



Zivikele wena nabanye KU-CORONAVIRUS/ COVID-19



Akukho ukuxhawulana noma ukuhagana ngesikhathi se-coronavirus/COVID-19!
Vayisa isandla, unqekuzise ikhanda noma ukhothame!

Igciwane elisha ligulisa abantu abaningi. Wena nezinye izingane lapho uhlala khona ningasiza ekulweni nalesi sifo. Kungase kudingeke ushintshe indlela owenza ngayo zonke izinto kusukela ekubingeleleni abantu abadala kanye nokwenza imisebenzi yasekhaya nokudlala nabangane.

INDLELA YOKUKWENZA

Igciwane lisakazeka uma amaconsana oketshezi asuke emaphashini akho, ephuma ngomlomo. La maconsana angahlala ezandleni zakho, ezintweni zakho nakwabanye abantu. Ngakho-ke, kubaluleke kakhulu ukuthi uqhele kwabanye abantu. Ikakhulukazi kubantu abadala nabantu abanezinye izifo eziyingozi, ngoba bangagula kakhulu ngenxa ye-coronavirus/COVID-19. Izingane ngokuvamile ziba nokugula okuncane kakhulu.



Amamitha ama-2



Kungaba nzima ukuqhelelana phakathi kwakho namalungu omndeni asekhulile. Yingakho kubalulekile ukuthi ugeze izandla zakho futhi uqhelelane nabangane nabanye ngaphandle kwasekhaya. Yenza konke okusemandleni!

IZINTO EZINCANE ZINGASINDISA IMPILO!



Geza izandla zakho

Manzisa izandla zakho, uzigcobe ngensipho wenze igwebu bese ugeza zonke izingxenye zesandla imizuzwana engu-20. Hlambulula izandla uzisule.



Thimulela endololwaneni

Thimula futhi ukhwehlele endololwaneni ukuze uvimbe igciwane lingasakazekeli kwabanye.



Ungazithinti ubuso

Ungathola igciwane ngoku-zithinta umlomo, ikhala noma amehlo – izindawo igciwane elingangena ngazo emzimbeni wakho.

Geza njalo

Izandla ezihlanzekile zivikela wena nabanye. Geza noma nini uma izandla zingcolile, futhi ugeze njalo, ngokwesibonelo, ngemuva kokuya endlini yangasese nokudlala, ngaphambi kokuphela kanye ...

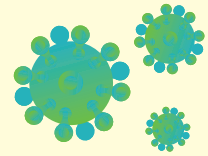


... ngemuva kokusebenza

... ngaphambi nangemuva kokudla



... Ngaphambi kanye nangemuva kokulanda amanzi, njll.



I-coronavirus entsha idala isifo esisha i-COVID-19. Awukwazi ukubona i-coronavirus ngamehlo ngoba nge-microscope ibukeka kanje!



Lalela amaqiniso

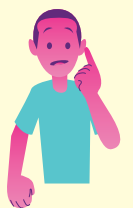
Kunezindaba eziningi namahle-bezi mayelana ne-coronavirus/COVID-19. Eziningi azilona iqiniso. Abanye bafuna ukukwethusa noma ukuthi uthenge okuthile. Lalela amaqiniso kuphela!

Xoxa nothile omethembayo

Kuyinto evamile ukuzizwa udumele, unengcindezi, ukhathazekile, wesaba noma uthukuthele. Kuyasiza ukuxoxa nothile omethembayo, njengelungu lomndeni eselikhulile noma uthisha. Ukuxoxa ngezinto ezikukhathazayo kungabasiza nabo. Yiba nomusa kuwe uqobo nakwabanye.

Unamalungelo

Njengoba uhlala uphephile nge-corona/COVID-19, sicela ukhumbule ukuthi usenelungelo lokuvikelwa ungahlukunyezwa, kanye nelungelo lendawo yokuhlala, ukudla, impilo nemfundo. Bika noma ikuphi ukwepulwa kwamalungelo akho ezinomboleweni zamaphoyisa ozifonela mahhala, noma ucele usizo kumuntu omethembayo.



UMUNTU ANGAGULA KANGAKANANI?

Abantu abaningi abane-coronavirus/COVID-19 bagula kancane kakhulu. Njengalapho unomkhuhlane. Cishe bonke abantu baba kahle futhi!

UKUKHWEHLELA OKUNGENA-SIKHWEHLELA

UBUNZIMA BOKUPHE-FUMULA



Uzizwa ugula? Hlala ekhaya.

Ngisho noma uzizwa ugula kancane kufanele uhlale ekhaya. Abantu abaningi abakudingi ukwelashwa ukuze babe ngcono. Uma othile esagula kakhulu, hlola imithetho yasemtholampilo noma yasesibhedlela bese wenza ngendlela engabagulisi ngegciwane abanye.

Umyalezo ovela e-World's Children's Prize Foundation



Ngoxhaso lwe-Swedish Postcode Lottery ne-Survé Philanthropies