



Mmogo re
lwantsha
Covid-19



Kaelo tiriso ya thibelo ya di teishene tsa selegae mo nakong e ya tshoganyetso ya leroborobo la Covid 19.

Cultural  Survival



Merafe ya ditso e lebane le thlaselo e kgolo thata ka nthla ya leroborobo la Covid 19.

Cultural survival e dira ka natla go tshegetsa merafe ya di teishene tsa selegae , mo go ka thusang di teishene tse go mekamekana le mathata.

Di teishene tsa morafe di na le matla ebile di kgona go thusa batho ditso go ka itse kgololesego ya bone ya maikemisetso, kgololesego ya go bua le go phatlalatsa ketsiso e tshwanelang ebile e le bothlokwa mo merafeng.

Kitso ke matla ka foo merafe e nonofadiwa ka sealomowa.

Galina Angarova
Executive Director
Cultural Survival



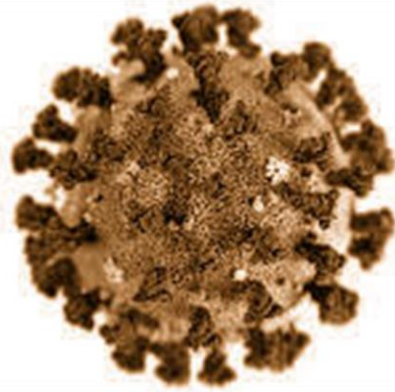
Kaelo tiriso ya melemo ee mosola.

Kaelo tiriso ee e thusa merafe ya ditso go lwantsha leroborobo la Covid 19 ka ditiro tsa bona.

Boikaelelo jwa kaelo tiriso e ke go thusa badiri ba dipuisano gotswa mo merafeng ya ditso gore ba kgone go lebana le go bua ka bolwetse jo bo amang batho ebong Covid 19.



COVID-19



Batho ba lebane le leroborobo le le ntsha ebong Covid 19.

Mokento wa pholo ya mogare o santse o tla ka iketlo.

Jaaka dipuso tsa lefatshe ka bophara di beile melao e fokotsang kamano ya batho tsa moruo le tsa ekonomi di mo maemong a maswe tota.

Tshoganyetso ye ya lefatshe e dirile gore re akanye ka kitso ya badimo ba rona e batho ba ditso ba nang le yone , re akanya gape le ka tsela e tokofatsang ya rona le lefatshe.

A re etletseeng , re godise di tsela tse dingwe has botshelo tse di akaretsang ditiro tsa bareki le batho kwa ntle ga go senya tlhago.



Metswedi ya dikgang ya mefare ya ditso e tshameka karolo e bothlokwa thata mo nakong e.

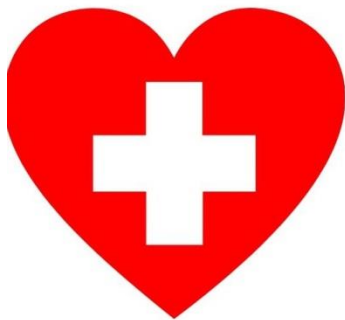
Jaaka re lebane le tshoganyetso ya tsa phepo batho babueledi ba tshwanetse go tlamela batho ka tshedimosetso e maleba, e tihaloganyegang.

Cultural survival e rulagantse ketsiso taelo e mo nakong e ya tshoganyetso ebile ba lemoga bothlokwa le sekao jwa sealemowa le phepo ya babueledi ba ditso ba.



Bokoa le Matla.

Se se tliša tshono ya go tihlatlhoba bokoa le matla a batho ba ditso.



Botsogo , Metsi a go nwa le Melemo.



Go sanne le phitlhelelo ya metsi botsogo, melemo le metsi a go nwa le tshedimosetso go bonagala jaaka bokoa.

Bothlokwa jwa morafe , tirelo ya dijo , melemo ya setso le phutego di bonagala jaaka matla.

