

**Ibhukwana Lokuvimbela Iziteshi Zomsakazo Womphakathi
Womdabu Ngesikhathi se-COVID-19 Pandemic Emergency
Ukusinda Kwamasiko**

Cultural  Survival



Imiphakathi yendabuko ibhekene nenselele engakaze ibonwe ngenxa yomqedazwe we-COVID 19.

ICultural Survival isebenza ukuxhasa iziteshi zomsakazo zomdabu zomphakathi ezingenza umehluko omkhulu ekutheni imiphakathi yendabuko ibhekana kanjani nale nkinga.

Umsakazo womphakathi uyithuluzi elinamandla labomdabu baseNdiya, ukusebenzisa ilungelo labo lokuzinqumela, ilungelo labo lokukhululeka lokukhuluma, ukuxhumana ngolwazi olufanele, oluwusizo nolubalulekile emiphakathini uqobo.

Ulwazi lungamandla nemiphakathi inikwa amandla ngomsakazo.

Galina Angarova
Executive Director
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I-COVID 19 Umhlahlandlela Wokwenza Okuhle

Lo mhlahlandlela omuhle wokusebenza uyithuluzi komphakathi bomdabu, ukubenza bakwazi ukubhekana futhi balwe ne-COVID-19 emsebenzini wabo wansuku zonke

Injongo ejwayelekile:

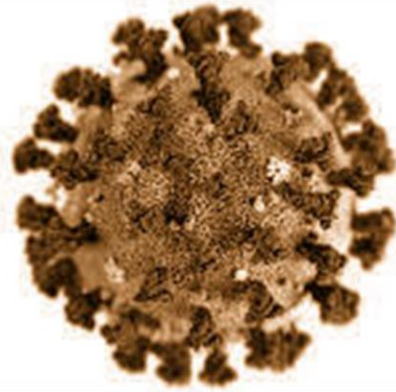
Ukwenza lula ithuluzi lokusekela labasebenzi bezokuxhumana abavela emiphakathini yendabuko ukubhekana nokubhekana nemithelela ye-COVID-19

Izithameli:

Le ncwajana ingumthombo wabasebenzi bomsakazo, izintatheli zomdabu, abasakazi kanye nezokuxhumana emhlabeni wonke ngokuphepha kwabo ngezikhathi ze-COVID-19.



COVID-19



Isintu sibhekene nobhubhane olusha olubizwa nge-COVID-19.

Umuthi wokugomela ukwelashwa kwawo usasebenza.

Njengoba ohulumeni besebenzisa imithethonqubo ebeka imingcele ekuxhumaneni kwabantu ngokomzimba, isimo somnotho, sezepolitiki kanye nesenhlalo siye sanda.

Lesi simo esiphuthumayo emhlabeni wonke siholele ekutheni sicabange kabusha ngemininingwane yamadlozi abantu baseNdiya abayibambayo nokuthi singayithuthukisa kanjani ubuhlobo bethu nomhlaba womama.

Masikhuthaze futhi sakhe ezinye izindlela zokuphila ezibandakanya abathengi nemisebenzi yabantu engalimazi imvelo





Abezindaba bomphakathi wendabuko badlala indima ebalulekile njengamanje. Lapho bebhekene nalesi simo esiphuthumayo sezokuhlazeka komhlaba wonke, abezokuxhumana kufanele banikeze imininingwane efanelekile ngendlela ecacile nelandisayo.

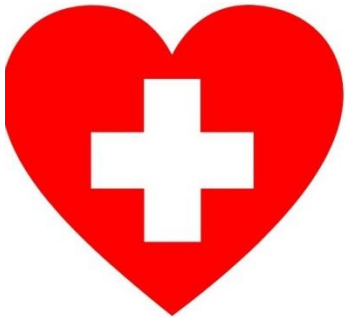
ICustom Survival ihlanganise le ncwajana ekuphenduleni esiphuthumayo, ibona iqhaza lomsakazo nokubaluleka nokuphepha kwezokuxhumana Kwendabuko.

