

NDIJONGANA NJANI NEENGCIINGA ZOKUZIBULALA NGEXESHA LE-COVID 19?

Ubhubhane we-Covid 19 nokuma ngxishi kweenkqubo nokuvaleleka kwabantu eMzantsi Afrika kwenza uxinzelelo kubantu abaninzi. Siphila kumaxesha angaqhelekanga kwaphla.

Oomama kufanele ukuba bayasokola kuba

- Bona okanye amaqabane abo okanye amalungu eentsapho zabo akakwazi kusebenza yaye bangoyika ukuba akukho mali ingenayo. Kungaphela izinto ezibalulekileyo ezingundoqo nokutya. .
- Bangaba bayeke utywala, iziyobisi okanye imidiza. Basenokuba basebenzisa utywala okanye iziyobisi ukuzama nokunceda iindlela abaziva ngazo, nkqu nokuba iziyobisi notywala busenza izinto zibe mbi kakhulu.
- Bangaba bahleli ekhaya namalungu osapho enza kubenzima okanye ahlukumezayo.

Kuqhelekile ukuziva usoyika, uwedwa, uxhalabile, ungonwabanga okanye ungenathemba ngeli xesha.

Abanye oomama beva ngathi iingxaki zabo noxinzelelo emoyeni luza ngamandla ukuba balulawule. Abanye oomama banqwenela ukuba ubomi babo bungaphela yaye abanye bacinga ngokuzibulala. Ingaba uziva (okanye abanye obaziyo):

- Ungomnwabanga yaye ungenathemba ixesha elininzi?
- Ungasonwabeli kwanto?
- Ufuna ukusala wedwa?
- Ungaboni ndlela yakuphuma kwimeko yakho?
- Ucinga izinto ziza kuba bhetele ukuba awukho wena?

Ukuba uneengcinga ezinjengezi, okanye ukuba uceba ukuzilimaza okanye sele uqalile ukuzilimaza, ungalufumana uncedo. Kukho ukhetho lokumelana neengxaki ezininzi onazo nokumelana nentlungu yasemoyeni. Kudla ngokunceda ukuthetha njee ngeengcinga nemeko yakho.

1. Okokuqala, khumbula ukuba yindlela oziva ngayo NGOKU, ngeli xesha. Ezi nginga nemvakalelo aziyi kubanjalo unaphakade. Eli xesha libi LIZA kudlula.
2. Kubaluleke kakhulu ukuphuma uthethe nomntu ongakunceda. Musa ukuyigcina ngaphakathi. Ungazami ukuyenza wedwa.
3. Ukuba awuqinisekanga ngento ongayenza, okanye ukuba ungaya kubani, ungaxelela umntu ukuba uziva njani kwaye umvumele akuncede ufumane iindlela zokulawula imvakalelo yakho.
 - Tsalela eminye yeminxeba yoncedo engasezantsi.
 - Thetha negosa lezempilo njengomongikazi, ugqirha, igosa lezonyango lwasengqondweni, ugqirha wengqondo.
 - Phuma uye kwilungu kwilungu losapho elinenkxaso, umhlobo okanye ilungu lasekuhlaleni elikuqondayo. Khetha ngononophelo ukuba uthetha nabani. Ungazityandi igila emntwini ozokwenza uzive kakubi kakhulu ngokungakuhoyi.
4. Kubaluleke kakhulu ukuba ufumane **uncedo lwegosa eliqeqeshiweyo** ukuba
 - Ukhe wanemvakalelo engcinga ezingendawo iintsuku ezininzi ngaphezu kwexesha leeveki ezimbini okanye okanye
 - Uziva ngathi awukwazi ukuzigcina ukhuselekile.

Inkathalo yempilo yasengqondweni yinqubo efuneka kakhulu ngeli xesha lokuma ngxishi kweenkqubo nokuvaleleka. Iinkqubo zenkathalo yempilo yasengqondweni kwiinkqubo zezempilo zikarhulumente kunye necandelo labucala zisavulilwe. Igosa lempilo yasengqondweni kufuneka likumamele yaye likuncede ukuthatha elona nyathelo lenkqubo yakho. Amanyathelo angaba kukuya esibhedlele okanye ekliniki, ukuthatha amayeza onyango okanye ingcebiso/intuthuzelo.

Ngexesha le-COVID 19, oogqirha bengqondo abaninzi, amagosa engcebiso yasengqondweni kunye nabacebisi bajike benza inkqubo yeengcebiso nge-intanethi okanye ngomnxeba. Ngako oko, ukuvaleleka kwakho akuthethi kuthi ngekhe ufumane ncedo lwalowo uqeqeshiweyo.

Yintoni enye enganceda?

Nangona ungaba awunamandla kwaye uziva ngathi ungalala ebhedini, zama ukuzigcina uxakekile. Oku kungavakala kunzima ukukwenza kodwa kuyanceda. Yenza noba yintoni ekusebenzelayo kwimeko yakho – bukela umdlalo weqonga kumabonakude, yenza imithambo, yenza umsebenzi wasendlwini, pheka, dlala nabantwana bakho. Yenza uludwe lwemisebenzi yosuku yaye zibekele umda wokujonga iindaba nezinto ezikumakhasi onxibelelwano ezingeza neengcinga kunye nemvakalelo engendawo.

Ukuba unakho, nceda abanye, Baninzi abantu abadinga uncedo ngoku yaye nokuba imeko yakho imbi kangakanani, kusenokwenzeka unayo enye indlela onganceda ngayo abanye abantu. Oku kukwenza uzive ukuba awuwedwanga nokuba uyinxalenye yoluntu olubanzi. Sonke siyadingana ngeli xesha.

Tsalela umnxeba woncedo. Aba bacebisi banezakhono zokunceda abantu abaziva befuna ukuzibulala.

Iminxeba yoncedo (Eli lixesha likaxakeka. Qhubeka uzama ukuba awuphumeli okokuqala)

- UMNxeba woNcedo lwaBafuna ukuzibulala we-SADAGTsalela ku: 0800 567 567 okanye thumela umyalezo (nceda unditsalele) (please call me) 31393. Ungatsalela umnceba wasimahla we-SADAG iintsuku ezisi 7 ngeveki ukusukela ngentsimbi ye-8 kusasa ukuya kweye-8 ngokuhlwa. Kwakhona ungayifumana i-SADAG ku-Facebook.
- Lifeline South Africa: Umnxeba 0861 322 322. Lo mnxeba wasimahla usebenza iiyure ezingama 24 ngosuku/iintsuku ezi -7 ngeveki.

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www.pmhp.za.org