Go tswa ko Cultural survival re abelana ka taelo tiriso e mo nakong e ya tshoganyetso , re lemoga sekao le bothlokwa jwa sealomowa le tshireletso tsa babueledi ba setso. Gona le ditshupotsela tsa h tshireletsa go tswelletsa pele ya sealemowa mo nakong e ya covid 19.

Di akaretsa di karolo tse pedi.



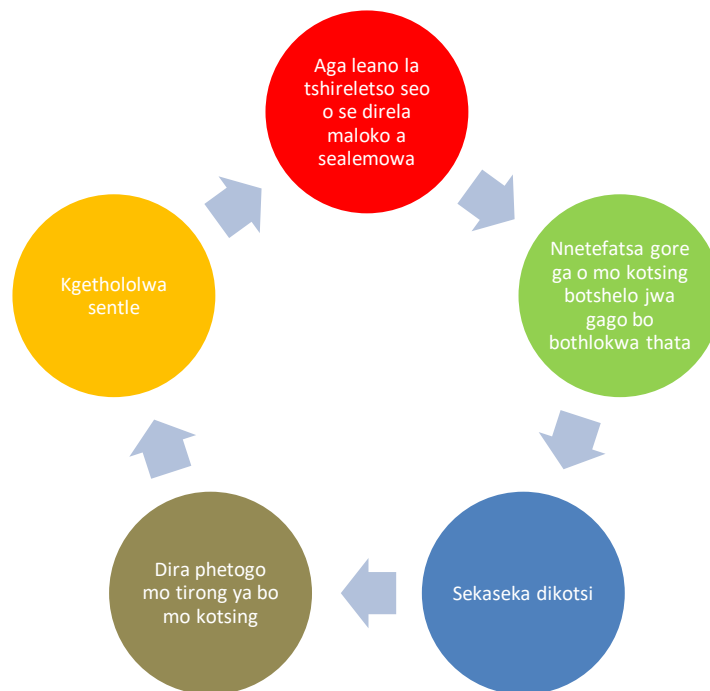


Karolo ya pele e ka ga: maloko a sealemowa le badiri ba teng.
Karolo ya bobedi e naya batho ba ditso diteng ka tsela e maleba.



Karolo 1:

Badiri ba sealemowa le baithaopi.
Setlhopha sa sealomowa se tshwanetse go dira eng?
Tshireletso pele!





Aga leano la tshireletso seo o se direla maloko a sealemowa

Go a tlokega gore lo dire jalo jaaka setlhophaga go ya ka ditshupotsela tsa World Health Organization- WHO ya puso ya bogare ya tsa balaodi ba tsa tsogo le balaodi ba selegae ba dinaga tsothle.

Kgethololwa sentle

Jaaka maloko a motswedi wa dikgang go fapoga melao e e beilweng mo dinageng tsothle mongwe le mongwe wa sethlopha o tshwanetse gona le tetla go sa kgathalatsage gore o ka fo lefelong la kgaso kgotsa o fo teng ga lefelo la kgaso.

Dira phetogo mo tirong ya bo mo kotsing

Ga e le gore sethlopha se akaretsa batho ba dingwaga di le tonna kgotsa ga gona le o mongwe wa leloko o nang le bolwetse jo bo sa foleng , o tshwanetse go ba abela ditiro tse dingwe gore ba kgone go direla kwa gae.

Nnetefatsa gore ga o mo kotsing botshelo jwa gago bo bothlokwa thata o seke wa i tsenya mo kotsing go sa thlokege, ntle le ga o na le diaparo tsa tshireletso fa go se jalo se tsenye botshelo jwa mo kotsing, gopola badiri ba sealemowa ke batho le bone.

