

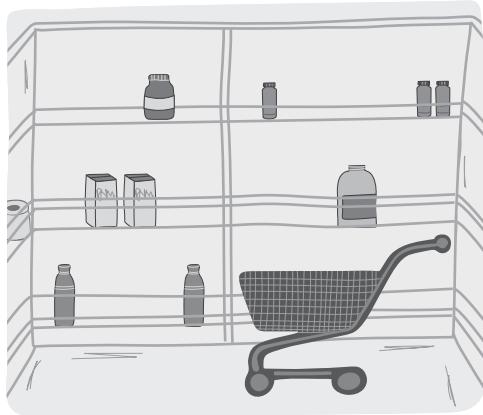
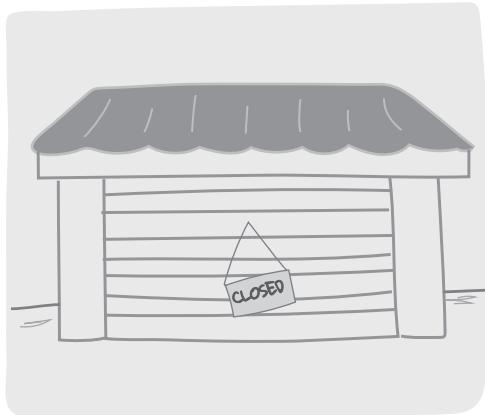
# I-CORONA, AYILATHUBA

Abantwana bengaphathisa njani ukungoba igcikwane





Lilanga elihle lamhlanje, Kodwa izitalada kazilamuntu njalo kuthe cwaka nje indawo yonke.



Izitolo zivuliwe loba kulempahla ezilutshwana ezithengiswayo. Amagedi ezikolo avaliwe, akula ngitscho lamuntu oyedwa.





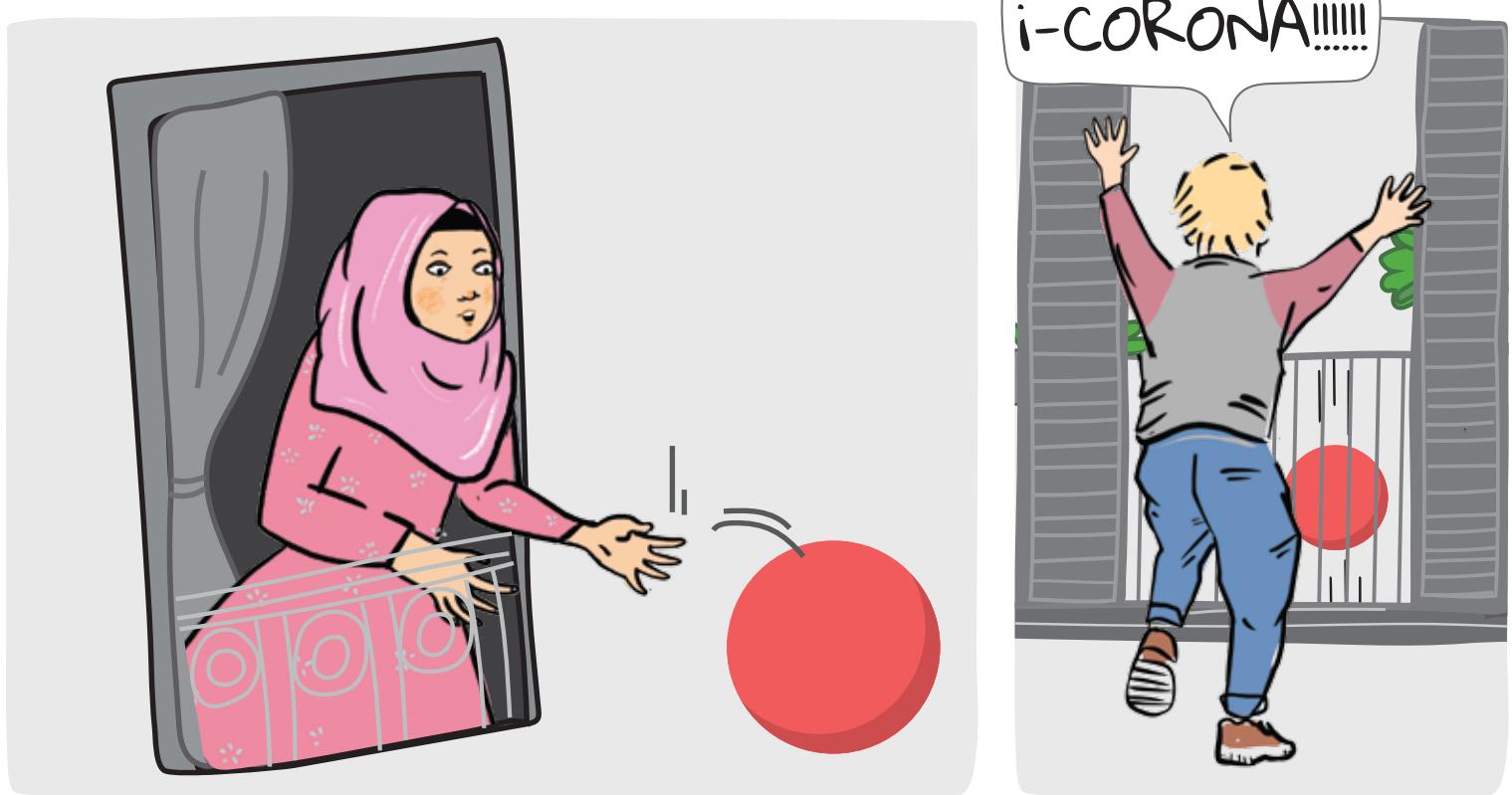
Izikolo zivaliwe. U-Amina, uOliver, uTara lo-Busani bavalelwé ezindlini. Kabakujabuleli ukuba ngekhaya ngoba kabavuñyelwa ukuphuma endlini.

