

ngu-Elizabeth Jenner, Kate Wilson & Nia Roberts

Kufanekiswa ngu **Axel Scheffler**



# I-coronavirus

Incwadi yezingane



Umeluleki: **USolwazi Graham Medley**

Uprofesa weSifo seSifo esiThathelanayo, iLondon School of  
Hygiene & iTropical Medicine

*UNosy Crow wenza le ncwadi ngokushesha, ukuze ihlangabezane nezidingo zezingane nemindeni yazo. Akekho othintekayo okhokhelwe lutho ngomsebenzi wabo.*

*Sithanda ukubonga laba bantu abalandelayo  
okokufaka okuphanayo futhi okunolwazi:*

Axel Scheffler

USolwazi Graham Medley  
Uprofesa weSifo seSifo esiThathelanayo, iLondon School  
of Hygiene & iTropical Medicine

USara Haynes  
UNobhala, Arnhem Wharf Primary School, London

U-Alex Lundie  
Iphini likathishanhloko, i-Arnhem Wharf Primary School, eLondon

UMonica Amashumi amane  
Uthishanhloko, uBen Jonson Primary School

Udokotela uSarah Carman  
Isazi Sezengqondo Somtholampilo se-NHS  
onguchwepheshe Wezempilo Yezingane ne-Adolescent Mental ne-Neurodevelopment

Ishicilelwe okokuqala e-UK ngo-2020 nguNosy Crow Ltd The Crow's Nest, 14  
Baden Place, Crosby Row London, SE1 1YW, UK  
www.nosycrow.com ISBN  
9781839941467

I-Nosy Crow kanye nama-logo ahambisana nawo yizimpawu zokuthengisa kanye / noma  
uphawu lokuthengisa olubhalisiwe lweNosy Crow Ltd

Umbhalo © Nosy Crow, 2020 Illustration  
© Axel Scheffler, 2020

Ilungelo lokuziphatha lowomfanekiso walo msebenzi lifakazelwe nguye  
ngokuya nge-copyright, Designs and Patents Act 1988.

Wonke Amalungelo Agodliwe.

Lo msebenzi unamalayisense ngaphansi kwelayisensi yeCreative Commons Attribution-NonCommerce-NoDerivatives 4.0 Ilayisense Yomhlaba jikelele.  
Ukubuka ikhophi yale layisense, vakashela ku-<http://creativecommons.org/licenses/by-nc-nd/4.0/>  
noma uthumele incwadi ku-Creative Commons, ku-PO Box 1866, Mountain View, CA 94042, USA.

I-Nosy Crow ayinawo amandla okulawula, noma yisiphi isibopho saso, noma yimuphi umbhali noma  
amawebhusayithi avela eceleni okukhulunywa ngawo kule ncwadi. Irekhodi lekhathalogi le-CIP lale ncwadi  
liyatholakala kusuka kumtapo wezincwadi waseBrithani.



Kufanekiswa ngu **Axel Scheffler**

# I-coronavirus

## Incwadi yezingane

ngu-Elizabeth Jenner, Kate Wilson & Nia Roberts

**Umeluleki: USolwazi Graham Medley**

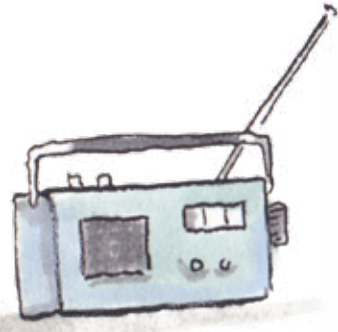
Uprofesa weSifo seSifo esiThathelanayo, iLondon School of  
Hygiene & iTropical Medicine

Kukhona igama elisha okungenzeka ukuthi uke walizwa.

Ungase uzwe abantu bekhuluma ngakho noma ungakuzwa ezindabeni. Leli gama yisizathu sokuthi ungayi esikoleni. Yisizathu sokuthi ungakwazi ukuphuma ngaphandle kaningi noma uvakashele abangane bakho. Kungenzeka kube yisizathu esenza ukuthi abantu abadala noma asebekhulile abakunakekele usekhaya.