Khumbula, izincomo eziye zaqokonyiswa zibandakanya ukugwema izixuku, ukugcina ibanga elifanele abanye, ukugeza izandla kahle nokusebenzisa imaskhi yobuso



Ubuthakathaka namandla

Lolu shintsho luletha ithuba lokubonisa ubungozi kanye namandla e-Indian MaNdiya



Ukuntuleka kokuthola impilo, umuthi, amanzi okuphuza kanye nolwazi oluyilo ngakunye kuyaqondakala njengengozi.



Amanani womphakathi, izinhlelo zokudla, umuthi wendabuko kanye nenhlangano kubukwa njengamandla.

Ukusuka Kwamasiko Ukusinda sabelana ngaleli bhukwana ukuphendula esimweni esiphuthumayo, sibona iqhaza lomsakazo nokubaluleka kwako nokuphepha kwabaxhumana bomdabu. Yizincomo zezindlela zokuvimbela ukusebenzisa ukuxhumana nomsakazo ngesikhathi se-COVID-19. Siqukethe izigaba ezimbili.

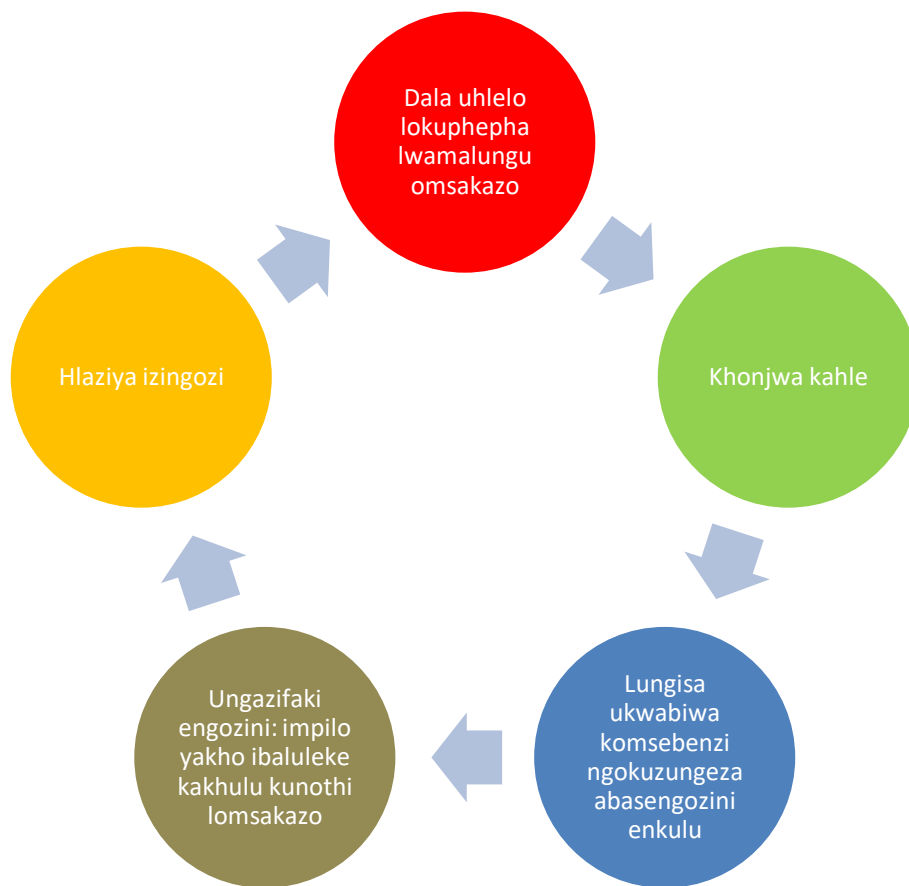


Ingxenye yokuqala iqondiswe kumalungu omsakazo nabasebenzi. Ingxenye yesibili ingumhlahlandlela wokukhiqiza okuqukethwe ngendlela efanelekile emiphakathini yendabuko.



