

Ngu-Elizabeth Jenner, Kate Wilson kunye no-Nia Roberts

Umzekeliso ngu I-Axel Scheffler



Intsholongwane ye

Incwadi yabantwana



Umcebisi: UNjingalwazi Graham Medley

Unjingalwazi weModeli yoThintelo lweSifo esiSulelayo, iSikolo
seLondon sezeMpilo kunye neNyango yeTropiki

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Sithanda ukubulela aba bantu balandelayo ngenxa yabo igalelo elinesisa nelinolwazi:

I-Axel Scheffler

Unjingalwazi Graham Medley

Unjingalwazi weModeli yoThintelo lweSifo esiSulelayo, iSikolo seLondon sezeMpilo kunye neNyango yeTropiki

USara Haynes

UNTloko-ntsapho, Isikolo samabanga aphantsi iArnhem Wharf, eMonti

UAlex Lundie

Usekela-ntloko, Arnhem Wharf Primary School, London

Ngumashumi amane anamashumi amane

UNTloko-ntsapho, uBen Jonson Primary School

Ugqirha uSara Carman

Ugqirha wengqondo we-NHS

Ukujongana neMpilo yaengqondo yaBantwana kunye nabaFikisayo kunye neNeodeodevelopment

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Umzekeliso ngu I-Axel Scheffler

Intsholongwane ye

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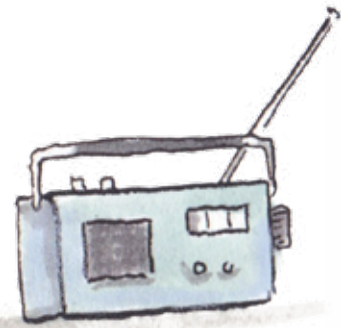
Unjingalwazi weModeli yoThintelo lweSifo esiSulelayo, iSikolo seLondon sezeMpilo kunye neNyango yeTropiki

Kukho igama elitsha ekusenokwenzeka ukuba ulivile.

Unokuva abantu bethetha ngayo okanye ungayivakala ezindabeni. Eli ligama sisizathu sokuba ungayi esikolweni. Sisizathu sokuba ungaphumi phandle rhoqo okanye undwendwele abahlobo bakho. Isenokuba sesona sizathu sokuba abantu abadala okanye abantu abadala bakukhathalele xa usekhaya.



Igama leli



Intsholongwane ye-Corona



Kodwa yintoni le
kwaye kutheni kutheni
wonke umntu eyithetha?
malunga j?

YINTONI ICORONAVIRUS?



I-coronavirus luhlobo intsholongwane intsholongwane.

Iintsholongwane zincinci iintsholongwane ezincinci kangokokuba awunakuzibona.

Kukhanya kangokokuba bangadada emoyeni ngamaconsi amanzi amancinci, kwaye banokuhlala kulusu lwakho ngaphandle kokuva. Ukuba ezinye zezi ntsholongwane zingena ngaphakathi kuwe, zinokusebenzisa umzimba wakho ukwenza ezinye iintsholongwane, kwaye ezo zinokugula.



Zininzi iintlobo ezahlukeneyo zeekoronavirus kwaye ezinye zazo zosulela abantu. Ukuba wosulelekile kwenye yezi coronavirus, kusenokwenzeka ukuba yayimpumlo okanye isikhohlela.



Kodwa xa oku entsha agokubamba ye-coronavirus ingena ngaphakathi umzimba womntu, ibangela isigulo esibizwa ngokuba yi-COVID-19. Xa abantu bethetha "ngokubamba i-coronavirus", bayathetha ngesi sigulo.

UYAQHUTYELE NJANI ICORONAVIRUS?

Kuba le coronavirus intsha, inzululwazi azazi yonke into ngayo okwangoku. Kodwa bacinga ukuba zimbini iindlela eziphambili ezinokubanjwa ngabantu.

Intsholongwane yeCoronavirus ihlala ematyeni nasemilonyeni yabantu. Xa umntu ene-coronavirus ekhohlela okanye egcuma okanye ephefumla, iintsholongwane ziphuma emlonyeni wazo ngamaconsi amanzi amancinci.



Nangona ungaziboni iintsholongwane, ngamanye amaxesha ungabona la mathontsi amancinci. Kwimozulu ebandayo, benza ilifu lesifu! Ke ukuba omnye umntu uphefumle ngengozi emoyeni kunye neentsholongwane zekoronavirus ekuyo, baya kusifumana isigulo.