Igama elithi



# I-coronavirus



Kodwa yini le futhi kungani wonke umuntu ekhuluma mayelana?

## IYINI I-CORONAVIRUS?



I-coronavirus iluhlobo igciwane igciwane.

Amagciwane ngamagciwane amancane amancane kangokuba awukwazi ukuwabona.

Kukhanya kangokuba angakwazi ukuntanta emoyeni ngamaconsi amancane amanzi, futhi angakwazi ukuhlala esikhunjeni sakho ungazizwa. Uma amanye ala magciwane engena ngaphakathi kuwe, angasebenzisa umzimba wakho ukwenza amagciwane amaningi, futhi lokho kungakugulisa.



Kunezinhlobo eziningi zama-coronavirus eziningi futhi ezinye zazo zithelela abantu. Uma ngabe utheleleke ngalinye lala ma-coronavirus, konke okungenzeka ukuthi wawunekhala elingaxinekile noma ukukhwehlela.



Kepha lapho lokhu okusuka ngokuthi le igciwane le-coronavirus lingena ngaphakathi umzimba womuntu, kubangela ukugula okubizwa nge-COVID-19. Lapho abantu bekhuluma "ngokubamba i-coronavirus", bakhuluma ngalokhu kugula.

## UCABANGELA KANJANI ICORONAVIRUS?

Ngoba le coronavirus intsha, ososayensi abakwazi konke ngayo. Kepha bacabanga ukuthi kunezindlela ezimbili eziphambili abantu abangazibamba.

Amagciwane eCoronavirus ahlala emiphangeni yabantu nasemilonyeni yabo. Lapho umuntu ophethe i-coronavirus ekhwehlela noma ehlabana noma ephefumula, amagciwane aphuma emlonyeni wawo ngamaconsi amanzi amancane.



Yize ungawaboni amagciwane, kwesinye isikhathi ungawabona la mathonsi amancane. Uma kubanda, benza ifu lesifutho! Ngakho-ke uma omunye umuntu ephefumula ngengozi emoyeni ngamagciwane e-coronavirus okukuwo, angakuthola ukugula.



Kulula ukuthola amagciwane e-coronavirus angaphakathi emzimbeni wakho ezandleni lapho uthinta ikhala noma umlomo wakho.

Uma umuntu onegciwane le-coronavirus ezandleni zabo esebenzisa umnyango, amagciwane angabonakali angaphila esiseleni amahora amaningi. Lapho omunye umuntu evula umnyango, bathola namagciwane ezandleni zabo.

Futhi uma bethinta ikhala noma umlomo, amagciwane angangena emzimbeni wabo.



Ngakho-ke futhi ungabamba i-coronavirus ngokuthinta izinto umuntu onegciwane asezithinte kakade.

