

UKUMELANA NODLAME EMNDENINI NGESIKHATHI seCORONAVIRUS

Kulesi sikhathi seCoronavirus imindeni ingazizwa ingaphansi kwengcindezi enkulu. Imindeni ingazithola ivalelekile ekhaya ndawonye, abanye bengakwazi ukusebenza bagcine sebekhathazekile ngokuthi bazoziphilisa ngani uma imali ingasekho. Amanye amalunga omndeni kungenzeka aqale ukuphuza utshwala noma athathe izidakamizwa njengendlela yokubhekana nengcindezi. Konke lokhu kungaholela ekwenyukeni kwezinga lokuhlukunyezwa ngokwamandla, okomoya noma ngokobulili kakhulukazi ezinganeni nabantu besifazane. Ukuzithola uvaleleke ekhaya nomuntu onodlame ngalesisikhathi sokuqhelelelana nomphakathi kungafaka wena nezingane zakho engozini. Njengoba abanye abantu besifazane abakwazi ukushiya imizi nemindeni yabo, nazi izeluleko ezingakusiza uma uzithola ubhekene nodlame noma ukwesatshiswa ngodlame ekhaya lakho.

Hlala unecebo longakwenza ukuze uphephe

Qiniseka ukuthi umakhalekhukhwini (or ifoni yakho) wakho uhlala une battery egcwele ngasosonke isikhathi. Kumele ngaso sonke isikhathi uwazi ukuthi umakhalekhukhwini wakho ukuphi futhi ube naso isikhathi somoya.

Kudingeka wazi ukuthi ngubani ongathintana naye ngocingo

Gcina izinombolo zezinhlango ezisiza abasesimweni esibucayi kumakhalekhukhwini wakho, njengamaphoyisa (tel: 10111 no SAPS uphiko lokuphepha kwezingane 08 600 10111) nezinombolo zenkampani yabaqaphi bezokuphepha, noma inombolo yokusiza abahlukumezekile abatholakala wonke amahora osukwini, nezinombolo zezindawozokuphepha zabantu besifazane (funda umbhalo ongezansi ukuthola izinombolo ezahlukenene).

Tshela umuntu omethembayo

Qiniseka ukuthi utshela umngani, umndeni noma umakhelwane ukuthi umlingani wakho uyakuhlukumeza. Dingida (or Xoxa or khuluma) nabo okumele bakusize ngakho uma usengozini ukuze uvikeleke nendlela engakusiza ukuze uphephe.

Fundisa izingane zakho amagama ayimfihlo enizowasebenzisa

Yiba namagama ayimfihlo ongawasebenzisa uma ushayela noma ubhalela umngani noma umakhelwane ukubazisa ukuthi usengozini. Kumele ubazise kuqala ukuthi kumele (or fanele) benzenjani uma usebenzisa lawo magama. Kungaba ukuthi kumele bazokusiza noma babize amaphoyisa. Uma izingane zakho zizwa usebenzisa lawomagama kumele nazo zazi kumele zenzenjani, njengokuthi mhlawumbe babikele omakhelwane.

Hlala upakishe isikhwama esinezinto ezibalulekile

Gcina amaphepha abalulekile esikhwameni kulesisikhwama, i-ID yakho nezitifiketi zokuzalwa kwezingane nemali encane yokuphila. Lesisikhwama sigcine indaweni eyimfihlo ozokwazi ukusheshe ufinyelele (or ufike) kuyo makufanele ubalekile ngokuphuthuma (or masinyane or ngokushesha).

Thola incwadi yokuvikela

Uma ungenayo, zama ukuthola incwadi yokuzivikela (protection order). Iya emaphoyiseni aseduze nawe noma eNkantolo yeMantshi. Kuzodingeka ukuthi ugcwalise ifomu ebizwa yi -Form 2: Application for a Protection Order. Incwadi yokuvikela iyincwadi yomthetho etshela umhlukumezi ukuthi aziphathe kanjani. Ngokwesibonelo: ukuthi ayeke ukukushaya noma bakusekele ngemali, noma anikeze amaphoyisa isibhamu sakhe. Ukuthola incwadi yokuvikela akufani nokuvulela umhlukumezi icala. Kodwa uma engalaleli imithetho yencwadi yokuvikela, kumele wazise amaphoyisa ukuze aboshwe.

Uzinakekele

Ukuzinakelela akuyona into elula kodwa, kubalulekile. Kungakusiza ukuthi ukwazi ukumelana kangcono nalsikhathi sokuqhelelaniswa kwabantu ngenxa yeCoronavirus. Ukuzinakelela akusho ukuthi kumele ube nobugovu (or namawala). Yenza izinto ezilula: njengokuthola isikhathi esanele sokulala, udle ukudla okunomsoco, uzivivinye umzimba wakho zonke izinsuku, phefumula umoya wangaphandle (loku kulungile uma uzokhumbula ukuziqhelelanisa nabanye abantu). Yenza izinto ezisusa ingqondo yakho ekukhatazeneni: bukela ifilimu ehlekisayo, dlala nezingane zakho, dlala umdlalo wecomputer noma yephepha, thunga, pheka, cula, hlanza indlu –noma yini engakusiza.

Hlala uxhumane nabanye abantu

Tshela abanye ngemizwa yakho, khuluma nomuntu omethembayo njengo mngani, umndeni, umakhelwane, noma ilunga lesonto. Ungaxhumana futhi nomeluleki. Ziningi izihlangano zokweluleka, ezinikeza izeluleko efonini, kwiWhatsApp, noma kwi-internet.

Ukuqhelelana ngendawo akusho ukuthi uwedwa

Unelungelo ukuphila impilio ephephile

Ungakhathazeki konke kuzodlula

Uma ufuna ukuthola ulwazi olwengeziwe, bheka imininingwane yethu yokuthi omama bangabhekana kanjani nengcindezi ngesikhathi seCoronavirus

Izinombolo ongathintana nazo- (Bekezela zinokubamatasatasa)

- GBV Command Centre Call 0800 428 428; Send a “Please Call Me” by dialling *120*7867# SMS ‘help’ to 31531
- People Opposing Women Abuse (POWA) www.powa.co.za tel: 0800 029 999
- Lifeline’s Domestic Violence line 0800 150 150
- Tears Foundation www.tears.co.za cofoza *134*7355# or 010 590 5920
- Rape Crisis 021 447 9762 ; WhatsApp 083 222 5164
- South African Depression and Anxiety Group (SADAG) www.sadag.org – ziningi izinombolo zocingo 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others

For more info and helplines visit www.messagesformothers.co.za or

www.pmhp.za.org