Kulula ukufumana iintsholongwane zekoronavirus ngaphakathi emzimbeni wakho ezandleni zakho xa uchukumisa impumlo yakho okanye umlomo wakho.

Ukuba umntu onentsholongwane ye-coronavirus ezandleni zabo usebenzisa umnyango, iintsholongwane ezingabonakaliyo zinokuhlala esiseleni kangangeyure. Xa omnye umntu evula umnyango, bafumana iintsholongwane ezandleni zabo.

Kwaye ukuba bachukumisa impumlo yabo okanye umlomo, iintsholongwane zinokungena emzimbeni wabo.



Ke ungabamba kwakhona i-coronavirus ngokuchukumisa izinto umntu osele enayo intsholongwane.

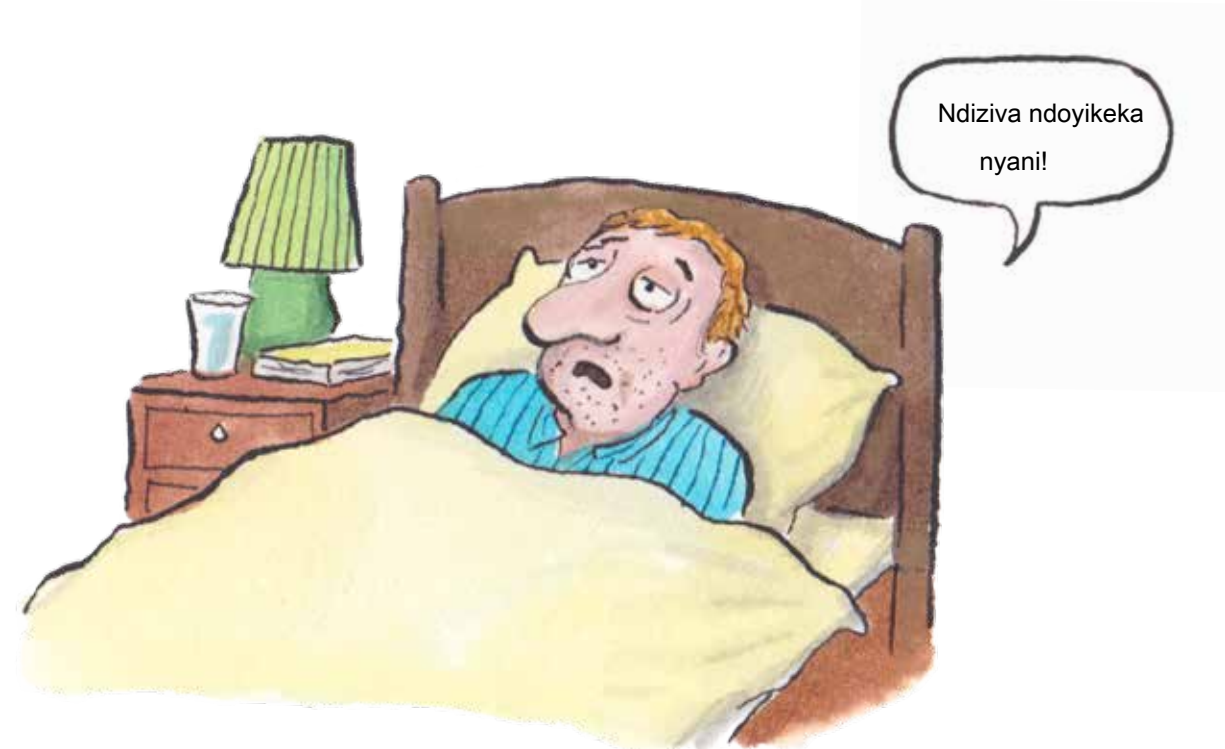
KWENZEKA NTONI XA UTHATHA ICORONAVIRUS?

Abanye abantu, ngakumbi abantwana, abaziva bengekaziguli kwaphela xa befumana ikona. Kodwa zisenazo iintsholongwane ze-coronavirus emzimbeni wazo ezinokuthi zinike omnye umntu ngempazamo.