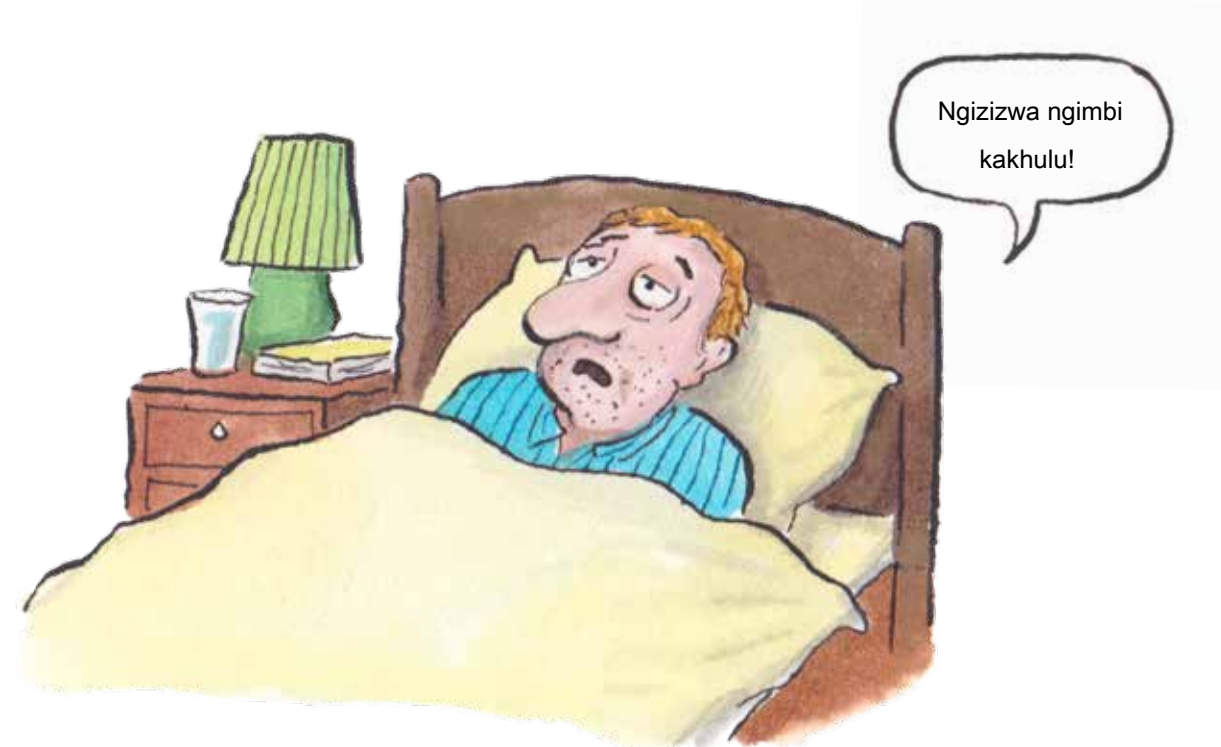
## KWENZEKANI NGAXA UTHATHA I-CORONAVIRUS?

Abanye abantu, ikakhulukazi iningi lezingane, abaze bazizwe begula nakancane lapho bethola i-coronavirus. Kepha basenegciwane le-coronavirus emzimbeni wabo abangalinika omunye umuntu ngephutha.



Lapho bethola i-coronavirus, abantu abaningi bathola ukukhwehlela kanye nokushisa okuphezulu. Abanye abantu babuye banehlangu ekhanda noma ukuqaqamba emzimbeni wonke.

Abantu bavame ukugula izinsuku ezimbalwa. Kepha imizimba iyizinto ezimangazayo. Lapho igciwane elisha, njenge-coronavirus, lingena emzimbeni womuntu, umzimba wabo uyazi ukuthi leli gciwane akufanele libe lapho bese liqala ukuyibulala.



Umzimba unesikhali esimangalisayo esilwa namagciwane abizwa ama-antibodies antibodies. Amaseli amancane egazini lakho enza amasosha omzimba ukulwa nomhlaseli ngamunye ohlukile wegciwane. Ama-antibodies abamba amagciwane, khona-ke amaseli egazi awagwinya awabhubhise bese umuntu eba ngcono.



Ngamunye wethu unezinhlobo ezingaphezu kwezigidigidi eziyishumi zama-antibody ngaphakathi kithi.

