

## Molaetša wa COVID-19 go baimana le batswetši

All messages are available (in different languages and formats) at [www.messagesformothers.co.za](http://www.messagesformothers.co.za)

### A1 Melaetša ya tša maphelo a mmele (E tlaleleditšweka 23 Mosegemanye 2020)

Di hlahlobišitšwe ke sehlopha sa 'Messages for Mothers' ka tekodišišo ya ditsibi

#### Dintlhana

- Melaetša ye ke methopo yeo e boletšwego gape e tlo abjwa ke mafapha a ka gare ga M4M bao ba tsentšhitšwego.
- E ka akaretšwa go NDOH COVID19 ditirelong tša WhatsApp go +27 60 012 3456, Facebook, Corona website, le ditsebišong tša ditirelong tša setšhaba goba go gatišwa go radio.
- Tša go latela ke ditemana tša melaetsa yeo e ka botšišwago ye mengwe e tla latela.
- Melaetša e mengwe e tlo tlaleletšwa ge tshedimošo ye mpfsa ge melao eba gona.
- Tabakgolo ye tee le mokgwa wa P&K le dikgetho di filwe.
- Mokgwa wa **Ketelo ya Ditliniki** (Mokwa wa P&Kt: Ke eng seo se tlwaelegilego nakong ya go ima – Gape ke swanetše ?) E ka mokgwa wa athekele ye nnyane le ka mokgwa wa WhatsApp message
- Methopo: RCOG guidelines and WHO guidelines (referral to SA policy, UNICEF and CDC too)
- Baingwadiši ba bangwadi le balebedišiši di ka fase mo lephapheng. Dienišiale tša bangwadi/balekodišiši di ka fase ga molaetša go ya le ka mošomo wa bona.

#### Diteng

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## 1. KA YONA

### MOKGWA WA P&K: Ke diphetogo dife go baimana le batswetši nakong ye ya COVID-19?

Dika tša COVID-19 di a swana go baimana le batho ka moka. Batho ka moka ba swanetše go itšhireletša gore ba se fetelwe le go fetetsa ba bangwe. O ka itšhireletša ka go:

- **Apara maseke ge o le bathong.** Dira bonnete bja gore maseke wag ago o khupetsa nko le molomo le go lekana gabotse.
- **Hlapa matsogo gantši ka sesepe metsotswana ye 20** (goba šomiša sanithaisa ya go ba le alekhoholo)
- Leka go dira **sekgoba sa dimetara tše 2** go ba bangwe, efoga mafelo ao go tletšigo.
- Efoga go tshwara **sefahlego sa gago.**
- **Hlwekišo ya tša tshepetšo ya mmele.** Se se ra gore ge o gohlolela goba o thimulela godimo ga seja bana goba godimo ga thišu, o swanetše go lahlela ka seolelengmatlakala morago o hlape matsogo metsotswana ye 20.
- **Bula lefasetere** ge go kgonega o hlwekiše bogodimo bja dilo tša ka ntlong ka malepola a manyane a 4 a politšhi ka meetseng a letara ye 1. O beye politšhe kgole le bana.

## 2. Kamo

### Mokgwa wa P&K: Na COVID-19 e ka tshwara moimana?

Baimana gantši ba tshwenyegile ka maphelo a bona le a ban aba bona bao ba se ba sego ba belegwa. Go baimana ba bantšhi, diteko di laetša gore twatši ga e fetele go ngwana goba go ya maswing a lebele.

Go bomma bao e sego ba bantši ba COVID-19, go a kgonega gore twatši e fetele ngwaneng. Eupša ga go nnete ya gore se se diragetše nakong ya boimana goba morago ga go belegwa. Go bohlokwa go tseba gore bana ga se ba belegwa bas a felelela goba ba bajwa kudu. Gape ga gona le bohlatse ba koketšego ya go goma tseleng.

Go fiša kudu ya go hlolwa ke se sengwe go ka hlolwa lešoko la ka pela. Ka gona basadi ba go fisa kudu ba swanetši go ya sepetlele goba kliniking ka potlako.

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## 3. Kotsi

### Mokgwa wa P&K: Na baimana ba kotsing ye kgolo ya go tsena ke COVID-19?

Ka kakaretšo baimana ka moka gantši ba tshwara ke mpsikela, gape bana le dika tse bohloko kudu tša go amana le moukhuhlwane. Kalafi y aditsibi e eletšwa kudu mo baimaneng, eupša ga gona mereana ya go thibela COVID-19. Eupša ge ona le malwetši a khoroniki a go etša TB, madi a magolo, bolwetši bja pelo, HIV, bolwetši bja swikiri goba ona le mmele o montšhi, o ka hwetša COVID-19 go bapetswa le batho ba bangwe. Baimana ba bantši ba go ba le COVID-19 ba ka ikeletša mosepelo ka go dula ka gae. Ye ke nako ya go re baimana ba se fetiši bolwetši bjo. Go ba go sebe ba malwa (ba go se fete 10%) ba hloka sepetlele, kudu mo dikgweding tše tharo tsa mafelelo, mo bassadi ba bntsi ba swanetši go ela hloko go se kekiši bolwetši bjo.

