

Dayosisi ya Muivangeli Mariko Mukhethwa

Maga a u Humela kha u Losha na u Luvha zwivhidzoni

Marangaphanda

Musi rikha u vhilaela u humbela kha u losha na u luvha na Vhakomana na vharathu na dzikhaladzi dzashu Murenani, ri tea u zwiita mga vhuronwane. Ari tami u vhanga u pfukiselana COVID-19 ngau tavhanya u humela zwivhidzoni kha u losha na u luvha.

Zwa zwino kereke ya Anglican ya Tshipembe Afurika itshe yo imisa u thoma zwa u losha na u luvha zwivhidzoni. Nga nthani hau tshivhalo tshire ntha tsha u pfukisela COVID-19, a zwi a thu vha khagala uri ri nga thoma lini u losha na u luvha rothe zwivhidzoni ,zwikho anganyelwa uri nwedzi wa Khubvumedzi ungavha wone une ri nga humela arali ro tavhanyedza

Muvhuso wo nea Maga na Ndaela kha zwivhidzo uri mavthi o vulea. Fhedzi-ha, vhudifhunduleli vhukha rine sa vharangaphanda vha zwivhidzo u vhona uri Maga othe akho tevhedzwa.

Kholedzhi ya zwa Madzilafho ya Tshipembe Afurika yo nwala muvhigo u tevhelaho

“ Ho vha na maguvhangoni a vhurerele ho fhambananaho e a swikisa kha u phadalala ha SARS-CoV-2” “U ya nga ha manwalwa ho sumbedzwa uri 55% ya vhatu Vhahulwane Tshipembe Afurika vha kho dzhenelela kha tshumelo ya zwa vhurerele nga vhege. Hezwi zwilingana na vhatu vhapadaho milioni dza fumbili vhane vha kho dzhenelela kha tshumelo idzo awara uya kha mbili nga vhege. kha tshumelo dza zwififi zwa fumi dzine dzakho dzhenelelwa nga vhege, hu khovha na u phandalala ha SARS-Cov2 nga hu hulu. Thodulusiso dzo sumbedza uri 59% ya vhatu vhahulwane, vha minwaha ya mahumi mana uya gonya vha kho dzhenelela idzo nga vhege Tshipembe Afurika. Tshivhalo tshi hulwane tsha hetshi tshigwada ndi vhatu vha minwaha ya mahumi matanu na lithihi na u gonya kana vhatu vhatu vhane vha vha na malwadzhe angaho Mutsiko wa malofha, Mivhili yo kalulaho na swigiri, zwine zwa vhea kha khombo yau kavhiwa kana u lovha nga COVID-19.

National Coronavirus Command Council

Tshiimiswa itshi tsho kombetshedzea u dzenisa thodea dzi tevhelaho kha milayo yatsho

1. **U vha na tshikhala vhukati havho na Munwe muthu.** Tshivhalo tsha vhatu tshidobva kha vhuhulwane ha fhethu hune vhatu vha kho kuvhangana hone.
2. **U shumisa zwikelekele zwa malambi,** U ambarwa ha Tshikeleke tsha lambi tsho vala ningo na mulomo zwido thivhela u pfukisela tshitzhili ubva kha munwe uya kha munwe .
3. **Maga a Mutakalo.** Thogomelani, zwido durela kereke khathihi nau konda u tevhedza ayo, sa tsumbo zwivhidzo zwinzhi zwa Mayani a zwina madi a dzibombi, Sanitazer na zwi shumiswa zwa u kala mufhiso kha fhathu , sa izwi zwi tshi dura

Manwalwa aya

Manwalwa a ya ari tsivhudza tshifhinga tshothe ngaha thodea dzine ra kholavhelelwa udzi tevhela na u swikelela tshikhala tsha u di lugisela u thoma u losha na u luvha musu ritshi do newa thendelo

Maga a tevhelaho o di sendeka nga manwalwa ubva kha Muvhuso, Archbishop Thabo na SACC.