Malume, "Kuyini i-Corona le ekhulunywa ngumuntu wonke?"  
"Sizakufa yini sonke?" Abantu abanengi bahukumezekile.  
Mina ngiyakuzonda ukuhlala ngivalelwé ngekhaya ngingadlali labangdane bami. Senzeni?

Busani, hlaiseka. I-Corona ligikwane. Liyafana lamagikwane wonke akhona abangela ubuhlungu esifubeni, emphinjeni, isihlabo lokuphefumula nzima. Amathe aphuma nxa ukhwethlela lanka uthimula amemethikisa igikwane leCorona. Najizakuthumela umbiko olakho konke ongadinga ukwazi mayelana le-Corona.

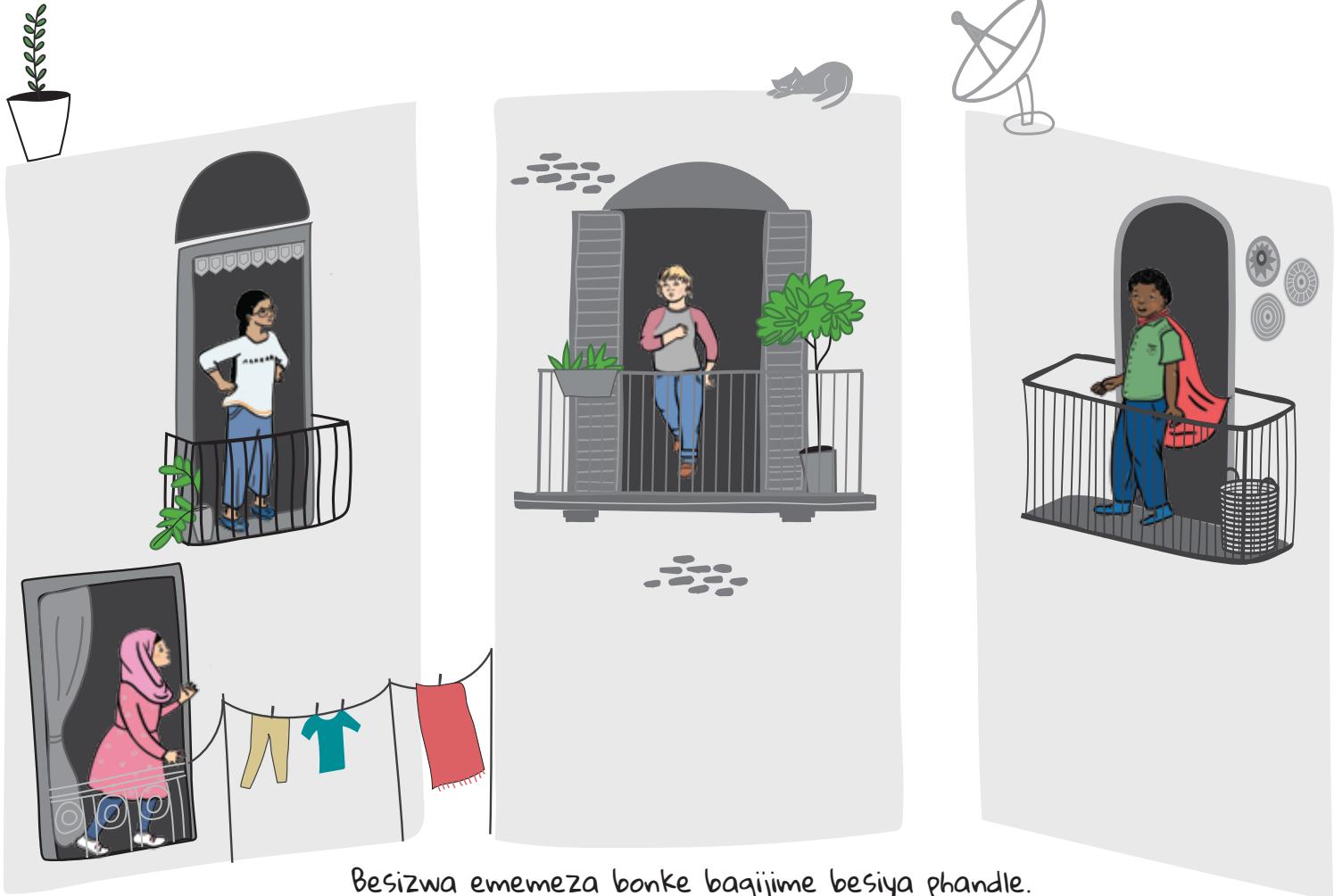


Ngokudana okukhulu, u-Busani udinga impendulo ngalokhu okwenzakalayo. Utshaya ucingo etshayela umalumakhe ongudokotela omkhulu edolobheni.



Sibona ibhola lisiwa phambi kwefasitela lika Oliver.

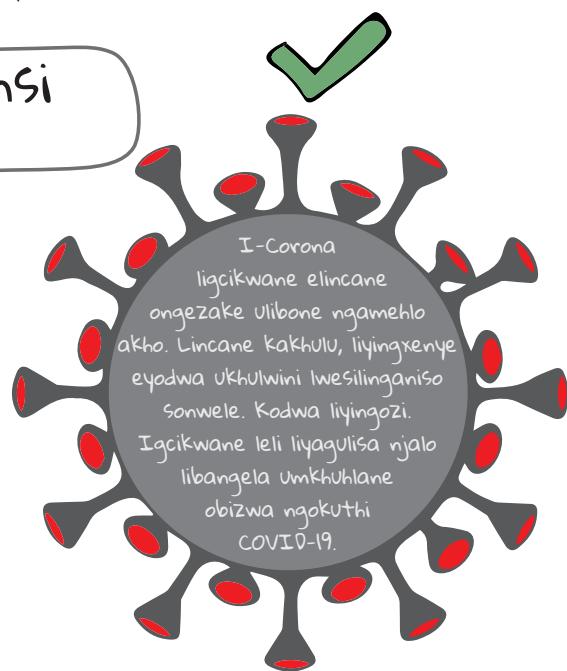
Amemeze egijima esiyaphandle



Besizwa ememeza bonke bagijime besiya phandle.



Kayisiyo Corona le. Nansi  
i-Corona!!!



Lokhu ngiyakwazi.

Qiniso Amina, ukwazi lokhu.

Kwenzenjani Amina?  
Udaneleni?





Kusasa lusuku lokuzalwa komnawami oyintombazane. Besesilungiselele umdlalo wakhe kodwa abazali bethu bathe umdlalo awusekuba khona. Selokhu ekhala, sengimzwela.

Akulunganga ukuthi usana lungathakazeleli usuku lwalo lokuzalwa. Akula muntu phakathi kwethu olegcikwane, sonke sigcinakele.



Bafowethu, lokhu ngokokuthi Singineke, singabilomkhuhlane. UKungineka kugakathekile okwakhathesi.



I-Corona kayihloniphi mingcele, ingavela loba ngaphi loba kuse Africa, e-Asia, e-Melika lase-Europe... emadolobheni amakhulu lamancane kanye lemaphandleni.



