

Ngweye ependafule Lyandje



Nkene unona
tawu kondjitha
o-COVID-19!

IASC
Inter-Agency Standing Committee

Okuhololapo okambo kedhina "Ngweye Ependafule lyandje"

Okambo hano oka li opoloyeka ndjoka ya li tayi kwatelwa komeho kehangano lyedhina Inter-Agency Standing Committee Reference Group (IASC MPHSS RG) tayi kwandjagele nOmayambidhidho gUundjolowele wopaMadhiladhilo nEhungomwenyo mOonkalo dhopaUlumompumbwe. Opoloyeka ndjika oya li ya yambidhidhwaa kaanawino ya za muuyuni, miitopolwalongo nomiilongo ya za klilyo yOmahangano gOngundukwatelikomeho naambaka oya gwedha paavali, aasilishimpwiyu, aalongisikola nuunona wa za miilongo 104. Opwa li pwa ningwa omapekaapeko gopaigwana ngoka ga li mOshiarabia, mOshiingilisa, mOshiitaalia, mOshifulaanisa nomOshisipania opo ku konakon-we uundjolowele wopamadhiladhilo noompumbwe dhopankalathano dhaanona pethimbo lyetukuko lyo-COVID 19. Omusindalandu gwiipalanyolo mbyoka yi na okukwandjagelwa nayo mehokololo ogwa vutwa taku longithwa iizemo yomapekaapeko ngo ga ningilwe. Okambo oka hokololelwaa aanonaa miilongo oyindji mbyoka ya kwawulwa ko-COV-ID 19. Omayamukulo ngoka ga zi kuunona, kaavali naasilishimpwiyu oga li ga longithwa opo ku talululwe nokupepalekwe ehokololo.

Uunona, aavali, aasilishimpwiyu naalongi Ya konda 1, 700 ya za koombinga noombinga dhuuyuni oya mono ethimbo ye tu hokololele nkene taa kondjo nomukithi gwo-COVid 19. Otatu pandula unene uunona mbuka, aavali yawo, aasilishimpwiyu naalongi sho ya udhitha omapekaapeko getu noya nwetha mo ehokololo ndika. Ehokololo ndika olya etwa po kuunona nolya nuninwa uunona muuyuni awuhe

Ehangano lyedhina IASC MHPSS RG otali pandula Helen Patuck ngoka a nyola ehokololo nokwa tula omafano mokambo haka.

IASC, 2020. Okambo haka oka nyanyangidhwaa papitikilo lyehangano lyedhina Creative Commons Attribution-non-Commercial Share Alike 3.0 IGO (CCBY-NC-SA3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>). Papitikilo ndika, oto vulu okwiindjipalitha, okutoloka nokulundulula okambo haka shampa owala to shi ningi nela-lakano lyokwaalanditha, naashoka to kutha membo ndika nashi ulikwe lela kutya omo sha za.

Oshinyolwa shika osha tolokwa kehangano lyedhina...

Efalomo

"Ongweye ependafulle lyandje" okambo ka shanelwa uunona womuuyuni awuhe wa gumwa komukithi gwo-COVID-19.

Okahokololo "Ongweye ependafulle lyandje" oke na okuleshwu kaakuluntu, aasilishimpwiyu yuundjolowele nenge aalongi pamwe naanona nenge okangundu okashona kuunona. Itashi etitha oonkondo opo uunona wu leshe okambo haka owo awuke kaape na ekwathelo lyomukuluntu, lyomusilishimpwiyu guundjolowele nenge omulongi. Okawilikimbo ka gwedhwa po haka ithanwa "Omiahumbato gomapendafulle" (taka ka nyanyangidhwale) otaka gandja omakwathelo kombinga yoshipalanyolo sha guma o-COVID-19, tashi kwa thele aanona ya vule okupangela nawa omayiyovo, nosho wo ke na iilongadhalwa yaanona ya gwedhwa po mbyoka yi na okuningwa yi ikankamekela kokambo haka.