Xa befumana i-coronavirus, abantu abaninzi bafumana ukukhwehlela kunye namaqondo aphezulu obushushu. Abanye abantu banentloko ebuhlungu okanye iintlungu emzimbeni wonke.

Abantu bahlala begula iintsuku ezimbalwa. Kodwa imizimba zizinto ezimangalisayo. Xa intsholongwane entsha, njengekoronavirus, ingena emzimbeni womntu, imizimba yabo iyazi ukuba le ntsholongwane akufuneki ibekhona kwaye iqalise ukuyibulala.

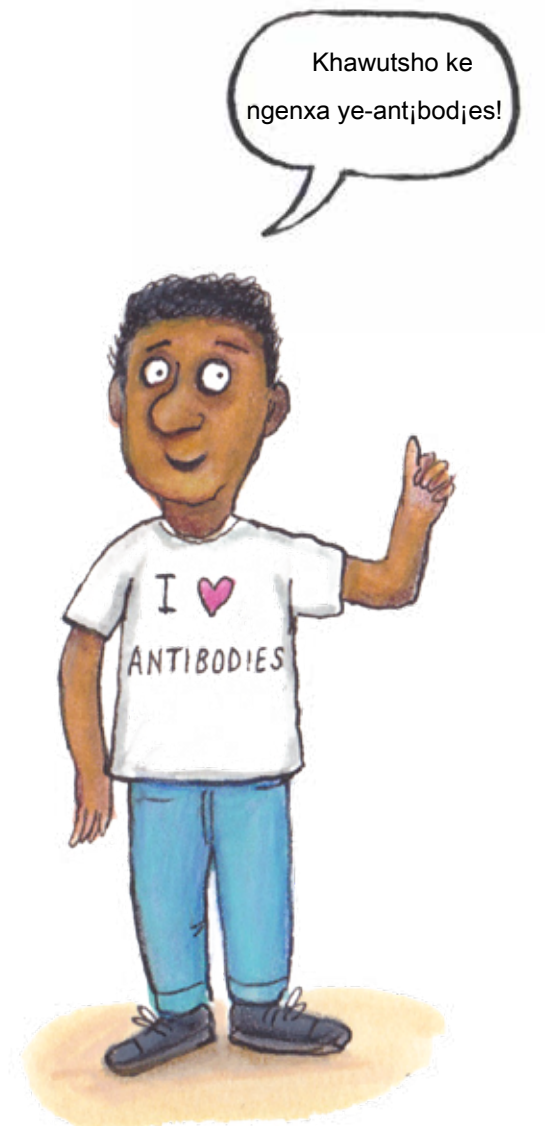


Umzimba unesixhobo esimangalisayo sokulwa neentsholongwane ezibiziweyo

antibodies antibodies. Iiseli ezincinci kwigazi lakho zenza amajoni omzimba ukulwa nesifo ngasinye esihlaselayo. Ii-antibodies zibamba intsholongwane, emva koko iiseli zegazi ziyaginya ziyitshabalalise kwaye emva koko umntu abe ngcono.



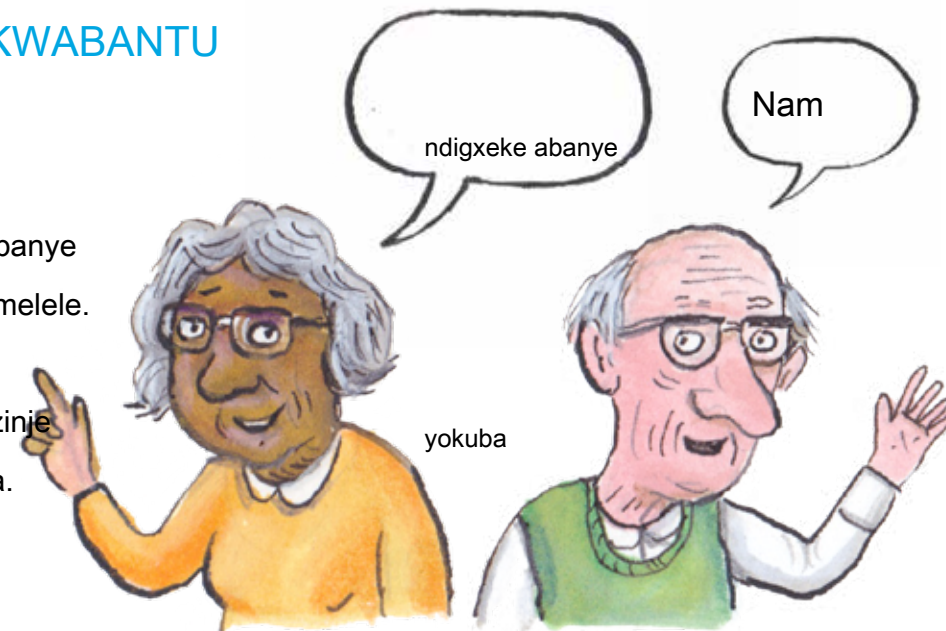
Umntu ngamnye kuthi unezigidigidi ezili-10 iintlobo ezahlukeneyo zokulwa ngaphakathi.