Qotho, akukhathalekile ukuthi sihlala edolobheni kumbe emaphandleni - liyafika igcikwane kuzozonke lezindawo. Amadolobho akhanya ehla selwe ngumkhuhlane lo kakhulu ngenxa yokwanda kwabantu.



Qiniso, umuntu oleCorona angathimula, aktwethlele kumbe axhawule abanye igcikwane lilokwega kuye liyekwabanye abantu abangabe bengelalo. I-Corona ingangena ngamlamo, ngamehlo kumbe amakhala



Manje singazinjani ukuthi siyagula ngenxa yegcikwane le-Corona. Umama ukewathimula namhla ekuseni. Engabe eselegcikwane le-Corona na? Uzakufa yini?



Ukuthimula kanye akutsho lutho. Kodwa ungabe usulawo umkhuhlane we COVID-19 lanka ungazizwa ugula. Njalo ulakho ukuwumemethekisa kwabanye. Yiso isizatho esenza i-Corona imemetheke lula kulamvimbano esiwejayeleyo.

I-Corona ingangena emzimbeni iyazalana yande. Sekwenzakele lokhu amasotsha ethu amzimba ayagala ukulwiana legcikwane kubangela ukuthi imizimba yethu itshise kakhulu umuntu aktwethlele. Abantu abavele begula kumbe asebeleminyaka engu 50 kusiya kubo, njengo khulu logogo yibo abasengozini yokuhlaselwa ligcikwane bagule kakhulu. Kuyadingeka ukuthi belatshwe ezibhedlela ukuze basile.





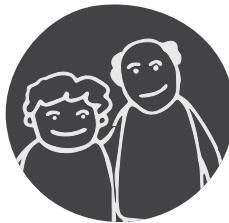
Kodwa mina ngilosizi ngodadewabo kaAmina.  
Kumele athakazelele usuku lwakhe lokuzalwa.



Abazali baka Amina benze into eqondileyo ukuvikela  
udadewabo ka-Amina laye wonke umuntu obezakuza  
emdlalweni.



Hlalani ezindlini lidlelane  
labemuli kuphela.



Kakube lokuqhelelana phakathi  
kwenu logogo lokhulu lanxa lhlala  
ndlu yinye.



Ungaphumi phandle njalo nje  
ngaphandle nxa kuqakathelile,  
njengokuya thenga ukudla.

## Lokhu kubizwa ngokuthi yikuqhelelana, social distancing ngesilungu.



Kulungile. Amina ungadani, ngoba imuli yakho  
izama ukuvikela wonke umuntu.

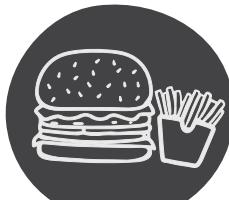


Ukuqhelelana yinto eyodwa eqakathekileyo efanele ukuthi  
yenzwe ngumuntu wonke ngalesi 'sikhathi. Kuyindlela  
esebenzayo ekuvikeleni ukumemetheka kwegcikwane kanye  
lokunanzelala ukuthi igcikwane kalingeni emizimbeni yethu. Yiso  
isizatho izikolo zivaliwe - emadolobheni lasemaphandleni. Kutsho  
ukuthi kuzaba yisikhatshana lingahlangani labangane benu.

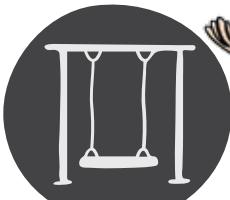
Abazali bami bathe ukuqhelelana kugogela ukungahlanganeli labantu  
embuthanweni. Imibuthano efana



