

Pholo ya tthaloganyo mo nakong ya COVID-19



#UnityinAction

Ditlamorago tse di sa bonweng tsa leroborobo la COVID-19:

Re a gopotswa letsatsi lengwe le lengwe gore COVID-19 e sa ntse e le karolo ya matshelo a rona. Fela fa dipalopalo di thagisiwa re ithuta ka palo ya dintsho tsa letsatsi le letsatsi gape, ka boitumelo, dikgang tsa gore ke batho ba le kae ba ba fadileng, ga re kgone go bona kwa morago dipalo, tatlhegelo le pogo e ba e fitlhang.

Pogo ya maikutlo mo nakong ya leroborobo e ile go nna le batho ba le bantsi matshelo otlhe a bone. Fela, fao go nang le botshelo, go na le tshepo. Go lebagana le mathata le go fitlhela thuso e o e tlhokang o tshwanetse go amogela gore se se diragetseng ke mogkwa o o tsepamisang kgatelopele.

Go solofelwa gore ditshitshinyo di le mmalwa mo tokomaneng eno di ile go thusa batho ba ba bogang mo maikutlong go tswa mo masetlapelong a leroborobo go bona kgomotso le go lopa thuso e ba e tlhokang.

Go latlhegelwa ke motho yo o mo ratang ka ntlha ya COVID-19:

Go tlhokafalelwa ke mongwe ke maitemogelo a a sa tshwaneng le sepe go mongwe le mongwe. Ka ntlha ya COVID-19, go latlhegelwa ke mongwe go ka thatafala ka ntlha ya fa dikamano le tokololo ya lelapa kgotsa tsala di thatafetse pele ga loso. Melawanatsamaiso e laela gore diketelo tsa kwa bookelong ga di a letlelelwa, le bokgoni jwa batho jwa go gomotsana kwa phitlhong bo amilwe.

Mosaekholoji wa Setleliniki Dessy Tzoneva o eletsa gore go nna le dikamano le motho yo a lebaganeng le bokhutlo go botlhokwa thata.

Mosaekholoji Dessy Tzoneva a re:

“ Fa motho yo o mo ratang a itemogela bolwetse jwa COVID-19 le go tshwanela ke go tseelwa kwa bookelong, netefatsa gore o tshola dikamano le ene.

Le fa go le thata, ba tlogele ba bue ka loso fa le le mo tthaloganyong ya bone. Ba ka bo ba leka go leka go dira go feta letshogo la bone, go baakanya dikamano, go siamisa merero, le go ikutlwa ba ipaakantse thata . Go siame gape go akanya ka dilo tse di jaana. Ga go kaye gore o batla gore [loso] le diragale kgotsa ka go akanya ka lone o ile go le tlhama.

Fa motho yo o mo ratang a itemogela bolwetse jwa COVID-19 le go tshwanela ke go tseelwa kwa bookelong, netefatsa gore o tshola dikamano le ene. Le fa go le thata, ba tlogele ba bue ka loso fa le le mo tthaloganyong ya bone. Ba ka bo ba leka go leka go dira go feta letshogo la bone, go baakanya dikamano, go siamisa merero, le go ikutlwa ba ipaakantse thata . Go siame gape go akanya ka dilo tse di jaana. Ga go kaye gore o batla gore [loso] le diragale kgotsa ka go akanya ka lone o ile go le tlhama. Go nna le boikanyego le go bula mafatla mo nakong e di ka re neela tshono go bua ka ga dilo tse moragonyana re ka eletsang gore re ka bo re di buile, segolobogolo fa maemo a mongwe yo re neng re mo rata a koafala ka bonako. Fa ka nna le tshono, tsaya nako go laela.