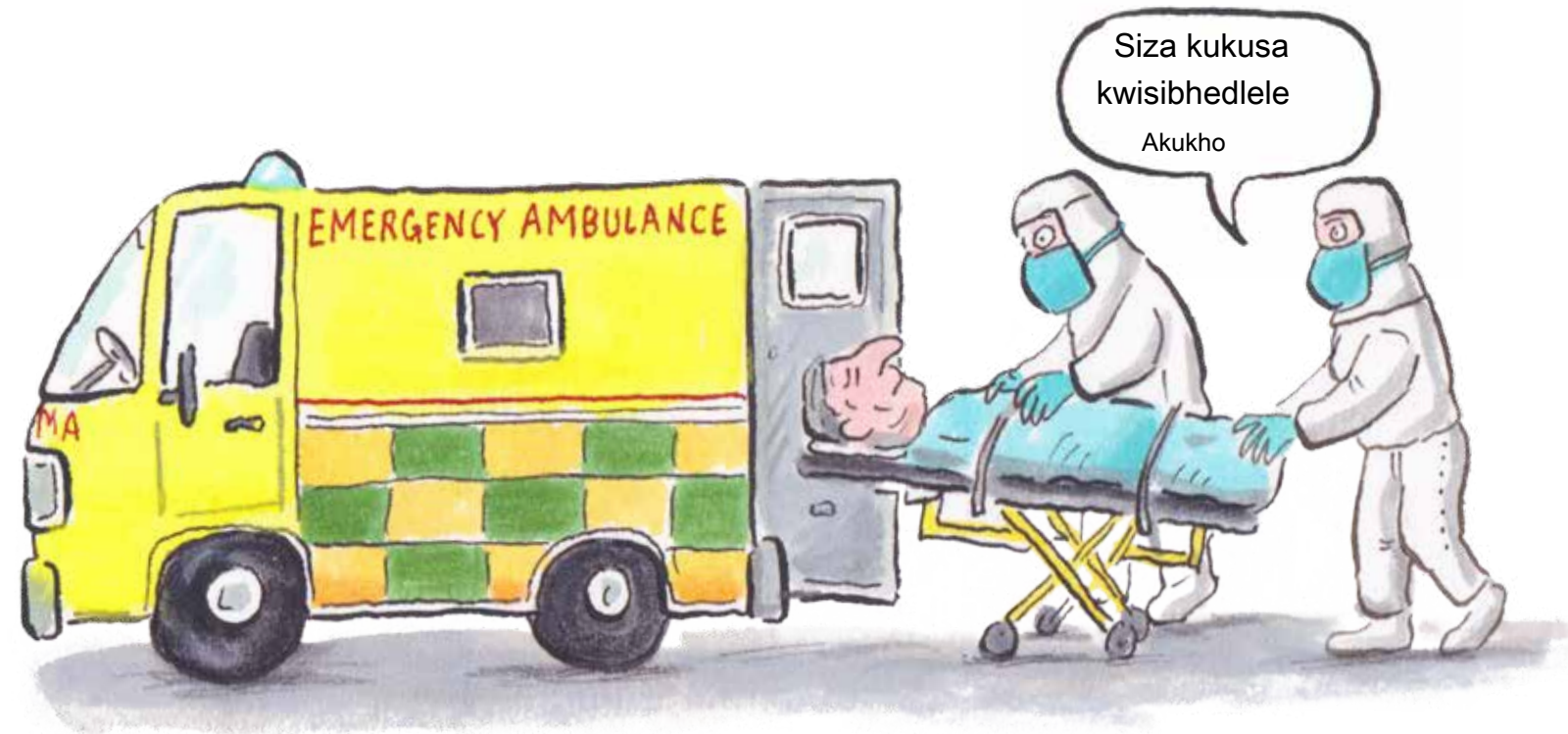
Oko kuthetha ukuba kukho izinto ezahlukeneyo ezingasasebenziyo ngaphakathi kuwe ngoku kunokuba kunabantu emhlabeni!