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## 4. Go ya sekaleng sa boimana

### **Mokgwa wa P&K: Ke swanetše go swela pele ke eya kliniking ge ke le mmeleng?**

Ee. Baimana ba swanetse go tšwela pele go ya sekaleng sa boimana. Apara maseke wa lešela. Ge o fihla lifelong leo, o tla botšišwa ka COVID-19, wa lekolwa kelophišo le go sanithaisewa matsogo. Bao ban ago le dika (go fiša, go gohlola ga go oma, mešifa ye bohloko, megolo ye bohloko, go palelwa ke go hema) bat la tla lekolwa ka phaposing ya go ikgetha gape le go dira diteko mohlomongwe. ge ona le dika tsa fase o tla kgopelwa go ikelela mosepelo o le ka gae ge o sa emetše dipelo tsa gago tsa COVID-19. Ge ona le dika tše boima bj.k. go fiša kudu le go palelwa ke go hema o tla šala bookelong.

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## 5. Dika le go dira diteko

### **Mokgwa wa P&K: Ke swanetše go dira eng ge kena le dika tša COVID-19 gape ke neng moo ke swanetšego go dira diteko**

Baimana ka moka ba go ba le dika tsa COVID-19 ba swanetse go dira diteko. Pregnant women with any COVID-19 (go fisa, go gohlola ga go oma, ditšhika tse bohloko, megolo ye bohloko, tahlegelo ya taso le menkgo, go palelwa ke go hema) ba swanetšwe go dirwa diteko. Re kgopela gore o re leletse go (0800 029999) goba kliniking ya go ba le sekala sa baimana go hwetša gore diteko di dirwa kae goba ge go hlokega gore o leletša ampolentshe go re e goiše bookelong ka pela. Apara maseke wa lešela wa go khupetša molomo le nko. Ka nako ye o fihlago ka yona botša moabi wa tša maphelo ka dika tša gago.

Go kaba le hlokego ya didirišwa tša diteko. Ka gona, o tla lekolwa ke ngaka goba mooki morago a go eletša ntle le go dira diteko. Ge didirišwa di ka lekana, baimana ka moka ba tla dirwa diteko pele ba šokwaka gobane ba bangwe ba kaba le yona eupša ba se tsebe. Ge o sa emetše diteko, o tla iletšwa mosepelo ole ka gae.

## 6. Kalafi

### **Mokgwa wa P&K: Ke tla alafiwa bjang ge ke bolaya ke COVID-19?**

Ge o hwetšwa ona le COVID-19

- Ge o le mathomong a boimana, o sa bajwe, a tla laolwa o le gae (go ikeletša mosepelo ) goba wa išiwa lefelong leo gonago le batho goba bao ba ka bago le COVID-19.
- Lebakeng le letelele la boimana (dikgwedi tše 5) o tla laolwa o le ka gae (dika tša magareng e sego lešoko), o tla išiwa lefelong leo gonago le batho goba bao ba ka bago le COVID-19, goba wateng ya boimana ge o tshwerwe ke lešoko.
- Ge ona le dika tša godimo bjalo ka phišo ya godimo le go felelwa ke moya go tla hlokega gore o leletše ampolentshe ya go iša mo ba berekang ka COVID-19 ya go ba le wate ya boimana, moo elego gore go tla nyakega hlokomelo yeo e tseneletšego.
- Ge ona le ngwana , le swanetše go ba mmogo. Apara maseke ka dinako ka moka ge o tshwara ngwana le ge le kopana ka mmele- ka- mmele. Hlapa matsogo pele le morago ga go nyantsha ngwana.

- Bašomi ba tša maphelo ba tla go hlokomela ba aperi diaparpsa tšhireletso le go bea ka lifelong la go hlaolwa go balwetsi ba bangwe. O seke wa belaela ka se;ke go šireletša wena le basadi ba bangwe kgahlanong le coronavirus.
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## 7. Dihlakahlakano

### Mokgwa wa P&K: Ke dire eng ge ke sa ikwe gabotse nakong ya boimana?

Ge ona le dika tša COVID-19 goba dika tša boimana tša go tšhoša bjalo ka lehlapologo, go se šikenyege ga ngwana, go phumega ga mmotse; o swanetše go ya bookelong. Go gohlola ga se gwa swanela go thibela go hwetša thušo le ngwana wa gago ya tša maphelo. Dira bonnete bja go botša mošomi wa tša maphelo dika tša gago tša COVID-19 ge o fihla kliniking.

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## 8. Lešoko

### Mokgwa wa P&K: Go direga eng ge ke ikwa lešoko?

- Basadi ba go ba le COVID-19 goba boa ba kabago le yona ba ka belega gabotse ntle le go belega ka mekgwa e mengwe ya go swana le opharešene. Mmele-go-mmele le go nnyantšha di swanetše go thoma ka pelego.
- Basadi ka moka bao ba yago ka lefelong la go belega ba swanetše go apara maseke wa lešela le go lekodiša dika tša COVID-19.
- Ge eba ona le COVID-19 goba o kaba le yona, o tla alafelwa ka phopošing ya go ikgetha gape batša maphelo bat la apara diaparo tša go itšhireletša. O tla kgopelwa go apara maseke wa setšikhale go efoga gore o se phatlalatše bolwetši go balwetsi ba bangwe le bašomi ba tša maphelo.
- Ge o sena COVID-19, o tla lebelelwa gabotse le balwetši ba bangwe ka phapošing ya baimana.

Le ge thekgo ya basadi nakong ya go šokwa e le bohlokwa, mafelo a mangwe a kano se e dumele nakong ye ya leuba la COVID-19. Se ke ka lebaka la go efoga go ata ga twatši ye go batho bao ba se nago le dika go ya go balwetši ba bangwe, masea a mafsa goba bašomi bja tša maphelo. Ge go kgonega, leka go boledišana le mothekgi wa gago ka founge ge o le lešokong.