(<https://www.discovery.co.za/corporate/cov19-how-to-deal-with-the-death-of-a-loved-one>)



Go lepalepana le loso la mongwe yo o mo ratang:

Kwa bofelong, itatolo- ke maikutlo a ntlha go ba le bantsi ba rona mo maemong ano- e latela ke kamogelo. Gore re fitlha jang koo le nako ya teng e farologana go mongwe le mongwe. Go na le dilo di le mmalwa tse di thusang go tswelapele. Ke:



- Go nna le pelotelele, le go itetelela go lela.



- Go netefatsa gore o a ja, o a robala le go tihokomela pholo ya gago.



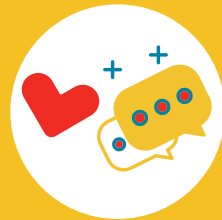
- Go letla gore maikutlo a gago a go ise ko o batlang go ya kwa teng.



- Go itshegetsa mo kgomotsong le mo tshegetsong ya batho ba bangwe.



- Go ya kwa tumelong fa e le gore e a go gomotsa.



- Go bua ka mongwe yo o mo ratang, go gopola gore ke eng se se mo dirileng a ikutlwe a kgethegile le go ba keteka.



- Go akanya ka go amana le ba bangwe ba ba itemogetseng tatlhegelo le go batla go nna karolo ya sethopho sa tshegetso.



- Go gopola gore botshelo bo sa ntse bo na le dilo tse bo tshwanetseng go batla dilo tse bo ka di dirang.

Gore o tshwanetse go dira eng fa go sena sepe se se bonalang gore se ka thusa:

Ga go na ditlhong tsa go batla thuso fa o e tlhoka. Dingwe tsa matshwao a a supang gore o tlhoka kgakololo ya boitseanape di akaretsa:



- Go fitlhela gore ga go kgonege go dumela kgotsa go amogela gore mongwe yo o mo ratang o ile.



- Go fitlhela gore go tlhokafalelwa go go dira gore o thatafale jaaka nako e ntse e tsamaya go na le go nna bonolo go amogela.



- Go akanya gore botshelo ga bo na ntlha kgotsa ga bo kgone go tswelapele. Ke eletsa gore o ka tlhokafala.



- Go ikutlwa o tshogile, go tlhobaela kgotsa go itemogela mathata a go tlhaselwa.



- Go ikutlwa o bogisiwa ke molato kgotsa boikotlhao.



- Go nna le tlhologanyo ya gago e lebileng ntlheng e e rileng mabapi le mongwe yo o mo ratang.



- Go ikutlwa o gamaregile le go se amiwe ke sepe.



- Go fitlhela go le thata go itlhokomela le go dira dilo tse o tshwanetseng go di dira.

Go Iopa Thuso:

Thuso le kgakololo mo go tse o tshwanetseng ke go di dira, go tlhoka fela gore o leletse kwa Setlhophaga sa Aforikaborwa sa Khutsafalo e kgolo le Ketsaetsego (SADAG), setheo se e seng sa lotseno se se ka neelanang ka tshegetso mabapi le dikgwetlho tse di farologaneng. Di neelana ka tshegetso ya ditlhophaga le kgakololo ya mahala ya mogala diura di le 24 letsatsi lengwe le lengwe, malatsi a le 7 mo bekeng.

Ikgolaganye le bone mo nomoreng ya mahala mo go **0800 12 13 14** kgotsa romela SMS go **32312**.

Pholo ya tlhologanyo e ama leroborobo la COVID-19:

Patlisiso ya sešweng ya Aforikaborwa e e dirilweng go kgabaganya maphata a botlhe le a poraefete go akaretsa Setlhophaga sa Aforikaborwa sa Khutsafalo e kgolo le Ketsaetsego (SADAG), se fitlhetse gore:



- Go wela tlase ga ikonomi, ditatlhegelo tsa ditiro le dikgaolotirong di tlhotse kgolo ya khutsafalo e kgolo.



- Batho ba le bantsi ba tshela mo maemong a kgatelelo ya maikutlo e e tswelletseng.



