

Mafelobonno a Bagodi



#UnityinAction

Kotsi e oketsega go latela dingwaga:

Kotsi ya tshwaetso ka COVID-19 e tihatloga fa batho ba gola. Mafelobonno a bagodi a le mantsi mo Aforikaborwa a setse a tsentsa tirisong ditaolo tse di gagametseng tse gantsi di lekanyetsang bagodi go nna fela kwa tirelong.

Mekgwa ya iphemelo ya batho ba ba tshelang kwa magaeng:

Go batho ba ba iphitlhelang ba dutse fela kwa magaeng, dikgato di le mmalwa di ka latelwa go tshela ba itekanetse. Tsone ke:



- Go tshola mekgwa ya tlwaelo ya letsatsi mabapi le ditiragalo, go robala le dijo.



- Go dula o golagane le go ikgolaganya le balelapa le ditsala ka mogala, dikgatisotshwantsho kgotsa melaetsa, diemeile kgotsa ka go kwala makwalo.



- Go dula o le matlhagatlhaga mo mmeleng ka go ikatisa e ka nna metsotso e le 30 letsatsi lengwe le lengwe le go efoga dipaka di le telele tsa go sa dire sentle.



- Go tlhama mekgwa ya tlwaelo ya letsatsi le letsatsi.



- Go nwa metsi le go ja dijo tse di itekanetseng. Se se netefatsa gore o dula o nwele metsi, o natlafaditse masole a mmele a gago le go wetsa kwa tlase kotsi ya go itemogela malwetse a a sa foleng le a a tshelanang.



- Efoga go goga motsoko le go nwa bojalwa ka go nne:
 - Batho ba ba gogang motsoko ba ka itemogela COVID-19 bonolo ka gonne go goga go ama bokgoni jwa makgwafo le go tihatlosa bokgoni jwa go fetisetsa mogare go tswa kwa letsogong go ya kwa molomong.
 - Go nwa bojalwa go tshwenya boroko, go tihatlosa kotsi ya go wa le go dira sentle ga melemo e ngaka e se laelang molwetse.



- Go tsaya karolo mo dilong tse mongwe a di ratang le ditiragalo tsa teng kgotsa go ithuta sengwe se sešwa.

Fa o itse o itshola o itekanetse, kgonagalo ya go itemogela mogare go ka fokodiwa ka:



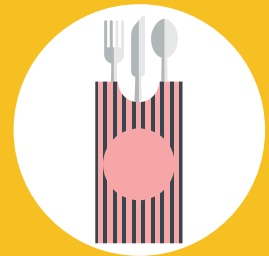
- Go rwala mmaseke fa o tswa kwa phaposing le go elatlhoko gore o thibile molomo le nko ya gago fa o le kwa diphaposing tsa botlhe tse di jaaka boiketlo le tsa bojelo.



- Go netefatsa gore ka metlha o tlhapha le go phepafatsa diatla tsa gago tsa sephepafatsitlosotwatsi mo tsamaong ya letsatsi, segolobogolo pele le morago ga go kgoma bodilo mo mafelong a a tlang batho.



- Efoga go kgoma dibuka, dimakasine le dikuranta tse di abiwang gore di dirisiwe ke baagi.



- Dirisa dilwana tsa go ja tse di phuthetsweng go dirisiwa ke motho ka esi kwa mafelong a bojelo.



- Efoga tiriso ya matsela a go iphimola mme dirisa dipampiri tsa teng. Fa go tlhokega, tsaya didiriswa tsa go jela tsa gago le go ya ka tsone go ya go ja.



- Tshola dipalo di le kwa tlase kwa diphaposing tsa dikopano le kwa mafelong a botlhe le go netefatsa gore di na pulomowa e e maleba.



- Tshola sekgala sa katologano ka dinako tsotlhe.

Go nna moeng yo o nang le maikarabelo:

Mo dikgetsing di le dintsi, batsamaisi le balaodi ba mafelobonno a bagodi ba tsentse tirisong ditaolo tse di gagametseng. Pele o a etela, o tshwanetse go ba leletsa pele le go botsa ka ga melawana e e tsentsweng tirisong. Fa baeng ba letleletswa, ka jalo:



- Dira kopano kwa ntle fa go kgonega gore sekgala sa katologano se diragadiwe.



- Tshola ditlhopho tsa ketelo di le dinnye. Ka tshwanelo, diketelo tsa motho a le mongwe ke tsone di siameng Fa batho ba le mmalwa ba eta, ka jalo:
 - Leka le go lekanyetsa palo ya baeng.
 - Fa go kgonega, leka le go netefatsa gore ba tswa kwa lelapeng le le lengwe.
 - Rwala mmaseke le go elatlhoko sekgala sa katologano.
 - Phepafatsa diatla tsa gago ka sephepafatsitlosotwatsi fa o tsena kwa tirelong le morago ga go kgoma bodilo.



- Tsaya dijo, dilapolosi le didiriswa tsa go jela. Tsenya dilo tsotlhe tse di dirisitsweng kgotsa di latlhe ka nako eo kgotsa ka bonako morago ga go fitlha kwa gae.



- Efoga go kgoma bodilo jwa botlhe ka moo go ka kgonegang. Le fa go na le tiragalo ya kwa ntle, o ka nna wa ya ka fa teng. Fa o dira jalo, netefatsa gore o tsaya sephepafatsitlosotwatsi sa gago le go se dirisa



- Tshola diketelo tsa gago di le khutshwane. Go nna le dipaka tse di telele mmogo go thatloga itsenyokotsing ya phetiso.

Ditshupetso

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