

Tlhaloso e batsi ho batswadi ba nang le bana ba banyane mabapi le kokwanahloko ena ya Corona kapa yona **COVID-19**

COVID-19 coronavirus explained to parents of young children

Based on the **World Health Organisation's** guidelines



**Matsoho a manyenyane
a bohlokwa**



DINTLHA TSE KA SEHLOHONG



Ke
kokwanahloko
ya Corona e ntjha. Ke
sena seo o tlamehang
ho se tseba ka nna

KOKWANA HLOKO ENA YA CORONA KAPA YONA COVID -19 KE ENG?

Dikokwanahloko tsa corona, ke leloko la sehlopha sa dikokwanahloko tseo di ka hlolang malwetse ao a tsebahalang ka ho etsa tshwaetso matshwafong a hao a o sitise ho phefomoloha. Hona ho kenyeleditse ho hatsela, ho tshwarwa ke sefuba le mahloko a kotsi a matshwafo kapa yona (*Nyumonia*).

Kokwana ena ya corona e sa tswa fumanwa, e iketsa lefu le kotsi le bitswang **COVID-19**. Kokwanahloko ena e ne e sa tsejwe ho fihlela e fumanwa ho la China motseng o bitswang Wuhan ka Tshitwe selemong sa 2019.

MATSHWAO

(O bona jwang ha o ena le tshwaetso)

Matshwao a bontshang hore motho o na le tshwaetso ya kokwanahloko ena a tswana hantle le a bonahalang ha motho a tshwerwe ke sefuba kapa feberu. O ba le mohatsela/ serame kapa motjheso o mongata, o ya kgathala, o hohlola ha bohloko, o ba le mahlaba mmeleng mona mme o opelwa ha bohloko. O kwaleha mahanana kapa o utlwe dinko di kwalane. Ka nako e nngwe o tswa mamina, qoqotho eba bohloko kapa o be le letshollo. O lokela ho kgathatseha haholo ha e mong wa leloko kapa wena, o ka bontsha matshwao ana mme o lokela ho fumana thuso ya ngaka hang hang.

Na o ne o tseba?

Batho ba **8 ho ba 10** ba ya fola ntle le hore ba kule haholo kapa ba fumantshwe kalafo e ikgethieng.



O SE KE WA TSHOHA

Ditsebi tsa tlhokomelo ya tsa bophelo ba tla o hlaloba, ba etse ditlhalobo tse hlokalang le diteko mme ba o fe dintlha tsohle tseo o lokelang ho di tseba ka lefu lena.

TSA BOHLOKWA

O se ke wa nwa meriana eo o sa fuwang tumello ya ho e nwa! Letsetsa tlilini e haufi kapele kapa ngaka ya hao pele o fihla. Kapa letsetsa **National Institute Communicable Diseases (NICD)** nomorong ena ya tshohanyetso

0800 029 999

ITSHIRELETSE MME O THIBELE



Dintlha tsa bohlokwa ke tse na tseo o ka di etsang ho itshireletsa kgahlano le nna; kokwanahloko ya COVID-19

E qala MATSOHONG a hao

Ke se fe se bohlokwa ka MATSOHO a hao?

Tshwaetsano e ngata e fetisetwa kapa ho phatlalla ha bobebe ka matsoho a hao kapa ka matsoho a motho e mong. Ke kahoo ho leng bohlokwa ho boloka matsoho a hao a hlwekile ka nako tsohle ho thibela ho ata ha dikokwanahloko tse ka etsang hore o kule.

HLAPA MATSOHO a hao kgafetsa ka sesepa le metsi

Ho hlapa matsoho ka sesepa le metsi a phallang, ke tsela e bohloa ho ka fokotsa ho ata ha dikokwanahloko le ho di fetisetsa mothong e mong.

Sebedisa sesepa ho hlapa matsoho metsing a phallang nakong ya **metsotswana e ka bang e 20**.

