

ka Elizabeth Jenner, Kate Wilson & Nia Roberts

E bontšitsoe ke **Axel Scheffler**



# Ioronavirus

Buka bakeng sa bana



Moeletsi: Mopofesa Graham Medley

Mopofesa oa Mefuta ea Maloetse a Kotsi

*Nosy Crow o entse buka ena kapele, ho fihlela litlhoko tsa bana le malapa a bona. Ha ho motho ea neng a ameha ea lefelloang ka letho bakeng sa mosebetsi oa bona.*

*Re ka rata ho leboha batho ba latelang ka bona  
Tlatsetso e mosa le e nang le tsebo:*

Axel Scheffler

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e sebetsang ka kotloloho ho tsa bophelo ba bana le ba lilemong tsa bocha ba kelello le Neurodevelopment

E phatlalalitsoe pele UK ka 2020 ke Nosy Crow Ltd The Crow's Nest, 14  
Baden Place, Crosby Row London, SE1 1YW, UK  
www.nosycrow.com ISBN

9781839941467

Nosy Crow le li-logo tse amanang le eona ke matšoao a khoebo le / kapa  
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Nosy Crow ha a na taolo, kapa boikarabelo bofe kapa bofe bakeng sa, lingoli kapa liwebsaete tsa  
mokha oa boraro tse boletsoeng kahare ho buka ena. Rekoto ea lethathamo la CIP ea buka ena e ea  
fumanaha Laeboraring ea Brithani.



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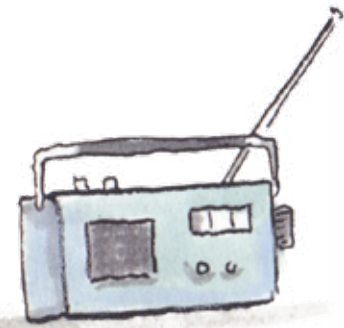
Moprofesa oa Mefuta ea Maloetse a Kotsi

Ho na le lentsoe le lecha leo u kanna oa le utloile.

U kanna ua utloa batho ba bua ka eona kapa u ka 'na ua e utloa litabeng. Lentsoe lena ke lona lebaka le etsang hore u seke oa kena sekolo. Ke lona lebaka le etsang hore u se ke oa tsoa kantle khafetsa kapa u etele metsoalle ea hau. E kanna eaba ke lona lebaka le etsang hore batho ba baholo kapa ba hollileng ba u hlokomeleng u le hae.



Lentsoe ke



# loronavirus



Empa ke eng seo u se etsang le hore na ke hobane'ng ha bohle ba bua ka it?



## CORONAVIRUS KE ENG?



Coronavirus ke mofuta oa vaerase vaerase.

Likokoana-hloko ke likokoana-hloko tse nyane haholo hoo o ke keng oa li bona.

Li bobebe hoo li ka phallang moeeng ka marotholi a manyenyane a metsi, 'me li khona ho lula letlalong la hau ntle le ho li utloa. Haeba e meng ea likokoana-hloko tse na e kena ka hare ho uena, e ka sebelisa 'mele oa hau ho etsa li-virus,' me seo se ka u kulisa.



Ho na le mofuta e mengata e fapaneng ea li-coronavirus mme tse ling tsa tsona li tšoetsa batho. Haeba o tšoaelitsoe ke e 'ngoe ea li-coronavirus tse na, tseo u nang le tsona feela e ne e le nko e senang kapa khohlela.



Empa ha sena ncha kaha ka lehlakoreng la seng germ ea coronavirus e kena kahare mmele oa motho, e baka bokuli bo bitsoang COVID-19. Ha batho ba bua ka ho tšoasa "coronavirus", ba bua ka lefu lena.

## U IKHETHA JOANG CONA?

Hobane coronavirus ena e ncha, bo-ramahlale ha ba tsebe tsohle ka eona hajoale. Empa ba nahana hore ho na le litsela tse peli tsa bohlokoa tseo batho ba ka li tšoarang.

Likokoana-hloko tsa Coronavirus li lula meloreng ea batho le melomong ea bona. Ha motho ea nang le coronavirus a khohlela kapa a thimola kapa a hema, likokoana-hloko li tsoa melomong ea tsona ka marotholi a manyane a metsi.



Le ha o sa bone likokoana-hloko, ka linako tse ling u ka bona marotholi ana a manyane. Ha ho bata, ba etsa leru la moholi! Kahoo haeba motho e mong a ka hema ka moea ka likokoana-hloko tsa coronavirus tse ho eona, ba kanna ba fumana bokuli.



Ho bonolo ho fumana likokoana-hloko tsa coronavirus kahare ho mmele oa hau matsohong a hau ha o ama nko kapa molomo oa hau.