Vhurangaphanda vhukho lavhelelwa u a tevhedza. kha aya manwalwa huna mutevhe wa thodea dza mutakalo

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Avha dzhiele nzhele, u kuvhangana ha zwivhidzo kha u losha na u luvha zwitshe zwo imisiwa, u swikela ACSA na dayosisi zwitshi ritendela u thoma

Ndivhuwo

Ndi livhuwa Archdeacon Robbie Novella kha u dzudzanya manwalwa aya

U sielisana kha tshumelo dza u losha na u luvha: Tshumelo l tea u fariwa vhathu vho phadalala nga ndila ya maga a COVID-19. U ita nga u ralo ho dzinginywa zwo tevhelaho:

® U dzudzanya mutevhe wa tshumelo u itela u tevhadza maga zwitshida kha Tshivhalo na tshikhala vhukati a vhathu tsine tshavha 1,5m .Vhasedze kotare ya vhathu vho tendelwane u fana n akha ndzudzanyo dza dzimpfu hune ha tendelwa vhathu vha futhanu ho vhaliwa mufunzi na vha tshivhidzo

® U dzudzanya ku dzhenele kwa tshumelo zwitshiya nga minwaha ya mirado ya tshivhidzo

® Zwitshiya ngazwo ambiwaho afho ntha, tshumelo dzi fanela tea u fhavha tshi khala tsha mithethe ya furaru. Tshumelo l songo fhira awara mbili. Dayosisi ikho tsivhudza uri arali zwikho konadzea tshumelo ivhe awara nthihi

1. Tshumelo dzingavha nnzhi zwo vhangwa nga tshivhalo tsha mirado ya tshivhidzo tshenetsho sa tsumbo hungavha na khuvhangano dzi fhirahu nthihi nga swondaha mirado l tutuwedzwa u dzhenelela kha service nthihi , husini kha dzothe nga duvha/vhege
2. Hune hadovha na tshumelo ifhiraho nthihi kha tshifhato tshithihi kha swondaha heneyo hu fanela uvha na tshifhinga tsha u kunakisa vhukati hadzi tshumelo
3. Nduvho inga dzudzanyiwa vhukati ha vhege hu itela u sa sia nnda vhanwe, dzi layministers dzi lavhelelwa u thusa vhafunzi khau tshimbidza dzi tshumelo

Utelevhela vhukwamani

Dzhisitara ya madzhenene l fanela u vha hone u itela u tevhela vhukwamani- ho dzinginywa uri uyo mutevhe wono fhelela u vheve kha dzisitara ya tshumelo kerekeni (sedzani Appendix 1)

Zwifhato zwa kereke zwi fanela u vha zwo lugelaho

® Zwifato zwa kereke zwi tea u kulumagiwa zwi tshibva nga vhuhulwane ha zwifhatio musi tshumelo l sathu thoma na musi itshi fhela, huvhe na u sanitizer zwivhato hutshi itelwa tshumelo l tevhelaho (sedzani Appendix 2)

® Fhasi hu tea u koropiwa na zwidulo zwa phumuliwa nga malabi o levheiwaho kha mushonga, musi tshumelo l sathu thoma nanga murahu ha tshumelo inwe na inwe

® Tshifhinga tshothe zwithu na zwithu zwo fariwaho nau shumiswa zwi tea u gulumagiwa zwa sanitaiziwa

® Kereke l tea u vuliwa ma fasitere musi huna tshumelo

® Madasibini a tea u vha na mapulasitiki nga ngomu u l teala u leluwa nau tsireledzea musi zwitshi latwa

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Mabunga u funa uvha o kunaho tshifhinga tshothe

® Hu tea u shumisiwa tshisibe tsha madi husini tsha mukonde, madi asiho ndishini na thavhula ya bambiri husini ya labi musi hutshi tambwiwa zwanda ,nakha zwivhidzo zwa mahani u sanitaiza ndi thodea

® Thavhula dza bambiri dzi tea u latwa kha dasibini LI RE NA mutibo

Mutakalo nga tshifhiwa tsha vesitiri na saktshuwari

® Vha dzudzanyi vha tshilalelo vha fanela u thogomelamusu vha tshi dzudzanya zwinwelo zwa tshumelo, vhidele na u sanitaiza zwifanelwa u dzielwa dzhele lwa vhukuma

® Dzi layminister,dzi sevasi na vhafunzi vha tea uvha na luvhondo kha zwezwo

® Arali havha na tshumelo ya vuvhili kana ya vhuraru maga othe a tea u tevhedzwa sa a tshumelo ya u thoma

® Mirado u tea u vhudzwa uri vhangha hotolela kana u atsamulela nga ngomu ha lukuda vhavha kana kha Thishu. Thishu dzi tea u latiwa nga vhulodo nga ngomu ha dasibibi lire na Pulasitiki

Ha u dzhena (Minangoni)

® Ahuna u lumelisana munangoni

® Zwi stiwadi zwi fanela u vhona uri maga na tshivhalo tsho teaho zwikho tevhedzwa uya ngaha mulayo

® Zwi stiwadi zwifanela u sikena mufhiso wa vhatu hutshikho shumiswa themometha ya tshanda (vhane mufhiso wado fhira 38 digiri vhafanela u iswa fhethu ha zwa mutakalo u toda thusa kana ravha humbela uri vha humele hayani) , zwi stiwadi zwi fanela u vhona uri dzisitara ya madzhenele yo nwaliwa