Ha o batla ho tseba hore **metsotswana e 20** ke nako e kae, bina pina ena; 'Happy Birthday' makgetlo a mabedi. O ka nna wa bina tema e qalang ya Pina ya Setjhaba e reng; 'Nkosi Sikelel' iAfrika.



HOPOLA

Hlapa matsoho ka sesepa le metsi. Thusa ngwana wa hao ho hlapa matsoho a hae ka mokgwa o nepahetseng ka metsi le sesepa.

Sena ha se no thusa ho thibela ho ata hwa kokwanahloko ena feela empa ho bopa ditlwaello tse ntle tsa ho phela hantle tse tla dula di le teng bophelo kaofela.



Nna le ditho tsa leloko la heso la dikokwanahloko tse ding, re tshaba sesepa le metsi hampe!

Leqephe la 10 le fana ka mehato e 6 ya ho hlapa matsoho.



Ha o hlapa matsoho a hao ka sesepa metsing a phallang, bulela pompo hanyane. Eia hloko paballo ya metsi ha o ntse o sebedisa metsi ka mokgwa ona.

Na o ne o tseba?

Ha o hlapa matsoho kgafetsa ka sesepa metsing a phallang o sa kenya letho matsolong, ho thibela ho ata ha COVID-19 ho feta ho kenya dikausu tsa matsoho tsa rabara.

(World Health Organisation)

Dintlha tse ding ka MATSOHO a hao

Ho tloha MATSOHONG ho ya MAHLONG, MOLOMONG le DINKONG

Ha matsoho a rona a sa hlweka mme re itshwara (kapa re tshwara batho ba bang), **mahlo**, **dinko** le **melomo** ya rona ka ona, ho potlakisa ho ata le ho phatlalla ha kokwanahloko ena ho tloha mothong e mong ho ya ho e mong.

Qoba ho tshwaratshwara **molomo**, **mahlo** kapa **nko** ya hao kapa ya ngwana hao ka matsoho ho sa hlokahale. Ebang ho hlokahala, hlapa matsoho pele. Ruta ngwana hao thuto ena ho tloha a sa le monyane. Sena e tla ba mokgwa o motle oo a tlang ho hola le oona bophelo bohle ba hae.

Nna ke **COVID-19**, ke rata matsoho a ditshila. Matsoho a ditshila a mphethisetsa dikarolong tse ding tsa mmele wa hao.



Na o ne o tseba?

Matsoho a rona a tshwara dintho le dibaka tse ngata kamehla. Ke kahoo a tlang dikokwanahloko mme ha re itshwara mahlong, dinkong le melomong, re etsang hore dikokwanahloko tsena di kene ha bonolo mmeleng ya rona.

**O se ke wa tshwaratshwara
karolo ya sefahleho sa hao**

(T-zone)

**O se ke wa kenya
menwana ya hao ka....**



mahlong,
nkong kapa
molomong

Dintlha tse ding hape ka MATSOHO

Ho tloha LETSOHONG le leng ho ya LETSOHONG le leng

Hangata ha re dumedisana, re tshwarana ka matsoho kapa re ya akana. Ke nako ya ho ithuta mokgwa o motjha wa ho dumedisana o tla re thusa ho dula re bolokehile le ho sireletseha kgahlano le kokwanahloko ena. Mokgwa ona o bitswa ka hore ke; **'Tumedisana ka setsu'.**



Ke le COVID -19 ke ithatela ho kopana le batho. Ke kgona ho tloha mothong e mong ho ya ho e mong ka potlako mme ke tjhakele mmeleng ya bona le bona.

E TSWA TJENA



1. Koba setsu sa hao mme o se **nanabeletse** motho eo o mo dumedisang.
2. Le yena a **etse jwalo**.
3. Le dumedisana ka ho thetsana ha ditsu tsa lona. **Ho monate ho etsa sena!**
4. Re lokela ho **ruta bana ba rona** ho etsa seo le bona.

Ke ena mekgwa e meng e bolokehileng ya ho dumedisana....