Haeba motho ea nang le likokoana-hloko tsa coronavirus matsohong a hae a sebelisa lemati, likokoana-hloko tse sa bonahaleng li ka phela ka nako e telele ho feta moo. Ha motho e mong a bula lemati, a fumana lijalo hape.

Mme ha li ama nko kapa melomo, likokoana-hloko li ka kena 'meleng ea tsona.



Kahoo o ka tšoara coronavirus ka ho ama lintho tseo motho ea nang le vaerase a seng a li amme.

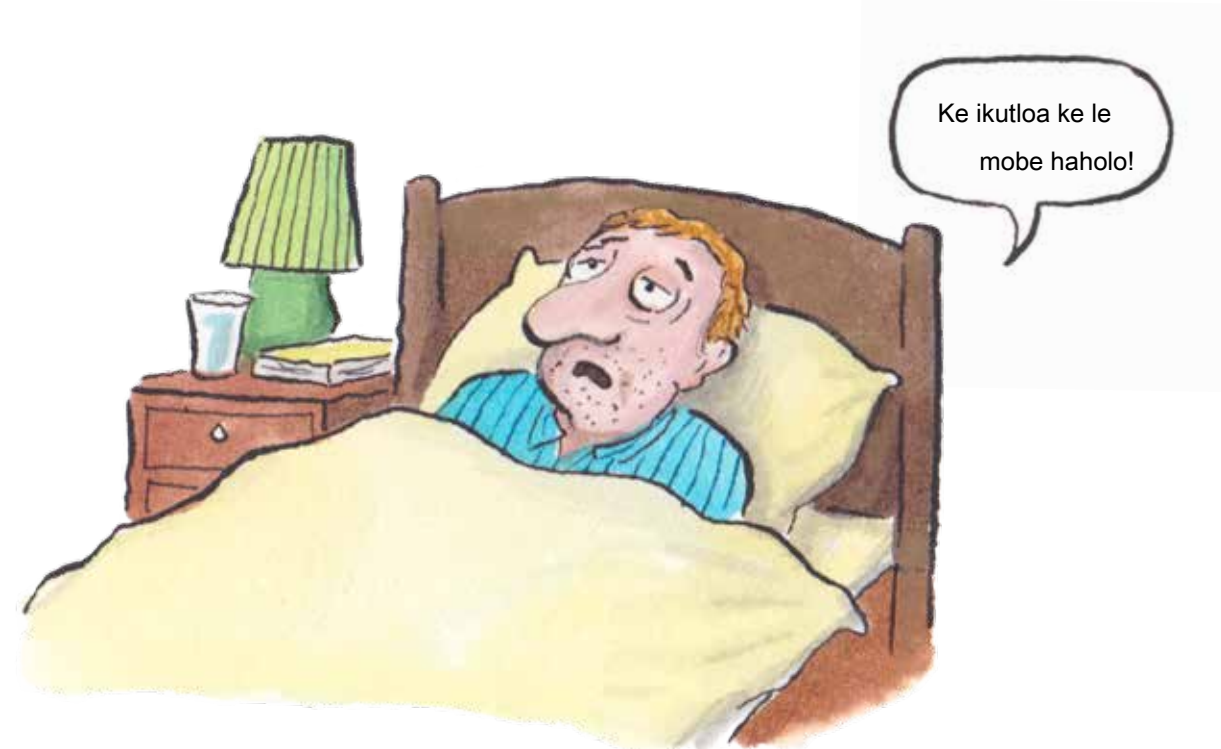
## HO ETSAHALA'NG HA U TSEBA KOLOI?

Batho ba bang, haholo-holo bana, ha ba ikutloe ba kula ho hang ha ba fumana coronavirus. Empa ba ntse ba e-na le likokoana-hloko tsa 'mele oa bona tseo ba ka li fang motho e mong ka phoso.



Ha ba fumana coronavirus, batho ba bangata ba fumana likhohlela le mocheso o phahameng. Batho ba bang le bona ba na le hlooho e bohloko kapa bo bohloko hohle 'meleng.

Hangata batho ba kula ka matsatsi a 'maloa. Empa 'mele ke lintho tse makatsang. Ha kokoana-hloko e ncha, joalo ka coronavirus, e kena 'meleng oa motho e mong,' mele oa bona oa tseba hore kokoana-hloko ha ea lokela ho ba teng mme e qala ho e bolaea.