Ingxenye I

Abasebenzi bomsakazo kanye namavolontiya
Yini okufanele yenziwe yiqembu lomsakazo?
Ukuphepha kuqala!



Dala uhlelo lokuphepha lwamalungu omsakazo

Kuyadingeka ukuthi wenze lokhu njengeqembu, unake izincomo ze-World Health Organisation — i-WHO, kahulumeni omkhulu, weziphathimandla zezempilo kanye neziphathimandla zasekhaya zezwe ngalinye.

Hlaziya izingozi

Lapho uhamba emphakathini, qiniseka ukuthi ulandela izinyathelo ezithathwe abaholi bomphakathi kanye neziphathimandla zasekhaya. Lona umugqa wakho wokuqala wokuvikela.



Khonjwe kahle

Izimvume ezifanele kufanele zihambisane nabasebenzi ngaphakathi noma ngaphandle kwesitudiyo.

Ungazifaki engozini: impilo yakho ibaluleke kakhulu kunothi lomsakazo

Ungazivezi ngokungadingekile ezindaweni ezinobungozi obukhulu, ngaphandle kokuthi unegiya lokuvikela elanele, uma kungenjalo, khumbula ukuthi abasebenza ngokuxhumana abangabantu

Lungisa ukwabiwa komsebenzi ngokuzungeza abasengozini enkulu

Uma iqembu lenziwa abantu abakubudala obuvuthiwe ngokwengeziwe noma uma ilunga ligula ngokugula okungapheli, kufanele banikezwe eminye imisebenzi abangayenza ekhaya.

Hlanza indawo
yokusebenza njalo

Sebenzisa i-windbreak
noma isiponji
ngemakhrofoni

Khipha imishini
yokubulala
amagciwane ngemuva
kwengxoxo

Vikela ukuletha abantu
abangaphezu kwababili
emsakazweni

Dala uhlelo
ngokusebenzisa
ukusakazwa
njengendlela yokungayi
ku-booth yokuqopha



Hlanza indawo yokusebenza njalo

Sebenzisa utshwala obunuketshezi ekugxileni okungama-70%, futhi ungasebenzisa i-chlorine noma i-disinfectant encibilikisiwe emanzini.

Dala uhlelo ngokusebenzisa ukusakazwa njengendlela yokungayi ku-booth yokuqopha

Hlanganisa ukuxhumana nethimba nomuntu ophethe, lokhu kuguqulwa kunikeza ikhwalithi yomsindo engcono kunokudluliselwa ngocingo. Uma ungenazo izinsiza zokudlulisela ngale ndlela, kwenze ngocingo njengenketho yesibili. Ungathola ezinye izinketho zokusakazwa kwamahhala kusixhumanisi esilandelayo: www.giss.tv

Sebenzisa i-windbreak noma isiponji kumakhrofoni

Ama-Microphones ayindlela yokutheleleka. Ekupheleni kohlelo kuyadingeka ukushintsha isiponji noma ukusimboza ngesikhwama esisha (ipulasitiki noma indwangu) esivakashini ngasinye. Yiba nesibopho.

Khipha imishini yokubulala amagciwane ngemuva kwengxoxo

Kufanele usebenzise indwangu embozwe ngotshwala be-ethyl. Gwema ukuhlanza nge-chlorine, ngoba iyonakalisa okokusebenza. Ungathenga utshwala be-ethyl ekhemisi noma esitolo sezidakamizwa.

Vikela ukuletha abantu abangaphezu kwababili emsakazweni

Lokhu kufanele kwenziwe kuphela uma kubaluleke kakhulu, ukugcina ibanga lomzimba futhi usebenzisa imaskhi yobuso

Ingxenye II

Izisebenzi zokuzithandela nezomsakazo

Kule ngxenye, sifingqa eminye imihlahlandlela enikezwe yiWorld Health Organisation kanye nezindawo ezikhethekile maqondana nesifo esiwumshayabhuqe we-COVID-19, ukuze abomdabu bomphakathi wendabuko bakwazi ukubika ngendlela ebabazekayo hhayi eyethusayo.