Tsoka letsoho



namaste
inamela pele hanyane mme o kopanye matsoho ho bontsha thompho



Le ka thetsana ka maoto feela



O SE KE WA E TSA TSENA HA LE DUMEDISANA

Le se ke la:

- Tshwarana ka matsoho
- Akana
- Sunana le ha e ka ba marameng
- Ho thetsana ka matsoho ha le dumedisana
- Thetsana ka difeisi
- Thetsana ka menwana



Kakaretso e potlakileng mabapi le MATSOHO

- ✓ Tshwaetso e ngata e tsamaiswa ke **matsoho** a hao le a ba bang ha le ntse le tshwarana
- ✓ Hlapa **matsoho** a hao kgafeta ka metsi le sesepa **metsotswana e ka bang e 20**.
- ✓ Ha **matsoho** a rona a le ditshila kapa matsoho a motho e mong a le ditshila mme a tshwara nko, molomo kapa mahlo ka matsoho ao, kokwanahloko ena e ya nama.
- ✓ Dumedisang ka **ditsu**. Le se ke la tshwarana ka **matsoho**.

HO KGOHLELA LE HO THIMOLA

Tshwara ho hohlola kapa ho thimola hwa hao

Ha re hohlola kapa re thimola, mathenyana a sa bonahaleng a tswa melomomg kapa dinkong tsa rona a tsamaya le moya sebaka se ka etsang mitara e le 1.

Ha o hohlola kapa o thimola, kwahela nko kapa molomo wa hao ka bohare ba setsu sa hao kapa pampiri e bonolo ya ntlwana (*tissue*). Ha o qeta ho sebedisa pampitshana eo, o lokela ho e lahlela moqomong wa matlakala.

Ruta ngwana wa hao ho etsa sena ka nako tsohle ha a hohlola kapa a thimola.



Nna ke kokwanahloko ya COVID-19, nka tsamaya sebakana se sekgutshwane ho tloha molomong le nko ya hao ho ya kena mothong e mong ha o hohlola kapa o thimola.

HOPOLA

Hlapa matsoho a hao ka metsi le sesepa ka nako tsohle ha o qeta ho hohlola kapa o qeta ho thimola. **Ruta ngwana** hao mokgwa ona le ho etsa sena kamehla yohle. Sena ke mokgwa o motle oo ngwana a ka ithutang oona a sa ntse a le monyane.



Ebang o....
HOHLOLA kapa o **THIMOLA**
kwahela **nko** le **molomo**
wa hao ka pampitshana
e bonolo
ya **ntlwana**

OR



HOHLOLA KAPA THIMOLA



KA HARA SETSU KA NAKO TSOHLE



Ena ke tsela e ntle ebile e bobebe ho thibela ho phatlalla ha kokwa-nahloko ena

Matsoho a manyenyane a bohlokwa



SIYA SEBAKA SA MITARA DIPAKENG

Siya sebaka sa mitara e le nngwe pakeng

tsa hao le motho e mong haholo ha motho a hohlola kapa a thimola.

Mathenyana ao a sa bonahaleng a tswang melomong kapa dinkong ha o hohlola kapa o thimola, ha a kgone ho tsamaya ho feta mitara e le nngwe moyeng!

Qoba ho tshwarana le batho ho sa hloka hale

Sena se bitswa ka hore '**Ke ho siya sebaka se lekantsweng pakeng tsa hao le motho e mong**'.

Leha nka ba mathenyana a sa bonahaleng a tswa melomong kapa dinkong, ha ke kgone ho tsamaya ho feta mitara e le nngwe moyeng ke ntse ke phela



QOBA DIBAKA TSE NANG LE TSHUBUHLELLANO YA BATHO



Dibakeng tse nang le tshubuhlellano e matla jwaleka mabenkeleng, dikerekeng, dikopanong tsa setjhaba le tse ding, rona ba COVID -19, re ba haufi haholo. Batho ba bangata ba tshwara sebakeng se le seng se tletseng dikokwanahloko ba le bangata. Ba bang ba a hohlola kapa ba thimola mme ba etsa hore ho be bobebe ho rona ho tloha ho motho e mong ho ya ho e mong hobane ba haufi haholo. Sena se etsa hore

dikokwanahloko tsena di phatlalle ha bobebe le ka potlako.