Omatoloko

Ongundukwatakanithi yo yene otayi kwatele komeho etolokelo mOshiarabia, mOshityiina, mOshifulaanisa, mOshirwasha nomOshisipaania. Ninga omakwatathano nongunduwiliki yedhina IASC Reference Group for Mental health and Psychosocial support (MHPSS) (mhpss.regroup@gmail.com) yokukwatakanitha omatoloko momalaka galwe. Omatoloko agehe ga pwa okutolokwa otaga ka tulwa kepandja lyopakompiuta lyongundukwatakanithi yedhina IASC Reference group

Ngele owa tolka nenge wa lundulula oshinyolwa shika, koneka kutya:

- Ino pitikwa okugwedhamo oshihako (nenge shoka shehangano lyokugandja ekwathelo lyopaimaliwa) koshinyolwa shika
- Ngele tashi ya pokulundulula (oshiholelwa, okulundulula oshinyolwa nenge omafano), elongitho lyosihako sho- IASC inali pitikwa. Melongitho kehe lyoshinyolwa shika, inamu hololwa kutya kutya IASC oye a gandja uuthemba kehangano, koshilongomwa nenge komayakulo ngoka.
- Owu na okugandja omapitikilo gelongitho lyetoloko nenge lyelundululo ngaashi shu uthwa patikilo lyedhina Creative Commons license. CC BY-NC-SA 4.0 or 3.0 Omusholondondo gwomapitikilo nguka ogwo onguka: <https://creativecommons.org/share-your-work/licensing-considerations/compatible-licenses>
- Owu na okukala to vulu okugwedhako okatopolwa kokwiimangulula melaka moka mwa tolkelwa oshinyolwa taka landula: "Etoloko /elundululo kalya li lya totwa ko Inter-Agency Standing Committee (IASC). O IASC hayo yi na oshinakungwanithwa shokusila oshimpwiyu oshikalimo nomungo gwetoloko/gwelundululo. Oshinyolwa shopetameko osha li mOshiingilisa "Inter-Agency Standing Committee. My Hero is You: How Kids Can Fight COVID-19! Licence: CC BY-NC-SA 3.0 IGO nosho oshinyolwa shi na oonkondo noshokolela."





Yina yaSara ependafulle lye oshoka oye meme omuwanawa noye umunonganoni omwaanawa muuyuni awuhe. Ashike yina yaSara ita vulu okumona omuti gwokwaaludha ombuto yo-COVID-19.

"O- COVID-19 oya tya ngiini ano?" Sara ta pula yina.

"COVID-19, nenge ocorona onshona unene noitatu vulu oku yi mona nomeho,"yina yaSara osho a ti. "Kakele ohayi taandelekwa kaantu mboka ye na omukolo nomashikisha mboka taa ehama ngele oya gumu aantu nenge iinima mbyoka yi li popepi nayo. Aantu mboka taya ehama ohaya kватwa kolwiidhi nokomukolo yo ohaya kala taa fudha nuudhigu."

"Nena itatu vulu oku yi kondjitha shaashi itatu vulu oku yi mona nomeho?" osho Sara a pula. „Otatu vulu oku yi kondjitha,” oshi yina yaSara a ti. „Onkene onda hala wu kale wa gamenwa, Sara. Ombuto ndjika ohayi kwata aantu oyendji nomuntu kehe ota vulu oku tu kwatha tu yi kondjithe. Uunona owa simana notawu vulu wo okukwatha mokukondjitha ombuto ndjika. Owa pumbwa okukala wa gamenwa. Onda pumbwa wu kale ependafulle lyandje.



Sara okwa lala mombete ye uusiku mboka ndele ka li u uvite a fa ependafulle nando. Okwa li a geya. Okwa li a hala okuya kosikola nonando osikola ye oya li ya pata. Okwa li a hala okumona oofelende dhe nonando onkalo kaya li nawa. Sara okwa li a hala ocorona yi hulithe po okutilitha uuyuni we.

"Omapandafulu oge na oonkondo dhanakupwe," osho i ipopile manga ta thetheleke." Ondi na shike?"

Omabaadhilila ewi ewanawa olya nongona edhina lye momilema.

"Olye ano nguno?" osho Sara a pula newi li li pevi.
"Oshike wa pumbwa opo wu ninge ependafulle,
Sara?" ewi osho lya pula.