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## 9. Diketelo tša kliniki

### Mokgwa wa P&K: Ke dife dilo tšeo di tlwaelegilego nakong ya go boimana-ke swanetše go ya kliniking neng?

#### Mobi-article/Mini-article

Basadi ba bantši ba ikwa ba tshwenyegile ka boimana ba bona nakong ye a Covid-19. Tše ke tše dingwe tša dintlha tšeo di tlwaelegilego boimaneng. Yeo e ka bago letšhogo goba mokhuhlwana, seo e ka bago ka lebaka la letšhogo goba mpsikela, tšeo di ka bago mathata a boimana, le dika tsa COVID-19?

- **Dithebetho tša pelo:** Tše gantši di hlolwa ke kgatelelo ya monagano goba go ngongorega goba go fiša go dira pelo ya gago gore e pompe ka pela. Ge o sa kwe go fiša, e ka sebe COVID 19.
- **Go felelwa le moya:** Baimaneng, popelo ya gago e a gola e ka go dira gore o felelwe ke moya. Nako yengwe madihwebidu a gago a le fase, se le sona se ka go dira gore moya wa gago o be fase. Ge mohemo wag ago o etla ka pela, se e k aba kokwanahloko-ka gona go nyakega kalafi ya ka pela.
- **Go thibana ga dinko, go pipitlelana, go opša ke hlogo:** Tše ke dika tsa mohkhuhlwane goba phišokgolo se ga se dika tsa COVID-19. O ka tšea paracetamol go okobatša dika tše.
- **Go opša ke hlogo:** Boimaneng, basadi ba bantšhi ba opša ke dihlogo. Ga go hlokege gore ba ye go bona ngaka ge ba re morago ga go nwa diela e ba kaone gob age o enwa dibolayabohloko tsa go se be kotsi. Eupša hlogo ya go opa kudu nako ye telele e bolela gore go kaba le se se sego gabotse bjalo ka madi a magolo goba COVID 19 (ge o gohlola le go kwa phišo). *O swanetše go ya kliniking ka potlako le go botša mooki ge o fihla.* Ge hlogo yeo e sa fole goba etla le
  - Go ruruga ga maoto, go gadimega ka mahlong, dimpa tše bohloko, goba
  - O tseba gore ona le madi a magolo goba go
  - fiša

E kgokagantšhe le ba tša boimana ge

- O bona madi
- O kwa bohloko dimpeng
- Ngwana ga a šoti go swana le mehleng

Tše ka moka ga di hlole ke COVID-19 . Eupša tše di ra gore o swanetše go etela lefapheng la tsa boimana.

Ge o eya kliniking, apara maseke wa lešela, o lebe thwii motho yoo a rulaganyang tša go lekodišiša. Go palelwa ke go hema ke selo sa tšhoganetšo Wena goba wa leloko o swanetše go leletša hotline go bona ge eba o hloka ampolentshe ya go ya bookelong.

*Ge eba ga ona bonnete bja gore dika di ra go reng, goba dika tša gago ke tšhoganetšo ye bjang, leletša kliniki goba hotline go hwetsa maele. 0800 029 999*

### **WhatsApp/molaetsa wo kopana**

#### **Nako ya go ya kliniki**

O swanetše go ya kliniki:

- Ka nako ya sekala sa ngwana.
- Magareng ga dinako tša go ya sekaleng ge o bona madi, hlogo ya go opa goba go palelwa ke go hema. O swanetše go dira diteko tša COVID-19.
- Ka tšhoganetšo, ge ona le mathata a go swana le go bona madi, go kwa bohloko kudy dimpeng, ngwana a sa šikinyege; goba o plalelwa ke go hema.
- Ka nako yengwe o ka se be le bonnete bja gore ke mathata goba bjang:
  - Pelo go pompa ka pela e kaba lebaka la kgatelelo ya monagano (Ge go sena go gohlola goba go fiša)
  - Go palelwa ke go hema gannyane go ka hlolwa ke go gola ga mpa.
  - Go thibana ga dinko ke lebaka la mpsikela goba hayfever
  - Go opša ke hlogo e k aba lebaka la kgatelelo ya monagano goba mpsikela. ( geo sa fise le go se okobale ka dibolayadihlabi)

*Ge eba ga ona bonnete bja gore dika di ra go reng, goba dika tša gago ke tšhoganetšo ye bjang, leletša kliniki goba hotline go hwetsa maele. 0800 029 999*

Ka dinako ka moka apara maseke wa lešela, wa go khupetša nko le molom, ge o eya kliniking.

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## **10. Go nyantšha lesea**

### **Mokgwa wa P&K: Afa nka nyantšha lesea ge ke nale twatši ya COVID-19?**

Go nyantšha masea go dumeletšwe go basadi ka moka, re akaretša le bao ba nago le twatši ya COVID-19. Maswi a letswele ke wona ao a loketšego masea ebile a šireletša masea go diphetetšo tša malwetši a go fapanafapana, bjalo o ka tšwela pele go nyanšha.