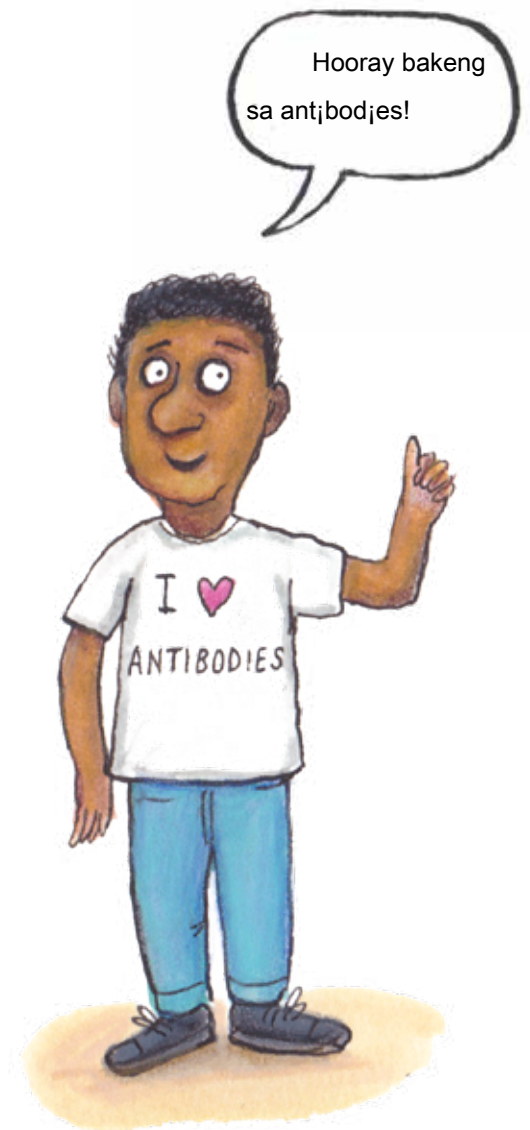


'Mele o na le sebetsa se makatsang khahlanong le vaerase se bitsoang

li-antibodies li-antibodies. Lisele tse nyane maling a hao li etsa li-antibodies ho loantša lehlaso le leng le le leng le fapaneng la vaerase. Li-antibodies li tšoara livaerase, ebe lisele tsa mali li li metsa ebe lia li senya ebe motho eo o fola.



E mong le e mong oa rona o na le mefuta e fetang limilione tse likete tse 10 ea antibody ka hare ho rona.



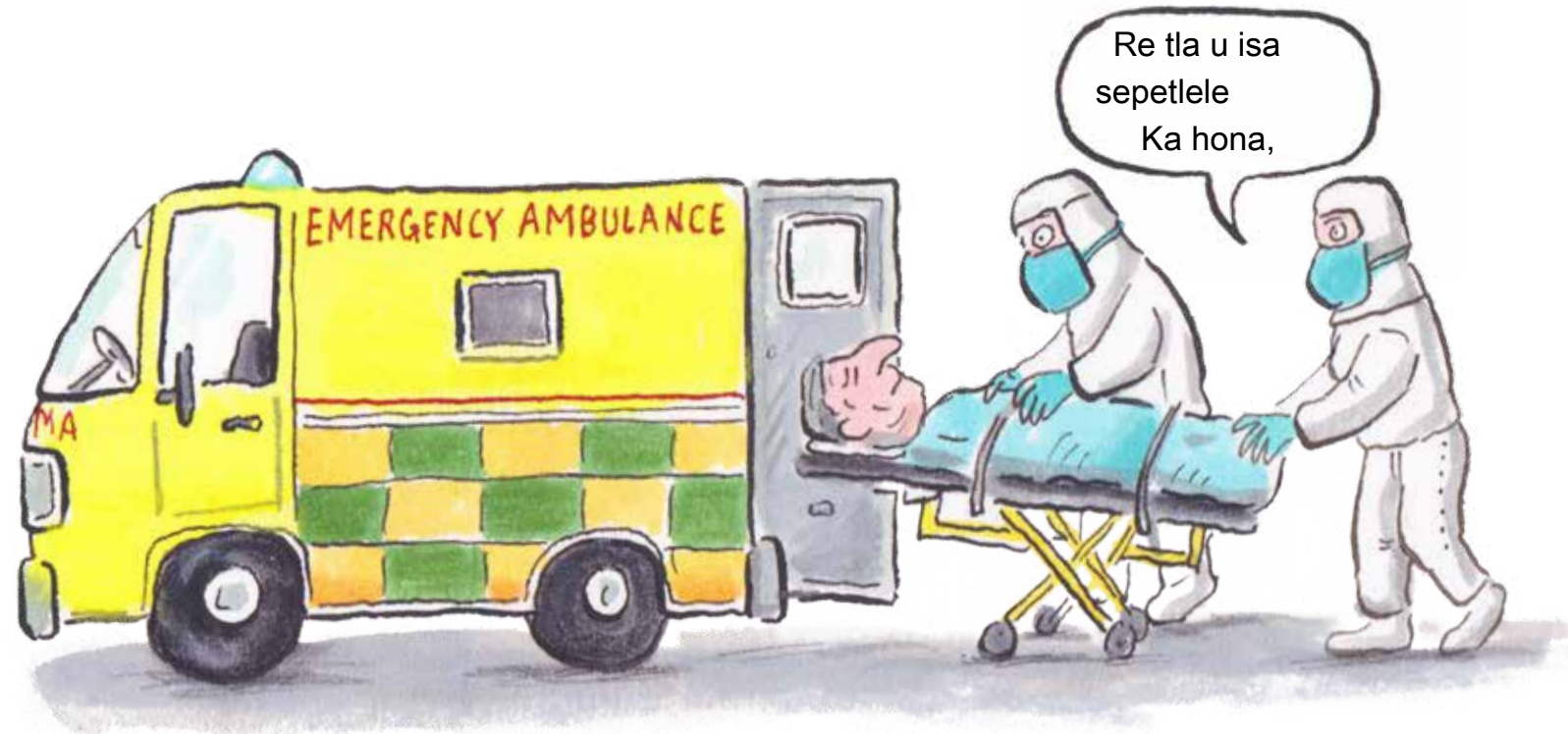
Seo se bolela hore ho na le li-antibodies tse fapaneng ka hare ho uena hona joale ho feta ho na le batho lefatšeng!