"Onda pumbwa omukalo gwokulombwela uunona awuhe muuyuni wu igamene opo wu gamene wo omuntu kehe..." Sara osho a ti.

"Owa hala hala nee ndi ninge ngiini?" ewi osho lya pula.

"Onda pumbwa oshinima hashi vulu okutuka...
oshinima shi na ewi enene.. noshinima tashi vulu okukwatha!"

Ngepathimo lyeho oshinima oshikumithi osha holokele muuyelegele womwedhi...





"Ongweye lye?" Sara ta pula.

"Ngaye oArio," osho a ti.

"Inandi mona nale oArio nale," Sara osho a ti.

"Opo nda kala mpaka ethimbo alihe," Ario osho a ti. "Onda za momutima gwoye."

"Shaa ndi ku na ... nena otandi vulu okulombwela uunona awuhe muuyuni kombinga yocorona!" Sara osho a ti. "Otandi vulu okukala ependaful!" Ashike tegelela, Ario, kashi li nawa okuya mela lyondjila nocorona ye tu kundukidha.

"Ongaye awike, Sara," Ario osho a ti.

"Kape na shoka tashi ku ehameke uuna tu li pamwe."





Sara okwa nukile kombunda yaArio noya tuka taa pitile mekende lyondunda ye yu uka mewangandjo momilema. Oya tuka yu uka koonyothi e taa minike omwedhi.

Sho etango lya piti, oya nambele mombuga ombwaanawa piiyanda, mpoka okangundu okashona kuunona kwa li taka dhana. Uunona owa igidha kenyanyu ndele tawu ganeke Sara nokArio gwe.

"Owa ningi nawa sho mwe ya, ongame Salem!" osho kamwe komuumati ka igidha. „ Otamu ningi shike mpano? Ombili, itatu vulu okuya popepi, otu na okukala kokule nometa yimwe!"

"Olyo elalakano lyetu sho tu li mpaka!" Sara osho a yamukula.

"Ngaye oSara naanguno oArio. Omwa li mu shi kutya uunona otawu vulu okukaleka aashiinda, oofelende, aakuluntu naakulupe ya gamenwa kocorona? Atuheni otwa pumbwa oku..."

"Iyoga kiikaha nomeya ga tulwa othewa!" Salem osho a ti ti imemeha. "Otu shi shi, Sara." Ohatu kololele momaako getu ngele tatu ehama-nohatu ganeke aantu pehala lyokwiiminika. Ohatu kambadhala okukala momagumbo, kakele ohatu zi moshilando shu udha.. aantu ayehe ihaya kala momagumbo."

"Hmm, pamwe otatu vulu okukwathela kwaashoka," Ario osho a ti. "Itaya vulu okumona ocorona nomeho, kakele.. otaya mono ndje! Nukila ko, ashike kala omutumba komawawa gokoombinga adhihe- ogi ili kokule nometa yimwe!"



Ario okwa tuka mombanda
naSalem naSara ye li
komawawa ge agehe. Okwa
tuka ta piti oshilando ndele ta
tameke okwiigidha nokwiimba!
Salem okwa igidha uunona wu
li mepandaanda.

"Indeni mu ka lombwele
aantu yaayeni kuya tse otwa
gamenwa sho tu li meni
muka! Otatu vulu tu silathane
oshimpwiyu nawa shaa tu li
momagumbo.

Aantu oya li ya kuminwa shoka
ya mono. Oya ganeke e taa
zimine ya ye momagumbo
gawo.





Ario okwa tuka u uka mewangandjo. Salem okwiigidha a panda. Sho ye li mombanda muule opwa piti ondhila naantu mboka ye li mondhila oye ya tala ya kumwa.

"Aantu otaya hulitha po omalweendo, paife manga," Salem osho a ti.
"Otaya pata oongamba muuyuni awuhe, ndele atuheni tatu kaleni mpoka tu li naantu mboka tu hole."

"Inima oyindji otayi lunduluka,"
Sara osho a ti. "Ohandi shi tila omathimbo gamwe."