®Sanitizer kwayo ya ludi ine yavha 70% halwal tea u shumiswa

® Zwi stiwadi kana muthu o nangiwaho u fanela u sanithaidza zwanda zwa muthu munwe na munwe atshi dzhena kana ubva nga tshifhato

®Tshi stiwadi u fanela u ambara ma gilafu a latex. vhado lavhelelwa u tamba zwanda vhakho shumisa madi a bommbi na tshisibe tsha ludi lwa sekhondo dza mahumi mavhili kana sanithaidza ya 70% halwa. Magilafu ono shumiswaho a fanela u dzheniswa kha dasibini lire na pulasitiki u thivhela khonadzeo yau pfukisela tshitznili.

Tshifhinga tsha vhukwamani

® Ri kho tsivhudziwa uri tshumelo dzi songo fhira tshikhala tsha awara nthihi, huna sekhondo dza furaru vhukati .Arali tshisi tshifhinga tsho edanaho u kulumaga tshivhidzo ,inwe tshumelo ingavha hone nga linwe duvha kha vhege

®Ritsivhudzwa u savha na minwe mitangano nga murahu ha tshumelo kana unwiha ha tie

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U shumiswa ha zwikeleketete

® Munwe na munwe ano kho dzhena tshivhidzoni u lavhelelwa u ambara tshikelete tsho vala mulomo na ningo. Vharangaphanda vha lavhelelwa u vha na zwikeleketete zwinwe zwine vhado fha kana u rengisela avho vhane vhangavha vho hangwa zwavho mahayani

Tshikhala vhukati havho na munwe muthu

® Tshi fanwlwa u tevhedzwa u ya nga Maga, Tshivhalo tsha vhathu zwivhidzoni tshi dopfa kha vhuhulu ha tshifhato. Hufanela u vha na tshikhala tsha 1.5m vhukati havho na munwe muthu

® Tswayo dza madzulele dzi fanela u sumbedzwa nga ndila yo teaho madzulele

® Hudo tendelwa u dzula fhethu nthihi husina tshikhala vhukati havho fhedzi vhathu vhabvaho mutani muthihi sa tsumbu Munna mufumakadzi na vhana

Dzipharishi/zwivhidzo

® Murado munwe na munwe ane a nga vha ena Mufhiso/ u shela phepho hafaneli u vha tshipida tsha tshumelo zwi tshi katela na Mufunzi

® Dzipharishi/zwivhidzo tshi fanela u wana themometha ya tshanda yau tola mirado

® Vhurangaphanda na vhafunzi vha fanela u sanithaiza phanda ha tshumelo, na kha ndugiselo dza ya zwishumiswa nanga murahu ha tshilalelo

® Vharangaphanda vha u luvha vho tendewa u bvula zwikelete musi vhakho imba, hufanea uvha ma tshikhala tsha 3m vhukati havho, vhafenela u ambara zwikeleketete zwiswa nga murahu ha luimbo lunwe na lunwe. Mirado ya kereke a ingo tendelwa u imba

® Vhafunzi nadzi sevasi vhafenela u fhungudza vhukwamani na mirado ya tshivhidzo nga u dzula kha saktshuwari

® Nga murahu ha u bvula madzasi vhafunzi vha fanela u tamba zwanda nga madi a re na tshisibe lwa sekondo dza fumbii kana u shumisa sanithaiza ire na 70% halwa

® Mubishopho u fanela u dzhia vhudifhinduleli vhukondaho kha zwivhidzo zwine zwa do sa tevhela maga a ya zwitshi katela u kaidza nga ndila l kondaho vhurangaphanda ha tshivhidzo

® Mirado yothe l fanela u ranga u pfumbudzwa nga ha nau divhadzwa tshifhinga tshothe Miyalo uya nga Muvhuso

Mulalo

® Hufanela u dzulela u vha na tshikhala vhukati havho na munwe muthu

® A huna u kuvhatedzana kana u khisana musi vhathu vhakho neana mulalo. Ahuna u khadana, nga hu shumiswe u kwamana nga milenzhe kana uto imiselela zwanda. U shumisa lukudavhavha azwingo tendelwa

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Munikelo

- ® fulodzo dza munikelo na u vhea nga vhudukumedzeli dzi fanela u neiwa kha sektshuwari musi tshumelo l kati
- ® Munikelo u ngadi itiwa kana vhatu vha khu ubva nga nurahu ha tshumelo
- ® Vhano kho tangedza munikelo vha fanela u ambara ma gilafu na u tamba zwanda nga madi are na tshisibe kana vha shumisa sanitizer ine yavha na 70% halwa