Sekaseka dikotsi

Ga o tsamaya mo morafeng nnetefatsa gore o latela ditaelo tse di beilweng ke baeteledi pele ba morafe le balaodi ba selegae. Seo ke mola wa gago wa pele wa tshireletso



Phepafatsa lefelo la tiro

Dirisa sepontshe fa o phepafatsa di maekrofouno

Dirisa di boloya megare go phepafatsa didiriswa morago ga therisano

Se tsenye batho ba bantsi mo lefelong la kgaso

Ga o sa batle go ya lefelong la kgaso dira thulaganyo mo interneteng

Phepafatsa lefelo la tiro kgafetsa

Dirisa Sebolaya megare se nang le 70% ya bojalwa.

Dira thulaganyo mo interneteng

Rulaganya kgolaganyo le motho o tshwereng marapo go abela bareetsi thulaganyo e phepa: www.giss.tv

Dirisa sepontshe fa o phepafatsa di maekrofouno

Di maekrofouno ke mokgwa o mongwe wa tshelano. Morago ga therisano go bothlokwa go fetola sepontshe sa maekrofouno kgotsa wa se tswalela ka sengwe fa gona le moeng o mongwe. Tsaya maikarabelo.

Phepafatsa didiriswa morago ga therisano

Se tshwanetse go diragala ga fela batla tswellelsa kgathollogano ya kopano le go dirisa ditshwantsho tsa sefathlego.

Karolo ea Bobeli

Basebetsi le baithaopi ba seea-le-moea

Mo karolong e re sobokanya tse di ngwe tsa dikaelo go tswa ko World Health Organization ka tloto ya leroborobo la Covid 19. Seo se direlwa gore babueledi ba setso ba kgone go bega ka tsela e maleba.

Dikgang tsa maaka



Qoba litaba tsa bohlasoa le litaba tse fosahetseng

Mokhatlo oa Lefatše oa Bophelo (World Health Organisation (WHO)) o qapile poleloana "infodemic" ho hlalosa boitsebiso bo fosahetseng le boitsebiso bo fosahetseng bo potolohang mecheng e fapaneng ea phatlalatso le sethaleng. Tlhahisoleseling e fosahetseng le tlhaiso-leseling ea bohata e baka pherekano le ho nka liqeto tse mpe ho tsoa ho baahi, tse ka bang le phello maphelong a motho e mong le e mong. Qoba mabitso a li-alarmist kapa a sensationalist



Ba World Health Organization ba kgalema ba thata ka dikgang tsa maaka.
Ifapose dikgang tsa maaka.



World Health Organization



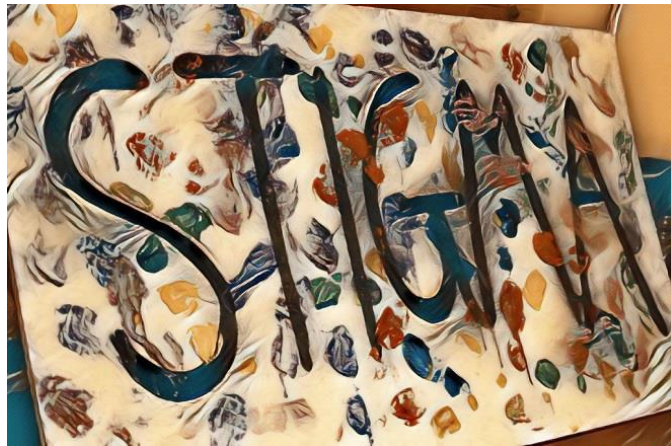
Rotloetsa tiriso ya melemo ya setso
Re na le kitso e ntsi thata ya go nonotsha thulaganyo ya mebele ya rona ka dijo le melemo ya setso.



Fitisa tshedimosetso ka puo ya morafe wa gago le puo ya naga ya gago leemedi la tshedimosetso ka puo ya rona e bonolo ebile e tthaloganyega bonolo

E fapose kgethollwano

Ka ntlha ya tshimologo ya mogare wa Coronavirus metswedi e mentsi ya dikgang e ne e bitsa mogare o ka bolwetse jwa ma china.



Seo se tlhodile tlhaolano ya mmala le go ila batswakwa mo lefatsheng lothle.