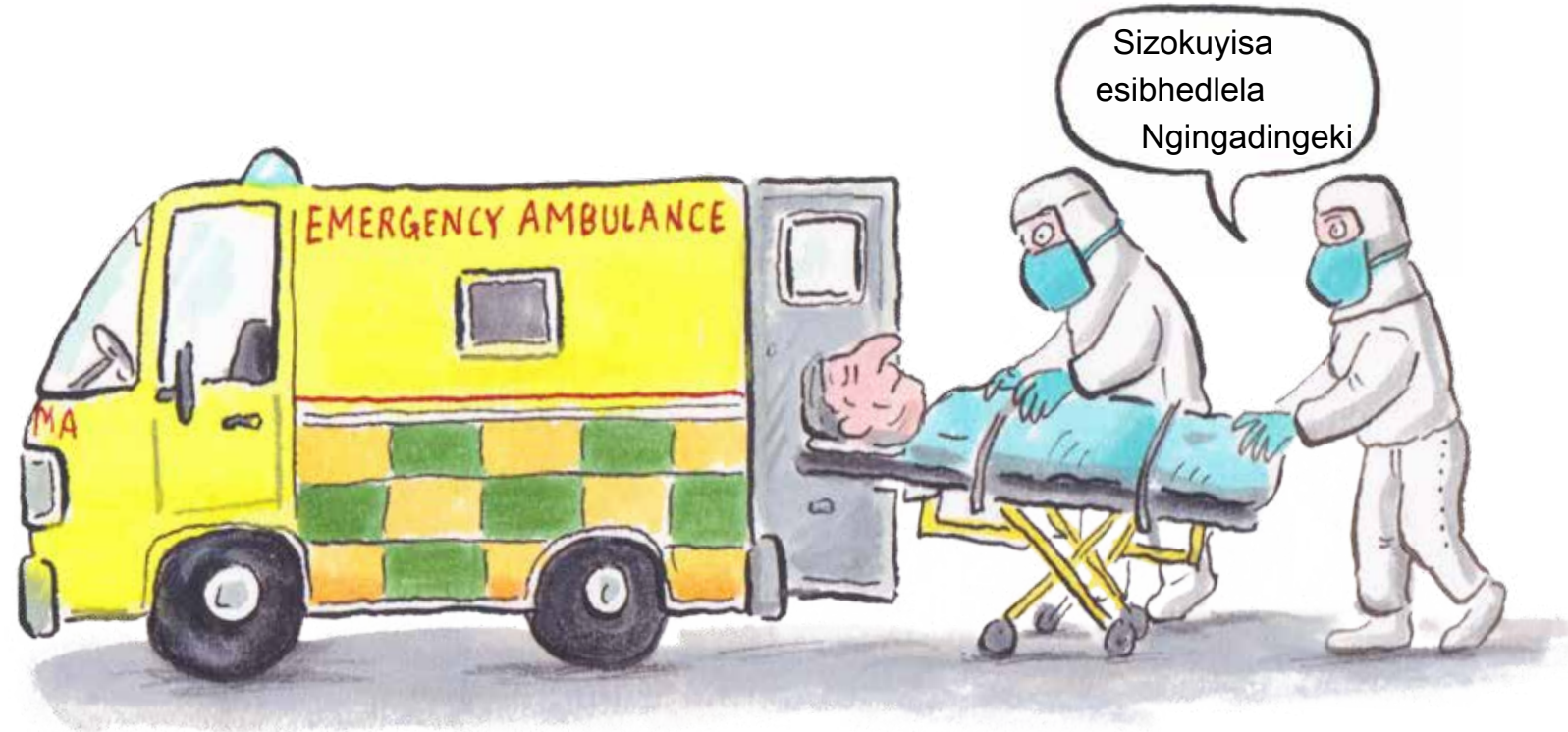
Lokho kusho ukuthi kunama-antibodies ahlukeno ngaphakathi kuwe njengamanje kunabantu emhlabeni!

## KUNGANI BESE BENZELWA NGABANTU NGOKUKHATHA ISAVISIYO?

Cishe wonke umuntu unomzimba ophilile ngokwanele ukulwa ne-coronavirus. Kepha kukhona abanye abantu abakuthola kunzima, ngoba imizimba yabo ayinamandla. Bangaba abantu abaneminyaka engaphezu kwengama-70 ubudala, noma sebenezinye izifo ezifana nomdlavuzi, ezingenza imizimba yabo ibe buthaka.



Badinga usizo olwengeziwe ukulwa ne-coronavirus. Lokhu kusho ukuthi kufanele baye ukuthi esibhedlela futhi bangadinga ukusebenzisa umshini okhethekile obizwa ngokuthi a umsizi umsizi ukuzisiza ziphefumule.



Kodwa-ke, kwesinye isikhathi ngisho lokhu kungahle kunganele ukubasiza ukuba ngcono futhi, uma lokho kwenzeka, khona-ke ngokudabukisayo bangafa.

Kungakho laba bantu kudingeka ukuthi bahlale ekhaya, kude nalapho bangabamba khona i-coronavirus.



Ngeke bakwazi ukuba nezivakashi. Lokho kungasho ukuthi ngeke ukwazi ukuhamba uvakashela omunye umndeni wakho isikhashana, ukusiza ukuwagcina ephephile.