Go fihla ga bjale twatši ya COVID-19 ga ya hwetšwa maswing a letswele

- Dula o **hlapa diatla ka sesepe tekano ya metsotswana ye 20** pele o nyantšha, ka morago ga go nyantšha le pele o tloša maseke
  - Netefatša gore o latela melao ya tša go hlweka ge o hema: thiba molomo le nko ka bokagare bja seokgola goba ka thišu ge o gohlola goba ge o ethimula, o fetše o lahlele thishu ka mokotlaneng wa datlakala wa go tswalela. Netefatša gore o hlapa diatla ka sesepe tekano ya metsotswana ye 20 ge o fetša.
  - Ge o nale twatši ya COVID-19, netefatša gore o apara maseke goba tuku ya go hlweka ge o nyantšha. O se kgome maseke ge o sa nyantšha goba o sa dutše le lesea.
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## **11. Tlhokomelo ya lasea.**

### **Mokwa P&K : Nka šireletša bjang lesea la ka go kokwanahloko ya COVID-19??**

- Ge o nyantšha: ka go hlapa diatla ga botse pele. Ge o nale twatši ya COVID-19, nyantšha o apere maseke.
  - Swarela lesea kgareng (ruthufatša lesea).
  - Mongwe le mongwe ka gae o swanetše go hlapa diatla kgafetšakgafetša tekano ya metsotswana ye 20 ( goba ba šomiša saniothaesa ya diatla).
  - Kgetha batho ba babedi goba ba bararo ba go thuše ka go hlokomela lesea. Mongwe le mongwe yo a dulago le lesea, o swanetše go hlapa diatla nako le nako tekano ya metsotswana ye 20 pele le moraga ga go swara lesea. Ba swanetše go šomiša maseke wa maitirelo wa go hlweka ge ba le dula le lesea.
  - Ba se kgomakgome difahlego tša bona goba sa lesea.
  - Ga go yo a swanetšego go atla lesea sefahlego.
  - Ge go kgonagala, bangwe ba swanetše go ema kgato ye 1 go iša go tše 2 go tloga go yo a swerego lesea goba go lesea.
  - Ka gae go dule go hlwekile. Šomiša malepolana a mane a sehlwekiši ka gare ga litara ya meetse.
  - Sehlwekiši se dulele kgole le bana.
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## 12. Batswadi ba go šoma

### Mokgwa P&K: Nka šireletša bjang bana ba ka ge ke šoma?

Ge o sa šomele gae, leka go šireletša bana le ba lapa la gago go twatši ya COVID-19.

- Dula ka gae nako ye ntšhi le ye nnyane.
  - Mošomong
    - Aparo maseke wa go hlweka yoo o thibago molomo le nko felele.
    - Leka go **katoga batho dikgato tše 2** ka nako tšohle.
    - **O se ke wa atlana goba go gokara batho.**
      - Se kgome sefahlego.
      - Efoga moo go nago le makgotla.
      - Leka go efoga go swaraswara moo go swaraswarago batho (mabati).  
Ge go hlokgala gore o sware moo go swaraswarago batho nako le nako, o šomiše lešela la go ba le sehlwekiši.
    - Hlapa diatla kgafetšakgafetša ka sesepe tekano ya metsotswana ye 20 (goba šomiša sesepe sa go hlwekiša diatla).
    - O se ye gae le dišomišwa tša mošomong go swana le dipene ge go kgonagala (šomiša ya gago).
    - Hlapa diatla pele o ka apola maseke
  - Ka gae.
    - Ge go kgonagala, hlapa diatla le mmele o fetše o apare diaparo tša go hlweka pele o tsena ka gae.
    - Hlapa diatla ka ge go lawetšwe.
    - Phumula seo o tlogo le sona gae ka sehlwekiši goba o šomiše malepolana a 4 a sehlwekiši ka gare ga litara ya meetse. Sehlwekiši se dulele kgole le bana.
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## 13. Mosekela wa bana

### Mokgwa P&K: Ngwana wa ka ona le dika tša mpsikela. Ke dire eng?

Bana ba na le mokgwa wa go swarwa ke twatši ya COVID-19 ya kgabagareng ge ba ka tshwaetšwa, efela ba ka tshwaetše ba bangwe ga bonolo. Ka ge re tsena sehle sa mpsikela, ka nako ye bana ba ka fetelwa ke malwetši a mangwe ntle le twatši ya Corona. Dika tša go hlolwa ke ditwatši tše, di ka swana le tša COVID-19. O swanetše o latele melao ya tša hlweko go efoga COVID-19:

- **Hlapa diatla** kgafetšakgafetša ge go kgonega ka sesepe tekano ya metsotswana ye 20 (šomiša sehlwekiši sa diatla).
- **Dula ka gae.**
- Ge o nyantšha, tšwela pele ka go nyantšha.
- Ruta ngwana wa gago gore a se **kgomakgome sefahlego.**
- Ruta ngwana wa gago hlweko ka **tša go hema.** Se se šupa gore ngwana a thibe molomo le nko, go gohlolalele le go ethimulela ka bokagareng bja seokgola goba ka gare ga thišu. Ngwana o swanetše go tseba gore morago ga go šomiša thišu, o swanetše go e lahlela ka gare ga mokotlana wa ditlakala wa go tswalela a fetše a hlape diatla ka sesepe tekano ya metsotswana ye 20.
- Ngwana wa gago ga se a swanela go atla le go gokara batho bao ba nago le dika tša mpsikela.

**Ge ngwana wa gago a nale phišo, ge a gohlola goba a šitwa go hema, nyaka thušo ya ka pela go ba tša maphelo.** Go hwetša tshedimošo gore o ka dira eng goba o ka leba kae, ikgokaganye le ditsebi ka nomoro ya COVID-19 ya mahala ka tšhoganetšo go (0800 029 999/0800 111 132).