Qoba dibaka tsena ka hohlehole kapa o etele dibaka tsena ha ho sena batho ba bangata.

Ke le kokwanahloko ena - COVID-19 - , ke rata moo batho baleng bangata teng hobane ke kgona ho ikatisa kapele ho tloha mothong e mong ho ya ho e mong



HA O KULA

DULA HAE HA O KULA

Ha o ikutlwa o kula kapa o bona ngwana hao hore o ya kula, tlohang hara batho le dule hae. Sena se molemong wa hao le batho ba bang. Eyang ngakeng hore le fumane thuso kapele.

O se ke wa kgutlela mosebetsing ebang o ntse o sa ikutlwe hantle. Boloka ngwana ya kulang hae a se ye sekolong kapa sebakeng sa polokeho sa bana (crèche) ho fihlela a fola.



Nna ke le **COVID-19** ha ke kene mmeleng wa hao, ke bontsha o ba le matshwao a tshwanang hantle le a motho ya tshwerweng ke sefuba kapa feberu.



EBANG WENA LE NGWANA HAO LE ENA LE COVID -19 (kokwanahloko ena e ntjha eo ho thweng ke Coronavirus)

Ebang ngaka kapa ditsebi ba tsa bophelo bo botle ba netefatsa hore o kenwe ke kokwanahloko eo; COVID-19 (coronavirus), **LE SE KE LA TSHOHA**. O tla bolellwa ke ngaka kapa ke ba tsa bophelo bo botle seo le tlamehang ho se etsa kapa meriana eo le lokelang ho e nwa.



Ela hloko tse latelang:

1. E ja ka tshwanelo (sena se tla thusa mmele wa hao ho lwantsha kokwanahloko ena)
2. Enwa dino tse loketseng mmele ya lona haholo metsi
3. Qoba ho teana le batho ba bang (ka tsela ena re qoba ho phatlalla ha kokwanahloko ena le ho tshwaetsa ba bang)
4. Qoqa le ngwana hao ka lefu le mo tshwereng o ntse o mo kgothatsa
5. Dulang hae ho fihlela le ba le fola
6. Lekola matshwao a lefu leo, ebang a tota, batla thuso ka potlako

QOQA le ngwana wa hao e MONYENYANE ka kokwanahloko ena (Coronavirus/COVID-19)



Le wena o lokela ho ikemisetsa ho bua ka lefu lena. Ngwana e monyenyanane, o rata ho tseba, o mamela ka hloko mme o ba le dipotso tse ngata. Ho na le seo ba seng ba se tseba ka kokwanahloko ena. Ho thola le ho e etsa lekunututu ha ho sireletse ngwana empa ho ka mo fa dikarabo tse fosahetseng. Tshepahala mme o bolelle ngwana nnete. Ba ka utlwisisa ha fela o ba bolella nnete. O ba tseba hantle.

Ngwana hao a ka o botsa dipotso tse ngata. Leha ba keke ba botsa dipotso hobane ba sa le banyenyane kapa ba thotse feela, ba ka bont-sha tjheseho le thahasello ya se etsahalang lefatsheng mona. Ba fe dikarabo tseo ba di lebelletseng.

Ho na le ditaba tse ngata tse buuwang hohle mona. Tse ding tsa tsong ha se nnete. Iphumanele ditaba tsa nnete ka COVID-19 /corona virus. Bua o tsepamisistse maikutlo ka bothata bo ka bakwang ke covid-19 ho latela dintlha tse tswang ho ba tsa bophelo bo botle. (Leqephe 2 le 11 le tla o fa lesedi le batsi ho feta mona)

Phuthuloha mme o mamele. Fa ngwana sebaka sa ho bua le wena a sa tshabe letho. Ba botse dipotso ho fumana seo ba se tsebang le seo ba sa se tsebeng ka kokwanahloko ena.