## KE HOBANE'NG HA BATHO BA SEBETSEHILENG HO TSEBA CONA?

Hoo e batlang e le motho e mong le e mong o na le 'mele o phetseng hantle ho loants'a coronavirus. Empa ho na le batho ba bang ba fumanang ho le thata, hobane 'mele ea bona ha e matla. E kanna ea ba batho ba lilemo tse fetang 70, kapa ba seng ba na le mafu a mang a kang mofetše a ka fokotsang 'mele ea bona.



Ba hloka thuso e eketsehileng ho loants'a coronavirus. Sena se bolela hore ba tlameha ho ea sepetlele mme ba ka hloka ho sebelisa mochini o khethehileng o bitsoang a ventilator ventilator ho ba thusa ho hema.



Leha ho le joalo, ka linako tse ling esita le sena se ka ba sa ba lekaneng ho ba thusa ho phela hantle mme, haeba ho etsahala, ka bomalimabe ba ka shoa.

Ke kahoo batho bana ba hlieng ba hlokang ho lula hae, hole le moo ba ka ts'oereng coronavirus.



Ba ke ke ba khona ho ba le baeti. Seo se ka bolela hore ha u na ho etela lelapa la hau nakoana, ho ba boloka ba sireletsehile.



## NA HO NA LE CHELETE TSA KHOLO?

Batho ba bangata ba ntlafala ho coronavirus ba le bang. Empa lingaka le bo-rasaense ba batla ho thusa motho e mong le e mong ho etsa joalo kapele le ka polokeho.

Lingaka ha li na pheko bakeng sa coronavirus hobane ke bokuli bo bocha. Meriana e meng eo lingaka li seng e tseba ka eona e kanna ea thusa, ka hona e li leka ho batho ba kulang.

Empa le haeba e sa sebetse, bo-rasaense le bona ba ntse ba sebeletsa ho etsa meriana e mecha bakeng sa coronavirus eo ho seng motho ea kileng a ba le eona pele.