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#### **14. Phetetšo ya COVID-19 ka ngwana.**

**Mokwa P&K: Na bana ba go ba le twatši ya COVID-19 ba ka fetetša twatši ye go batho ba bangwe?**

Ee. Bana ba ka lebelelega ba itekanetše goba e le COVID-19 ya kgabagareng, efela ba ka tshwaetša batho ba bangwe. Ge go kgonagala, bana ba swanetše go katološwa kgole le batho ba bagolo bao ba nago le malwetši a go swana le malwetši a mafahla (TB, kgetla, bolwetši bja swikiri le a mangwe malwetši a šoro. Bana ba bannyane ba swanetše go katološwa kgole le batšofe ba mengwaga ye 60 ka ge batšofe ba go ba le COVID-19 ba ka lwala kudu go feta baswa.

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#### **15. Maloko a ka gae**

**Mokwa P&K: Nka šireletša ngwana wa ka bjang kgahlanong le COVID-19 ge ke dula le leloko la gešo ebile ba bangwe ba sa šomele ka gae?**

Ge o dula le leloko o swanetše go latela melao ya tša tlhweko kgahlanong le tshwaetšo ya COVID-19 bjalo ka batho ka moka. Wena le ngwana wa gago le ka itšhireletša ka go:

- **Hlapa diatla** kgafetšakgafetša ka sesepe tekano ya metsotswana ye 20 (šomiša sesepe sa go hlwekiša diatla).
- Leka **go ikgaoganya ka dikgato tše 2** le batho, ge go kgonagala efoga melokoloko ya batho.
- Efoga go **swaraswara sefahlego.**
- Netefatša gore o latela melao ya **tša go hlweka ge o hema.** Se se šupa gore thiba molomo le nko ka bokagare bja seokgola goba ka thišu ge o gohlola goba ge o ethimula, o fetše o lahlele thišu ka mokotlaneng wa ditlakala wa go tswalela. Netefatša gore o hlape diatla ka sesepe tekano ya metsotswana ye 20 ge o fetša



- **Se ke wa dumelela maloko a geno a swara lesea ntle** le gore ba hlape diatla ga botse pele le ka morago ga go swara lesea le gore ba apare sethiba nko le molomo sa maitirelo seo se hlwekilwego sa go thiba nko le molomo ka nako tšohle
- Efoa go **atla lesea molomong goba sefahlegong**.
- **Bula matsikangope** ka nako tšohle ge go kgonagala o fetše o hlwekiše ka ngwakong ka go šomiša malepolana a ma 4 ka gre ga litara ya meetse. Politšhi e bolokelwe kgole le bana.

Ge o a nale phišo, ge o gohlola goba go šitwa go hema, nyaka thušo ya ka pela go ba tša maphelo. Go hwetša tshedimošo gore o ka dira eng goba o ka leba kae, ikgokaganye le ditsebi ka nomoro ya COVID-19 ya mahala ka tšhoganetšo go (0800 029 999/0800 111 132).

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## 16. Thibelabolwetši.

**Mokgwa P&K format: Nka iša lesea la ka thibelong ya malwetšwi?**

Ee. Lesea la gago le swanetše go išwa thibelong ya malwetši bjalo ka setlwaedi. Mmušo o boletše gore thibelo ya malwetši go masea e bohlokwa. Ge o kgona go ya kliniking, itlhokomele mo tseleng o latele melao ya go itšhireletša. Aparo maseke o se ke wa se swaraswara. Hlapa diatla tekano ya metsotso ye 20 ka sesepe pele le morago ga go šomiša diatla le morago ga go ba ka gare ga lešaba la batho re akaretša le ka dinamelweng tša bohle. Ka kgopelo re botše maina a dikliniki tše di sa hlwelago di fana ka thibelo ya malwetši go nomoro ya mahala ya COVID-19 ya tšhoganetšo (0800 029 999/0800 111 132).

Ge go kgonagala, **swara ba kliniking ya geno ka mogala pele** go nyakišiša gore dipeakanyo tša thibela bolwetši di beakantšwe.

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## 17. Go thoma lapa.

**Mokgwa P&K: Nka kgona go ya kliniking ka tša go thoma lapa ka nako ya COVID19 le ka nako ya dikiletšo tša mesepele?**

Ee. O ka kgona go hwetša thušo ka ditirelo tša go thoma lapa kliniking ya geno. O leke go hwetša gore dipeakanyo di fetotšwe goba di šotišitšwe. E be le bonnete bja gore o tšwela pele ka tša go thoma lapa ka nako ye go thibela mpa. Gopola gore kgotlopo e go šireletša kgahlanong le go ima, ktwatši ya HIV le malwetši a mangwe a go fetela ka thobalano. Ge o ikemišeditše go ima, go kaone o emele gore COVID-19 e fihle bofelong.

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## 18. Senamelwa sa bohle

**Mokwa P&K:** : Ke mmeleng ebile ke šomiša dinamelwa tša bohle, nka ya kliniking?

Ge go kgonagala, itshepelele ge o e ya kliniking go efoga go ba kgauswi le mašabašaba a batho. Ge go hlokagala gore o šomiše pesana, leka go šia sekgoba magareng a gago le banamedi. O swanetše go latela ditaello ka moka go itšhireletša kgahlanong le tshwaetšo ya COVID-19 bjalo ka bangwe. O ka ithuša ka go itšhireletša ka go:

- Apara **maseke** wa gago wooo thibago nko le molomo felele ge o le mafelong a bohle.
- **Hlapa diatla** kgafetšakgafetša ge go kgonagala tekano ya metsotswana ye 20 ( šomiša sehlwekiša diatla).
- Leka go ba kgole ka **dikgato tše 2** le batho o be o efoga mafelo a go tlala batho.
- Efoga go **swaraswara sefahlego** sa gago.
- Netefatša gore o latela melao ya tša go **tlhweko ge o hema**: se se šupa gore o gohlolalele le go ethimulela ka bokagareng bja seokgola
- Efoga go šomiša dinamelwa tša bohle ge go se na sekgoba magareng ga banamedi le ge ba bengwe ba sa apare sethiba nko le molomo.