## NGABE KUKHONA ISITOLU SECORONAVIRUS?

Abantu abaningi baba ngcono kuma-coronavirus bebodwa. Kepha odokotela nososayensi bafuna ukusiza wonke umuntu ukuba enze lokho ngokushesha nangokuphepha.

Odokotela abanalo ikhambi le-coronavirus okwamanje ngoba ukugula okusha. Eminye imishanguzo odokotela asebeyazi ngayo kungenzeka bayisize, ngakho-ke bayazama abantu abagulayo.

Kepha noma kungasebenzi, ososayensi basebenza futhi ekwenzeni imishanguzo emisha ngokuphelele ye-coronavirus engakaze ibonwe muntu ngaphambili.



Enye into ososayensi abasebenza kuyo a umuthi wokugoma umuthi wokugoma. .

Umuthi wokugoma umuthi okhethekile ovame ukujojwa emzimbeni wakho ngenkathi uphilile. Ngaphakathi Umuthi ngamagciwane egciwane abuthakathaka noma afile. Ama-antibodies egazini lakho angazijayeza ukubulala la magciwane, ukuze kuthi uma ulibamba lelo gciwane, aqale ukulwa ngokushesha namagciwane egciwane.



Cishe wawunemijovo yokugoma lapho useyingane. Ngakho-ke lokho kusho ukuthi ngeke uthole ezinye izifo!



Kuthatha izinyanga eziningi ukwenza umuthi omusha. Ngaphambi kokuthi uyinike abantu abaningi, kufanele uqiniseke ukuthi kuphephile kuwo wonke umuntu, ngakho-ke kufanele uzame lokho ngokucophelela kubantu abambalwa ngesikhathi. Lapho-ke, lapho uyazi ukuthi kuyasebenza futhi kuphephile, kufanele wenzele wonke umuntu okudingayo.

## KUNGANI IZIMPAHLA ZEHLELO SIYA KUFANELE SIQEDWE?

Yize abantu abaningi bezoba ngcono kuma-coronavirus, kubalulekile impela ukuthi abantu abangagula kakhulu bangakubambi. Lokhu kusho ukuthi kufanele siqiniseke ukuthi bambalwa abantu abathola i-coronavirus, ukuze singayidluliseli kunoma ngubani ongagula kakhulu. Futhi uma abantu abaningi begula futhi kufanele baye esibhedlela ngasikhathi sinye, izibhedlela zizoba matasa kakhulu ukuba zinakekele abantu ngendlela.

Kulula kakhulu ukuthola i-coronavirus okudingeka siqaphele kakhulu ukuthi singasondeli kakhulu kubantu abangahlali nathi.



Futhi yingakho zonke izindawo lapho abantu abaningi bendawonye - njengezikole nemitapo yolwazi - zivaliwe okwamanje. Uhulumeni waleli lizwe uthe abantu bangaphuma kuphela ngaphandle kwamakhaya abo uma ngempela bekhona.



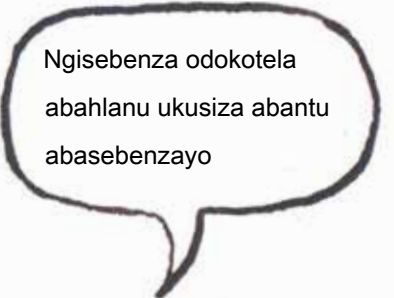
Abanye abantu, njengodokotela noma abahlengikazi noma abantu abasebenza ezitolo zokudla noma abantu abaletha izinto emizini yethu, kufanele baphume emizini yabo baye emsebenzini.



Abantu abaningi bangaphuma futhi emakhaya abo uma bedinga ukuthenga ukudla noma ukuzivocavoca, kepha kufanele baqaphele kakhulu ukuthi bangasondeli komunye umuntu.

Uma wena noma omunye wakho emndenini wakho egula, futhi ecabanga ukuthi kungenzeka ukuthi unayo i-coronavirus, awukwazi ukuphuma ekhaya lakho kwaphela amasonto amabili.

Sonke kufanele sihlale ekhaya ukuvikela abantu abazokuthola kunzima ukulwa ne-coronavirus.