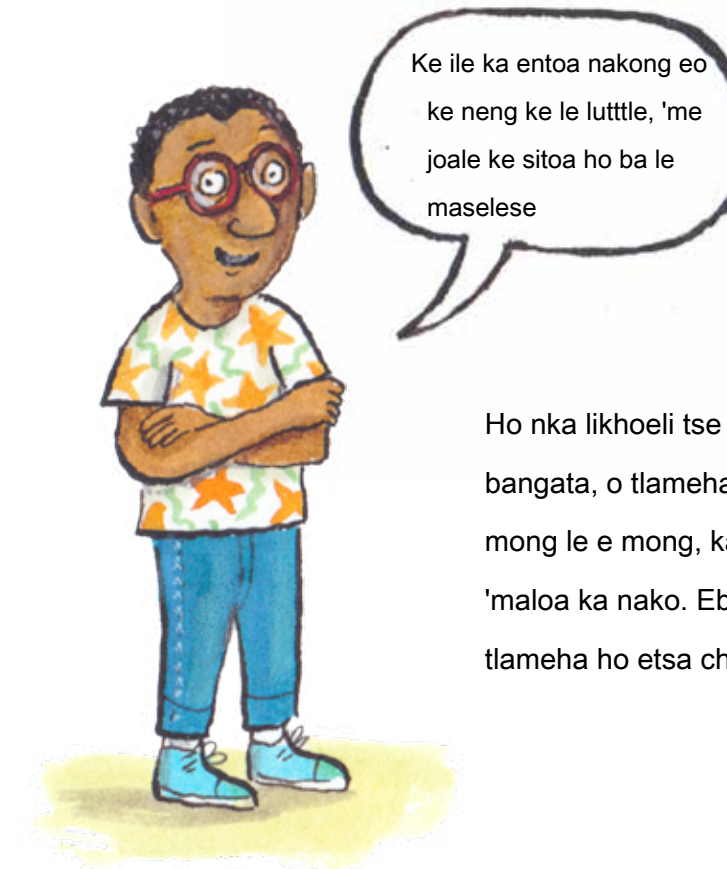


Ntho e 'ngoe eo bo-rasaense ba sebetsang ho eona ke ente . . ente. .

Ente ke setlhare se ikhethileng seo hangata se kenang 'meleng oa hau ha o ntse o phetse hantle. Kahare ho moriana o na le vaerase e fokolang kapa e shoeleng. Li-antibodies tse maling a hau li ka itloetsa ho bolaea likokoana-hloko tsena, e le hore haeba u ka fumana vaerase eo, ba ka qala ho loants'a livaerase tse phelang kapele.



Mohlomong u kile oa ba le liente tsa bongoana ha u sa le lesea. Kahoo ho bolela hore u ke ke ua fumana maloetse a itseng!



Ho nka likhoeli tse ngata ho etsa moriana o mocha. Pele o e fa batho ba bangata, o tlameha ho etsa bonnete ba hore e bolokehile bakeng sa e mong le e mong, ka hona o tlameha ho e leka ka hloko ho batho ba 'maloa ka nako. Ebe, ha o tseba hore ea sebetsa 'me e bolokehile, o tlameha ho etsa chelete e lekaneng mang le mang ea e hlokanang.

## KE HOBANE'NG HA MAHALA A MAHALA A KA MOKHATLO OA METSOALLE TSE KHOLO?

Leha batho ba bangata ba tla ntlafala ho coronavirus, ho bohlokoa haholo hore batho ba ka kula haholo ba se ke ba e fumana. Sena se bolela hore re hloka ho etsa bonnete ba hore batho ba 'maloa ba khona ho fumana li-coronavirus, e le hore re se ke ra li fetisetsa ho mang kapa mang ea ka kulang haholo. Haeba batho ba bangata ba kula 'me ba tlameha ho ea sepetlele ka nako e le ngoe, lipetlele li tla phathahana haholo ho hlokomela batho hantle.

Ho bonolo haholo ho fumana li-coronavirus hoo re hlokang ho ba hlokolosi haholo hore re se ke ra ba haufi le batho ba sa luleng le rona.



Ke ka hona libaka tsohle moo batho ba bangata ba kopaneng - joalo ka likolo le lilaebrari - li koetsoe hona joale. Mmuso oa naha ena o re batho ba ka ea kante ho malapa a bona haeba ehlile ba hlile ba tlameha.



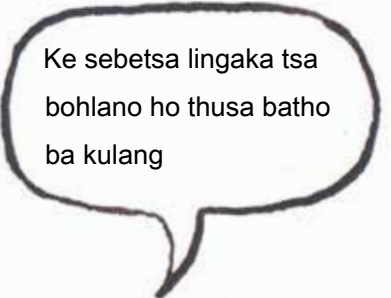
Batho ba bang, joalo ka lingaka kapa baaki kapa batho ba sebetsang mabenkeleng a lijo kapa batho ba isang lintho malapeng a rona, ba tlameha ho tsoa malapeng a bona ho ea sebetsa.



Batho ba bangata ba ka tloha malapeng a bona haeba ba hloka ho reka lijo kapa ho ikoetlisa, empa ba tlameha ho ba hlokolosi haholo hore ba se ke ba ea haufi le motho e mong.

Haeba uena kapa mang kapa mang ka lapeng la hau a kula, 'me a nahana hore li ka ba le coronavirus, u ke ke ua tsoa lapeng la hau ho hang libeke tse peli.

Bohle re tlameha ho lula hae ho sireletsa batho ba tla fumana ho le thata ho loantš'a coronavirus.