**Ge o na le phišo, ge o gohlola goba go šitwa go hema, hwetša thušo ya ka pela** go ba tsa maphelo. Go hwetša tshedimošo gore o ka dira eng goba o ka leba kae, ikgokantšhe le ditsebi ka nomoro ya COVID-19 ya mahala ka tšhoganetšo go (0800 029 999/0800 111 132).

Ge go šitwa ga go hema go o gateletše o palelwa ke go bolela ga botse o na le sehlabi mo kgareng, o tlo hloka ampulentshe ya go o iša bookelong ka tšhoganetšo.

Basadi bao ba ithwelego le bao ba sa tšwago go belega gammogo le bao ba tshwaeditšwego ka twatši ya COVID-19 ba swanetše go ya **sekalleng ka matsatši ao a beilwego** bjale ka setlwaedi.

Ge go kgonagala, **šomiša mogala pele o ka ya kliniking** go hwetša ge go nale dipeakanyo tšeo di ikgethilwego tša go etela batho bao ba ithwelego le bao ba tšwago go belega

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## 19. Maseke

**Mokgwa P&K: Ke swanetše go ba ke maseke? Ge go le bjalo, ke mehuta efe ya dimaseke yeo ke swanetšego go e apara le gona nka e hwetša kae?**

Ee. O swanetše go apara maseke mafelong a go ba le batho. Dimaseke di thuša go thibela twatši gore e se phatlalale le moya ya tshwaetša batho. Le ge motho yo mongwe a ikwa gabotse, a ka ba le yona twatši gomme a e phatlalatša. Dimaseke di bolokegile le go lokela batho.

Dikeletšo tša maseke

O se **adimišane** ka maseke.

**O be le dimaseke tše pedi** gore se sengwe se dule se hlwekile ebile se loketšwe go ga šomišwa.

- Maseke wa gago o swanetše go lekanela go thiba nko le molomo.
- Nako le nako ge o se šomišitše, o swanetše o **hlatswe** ka meetse a borutho le ka sesepe gomme ge o fetša o **anege** le go se phurulla.
- se ke wa kgoma bokarare bja maseke ge o se apara le go se tšola.

- Ge o apere sethiba nko le molomo sa gago o se se kgomakgome, go se hlobola ge o bolela le go swaraswara sefahlego
- Ge o nyaka go ja, hlobola maseke wa gago o boloke moo o ka se kgone go phatlalatša kokwanahloko. Mohlala: ka gare ga mokotlana (tšhekase)
- Morago ga go hlobola maseke sa gago ka letšatši, netefatša gore o hlapa diatla ga botse le go hlatswa maseke wa gago.

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## 20. Bana bao ba bilego hleng le batho ba go ba le kokwanahloko ya COVID-19

**Mokgwa P&K: Go na le motho ka gae yoo a swerego ke COVID-19. Nka dira eng ka ge ke tshwenyega ka bophelo bja ngwana wa ka?**

Ge bana ba ka tshwaetšwa ka twatši, gantši ba swarwa ke COVID-19 ya kgabagareng go fapana le batho ba ba golo.

Bana ba bangwe ba ka lwala kudu ka ge ba swerwe ke COVID-19, kudu boa ba sa itekanela go swana le ge ba e na le phepompe, bolwetši bja mafahla (TB), twatši ya HIV, asema le a mangwe malwetši a kgara re akaretša le malwetši a khoroniki.

Ge ngwana wa gago a ka lwala, e ka ba e le COVID-19 goba mathata a mangwe a tša maphelo. Ge o tshwenyegile:

- Ge o nagana gore ke taba ya tšhoganetšo, ikgokaganye le ba ampulentshe ka mogala o ba botše gore ngwana yo o bile kgauswi le motho yoo a swerego ke COVID-19.
- Ge ngwana wa gago a na le malwetši a šoro a khoroniki, ikgokaganye le ba kliniking ya geno goba ngaka ka mogala go hwetša maele.
- Ge ngwana wa gago e be a itekanetše mmeleng, ikgokaganye le ba kliniking ya geno ka mogala mabapi le tshedimošo.
- Ge ngwana wa gago a gapeletšega go ya bookelong, motho yoo a itekanetšego a se a swarwa ke COVID-19, o swanetše go iša ngwana yoo bookelong ka fase ga tšhireletšo le go latela melao ya go itšhireletša.
- Motho yoo o swanetše go botša ba tša maphelo gore ngwana yoo o bile kgauswi le motho yoo a swerego ke COVID-19.
- Motho yoo o swanetše go apara maseke. Ge ngwana yoo a le ka godimo ga mengwaga ye 2 o swanetše go apara maseke.
- Go kaone ge go ka ba le motho yoo a dulago le ngwana bookelong. Ge motho yoo a ka šalago le ngwana a se gona, bahlokomedi ba swanetše go hwetša dinomoro tša mogala tša kantorong yeo ngwana a amogetšwego go yona. O ka letšetša nomoro ya mahala ya tšoganetše COVID-19 mabapi le thušo le tshedimošo. (0800 029 999 / 0800 111 132).