"Otashi vulu okukala oshitilithi notashi ngwangwaneke uuna iinima tayi lunduluka," Sara Ario osho a ti. "Uuna ndu uvite nda tila, ohandi fudha kashona nakashona-ndele tandi futha mokule!"

Ario okwa fudha mo nolwithi ogwa gundumuka talu zi muye!

"Ohamu vululukwa po ngiini ngele mu uvite mwa tila?" Ario osho e ya pula.



"Ondi hole okudhiladhla omuntu ngoka hu uvitha ndje nawa," osho Sara a ti.

"Ngame nangame ohandi ipula naantu ayehe mboka ya kwathela ndje ndi kale monkalo ya gamenwa." Onde ya yuulukwa. Itandi vulu oku ya papatela shaashi otashi vulika ndi ya pe ocorona. Ohatu ya mono ehuliloshiwike kehe ihe ngashingezi ihatu ya mono we shaashi otwa hala ya kale ya gamenwa."

"Oho ya dhengele ongodhi?" osho Sara a pula kuume ke. "Eeno-o" osho Salem a yamukula. "Ohaa dhengele ndje esiku kehe nohandi ya lombwele ashihe shoka tatu ningi megumbo.

Ohashi uvitha ndje nawa nohashi ya uvitha wo nawa."

"Oshi li nawa okuyuulukwa aantu mboka tu hole shaashi ihatu ya mono we," osho Ario a ti. Otashi holola kutya otu na nayo. Otashi mu uvitha nawa ngele omwa tsakanene nomapendafulle galwe?"

"Lelalela!" Saara naSalem osho ya yamukula.

"Eewa ano, kuume kandje Sasha oku na oonkondo dhanakupwe," osho Ario a ti. "Tu yeni!"





Oya tuka yu uka pevi ndele taya nambele mokamukunda kamwe okashona. Okakadhona kamwe oka li pondje yegumbo lyaandjawa taka toonona oongala. Sho ka mono Ario nuunona mboka wa kuutumba komawawa, oka yolo.

"Ario!" okwi igidha. "Otu na okukala kokule nometa yimwe, onkee otandi mu ganeke owala! Otamu ningi shike mpano?"

"Okuganeka kwoye onde ku uva sho wa lombwele ndje ngaaka Sasha," Ario osho a ti. "Ondi hole sho tatu vulu okulongitha iitya tu ulike kutya otu na ko nasha naantu yalwe nonomainyengo getu wo. Onda li nda hala oofelende dhandje dhi ilonge kombinga yoonkondo dhoye dhanakupwe."

"Oonkondo dhanakupwee oshike?" Sasha osho a pula.

"Molwaashoka omuntu gumwe gwaayeni sho a tameke okwe ehama, owa kala megumbo opo waa kwaitithe aantu yalwe kocorona, "Ario osho a ti.

"Eeno, tate gwandje, ota kala mondunda sigo ta kala nawa lela," Sasha osho a ti.



Ohatu dhana omaudhano, ohatu teleke, ohatu kala pamwe moshikunino nohatu lile pamwe. Ngame naamwameme ohatu igumu kominwe dhokoompadhi, tatu ndaanisa. Ohatu lesha omambo nohandi kala tandi ilongo omathimbo gamwe shaashi onda yuulukwa koskola. Petameko okukala megumbo okwa li okwiinayi ihe ngashingezi omuntu owi igilila."

"Shono ihashi kala aluhe oshipu," osho Ario a ti. "Tashi ti oho kongo omikalo dhokwiinyanyudha e to kala wu li nawa naanegumbo lyaandjeni. Nani ngoye epandafulle lyandje!"

"Oho tamanana naantu yaandjeni? osho Salem a pula.

"Omathimbo gamwe ohatu tamanana," osho Sasha a ti. "Ohatu kala twi idhidhimikilathana noonkondo nohatu uvathana unene nohatu paathana nokuli ombili mbala. Ndhono odho oonkondo dhanakupwe shaashi tadhi vulu oku tu uvitha nawa nokuuvitha aantu yalwe nawa. Onda pumbwa wo ethimbo eshona lyokwiikalela. Ondi hole okundaanisa nokwiimba ongame awike! Omathimbo gamwe ohandi ithana ookuume kandje..."