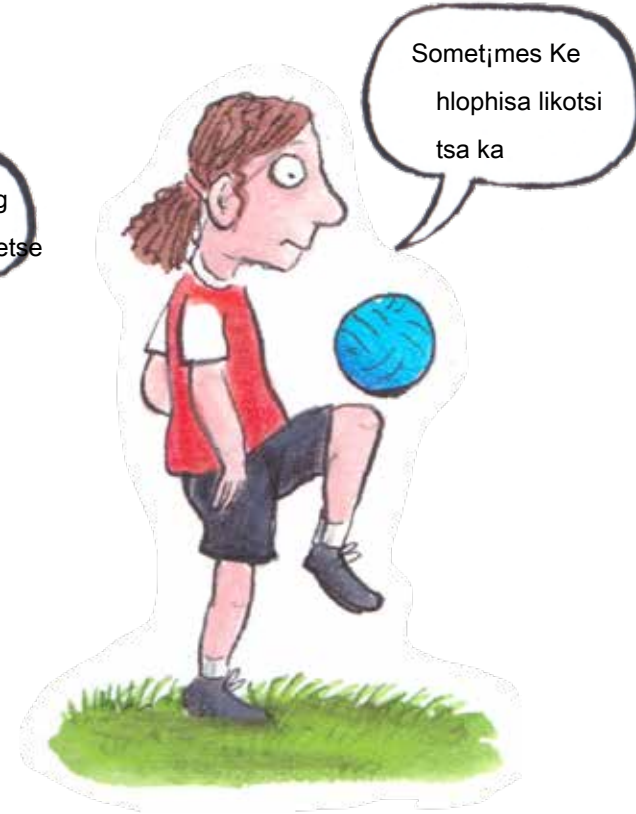


## HOBANE'NG HA HO BONAHLA HO BA TENG KA NAKO TSOHLE?

Ka linako tse ling ho ba lapeng le batho bao u lulang le bona ho ka ba monate haholo. Le ka etsa lintho hammoho tseo u neng u ke ke ua li etsa hangata ha u le sekolong kapa ha batho ba baholo ba le mosebetsing.



Empa ka linako tse ling ke ikutloa ke sithabetsa



Sometjmes Ke hlophisa likotsi tsa ka



E boreleli!

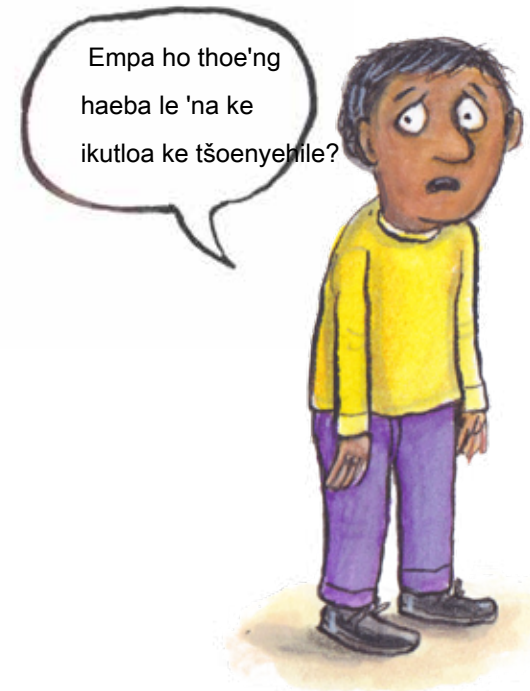


E boreleli!

Batho ba baholo kapa ba holileng ba u hlokomelang le bona ba ka ikutloa ba tšoenyehile. Ka linako tse ling ba ka ikutloa ba tšoenyehile ka mosebetsi. Ka linako tse ling ho ka ba thata ho reka lintho tseo kaofela u li hlokanang, 'me le tsona li ka' na tsa u tšoenya.



E boreleli!



Empa ho thoe'ng haeba le 'na ke ikutloa ke tšoenyehile?

Haeba u tšoenyehile, bua ka lintho tse u tšoenyang ho motho ea holileng ea u hlokomelang. Haeba u ntse u kena sekolo, mohlomong u ka bua le tichere. Kapa mohlomong o ka bua le tichere kapa motho e mong ka lapeng la hao ka fono kapa o sebelisa k'homphieutha kapa letlapa.



Sometjmes Ke ikutloa ke tenehile



Sometjmes Ke hloname

## NKA SE ETSANG HO Thusa?

U se u ntse u thusa haholo ka ho lula hae. Empa hape o ka thusa ka ho ba hlokolosi haholo ho etsa bonnete ba hore ha o ts'oare kapa ho fetisetsa ho coronavirus ho mang kapa mang.