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## 21. Go apara maseke ga bana

**Mokgwa wa P&K: Bana ba swanetši go apara maseke wa sethiba nko le molomo?**

Bana ba go feta mengwaga ye mebedi ba swanetše go apara maseke wa go thiba molomo le nko ka dinako ka moka ge ba etšwa ka gae. Gape ba swanetše go dula bokgole bja dimetara tše 2 go tloga go motho. Se ke bogolo bja mpete.

Eupša, ngwana ga **se a swanela** go apara maseke ge

- A sa kgone go hema gabotse ge a apere maseke.
- Ge a tshwaratshwarana le maseke le sefahlego gantši.
- Ba palelwa ke go hlobola maseke ka bo bona ka lebaka la bogolofadi.
- Bale ka fase ga mengwaga ye 2

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### **Bangwadi le balekodišiši**

1. **Professor Susan Fawcus**, Emeritus Professor and Senior Scholar, Dept Obstetrics and Gynaecology, University of Cape Town; Public sector obstetric specialist (MA, MBCh. FRCOG)
2. **Associate Professor Simone Honikman**; Director, Perinatal Mental Health Project; Alan Flisher Centre for Public Mental Health; Department of Psychiatry and Mental Health, University of Cape Town (MBChB; MPhil in MCH); Expert Committee member Standard Treatment Guidelines and Essential Medicines List (Hospital Level); Contributor to development National Framework and Guidelines for Maternal and Neonatal Care during a crisis, COVID-19 response, for Director of Maternal and Neonatal Health, NDoH
3. **Sally Field**, Project Co-ordinator, Perinatal Mental Health Project; B.Soc Sci Psychology and Sociology, UCT, BA hons Psychology, Rhodes University, MA Video for Development, University of Southampton
4. **Dr Natasha R Rhoda**, National Perinatal Mortality and Morbidity Committee vice-chair (NDOH); HCU Neonatal Medicine, Mowbray Maternity Hospital; MBChB (UCT), FCPaed(SA), Certificate in neonatology(SA)
5. **Dr ME Patrick** (FCPaed); Research Centre for Maternal, Fetal, Newborn & Child Health Care Strategies, University of Pretoria, South Africa; Department of Paediatrics, Grey's Hospital, Pietermaritzburg, South Africa; School of Clinical Medicine, College of Health Sciences, University of KwaZulu-Natal, South Africa; Executive member: Child Healthcare Problem Identification Program (Child PIP)
6. **Dr James Nuttall**; Paediatrician and Paediatric Infectious Diseases Specialist; Senior Specialist and Senior Lecturer at Red Cross Children's Hospital and the School of Child and Adolescent Health, University of Cape Town; President of South African Society of Paediatric Infectious Diseases (SASPID)
7. **Dr Fathima Naby** Paediatric Infectious Disease Specialist; Pietermaritzburg Metropolitan Hospitals; Affiliated to KZN Provincial Outbreak Response Team
8. **Professor Priya Soma-Pillay** Professor and Head – Obstetrics, Department of Obstetrics and Gynaecology, University of Pretoria
9. **Dr Kopano Matlwa Mabaso**, Executive Director, GrowGreat, MBCHB (UCT) Masters in Global Health Science (Oxford University); DPhil (PhD) in Population Health (Oxford University)
10. **Professor Welma Lubbe**; PhD; M.Tech; RN; Adv M, NE, Associate Professor, School of Nursing Science, North West University

## A2 Melaetša ya tsa maphelo ya monagano (E tlaleleditswe ka 23 Mosegamanye)

### Dintlhana

- Melaetša ye e bolwetše gape e tlo abjwa ke PMHP le dikgoro tše dingwe tša Messages for Mothers (M4M) dikopane. Ditswerwe go <https://pmhp.za.org/messages-for-mothers/>
- Melaetša ye mengwe e gona ka mekgwa ya diswantšho, diathekele tše nnyane, le dikgatišo tša moyeng
- Melaetsa ye e fetoletše goo Afrikaans, isiXhosa le isiZulu
- Ka hyperlinks, di ka nyalelana, go ya ka tshwanelo
- E ka akaretšwa ka NDOH COVID19 ditirelong tša WhatsApp go +27 60 012 3456, Facebook, Corona website, le ditsibišong tša setšhaba goba go gatišwa rading
- Tša go latela ke ditemana tša melaetsa yeo e ka botšišwago ye mengwe e tla latela.

### Diteng

1. Go laola kgatelelo ya monagano bjalo ka mma nakong ye ya COVID-19
  2. Go lwantšhana le tlhorišo ya tsa ka malapeng nakong ye ya COVID-19
  3. Go fenywa kgatelelo ya monagano, botšhogi le bogobja nakong ya COVID-19
  4. O tseba bjang gore o tshwenyega kudu kudu?
  5. HO tseba bjang gore ona le kgatelelo ya monagano?
  6. Nka phela bjang ka diphetogo tša ka tsela yeo ditirelo di abiwago ka gona?
  7. Naa nka šogana bjang le megopolo ya go seloke goba ya go ipolaya nakong ye ya COVID-19?
- Baingwadiši le bangwadi ba bangwe le balekodišiši.

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### 1. Go laola kgatelelo ya managano bjalo ka mma nakong ya COVID-19

Bjalo ka mma, o swanetše goba o tshwenyega kudu nakong ye ya COVID-19. Tše ke dintlha tše o ka di šomišago nakong ye. O ka dira se!