Gwema ubhubhane kanye nezindaba ezingamanga

I-World Health Organisation (WHO) yaqamba igama elithi “infodemic” ukuchaza imininingwane engamanga nolwazi olungalungile olujikeleza kwabezindaba ezahlukene kanye nezinkundla. Imininingwane engamanga nolwazi lwamanga kudala ukudideka nokuthatha izinqumo ezimbi kubantu, ezingaba nomthelela enhlalakahleni yawo wonke umuntu. Gwema izihloko zama-alarmist noma ze-sensationalist.



Gxila kwimininingwane esemthethweni nakwisayensi mayelana nokugula nezincomo zeNhlango Yezempilo Yomhlaba

Khumbula ukuthi awusona uchwepheshe noma usosayensi ngalolo daba, ngakho-ke ucwaningo kuphela olwenziwa ngabachwepheshe bezempilo yomphakathi, abezempilo yokuqaphela, abahlengikazi, abadali bomuthi wokugoma, kanye nodokotela bezakhi zofuzo abangachaza izici zesayensi zalolu bhuhane ukwazisa umphakathi.



I-World Health Organization



Ukugqugquzela umuthi nemikhuba yendabuko yabokhokho bakho

Sinolwazi lokuthi singakuqinisa kanjani ukungasebenzi kwethu ngokudla kwendabuko nemithi. Xoxa nodokotela bendabuko nabanye abantu.



Dlulisa imininingwane ngolimi lomphakathi wakho kanye nolimi olujwayelekile lwezwe lakho

Imininingwane equkethwe ngolimi lwebele lwendabuko ingcono futhi iyaqondakala kalula. Yiba ngumthombo wolwazi othembekile womphakathi. Uma kungekho basebenzi abakhuluma ulimi lwendabuko, kumele kwenziwe imizamo yokuthola abantu abalukhulumayo. Kunemikhiqizo eminingi yasendaweni ongayihlanganyela. Ekupheleni kwaleli bhukwana sizokwabelana nawe izixhumanisi zamasamba ngolwazi oluqinisekile.



Gwema ukubandlulula

Ngenxa yomsuka waleli gciwane, abezindaba abaningi ekuqaleni babelibiza ngokuthi “igciwane laseChinese”; lokhu kubangele ukucwasana kanye nokucwaswa emhlabeni jikelele, kulimaze abase-Asia.



Esifundeni sethu, sekwenzekile okufanayo, ngoba ukuxabana nokubandlululwa kube usongo olwedlule kubafowethu abafudukayo nabadingisiwe babuyela emazweni ethu.

Ngenxa yalokhu, sincoma ukuthi siqaphele ulimi esilusebenzisayo, sigweme ukusetshenziswa kwezichasiso ukubhekana nobuzwe bomuntu, ukuthanda ukudla, isimo sokufika, noma ngenxa yesimo sempilo esingaphansi.

Umsakazo njengophromotha Amalungelo Abantu

Imisakazo ingadala imikhankaso yokuqwashisa maqondana nokuhlonishwa kwamalungelo abantu futhi inendawo yokuxhumana ephumayo (ukusola kwep hulwa kwamalungelo abantu)



Vikela izincwadi ngaphandle kwesisekelo

Okwamanje kunenkohliso eminingi izama ukuthola imali kubantu, ingaqhamuka kubantu noma amaqembu angenazo izikhuhlu: ngokwesibonelo umuthi, i-pomades noma isimangaliso se-infusions. Uma umuntu eqinisekisa ukuthi bangaselapha lesi sifo, njengezintatheli kanye nezokuxhumana kufanele sibabaze, sihlukanise lolu hlobo lolwazi nemithi yokhokho bemvelo.