Tshepahala. Fana ka dikarabo tsa nnete. Ela hloko dilemo tsa hae le hore a ka ba le kutlwisiso e kae. Beha ditaba tsa hao ka mokgwa oo ba tlang ho utlwisisa ka teng. Ela hloko mokgwa oo o buwang le bona ka teng. Sebedisa puo e bobebe, e utlwahalang. Hopola kamehla hore bana ba banyenyane, ba utlwisisa dintho tse thata ha di behwa ho bo-na ka mokgwa o bobebe mme o sebedisa ditshwantshwa kapa dintho tse tshwarehang.

Ha se phoso ho se tsebe dikarabo kaofela. Ho hantle hore ho ngwana; *“Ha ke tsebe empa ke tla fumana karabo ya seo”*. Sebedisa sena e le monyetla wa ho ithuta hong ho ho tjha le ngwana hao!

Tshehetsa ngwana hao hobane ho ka nna ha etsahala hore o a be a tshohile kapa a ferekane. Ba fe sebaka ba arolelane seo ba se tsebang ka kokwanahloko ena le kamoo ba ikutlwang kateng. Ba netefaleitse hore o na le bona ka nako tsohle.

Bahale e seng bahlekefetsi. Hlalosetsa bana hore COVID-19 ha e na taba le hore o shebahala jwang, hore o tswa kae le hore o bua puo e fe. Kgothalletsa ngwana hore re lokela ho utlwellana bohloko, haholo batho ba kulang le ba ba hlokomelang. Batla dipale tsa batho ba sebetsang ka thata ho thibela ho ata ha kokwanahloko ena le ba hlok-omelang ba seng ba kula ka lebaka la yona.

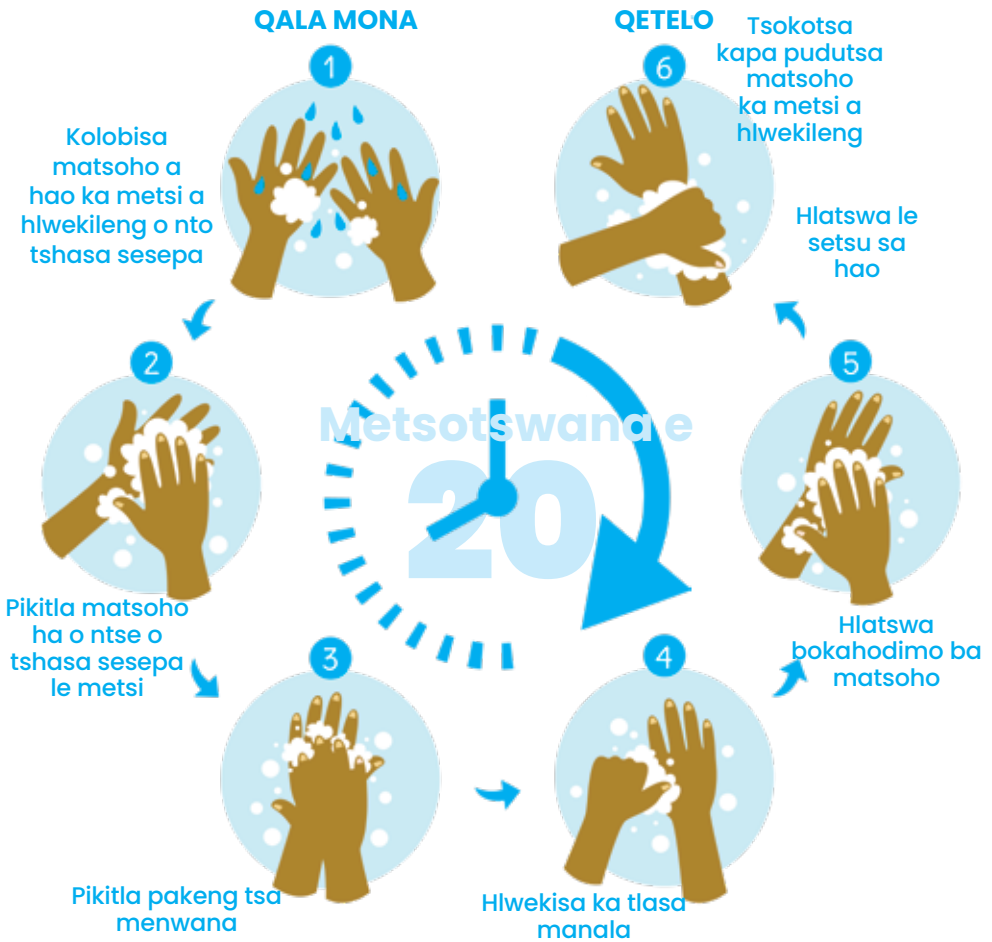
Moqoqo wa hao o be le pheletso e monate. Sheba maikutlo a bana ba hao. Ba hopotse hore o tla ba hlokomela kamehla. Ba kgothalletse hore ba buwe le wena ka nako e fe kapa e fe. Etsang ntho kapa papadi e qabolang ha mmoho.