## KWENZEKANI UKUZE EKHAYA SONKE ISIKHATHI?

Kwesinye isikhathi ukuba sekhaya nabantu ohlala nabo kungaba mnandi kakhulu. Ningenza izinto ngokubambisana eningekhe zivame ukuzenza lapho nisesikoleni noma lapho abantu abadala sebesebenza.



Kepha ngezinye izikhathi ngizizwa nginesithukuthezi



Sometimes I like my favor



Sometimes ngizizwa ngithukuthele



Sometimes ngizizwa ngidabukile



Bored!



Bored!

Abantu abadala noma asebekhulile abakunakekela bangase bazizwe bekhathazekile. Kwesinye isikhathi bangazizwa bekhathazekile ngomsebenzi. Kwesinye isikhathi kungaba nzima ukuthenga izinto enizidingayo nonke, futhi ezingabakhathaza nabo.



Bored!



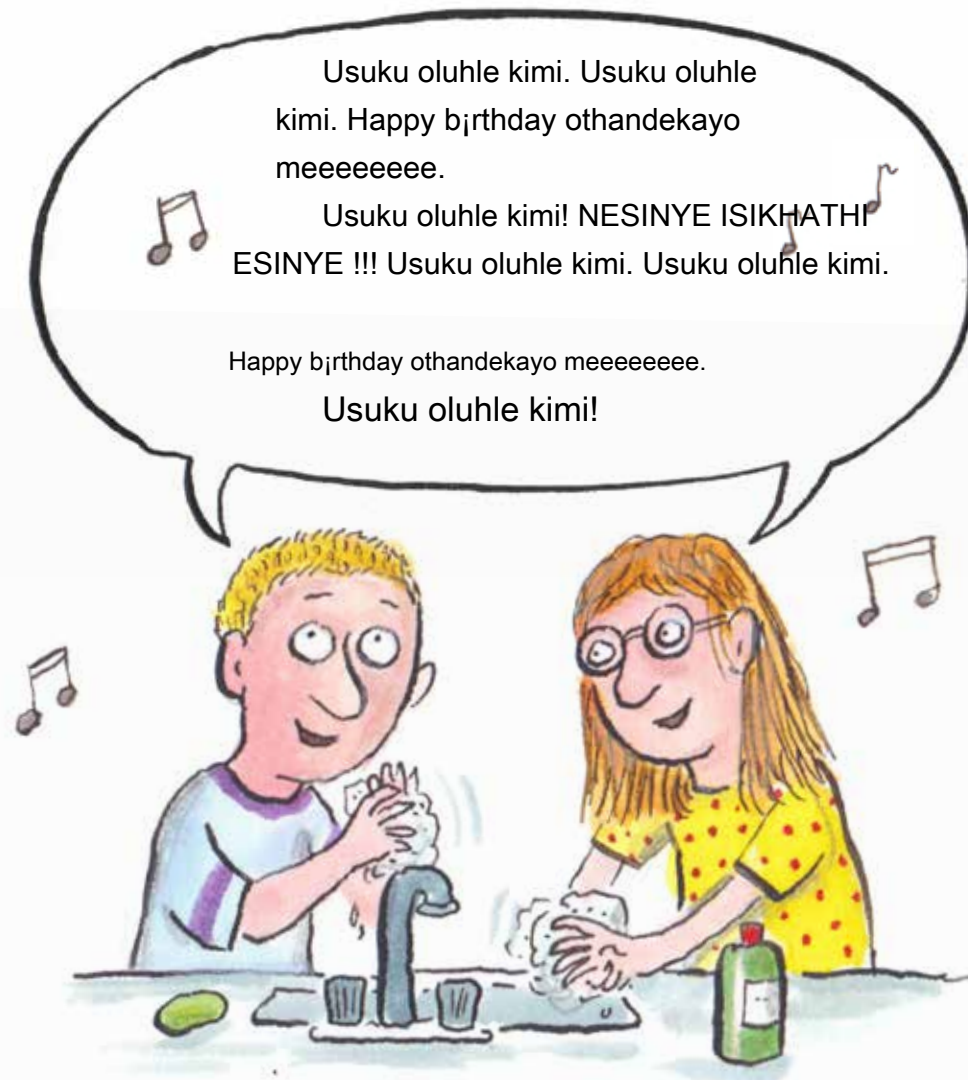
Kepha kuthiwani uma nami ngizizwa ngikhathazekile?