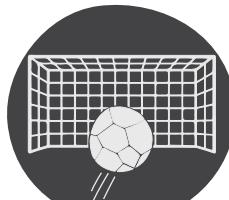
lamabhayisikopo



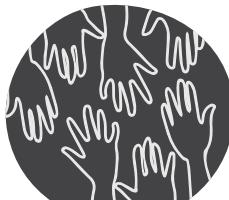
lendawo zokudlela



lendawo  
zokuziphumuza



lemidlalo yebhola



imihlangano  
yezigaba



imithimba  
yokuzithokozisa



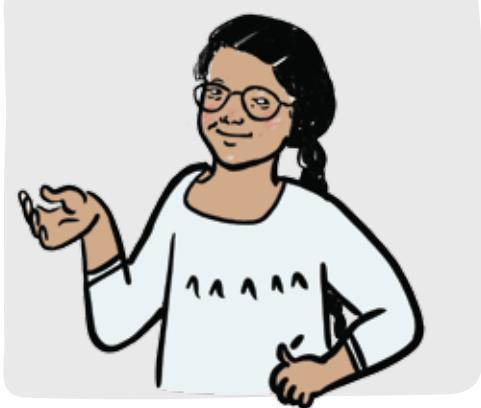
Yebo, kumelele sengabele ukumemetheka kwegcikwane. Uhanzelele ungaavumeli igcikwane emzimbeni wakho.



Kodwa asingeke sihlale endlini zikhathi zonke. Kuyadingakala ukuthi siphume phandle siyethenga ukudla kumbe ukuyakudokotela. Senze njani?



Uqondile Oliver. Kodwa kulokulula esingekela ukukwenza ukuthi singazifaki engožini nxa sithe saphuma phandle



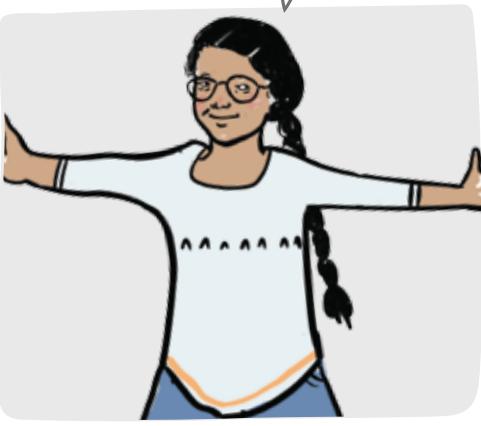
okufana loqabujana, ukwangana, kumbe ukuxhawulana.



Iokubingeleta ngokubobotheka nje kumbe ukukhuluma lomunye wakho kwenele.



Ukuqhelelana ngamamitha angu 1.5 lomuntu oseduze kwakho.



Thimulela, kumbe ukhwehlelele phakathi kwendololwane.



Geza izandla ngesepa ngazo zonke izikhathi nxa ungena endlini.



Yebo, geza izandla zakho ngesepa lamanzi okwemizuzwana engu 20 ngali ndlela:



1. Manzisa izandla

2. Gcoba izandla  
ngesepa kumbe  
umlotha



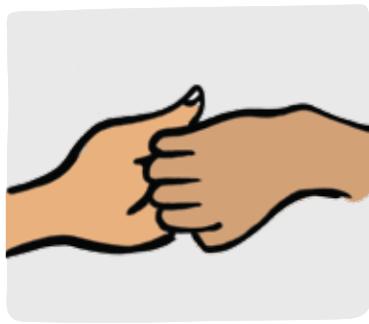
3. Impama



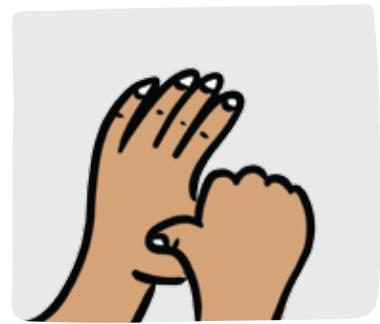
4. Phandle kwezandla



5. Phakathi kweminwe



6. Ngemva kweminwe



7. Isithupha



8. Inzipho

9. Hlambulula izandla  
ngamanzi agelezayo.

10. Yesula izandla zakho  
ukuze zome

Ngalindlela  
i-Corona ayihlali  
ezandleni zakho.

Lapho ungela manzi lesepa sebenzisa  
amafutha ahlanza izandla (alcohol based  
handrub) kumbe uzame ngazozonke izikhathi  
ukuthi ungabambi ubuso uze uthole ithuba  
lokugeza izandla.

Bangane, nxa sonke singengabelwa ukuthi i-Corona ingene  
emziimbeni yethu siza kwehlisa ukumemetheka kwegcikwane.  
Okwakhathesi asihlaleni ezindlini, sibale ingwalo zethu, sidlale  
imidlalo yendlini senze lomsebenzi wesikolo esawuphiwa  
ngababalisi. Asabenzi ulwazi esesilalo kwabanye esibaziyo.  
Siliqembu elingengabelwa ukumemetheka kwe Corona Virus.



