ndi ngwazi zambiri!"

"Inde Sara, ukunenadi zonna!" Mayi wake anavomereza. "Palitu ngwazi zambiri zomwe zikuthandiza kusamala ndi kuteteza anthu ku coronavirus, monga adotolo ndi anamwino athu okondeka. Koma apatu iwe wandizindikilitsa kuti tonse titha kukhala ngwazi nthawi zonse, ndipo ngwazi yanga yayikulu ndi iweyo Sara."