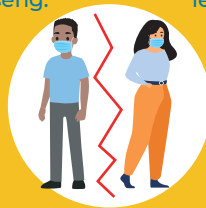
- Bagolo ba ka boga gabedi ka ntsha ya leroborobo le le tlhotlheleditsweng ke khutsafalo e kgolo go na le bana.



- SADAG e fitlhetse gore go feta halofo ya batho ba go dirilweng patlisiso ka bone ba iphitlhetse ba gwehlhwa ke tlhobaelo le letshogo.



- Ditiragalo tsa tshotlakako ya bong di tlhatlogile ka ntsha ya fa batho ba ne ba tswaletswe mo nakong ya taolometsamao.



- COVID-19 e amile thata dikamano ka tlhamalalo magareng ga batho. E fokoditse gape dikamano magareng ga batho le go fokotsa dikamano le lefatshe la kwa ntle. Dipholo e nnile tshosometse mo maemong a tlhologanyo ka botlalo.



- Batho ba mo malobeng ba ne ba itemogela ditiragalo tsa letshogo kgotsa ba ba itemogelang kgatelelo ya maikutlo ya tiragalo e e garolang pelo segolobogolo ba kgona go amiwa bonolo mabapi le go nna teng ga bolwetse jwa tlhologanyo ka ntsha ya leroborobo la COVID-19.

Go thusa bana go lepalepana le diphetogo tse di tlohwang ke COVID-19



Bana ba lebile go bagolo go bona kaelo, le ditsibogelo tsa bagolo di tihola gore dikarabo tsa bone go maemo a a nang le kgatelelo ya maikutlo go ya go se se diragalang go ba dikaganyetsa. Fa o bua le bana ka ga COVID-19:

- Dula o ritibetse, reetsa le go nna le tlhomamiso.
- Elatlhoko gore o bua jang ka COVID-19. Reetsa le go arabela dikakanyo le dipoiho tsa bana ka nnete.
- Tihalosa sekgala sa katologano le mekgwa ya iphemelo e mengwe, go akaretisa go tihatswa ka diatla le go dirisa sephepafatsitlosotwatsi.
- Tihoma mogopolo mo go tse di siameng ka go bua gore o na le nako e ntsi ya lelapa. Tsaya nako go refosana ditiragalo tsa ka fa teng le kwa ntle.
- Tshola thulaganyo ya letsatsi le letsatsi ka ntlha ya fa bana ba tsibogela manaane a ka gale a a neelanang ka go ritibala le go bonelapele.
- Neelana ka lerato le le lentsi.
- Elatlhoko thelebišene, inthanete, le metswedi ya dikgokagano tse di farologaneng tsa mafaratlhatlha jaaka tshedimose tso ka ga COVID-19 e diretswe bagolo mme e ka tihola ketsaetsego le go tihakana tlhogo mo dikakanyong tsa bana ba banye.

Elatlhoko pholo ya tshaloganyo ya bana ba gago:

Most children will manage well with the support of parents and other family members. If children show changes in behaviour, and display some of the symptoms below, consider consulting a professional if they occur for more than two weeks.



Bana ba sekolopotlana

Go anya monwana, go rotela dikono, go ngaparela batsadi, pheretlhego ya boroko, tatlhegelo ya keletso ya dijo, go tshaba lefifi, maitsholo a a senyegang le go ikgogela kwa morago.



Bana ba ba yang kwa sekolong

Go tenega, go nna bogale, go kgomarela, ditoro tse di maswe, ikgatholoso ya sekolo, go se kgone go tihoma mogopolo sentle, le go se tseye karolo mo ditiragalong le ditsala.



Basa

Mathata a go robala le go ja, go tlaa matshwenyego, dikgotlhang tse di kwa godimo, dingongorego ka sebele, maitsholo a a tletseng boganana le go se kgone go tihoma mogopolo sentle.