KUTHENI KUKHONA UKUTHENGWA KWABANTU NGOKUKHANGELA IBANDLA?

Phantse wonke umntu unomzimba osempilweni ngokwaneleyo ukulwa ne-coronavirus. Kodwa kukho abanye abantu abayifumana ilukhuni, kuba imizimba yabo ayomelele. Basenokuba ngabantu abaneminyaka engaphezu kwengama-70 ubudala, okanye esele sinezinye izifo ezinjenge ngomhlaza ezinokwenza imizimba yabo ibe buthathaka.



Bafuna uncedo ngakumbi ukulwa ne-coronavirus. Oku kuthetha ukuba kuya kufuneka baye mfuneko esibhedlele kwaye kungafuneka basebenzise umatshini obizwa ngokuba ngu-a umoya opholileyo umoya opholileyo ukubanceda baphefumle.



Nangona kunjalo, ngamanye amaxesha oku kunganeli ukubanceda baphucule kwaye, ukuba yenzekile, ke ngelishwa banokufa.

Yiyo loo nto aba bantu kudingeka ukuba bahlale ekhaya, kude naphina apho banokubamba khona i-coronavirus.



Abayi kukwazi ukuba neendwendwe. Oko kunokuthetha ukuba awuzukwazi ukuya kwaye utyelele abanye bosapho bakho okwethutyana, ukubanceda ukuba bakhuseleke.



NGABE LUKHONA UQINISEKISO LWE-CORONAVIRUS?

Uninzi lwabantu lubangcono kwi-coronavirus ngokwabo. Kodwa oogqirha kunye nososayensi bafuna ukunceda wonke umntu ukuba enze loo nto ngokukhawuleza nangokukhuselekileyo.

Oogqirha abanalo unyango lwe-coronavirus okwangoku kuba kukugula okutsha. Amanye amayeza osele esaziwa ngoogqirha banokunceda, kuba ke bayazama abantu abagulayo.

Kodwa nokuba ayisebenzi, izazinzulu zikwasebenzela ekwenzeni amayeza amatsha e-coronavirus engazange ibekho ngaphambili.



Enye into ososayensi abasebenza kuyo ngu isitofu sokugonya isitofu sokugonya. .

Ugonyo lonyango olukhethekileyo oluhlala lungena emzimbeni wakho ngelixa usempilweni. Ngaphakathi amayeza abuthathaka okanye aswelekile ziintsholongwane. Ii-antibodies ezisegazini lakho zinokuziqhelanisa nokubulala ezi ntsholongwane, ukuze xa uthe wayifumana le ntsholongwane, ziqale ukulwa ngokukhawuleza iintsholongwane.



Kusenokwenzeka ukuba sele unalo ugonyo xa wawungumntwana. Ke oko kuthetha ukuba awuzukufumana ezinye izifo!



Kuthatha inyanga ezininzi ukwenza amayeza amatsha. Ngaphambi kokuba uyinike abantu abaninzi, kuya kufuneka uqiniseke ukuba ikhuselekile kuye wonke umntu, ke kufuneka uyizame ngononophelo kubantu abambalwa ngexesha. Ke, xa uyazi ukuba iyasebenza kwaye ikhuselekile, kuya kufuneka yanele wonke umntu oyifunayo.

KUTHENI KUFUNEKA IZICWANGCISO OLUNYE ZOKUQHAWULA KAKHULU?

Nangona abantu abaninzi beya kuba ngcono kwi-coronavirus, kubaluleke kakhulu ukuba abantu abagula kakhulu bangayibambi. Oku kuthetha ukuba kufuneka siqiniseke ukuba bambalwa abantu abafumana i-coronavirus, ukuze singazidlulisi kuye nakubani na onokugula kakhulu. Kwaye ukuba uninzi lwabantu luyagula kwaye kuya kufuneka luye esibhedlele ngaxeshanye, ke izibhedlele ziya kuxakeka kakhulu ukuba zigcine abantu ngokufanelekileyo.