A na u ne u tseba hore livaerase li bolaoa ke sesepa? Kahoo ha u hlatsoa matsoho a hau ka hloko le nako e telele, u ke ke ua ba le li-virus tsa li-coronavirus matsohong a hau. O ka bina pina ha o ntse o hlatsoa matsoho ho etsa bonnete ba hore u li hlatsoa nako e telele - ho lekana ho bina Happy Birthday habeli!



Haeba u tlameha ho khohlela kapa ho thimola, e kenelle k'honeng ea kahare ea letsoho, eseng letsohong la hao. Ebe o ka se fe coronavirus ho batho ba bang ka tsela eo.



Haeba u tlameha ho hlakola kapa ho phunya nko ea hau, sebelisa thipa 'me u e kenye ka beseng hang-hang. Hopola ho hlatsoa matsoho a hau, hobane coronavirus e lula ka har'a snot ea hau, 'me e ka o fihlela matsohong a hau.



Haeba motho e mong le e mong a etsa lintho tsena, o tla etsa phapang e kholo!

## KE ETSE'NGE EFE?

Ntho e 'ngoe ea bohlokoa eo u ka e etsang ke ho ba mosa ho batho bao u lulang le bona.

Lintho li tla fapana ebile mohlomong li tla ba boima ho lona kaofela.

Haeba u lula le bara le barali babo rona, ka linako tse ling u ka ba ferekanya. Empa leka ho se loane le bona.



Haeba u phela le batho ba baholo, mohlomong u ka ba thusa ka ho etsa seo u laetsoeng ho se etsa kapa ka ho ba kopa haholo.



Haeba ha u sekolong, etsa mosebetsi oa hao oa sekolo. Ho tla thusa ho boloka kelello ea hau e tšoarehile, hore o se ke oa teneha. Mme, ha o kgutlela sekolong, o tla be o ithutile haholo!

Haeba u sena skiriboto sa hau, bua ka hore na u ka arolelana nako ea skrine joang le bohle ba e hlokang.

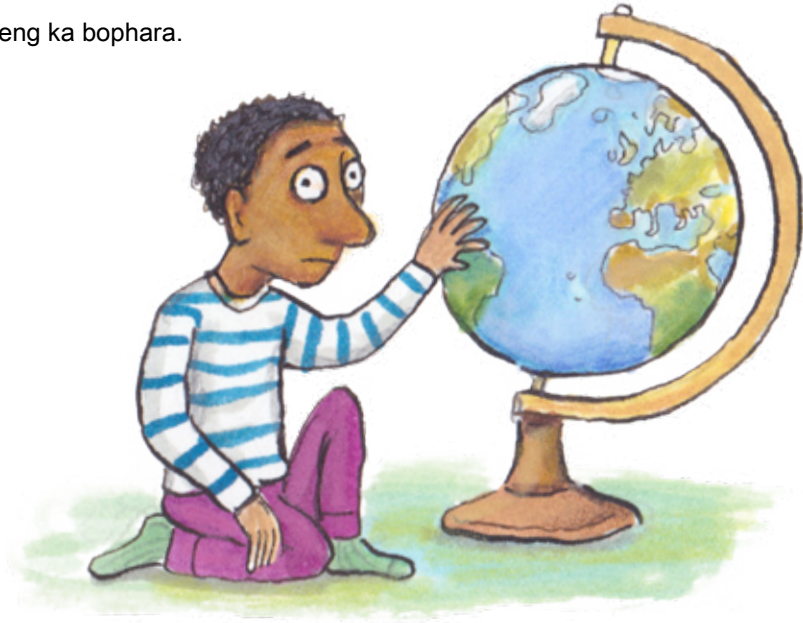
Hopola hore batho ba baholo ba lulang le uena ba ka tlameha ho sebetsa le bona. Haeba ba etsa, o ka ba thusa ka ho se ba sitise nakong eo ba lelang ho sebetsa. Joale ba tla ba le nako ea ho etsa lintho tse monate le uena.

Mohlomong u ka etsa lethathamo la lintho tseo u ka ratang ho li etsa le bona.



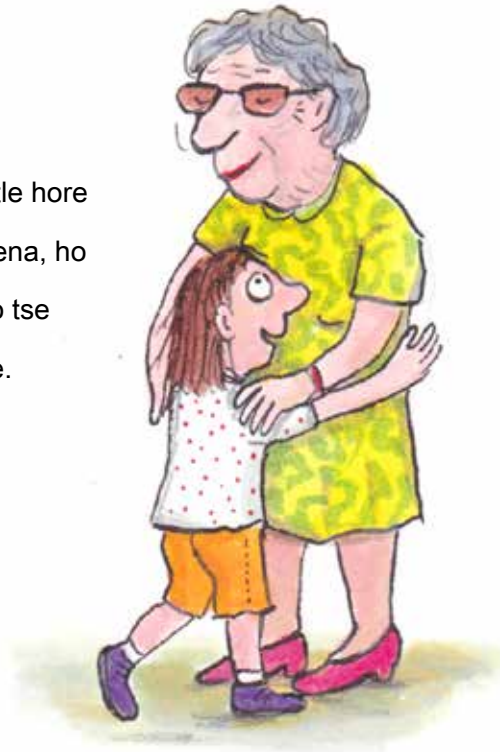
## HO TLA E TSAHALA'NG?