Uma ukhathazekile, khuluma ngezinkinga zakho kumuntu osekhulile okunakekela. Uma usafunda isikole, mhlawumbe ungaxoxa nothisha. Noma mhlawumbe ungaxoxa nothisha noma omunye umuntu emndenini wakho ngocingo noma usebenzisa ikhompyutha noma ithebhulethi.

## Yini engingayenza ukuze ngisize?

Usuvele usiza okuningi ngokuhlala ekhaya. Kepha ungasiza futhi ngokunakekela okwengeziwe ukuze uqiniseke ukuthi awubambi noma udlulisele i-coronavirus kunoma ngubani omunye umuntu.

Ubuwazi ukuthi amagciwane abulawa ngensipho? Ngakho-ke uma ugeza izandla zakho ngokucophelela futhi isikhathi eside ngokwanele, ngeke ube namagciwane e-coronavirus ezandleni zakho. Ungacula iculo ngenkathi ugeza izandla zakho uqiniseke ukuthi uzigeza isikhathi eside ngokwanele - isikhathi eside ngokwanele ukucula usuku lokuzalwa oluhle kabili!



Uma kufanele ukukhwehlela noma ukuthimula, kwenze ekhomeni elingaphakathi lomlenze wakho, hhayi esandleni sakho. Ngemuva kwalokho awukwazi ukunikeza i-coronavirus kwabanye abantu ngaleyo ndlela.



Uma kufanele usule noma ushaye ikhala lakho, sebenzisa isicubu bese usifaka emgqonyeni khona manjalo. Khumbula ukugeza izandla zakho, ngoba i-coronavirus ihlala ku-snot yakho futhi ingangena ezandleni zakho usuka ezicutshini.



Uma wonke umuntu enza lezi zinto, kuzokwenza umehluko omkhulu!

## YINI ENGANINGENZA?

Enye into ebalulekile ongayenza ukuba nomusa kubantu ophila nabo. Izinto zizohluka futhi mhlawumbe zibe nzima kini nonke.

Uma uhlala nabafowethu nodadewethu, ngezinye izikhathi ungabathola becasule. Kepha zama ukungalwi nabo.



Uma uhlala nabantu abadala, mhlawumbe ungabasiza ngokwenza lokho ocelwe ukuba ukwenze noma ukubanikeza ukwanga okukhulu.



Uma ungekho esikoleni, yenza umsebenzi wakho wesikole. Kuzosiza ukugcina ingqondo yakho imatasa, ukuze ungabi nesithukuthezi. Futhi-ke, lapho ubuyela esikoleni, uyobe ufunde okuningi!

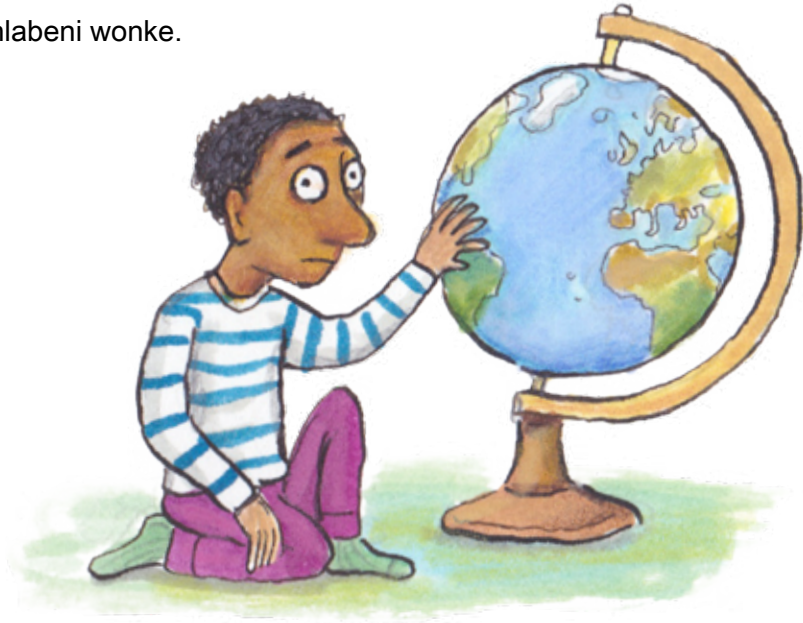
Uma ungenaso isihenqo sakho, khuluma ngendlela ongabelana ngayo isikhathi sesikrini sesikrini nawo wonke umuntu okudingayo.