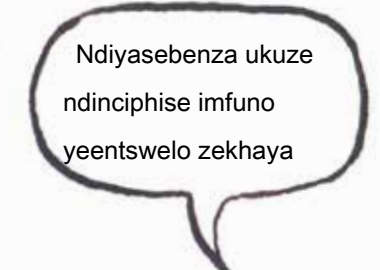
Kulula kakhulu ukufumana i-coronavirus kangangokuba kufuneka silumke kakhulu ukuba singasondeli kakhulu kubantu abangahlali nathi.



Yiyo loo nto zonke iindawo apho abantu abaninzi bahlanganisene khona - njengezikolo kunye neelayibrari - zivaliwe ngalo mzuzu. Urhulumente weli lizwe uthe abantu bangahamba ngaphandle kwamakhaya abo ukuba ngokwenene kunjalo, kufuneka.



Abanye abantu, njengo ggirha okanye abongikazi okanye abantu abasebenza kwiivenkile zokutya okanye abantu abahambisa izinto kumakhaya abo, kuye kufuneka baphume kumakhaya abo baye emsebenzini.

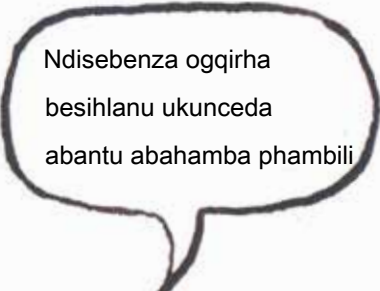


Uninzi lwabantu lungaphumela ngaphandle kwamakhaya abo ukuba bafuna ukuthenga ukutya okanye ukwenza umthambo, kodwa kufuneka balumke kakhulu bangasondeli komnye umntu.



Ukuba wena okanye nabani na kusapho lwakho uyagula, kwaye ucinga ukuba banokuba nayo i-coronavirus, ngekhe uphume ekhayeni lakho iiveki ezimbini.

Sonke kufuneka sihlale ekhaya ukukhusela abantu abaya kukufumana kunzima ukulwa ne-coronavirus.



YENZA NJANI UKUBA EKHAYA LONKE IXESHA?

Ngamanye amaxesha ukuba sekhaya nabantu ohlala nabo kunokuba yinto emnandi kakhulu. Unokwenza izinto kunye ongakhange uzenze xa usesikolweni okanye xa abantu abadala besemsebenzini.



Kodwa ngamanye amaxesha ndiziva ndinesithukuthezi



I-Sometjmes ndiyazilungisa iifrimu zam



Sometjmes ndiziva ndinomsindo



Sometjmes ndiziva ndilusizi

Zonke ezi zizinto eziqhelekileyo ukuba uzive. Kwaye wonke umntu ohlala nawe kusenokwenzeka ukuba uziva ngendlela efanayo ngamanye amaxesha, nokuba bayazama ukungazibonisi.



Unesithukuthezi!



Unesithukuthezi!

Abantu abadala okanye abantu abadala abakukhathaleleyo banokuziva benxunguphele. Ngamanye amaxesha banokuziva bekhathazekile ngomsebenzi. Ngamanye amaxesha kunokuba nzima ukuthenga izinto ezizifunayo zonke, kwaye ezinokubakhathaza nazo.



Unesithukuthezi!



Kodwa kuthekani ukuba ndiziva ndikhathazekile?

Ukuba unexhala, thetha ngexhala lakho kumntu okhulileyo ekujongayo. Ukuba usafunda, mhlawumbi ungathetha notitshala. Okanye unokuthetha notitshala okanye omnye umntu wosapho lwakho kwifowuni okanye usebenzisa ikhompyuter okanye ithebhulethi.

NDINGENZA NTONI UKUZE NDINcede?

Sele unceda kakhulu ngokuhlala ekhaya. Kodwa unokunceda ngokuthatha ukhathalelo olongezelelweyo lokuqinisekisa ukuba awubambisi okanye udlulise i-coronavirus kuye nakubani na.

Ngaba uyazi ukuba iintsholongwane zibulawa ngesepha? Ke ukuba uhlamba izandla zakho ngononophelo kwaye ixesha elide ngokwaneleyo, awuzukubakho zintsholongwane zekoronavirus ezandleni zakho. Unokucula ingoma ngelixa uhlamba izandla zakho uqinisekisa ukuba uzihlamba ixesha elide ngokwaneleyo - lide ngokwaneleyo ukuba licule usuku lokuzalwa olumnandi kabini!