„Ihe Ario, kombinga yaantu mboka ya kala kkokulekokule natse nenge mboka kaaye na kokule nomagumbo nenge kaaye na omagumbo otaa ningwa ngiini?" osho Sara a pula.

"Ndyoka epulo ewanawa, Sara," osho Ario a ti.
"Tu ye tu ka tale kutya onkalo oyi li ngiini."





Oya laleke Sasha e taya humu ko natango ishewe.
Ombepo oya tameke okweenya sho taya nambele
mokalando ka dhingolokwa kefuta.



Hoka oya mono okamba yu udha aantu.
Okakadhona kamwe oke ya mono ndele e take ya
ganeke ke li kokule.

"Ongiini Ario, onda panda unene oku ku mona
natango!" osho ki igidha. "Tse otatu kambadhala
okukala ometa yimwe kokule, onkee otandi popi
ndi li mpaka. Ashike onda hala okumona oofelende
dhoye! Edhina lyandje oLeila."

"Ongiini Leila! Ongaye Sara, nguno oSalem,"
Sara osho a ti. "Otashi ulike kutya oto kambadhala
okwiigamena kocorona. Oshike ishewe to ningi?"

"Tse ohatu yogo iikaha yetu nomeya ga tulwa
othewa." Leila osho a ti kuyo.

"Oho kololele ngaa mokwaako?" Salem osho a
pula.

"Oto vulu oku tu ulikila nkene ho shi ningi?" Leila
osho a ti kuyo. Salem okwe ya ulikile nkene ha
ningi.

"Tse otatu kambadhala okukala omanyakwa,
ashike ohatu kala twa lulilwa omathimbo gamwe,"
Leila osho a ti. "Otandi vulu okupopya nangweye
kombinga yoshinima shono? Ondu uva omuntu
gumwe a tameka okweehama ndele e ta si ndele
osha tilitha ndje unene. Oshoshili kutya omuntu ota
vulu okusa kocorona?"



Ario okwa fudha muule ndele ta kuutumba.

"Eeno, uupendafulle uushona nee, osha nika oshiponga," Ario osho a ti. "Aantu yamwe ihaya uvu taya ehama nando, ashike aantu yamwe otaya vulu okweehama unene nayamwe otaya vulu okusa. Onkee ano atuheni otu na okukala twa kotokela unene aakulupe naamboka ye na uuwehame wulwe, oshoka oyo haye ehama unene. Omathimbo gamwe nge twa tila nenge twaa li monkalo yi li nawa nohashi tu etele omaipulo gonkalo ya gamenwa. Omwa hala okukambadhala oshinima shino pamwe nangame? "

Ayeho oya ti eeno, ndele Ario ta pula uunona wu thithikile e tawu ipula nehala mpoka wu uvite wa gamenwa.

"Ipula nomadhiladhilo nenge nethimbo wa li wu uvite wa gamenwa , " osho Ario a ti.

Okwe wu pula shoka wa li wu wete, shoka wa li wu uvite nezimba ndyoka lya li mehala lyawo lya gamenwa. Okwa pula ngele opwa li omuntu a simana ya hala oku mu ithana mehala lyawo lya gamenwa naasho taya kala taya kundathana.

"Oto vulu okuya kehala lya gamenwa uuna wu uvite wa geya nenge wa tila," Ario osho a ti." Shino osho oonkondo dhanakupwe dhoye, noto vulu oku dhi topola noofelende nonaantu yaayeni. Dhimbulukwa kutya ondi na nangweye, nonaantu oyendji wo. Naashoka otashi ku kwathele wo."



Leila osho a ti," Atuheni otatu vulu okutonatelathana."

"Shoka oshi li mondjila lela, Leila," Ario osho a ti."Otatu vulu okutonatelathana, kehe mpoka tu li. Owa hala okuya natse molweendo lwetu lwahugunina?"

Leila okwa tokola a ye naArio noofelende dhe oompe. Sara okwa li a panda sho Leila ta yi nayo oshoka oku shi kutya omathimbo gamwe oye na okukwathelathana. Oya tuka meimweneneno, itaaya popi nando oshitya shimwe, ashike Leila okwa li e shi shi kutya oofelende dhe oompe odhi na oshimpwiyu naye oshinene.