(sources: COVID-19 PARENTING 6: Talking about COVID-19 (some text quoted directly), UNICEF; Save the Children; and Zero to Three)



MEKGWA E NEPAHETSENG

h l a p a m a t s o h o



DINTLHA TSE DING TSE MABAPI LE TSHEHETSO

Ho na le ditaba le dipale tse ngata tse buuwanang kapa tse phetwanang ka kokwanahloko ena. Tse ding tsa tsona ha se nnete. Leqephe lena le na le website le dinomoro tsa mohala moo o ka fumanang ditaba tsa nnete teng.

WEBSITES

Website ya Kakaretso ya Mmuso

www.gov.za/Coronavirus

Hlakisetso e ngata ho -

Ho emiswa ha ditshebeletso tsohle (Lockdown)

<https://sacoronavirus.co.za/2020/03/23/south-african-lockdown-guidelines-information/>

Frequently Asked Questions -Covid-19

www.gov.za/coronavirus/faq

Dikolo

www.gov.za/Coronavirus/schools

Dipetlele

www.gov.za/Coronavirus/hospitals

Letlole la tsa thuso ya setjhaba

www.gov.za/coronavirus/socialgrants

Department of Social Development

www.dsd.gov.za/

Department of Basic Education

<https://www.education.gov.za/>

Department of Health

<https://sacoronavirus.co.za/>

National Institute for Communicable Diseases

<http://www.nicd.ac.za/>

World Health Organisation (WHO)

Tlhokomelo ya bana nakong ena ya qomatsi; COVID - 19

www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting

UNICEF

<https://www.unicef.org/coronavirus/covid-19>

**Matsoho a
manyenyane a
bohlokwa**



CALL CENTRES & HOTLINES

Emergency number
(COVID-19)

0800 029 999

Gender-based Violence
Command Centre:

0800 428 428 or
***120*7867#** (free)

Persons with disabilities
SMS "HELP" to **31531**

Childline
08000 55 555 (free)

Department of Education
0800 202 933

SASSA (grants)
0800 60 10 11

AIDS help line
0800 012 322

Women Abuse Helpline
0800 150 150

South African Police
Services
08600 10111

Lifeline / National Crisis
Line
0861 322 322

Presidential hotline
17737

WhatsApp

COVID-19 Whatsapp
Say "Hi" to **0600 123 456**
on stay informed.

Tlhaloso e batsi ho batswadi ba nang le bana ba banyane mabapi le kokwanahloko ena ya Corona kapa yona COVID-19

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Disclaimer: This Sesotho version is a translation of the original English version of 'COVID-19 coronavirus explained to parents of young children'. In case of a discrepancy, the English original will prevail.

Matsoho a manyenyane a bohlokwa