Khumbula, abantu abadala abahlala nawe kungenzeka nabo basebenze. Uma benza, ungabasiza ngokungabaphazamisi lapho bezama ukusebenza. Lapho-ke bazokwazi ukuthola isikhathi sokwenza izinto nawe. Mhlawumbe ungenza uhlu lwezinto ongathanda ukuzenza nazo.



## KUZWENZELANI?

Lesi yisikhathi esingajwayelekile kuwo wonke umuntu, futhi kwenzeka emhlabeni wonke.



Kepha uma sonke siqaphile futhi sonke sihlala ekhaya, senza konke esingakwenza ukumisa ukusakazeka kwe-coronavirus. Futhi lokho kunikeza ososayensi nodokotela isikhathi sokusebenza sokuthi bangaselapha kanjani lesi sifo futhi mhlawumbe bayeke abantu bakuthole ngokuphelele ngokusebenzisa imithi nomuthi wokugoma.

Ngolunye usuku, kungekudala, yize kungekho owazi kahle ukuthi uzokwenzenjani, uzokwazi ukuvakashela abantu obathandayo abangahlali nawe, udlale nabangane bakho, uphinde uye esikoleni wenze ezinye izinto eziningi ozijabulelayo kodwa awukwazi ukukwenza manje.



Ngolunye usuku,



lesi sikhathi esiyingqaba kuzophela.





## UKWAZI OKWENGEZIWE ZENGANE

Uma ufuna ukufunda kabanzi futhi usesikhathini ngezindaba mayelana ne-coronavirus:

I-CBBC Newsround

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

Uma uzizwa ukhathazekile noma ukhathazekile, Nazi ezinye izixhumanisi zezindawo ezingasiza:

I-Childline

Inombolo yosizo yamahhala ongayishayela noma yisiphi isikhathi ukukhuluma nganoma yikuphi ukukhathazeka ongaba nakho. Ucingo: 0800

1111

Futhi banezeluleko eziningi lapha:

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

Izingqondo Ezincane

Isisa esixhasa impilo yabantu abasha yengqondo. Baneseluleko esengeziwe sokuthi benzeni uma uzizwa ukhathazekile lapha:

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

## UKWAZI OKWENGEZIWE KWABAZALI, GUARDIANS NABALIMI

IBritish Psychological Society

Iseluleko sokukhuluma nezingane ngokugula

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

Ukuxhumana

Iminingwane yeCoronavirus yabazali bezingane ezikhubazekile

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

INational Autistic Society

ICoronavirus izinsizakusebenza zabantu nemindeni

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

AmaSariya

Inombolo yocingo yamahhala yokuxhaswa yamahora

angama-24: I-116 123

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

I-Unicef

Odinga ukukwazi ngegciwane ukuvikela wena nomndeni wakho

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

## UKUSIZA I-NHS

Odokotela, abahlengikazi, abashayeli bama-ambulensi kanye nabo bonke abanye abantu abasebenza ezempilo ezweni lethu benza umsebenzi omuhle nsuku zonke, kodwa basebenza kanzima ikakhulukazi ngenkathi abantu begula yi-coronavirus. Uma ungathanda ukunikela ngemali ethile ukuze ubasize, ungakwenza lapha:

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

## Mayelana nomshicileli

INosy Crow ingowokuwina umklomelo, omncane, nomshicileli wezingane ozimele. Senze le ncwadi yamahhala yedijithali ngoba sinomuzwa wokuthi izingane nabazali bangase bayithole ilusizo. Sishicilela izinhlobo eziningi zezincwadi zezingane ezineminyaka engu-0-12. Ungathola ngabo lapha:

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