Tshilalelo

- ® Tshikhala vhukati havho na munwe muthu tshifanela u tevhezwa nga u savha na vhukwamani musi tshumelo l kati
- ® Tshilalelo tshido newa vhatu vhoto u ima , u itela uri huvhe na tshikhala vhukati havho na munwe muthu
- ® Tshilalelo tshi fanela u vha tsha mufuda muthihi na hone vhatu vha songoto gwadama kha alatara, Mufunzi ano kho rangaphanda tshumelo ndi ene ano nwa veini
- ® Mufunzi ano kho nea tshinkwa u fanela u vhona uri huna tshikhala vhukati hawe na munwe muthu , na hone tshinkwa itsho tshi fanela u newa vhatu kha tshanda husi u vhea kha lulimi lwa muthu ano kho tangedza
- ® Vhafunzi vhafanela u ima vhukati kha alatara kana kha tshitepisi hanefho kha saktshuwari a nekedza muthu ano kho tangedza tshilalelo kha tshanda
- ® Vhano kho tangedza vhafanela u ima kha muduba muthihi huna tshikhla vhukati havho
- ® Tshinkwa tshi fabela u newa vhatu nga magilafu
- ® Veini kha tshumelo ya tshilalelo u do nwiwa nga mufunzi fhedzi, nga nnda ha musi huna vkhaphu vutuku vhune hanga shumiswa u nea vhatu veini ezwo zwo tendelwa nga mulayo

Zwisongo fanelwa u ita musi huna Tshumelo

- ® Vhatu avhongo tendelwa u imba
- ® Zwidzo zwa muzika zwinga shumiswa vhudzuloni ha dzi nyimbo dza u renda , u imbiwa ha nyimbo dza u renda zwifanela u itwa nga vhurwane sa izwi tshikhala tsha 1,5 uya kha 2m tshisongo edana uri vhatu vha kono u imna nyimbo dza u renda
- ® Bugu dzothe dza nyimbo na dzi Bivhili dzi fanelwa u bviswa kha zwidzulo zwadzo
- ® Hune hanga kona u shumiswa zwa uto sumbedza tshumelo kha tshikirini, vhatutuwedzwa u shimisa zwone u itela u thivhela u fara fara hadzi Bivhili na bugu dza thabelo
- ® Ahuna mutevhe wa vhafunzi wa u jena na ubva nga ngomu tshivhidzoni
- ® Hufanela u vha na layminister muthihi fhedzi ano kho thusa musi huna tshumelo. Kha tshumelo khethwa sevara nthihi fhedzi yo tendelwa kha Aletara

- ® Tshumelo ya vhana ikhadivha yo imiswa u swika zwitshi divhadzwa
- ® katikasima na tshumel dza u pfumbudzwa phanda ha ndovhedzo nadzo dzi tshe dzo imiswa
- ® A huna maguvhango a mutamgano o tendelwaho
- ® A huna zwa u haseledza musi tshumelo isathu thoma na musi yo fhela
- ® Musi tshumelo yo fhela vhatu vhatshi balangana, vhafunzi vha fanela u kavhelesa uri huna tshikhala vhukati ha vhatu musi vhakho amba na mirado nga nda ha tshifato

U langa u pfukuselana ubva kha muthu uya kha muthu

- ® Vhathu vha fanela u sa tutuwedzwa u dzhenelela tshumelo arali vhana manwe malwadze a vhuwe vhushaka. Ahuna ano fanela u dzhenelela tshumelo arali ana tshumba dwadze dza muphigela kana u shela phepho
- ® Munwe na munwe o vhaho na vhukwamani na vhatu vhare na tshumba dzwadze dza mupigela maduvha a fumi ina o fhiraho avha tutuwedzwi u dzhenelela tshumelo
- ® Arali munwe avha akho sumba ana tsumba dzwadze dza muphigela kana ovha o kwamana na muthu are na tshumba dwadze idzo, u tutuwedzwa u dalela dokotela la muta, uya kiiliki kana vhu oneleni ha tsini
- ® Ari tutshele u fara mato, ningo na mulomo nga zwanda zwi songo tambaho.

Appendix 2

Kha : Murektara waPhrith

Dzina:.....Nomboro ya vhudavhidzani.....

Dzina Nomboro.....

Tshatshiwadwni wa Dambela

Dzina :..... Nomboro:.....

Kha Zwuvhidzo

Dzina la Tshivhidzo:.....

Dzi wadeni dza Tshivhidzo

Dzina: Nomboro

Dzina Nomboro

Wadeni wa Dambela

Dzina..... Nomboro