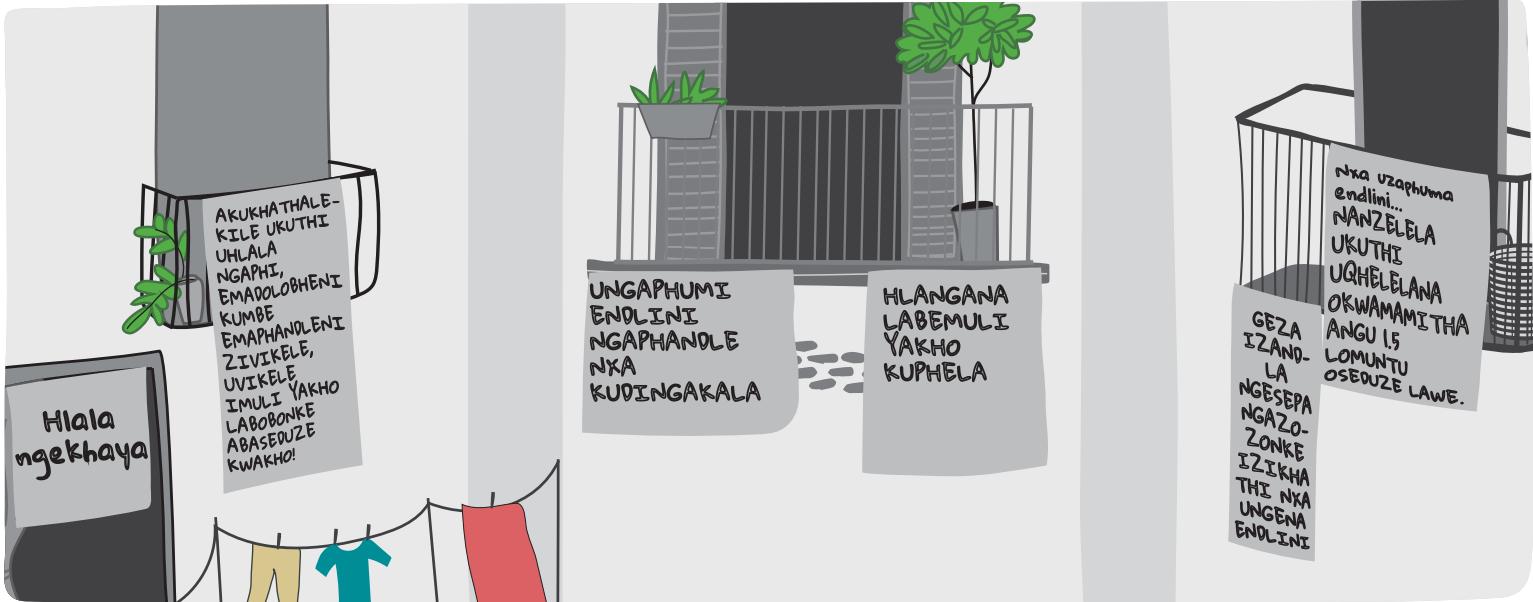
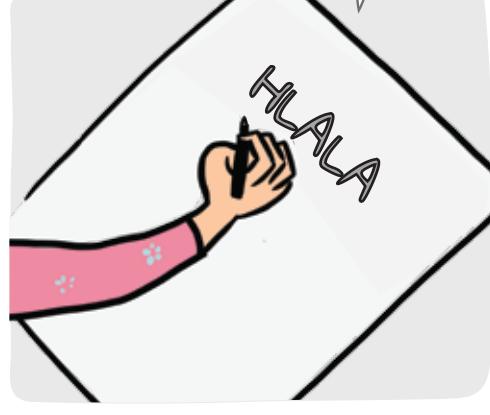
Ngizathumela umbiko kuye wonke umuntu engimaziyo.



Ngizacela abazali bami ukuthi babelane labangane babo ulwazi lolu....ngokubatshayela ucingo



Kusasenjalo asaben iimbiko le eqakathekileyo lakubomakhelwane.



Ngosuku olulandelayo...



Khumbula ukuthi uzivikele laye wonke oseduze kwakho.



ZIVIKELE UVIKELA IMULI YAKHO LABOBONKE ABASEDUZE KWAKHO!

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