Ena ke nako e makatsang bakeng sa motho e mong le e mong,  
mme e etsahala lefatšeng ka bophara.



Empa haeba bohle re hlokolosi 'me kaofela re lula hae, re ntse re etsa seo re ka se  
khonang ho emisa ho hasana ha coronavirus. Mme seo se fa bo-ramahlale le lingaka  
nako ea ho ithuta hore na ba ka phekoa lefu joang mme mohlomong ba emise batho ho  
bo fumana ka botlalo ka ho sebelisa meriana le liente.

Ka letsatsi le leng, haufinyane, leha ho se motho ea tsebang hantle hore  
na o tla khona ho etela batho bao u ba ratang ba sa pheleng le uena, ho  
bapala le metsoalle ea hau, ho ea sekolong hape le ho etsa lintho tse  
ling tse ngata tseo u li natefelang empa. o ka se khone hona joale.



  
Ka letsatsi le leng,

nako ena e makatsang

e tla be e felile.



# E hlophisitsoe ka botlalo



## TLHOKOMELISO E FELETSENG BANA

Haeba u batla ho ithuta haholoanyane 'me u lule u ipapisitse le litaba tse mabapi le coronavirus:

**CBBC Newsround**

<https://www.bbc.co.uk/newsround>

Haeba o ikutloa o tšoenyehile kapa o tšoenyehile, tsena ke lihokela tsa libaka tse ka u thusang:

Lenaneo la bana

Lenaneo la thuso la mahala leo u ka le bitsang nako efe kapa efe ho bua ka matšoenyeho afe kapa afe ao u ka bang le 'ona. Mohala: 0800

1111

Ba boetse ba na le likeletso tse ngata mona:

<https://www.childline.org.uk/info-advice/your-feelings/anx-care-stress-panic/worries-about-the-world/coronavirus>

Mehopolo e Mocha

Menehelo e ts'ehetsang bophelo ba kelello ba bacha. Ba na le likeletso tse ngata mabapi le hore na u lokela

ho etsa eng haeba u ikutloa u tšoenyehile mona:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

## TLHOKOMELISO E EKETSEHILENG HO BATSOALI, GUARDIANS LE BARA

Mokhatlo oa Brithani oa Psychology

Keletso mabapi le ho bua le bana ka bokuli

<https://www.bps.org.uk/news-and-policy/advice-talking-watoto-about-illness>

**Ikopanye**

Tihahisoleseling ea Coronavirus bakeng sa batsoali ba bana ba holofetseng

<https://www.contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disured-watoto/>

Mokhatlo oa National Autistic

Lisebelisoa tsa Coronavirus bakeng sa batho ba malapa le malapa

<https://www.autism.org.uk/services/helplines/coronavirus/resource>

**Basamaria**

Mehala ea mahala ea tšehetso ea mahala ea lihora

tse 24: 116 123

<https://www.samaritans.org/>

**Unicef**

Seo o hlokang ho se tseba ka vaerase ho o sireletsa wena le ba lelapa la hao

<https://www.unicef.org/coronavirus/covid-19>

## HO THUSA NHS

Lingaka, baoki, bakhanni ba ambulense le batho bohle ba bang ba etsang tšebeletso ea bophelo bo botle naheng ea rona ba etsa mosebetsi o makatsang letsatsi le letsatsi, empa ba sebetsa ka thata haholo ha batho ba ntse ba kula ka coronavirus.

Haeba u ka rata ho fana ka chelete ho ba thusa, u ka etsa joalo mona:

<https://www.nhscharitiestoonse.co.uk/>

## TLHOKOMELENG MOSITSI

Nosy Crow ke mohatisi oa libuka, bana ba banyenyane ba ikemetseng. Re entse buka ena ea mahala ea dijithale hobane re ne re nahana hore bana le batsoali ba ka e fumana e le molemo. Re phatlalatsa libuka tse ngata tse fapaneng bakeng sa bana ba lilemo tse 0-12. U ka tseba ka bona mona:

[www.nosycrow.com](http://www.nosycrow.com)