Ukubika ngaphansi kwemigomo yesithunzi somuntu

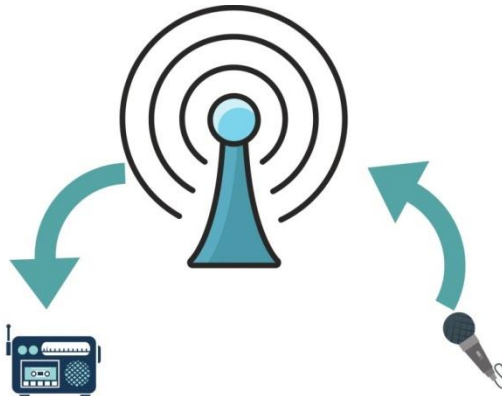
Uma wazi othile onezimpawu noma oshonile ngenxa ye-COVID-19, sincoma ukusondela kule nkinga ngokuhlonipha imindeni nomuntu uqobo. Qaphela ukuthi ungahamba kude kangakanani nemibuzo yakho. Zifake ezicathulweni zabo.

Ukunikezwa kwemininingwane ekhishwe emiphakathini yethu naseziphathimandla zethu.

Chaza izinyathelo ezithathwa emazingeni kazwelonke, wesifunda, kanye nawomphakathi, ubeka amazwana wokuthi yimiphi imisebenzi ekhanseliwe noma engavunyelwe okwamanje.



Khumbula, umsakazo ibhuloho ukwazisa inani labantu ngokubaluleka kokukhonjwa kwezimpawu futhi uvumele iziphathimandla zezempilo ukuthi zivivinye abantulayo nabantu abanezimpawu. Ukuhlolwa kubaluleke kakhulu ukuvikela ukutheleleka nokuvikela impilo yomuntu onegciwane.



Ukuphakamisa amanani womphakathi

Khuthaza ukuhlala ndawonye lapho uvalelwe. Phakamisa imisebenzi yomndeni, ukwenza isibonelo: ukuluka, ukwenza ingadi, ukupheka, phakathi kokunye.

Phakamisa ukuhlela amakhaya ngokwehlukana umsebenzi wasendlini, ukukhumbula, ukulingana ngokobulili. Khuthaza amasiko omlomo azungeze itafula noma eminye imisebenzi enciphisa imiphumela engokwengqondo etholwa yilolu bhubhane.

Dala imikhankaso yomsakazo yokulwa nodlame olubhekiswe ezinganeni noma kwabesifazane. Manje njengoba sesivalelwe ejele sithola imibiko eminingi yobudlova. Yiba ngomphakathi wakho izwi lokusekelwa, ukuzola nokuqwashisa.

Phakamisa isiko ngomlomo ukuthi kwabelwane ngaso etafuleni lasekhaya neminye imisebenzi enciphisa umthelela wengqondo walolu bhubhane.



Ezindaweni eziningi amakilasi e-inthanethi akuyona indlela ephumelelayo yokubhekana nezidingo zabafundi ngenxa yokungatholakali kwe-intanethi nezinye izinsiza. Zenzele izindlela ezintsha zomsakazo ukufundisa intsha nezingane njengendlela yokufaka isandla futhi unciphise umthelela wokukhanselwa kwamakilasi nokuvalwa kwezikole. Cela othisha ukuthi banikeze amakilasi abo umsakazo.

Yazisa izithameli ukuthi ukuphakamisa imikhawulo kwezinye izindawo akuvezi ukuphela kwe-COVID-19. Incoma ngokuhlonipha izincomo zeziphathimandla zezempilo.

Kungcono ukuthi ugxile emlandweni omuhle nasezikhathi zomphakathi phakathi nalesi sifo.