Ukuba kuya kufuneka usule okanye uphephe impumlo yakho, sebenzisa isicubu uze usibeke emgqomeni ngoko nangoko. Khumbula ukuba ndihlambe nezakho izandla, kuba ikhonavirus ihlala kwi-snot yakho kwaye inokungena kwizandla zakho ukusuka kwizicubu.

Ukuba kuya kufuneka ukhohlela okanye uthimle, kwenze kwikona elingaphakathi le-elbow yakho, kungabi sesandleni sakho. Emva koko awukwazi ukunika i-coronavirus kwabanye abantu ngaloo ndlela.



Ukuba wonke umntu uyazenza ezi zinto, uya kwenza umahluko omkhulu!



NDINGENZA NTONI?

Enye into ebalulekileyo onokuyenza kukuba nobubele ebantwini ohlala nabo. Izinto ziya kwahluka kwaye mhlawumbi ziya kuba nzima kuwe.

Ukuba uhlala nabantakwenu noodade, ngamanye amaxesha unokubafumana becaphukisa. Kodwa zama ukungalwi nabo.



Ukuba uhlala nabantu abadala, mhlawumbi ungabanceda ngokwenza oko ucelwe ukuba ukwenze okanye ubanike.



Ukuba awukho esikolweni, yenza umsebenzi wakho wesikolo. Kuya kunceda ukugcina ingqondo yakho ixakekile, ukuze ungabi nesithukuthezi. Kwaye emva koko, xa ubuyela esikolweni, uya kuba ufunde lukhulu!

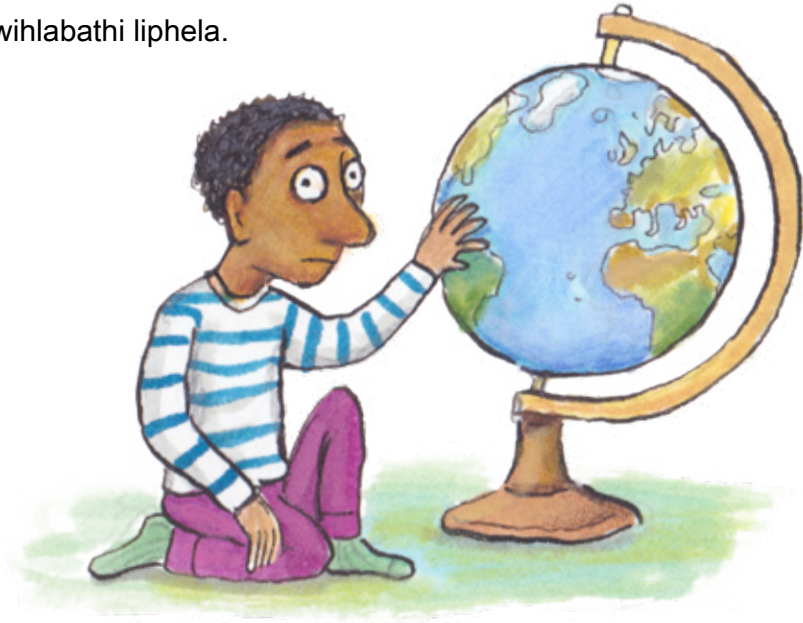
Ukuba awunaso isikrini sakho, thetha ngendlela onokwabelana ngayo ngexesha lesikrini nomntu wonke ofuna oko.

Khumbula, abantu abadala abahlala nawe banokufuneka basebenze ngokunjalo. Ukuba bayayenza, ungabanceda ngokungabaphazamisi xa bezama ukusebenza. Ke baya kwandula amathuba okuba nexesha lokuzonwabisa kunye nawe. Mhlawumbi unokwenza uluhlu lwezinto ongathanda ukuzenza ngazo.