Mo karolong ya rona sengwe se se tshwanang le seo se diragetse ka ntlha ya di kgalefo le kgethollo.

Dira letsholo la sealemowa kgathlanong le tiriso dikgoka mo baneng le basadi

Liradio li ka etsa matšolo a tlhokomeliso mabapi le hlompheo ea litokelo tsa botho mme ba ba le sebaka sa puisano se hlahang (ho nyatsa tlolo ea litokelo tsa botho)





Qoba lingoliloeng ntle le motheo

Hajoale ho na le mashano a mangata a lekang ho fumana chelete ho batho, a ka tsoa ho batho kapa lihlopha ntle le likhopiso: mohlala meriana, pomades kapa infusions ea mohlolo. Haeba motho a tiisa hore a ka phekola lefu lena, re le baqolotsi ba litaba le bokomonisi re lokela ho ba botsa, re khetholla mofuta ona oa tlhahiso-leseling le meriana ea tlhaho ea baholo-holo.



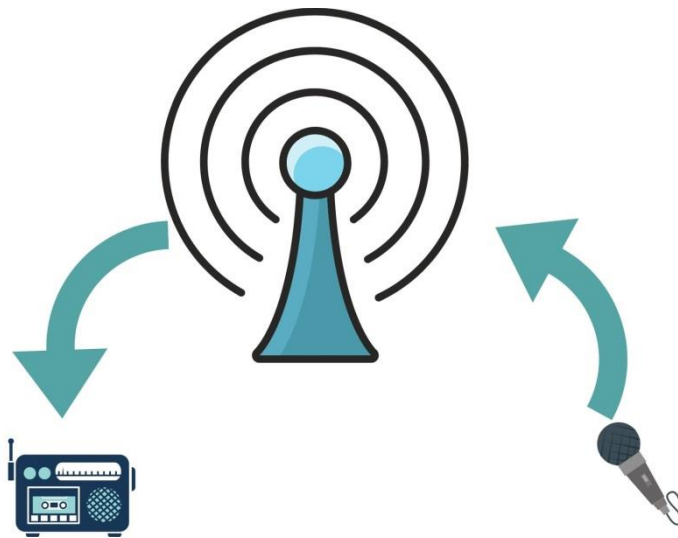
Ho tlaleha tlasa melaoana ea seriti sa motho

Haeba u tseba ka motho ea nang le matšoao kapa o hlokaletse ka lebaka la COVID-19, re khothaletsa ho ea ho bothata bona ka ho hlompha malapa le motho ka boeena. Hlokomela hore na o ka ea kae le lipotso tsa hau. Ipee lieta tsa bona.

Bua ka tse di tserweng tse di lekantsheditsweng naga, karolo mme o buwe ka ditiro tse di emisitsweng kgotsa tse di kgaotsweng mo nakong e.



Remember, radio is a bridge to inform the population of the importance of symptom self-identification and allow health authorities to test vulnerable and people with symptoms. Testing is of paramount importance to avoid infection and to protect the health of the infected person.



Dira letsholo la sealemowa kgathlanong le tiriso dikgoka mo baneng le basadi

Rotloetsa dingwao tse di sa kwalwang.

Mo mafelong a mantsi dithuto tsa internete ga di molemo le ditiriso.

Rotloetsa poloko ya madi e seng go dirisa madi go sa thlokege.



Mafelo a ka go tsenyang mo kotsing ya go tshwaetsega ke tse:





Motswedi wa thsedimose tso ka kakaretso:

World Health Organization

<https://www.who.int/es>

Tshedimose tso e kgethegileng ya bakwaladikgang ba kwalang ka Covid 19

<https://ijnnet.org/en>

Kwalodikgang ya dikwalopakeng

<https://gijn.org/gijn-en-espanol/>

South Africa

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

African Union

<https://africacdc.org/covid-19/>

World Health Organization Africa

<https://www.afro.who.int/health-topics/coronavirus-covid-19>

Cultural  Survival