Kashona nakashona oya mono oondundu dhi li mosheentsi naArio okwa lambele mokalando okashona. Opwa li pu na uunona wokangundu okashona tawu dhana petale lyomeya.

"Ario!" okanona kamwe osho ki igidha take mu ganeke.

"Ongiini, Kim," osho Ario a ti. Kehe gumwe okwa li a hala okutsakanena nokuume kandje yamwe mbo ya li ya kwatwa kocorona noya aluka.

"Owa li monkalo ya tya ngiini?" Salem osho a pula.

"Onda li te kolola nomathimbo gamwe ohe kala nda pupyala nayi. Onda li nda vulwa nayi nokanda li nda hala okudhana uule womasiku gontumba," osho Kim a ti. "Ihe onda li he kotha unene naantu yaandjetu oya sile ndje oshimpwiyu. Aavali yetu yamwe nookuku yamwe oya li ya yi koshipangelo. Aapangi noondohotola oya li ye ya yakula nombili naashinda yetu oye tu kwathele megumbo. Konima yiiwike iishona otwa aluka."



"Ngame okuumé ka Kim," okanona kamwe osho ka ti. "Shaashi Kim okwa li e na ocorona inatu hulitha po uukuumé wetu-nonando kanda li te vulu oku mu talela po. Ine hulitha okukala ndi na naye. Onda nyanyukwa sho tatu vulu okudhana ishewe!"

"Omathimbo gamwe oshinima sha simana unene tatu vulu okuninga ongookuumé osho okugamenathana," osho Ario a ti. "Kashi na nee kutya shika otashi ti natu kale inaatu monathana ethimbo lyontumba."



"Otatu vulu okuningilathana iinima ya tya ngaaka," osho Leila a ti. "Siku limwe otatu ka vula okudhana pamwe e tatu shuna koskola ngaashi twa li twi igilila," osho Salem a ti.

Olya li ethimbo lyokuya kegumbo nethimbo lya Sara okulaleka ookuumé ke aape. Oya lombwelathana kutya itaa ka dhimbwa nande olweendo lwawo.

Sara okwa li a yemata sho itaaya ka monathana uule wokathimbo kontumba. Ihe okwa uvu nawa sho a dhimbulukwa sho kuume ka Kim a tile. Itashi ti ngele aantu iho ya mono ino kala wu ya hole.



Ario okwe ya helulile ayehe pomagumbo gawo e ta tegelele Sara a kothe manga inaa ya.

"Otatu vulu okuninga oshinima sha tya ngawo ongula?" Sara osho a pula

"Aawe, Sara ndika ethimbo lyokukala naanegumbo lyaandjeni ngashingezi," osho Ario a ti.

"Dhimbulukwa ehokololo lyetu. Oto vulu okugamena aantu mboka wu hole uuna to iyogo kiikaha noto kala megumbo. Ngame kandi li kokule nangoye. Oto vulu okukala nangame ethimbo kehe uuna to yi kehala lya gamenwa."

"Ngoye epandafulle lyandje," osho a nongona.

"Nangoye epandafulle lyandje, Sara. Ngoye epandafulle kwaayehe mboka ye ku hole," osho a ti



Sara okwa kotha naasho a penduka esiku lya landula Ario ongohela a li po. Onkene okwa yi kehala lye lya gamenwa a ka popye naye e taa thaaneke ashihe shoka ya mono noyi ilonga molweendo lwawo. Okwa matukile kuyina e na efano opo e mu hokololele ehokololo.

"Atuhe otatu vulu okukwathela aantu ya kale ya gamenwa, meme," osho a ti. Onda tsakanena nomapendafulle ogendji molweendo lwandje, "Iyaa Sara, owu li mondjila!" osho yina a ti. Opu na omapendafulle ogendji taga gamene aantu kocorona ngaashi oondohotola naapangi aakumithi. Ihe owa dhimbulutha ndje kutya atuhe otatu vulu okukala omapendafulle, kehe esiku nependafulle lyandje kaaku na we ongoye.