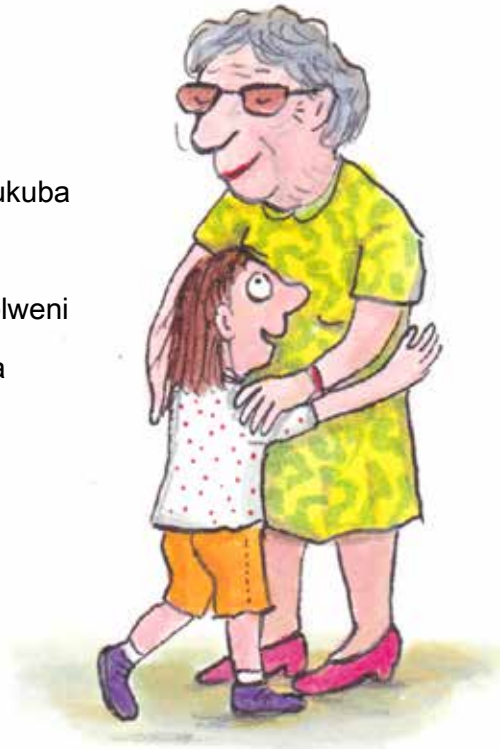
YINTONI EZA KWENZA?

Eli lixesha elingaqhelekanga kuye wonke umntu, kwaye liyenzeka kwihlabathi liphela.



Kodwa ukuba sonke silumkile kwaye sonke sihlala ekhaya, senza konke okusemandleni ukunqanda ukusasazeka kwe-coronavirus. Kwaye oko kunika oososayensi noogqirha ixesha lokuba basebenze ngendlela yokunyanga isigulo kwaye banqande abantu ukuba basifumane ngokupheleleyo ngokusebenzisa amayeza nonyango.

Ngenye imini, kungekudala, nangona kungekho mntu waziyo ukuba leliphi na ixesha, uya kukwazi ukutyelela abantu obathandayo abangahlali nawe, udlale nabahlobo bakho, uphinde uye esikolweni wenze izinto ezininzi ozonwabisayo kodwa awukwazi ukwenza ngoku.



Ngenye imini, eli

xesha ungaqhelekanga

izogqitha.



**Mhle
ngokupheleleyo!**



ULWAZI OLUFUMANELEKILEYO LABantwana

Ukuba ufuna ukufunda ngakumbi kwaye uhlale unolwazi ngeendaba malunga ne-coronavirus: lindaba ze-CBBC

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

Ukuba uziva ukhathazekile okanye unexhala, nantsi amakhonkco kwiindawo ezinokukunceda:

Indawo yomntwana

Inombolo yoncedo yasimahla onokuthi umnxeba ngayo nangaliphi na ixesha ukuba uthethe ngayo nayiphi na inkxalabo onokuba unayo.

Umnxeba: 0800 1111

Banokucebisa ngakumbi apha:

[I-https://www.childline.org.uk/info-advice/your-feelings/anxonomy-stress-panic/worries-about-the-world/coronavirus](https://www.childline.org.uk/info-advice/your-feelings/anxonomy-stress-panic/worries-about-the-world/coronavirus)

Iingqondo zabaNcinci

Isisa esixhasa impilo yabantu abancinci yengqondo. Banokucebisa ngakumbi ngento ekufuneka uyenzile ukuba uziva unexhala apha:

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

Ulwazi oluthe kratya kwabazali, GUARDIANS NABALIMI

IBritish Psychological Society

Ingcebiso ngokuthetha nabantwana malunga nokugula

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

Unxibelelwano

Ulwazi lweCoronavirus lwabazali babantwana abakhubazekileyo

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

Umbutho weLizwe we-Autistic

Izixhobo zeCoronavirus zabantu abaziintsapho kunye neentsapho

[I-https://www.autism.org.uk/services/helplines/coronavirus/resource](https://www.autism.org.uk/services/helplines/coronavirus/resource)

AmaSariya

Inombolo yoncedo yamahhala yeeyure ezingama-24

Inombolo yomnxeba: 116 123

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

I-Unicef

Yintoni ekufuneka uyazi malunga nentsholongwane ukukhusela wena kunye nosapho

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

UKUNCEDA I-NHS

Oogqirha, abongikazi, abaqhubi beenqwelo zezigulana kunye nabo bonke abanye abantu abenza inkonzo yezempilo kwilizwe lethu benza umsebenzi omangalisayo yonke imihla, kodwa basebenza nzima ngelixa abantu begula yi-coronavirus. Ukuba ungathanda ukunikela ngemali ukubanceda, unokwenza apha:

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

Malunga nomshicileli

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www.nosycrow.com