Dikgato tsa go tshola pholo ya tlhologanyo e e siameng:

Lefapha la Boitekanelo le supile mekgwa e e farologaneng ya go lepalepana le kgatelelo ya maikutlo le letsapa la tlhologanyo le le tlhodilweng ke lerororobo. Di akaretsa:

- 1.** Netefaletso ya gore ga o ipeye thata mo kotsing ya tshedimosetso e e amanang le lerororobo le dikgatlhegelo tsa sebele, le dintlha tse dingwe tsa botshelo jwa gago . Go ipaya mo kotsing thata mabapi le tshedimosetso e e ngomolang pele dinako tse di telele e ka tlhola kgwetlho ya matshwao a tshwaetsego ya tlhologanyo e e jaaka ketsaetsego le khutsafalo e kgolo. Go botlhokwa gape gore tshedimosetso e nepagetse le go tshapagala.
- 2.** Go tshola mekgwa ya go ja e e itekanetseng.
- 3.** Go ikatisa kgapetsa.
- 4.** Go netefatsa gore mekgwa ya go robala e tsholwa sentle.
- 5.** Go efoga kelo e e kwa godimo ya bojalwa kgotsa kafeine.
- 6.** Go amogela mekgwa ya tiriso ya iketlo jaaka ikatiso e e laolwang ya go hema le go akanya.
- 7.** Go bua ka maikutlo a a siamang le ba o ba ratang le go tlhama thulaganyo ya tshegetso.
- 8.** Go batla thuso ya boitseanape fa o ka fitlhela gore a kgone go lepalepana le maemo.

Ditshupetso

<https://www.discovery.co.za/corporate/covi19-how-to-deal-with-the-death-of-a-loved-one>
<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-grief-and-loss/grieving-the-loss-of-a-loved-one-during-the-coronavirus>
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/grief-loss.html>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7310654/>
<https://www.spotlightnsp.co.za/2020/05/04/covid-19-the-pandemics-impact-on-mental-health/>
<https://sacoronavirus.co.za/2020/10/22/mental-health-and-covid-19/>
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Go bona kgakololo le tshegetso, leletsa:

Setlhopha sa Aforikaborwa sa Khutsafalo e kgolo le Ketsaetsego (SADAG) ba leletse mo nomoreng ya mahala ya **0800 12 13 14** kgotsa romela SMS go **32312**.

Griefshare, e e nang le ditirelo go kgabaganya naga. Go bona tshedimosetso ka botlalo, tsena mo sephetlatsebeng sa gago, le go tlanya mo 'Griefshare branches in South Africa'.

Megala ya thuso e akaretsa:

Befrienders Bloemfontein e neelana ka tshegetso ya maikutlo ya diura di le 24-hour, ka mogala wa thuso ka matshwenyego le emeile, go batho ba ba itemogelang maikutlo a tlalelo le go kgobega marapo. Ditirelo tsa tlhamalalo tsa dikgakololo di teng go baletsi botlhe ba ba nang le phitlhelelo ya kwa Bloemfontein.
Mogala: 051 444 5000

Lifeline South Africa e neelana ka tirelo ya diura di le 24 go batho mo Aforikaborwa go lebagana le dikgatelelo tsa maikutlo tsa tlhologanyo le loago le manokonoko a go leng thata go lebagana le one.
Mogala: 0861 322 322

Mogala wa SADAG Suicide Prevention

Mogala wa South African Depression and Anxiety Group's Suicide Prevention o neelana ka tshegetso ya diura di le 24-go batho ba ba leng mo kotsing ya go ipolaya.
Mogala: 0800 567 567

South Africa Suicide Crisis Helpline offers 24-hour support to people in South Africa who are in distress or at risk of suicide.
Mogala: 0800 21 22 23
Mogala: 0800 12 13 14

Tears Foundation e neelana ka thuso naga ka bophara mo diureng di le 24 le tirelo ya mahala ya SMS go mongwe le mongwe yo e leng motswasethabelo wa petelelo le tlhoriso la thobalano mo Aforikaborwa.

Mogala: *134*7355# / 010 590 5920
Emeile: info@tears.co.za