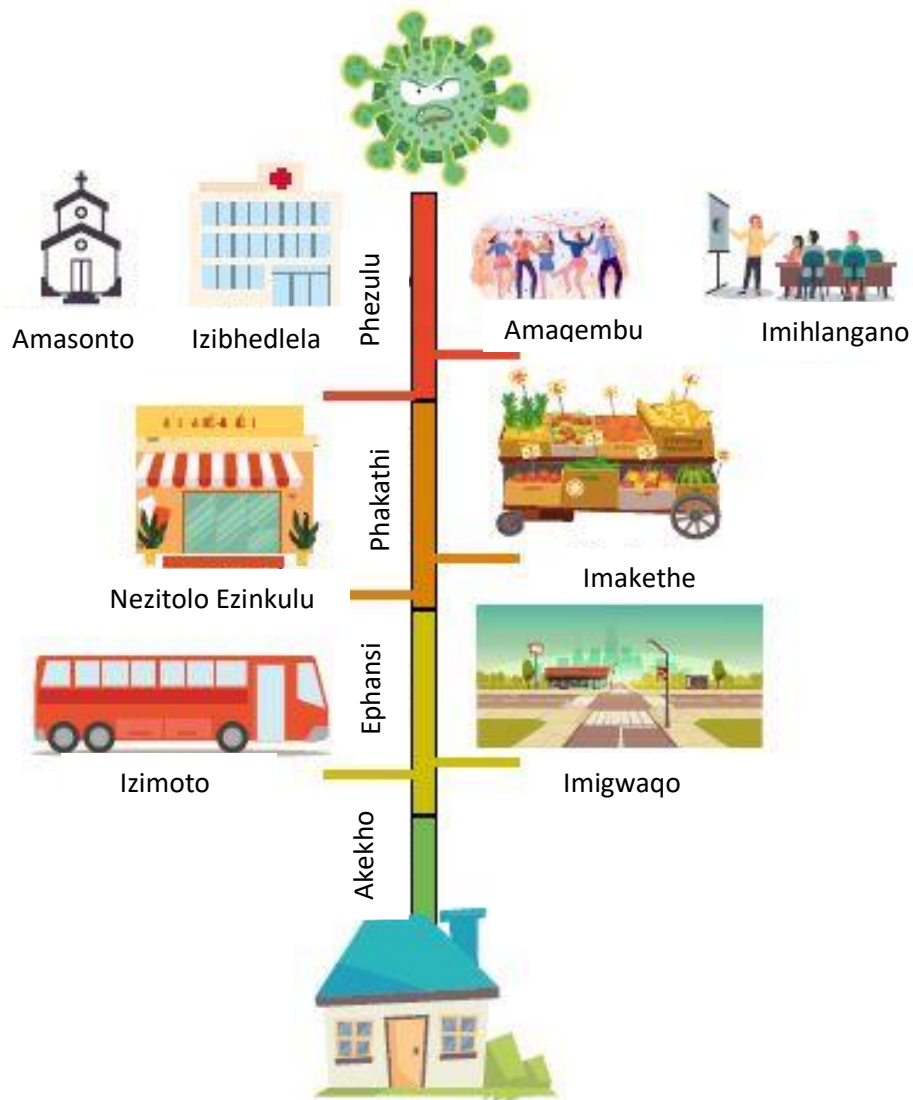
Qala ingxoxo phakathi komphakathi ukukhombisa ngezifundo lesi sinkinga esisishiyayo nokuthi ungazithuthukisa kanjani izimpilo zethu.

Khuthaza ukonga imali futhi ungathengi izinto ezingadingekile

Mema umphakathi ukuthi uthathe izinyathelo zokuhlazeka ngokungathi sína, imali ayifakwa njengendlela yokuthetheleka, kepha ukusakazwa kwayo kungaba yindlela yokuthetheleka.

Sigqogquzela ukusetshenziswa kokudla okuqinisa izivikelo zethu futhi sakhe nezinhlelo ezithile zokuhlenga izindlela zokupheka zokhokho ezinikeza izakhi zomzimba ezibalulekile empilweni yethu, ezikhonjiswa isikhathi eside sobabagogo bethu.

YIPHI INDLELA OBALULA NGAYO UKUZE UVULWE YI-VIRUS?





Imithombo Yolwazi Oluvamile:

I-World Health Organization

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

Amakhasi ezikhethekile zezintatheli ezihlanganisa i-COVID-19

Inethiwekhi Yezintatheli Zomhlaba

<https://ijnnet.org/en>

I-Global Investigative Journalism Network

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

Ingingizimu Afrika

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

I-Africa Union

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

Inhlangano Yezempilo Yomhlaba wonke i-Afrika

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

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