1. Lebelela, efa leina le go amogela maikutlo a gago.
2. Fokotša nako ya gago ya go lebelela ditaba ge di go imela.
3. Hwetša ditlha tša maleba go tšwa mothopong wa go tshepega fela. Gona le ditaba tsa maaka tše ntšhi.
4. Dira dilo tše boleta go tloša monagano wag ago mo lebakeng le.
5. Kgotela thekgo go tšwa go balapa, bakgotši le goba badirelaleago.
6. Ge go kgonega, go thuša ba bangwe nakong ye go ka go dira kaone.

### Helplines (Tšwela pele go leka e kaba e sa šomišwa)

- South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) – ena le megala ye mentšhi 0800 21 22 23 goba 0800 456 789 goba 0800 20 5026 le ye mengwe
- Lifeline general 0861 322 322 le ya AIDS nomoro ya mogala 0800 012 322

- SANCA ya Alcohol le mathata a diokobatši mogala wa WhatsApp 076 535 1701
  - Childline 0800 055 555
- 

## 2. Go Iwantšhana le tlhorišo ya ka malapeng nakong ya COVID-19

Gob aka gae nakong ye ya COVID-19 go ka oketsa dihlorišo tša badi le bana. Ge se se go hlagela dintlha tša go thuša ke tše:

- Eba le **leano la tšhireletšo**. Have a **safety plan**. Phela o tšhatšhešitše founo ya gago le go reka athaeme. Beya dinomoro tša tšhoganetšo ka founong ya gago. Phela o pakile morwalo wa tšhoganetšo. Botša ban aba gago leano leo.
- O ka kgopela maphodiša **protection order**.
- **Go-itlhokomela**. Hwetša boroko bjoo bo lekanego, eja dijo tša maleba, itšhudulle ge go kgonega. Dira tšeo o ka di kgonago go tloša kgatelelo ya monagano.
- **Ikgokagantšhe** le bagwera, bakgotsi, sehlopha sa go thekgana goba le modirelaleago ka founo gobaonline.
- Gopola – O swanetše go bolokega. Ke tokelo ya gago.

**Helplines** (Tšwela pele go leka e kaba e sa šomišwa)

- South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) – ena le megala ye mentšhi 0800 21 22 23 goba 0800 456 789 goba 0800 20 5026 le ye mengwe
  - Lifeline general 0861 322 322 le ya AIDS nomoro ya mogala 0800 012 322
  - SANCA ya Alcohol le mathata a diokobatši mogala wa WhatsApp 076 535 1701
  - Childline 0800 055 555
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## 3. Go fenya kgatelelo ya monagano, botšhugi le bokgoba nakong ya COVID-19

Ka nakong ye ya COVID-19, Batho bao ba nago le kgatelelo ya monagano, botšhugi le bokgoba ba kaba ba ikwa šoro. Ye ya kwišišega.

1. Ge o le **mereaneng**, o seke wa e fetola ntle le go botša ngaka ya gago.
2. Ge ona le mokhanselara, dira bonnete bja gore o bolela le yena ka founu goba online.
3. Ge o sena mokhanselara, eupša o sa ikwe gabotse, leletša **helpline** –bona dintlha tšeo di latelago.
4. Šomiša **internet** go hwetša thušo ya online
5. Gopola diokobatši le bjala ga di tlile go fa mathata kudu marago ga tšona.
6. Hwetša **thekgo**. Ikgokagantšhe le bagwera le ba lapa online goba ka founo ka mehla.
7. **Itlhokomele**. O seke wa itahlola. O ka fenya se.

**Dihelpline** (Tšwela pele go leka e kaba e sa šomišwa)

- South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) – ena le megala ye mentšhi 0800 21 22 23 goba 0800 456 789 goba 0800 20 5026 le ye mengwe
- Lifeline general 0861 322 322 le ya AIDS nomoro ya mogala 0800 012 322
- SANCA ya Alcohol le mathata a diokobatši mogala wa WhatsApp 076 535 1701
- Childline 0800 055 555

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#### 4. O tseba bjang gore o tshwenyega kudu?

O mongwe le omongwe o tshwenyegile mo nakong ye ya COVID-19. Ke setlwaedi go ikwa ka mokgwa yo mo maemong a go se tlwaelege. Eupša go ba bangwe, go tshwenyega, go ba le kgatelelo ya monagano le letšhogo di kaba kudu. O tlo tseba bjang gore o a imelwa?

- O tshenyegile kudu kudu ka go hwetša COVID-19 ( Le ge o dira dilo ka mokgwa wa maleba bjalo ka go dula ka ntlong, go dira sekgoba go ba bangwe le go hlapa matsogo kgafetšakgafetša).
- Ga o kgoni go robala ka lebaka la go tshwenyega.
- O bala melaetša ya dikgokaganong tša leago ka ga COVID-19 goba go theeletša ditaba ka yona ka dinako ka moka.
- Ga o kgone go thekga ditho goba go tshwenyega.
- O phela o tshogile gore selo se mpe se tlo direga
- O felela batho pelo ntle le lebaka
- Ga o kgoni go dira dilo tše o ditlwaetšeng ka gae tša go swana le go apare, go apea le go hlwekiša.
- O kwa molala o le boima, magetla le mokokotlo, goba go loma ke mala ka lebaka la go tshwenyega.

Ge o tshwenyegile bolela le motho .

**Helplines** (Tswela pele go leka e kaba e sa šomišwa)

- South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) – ena le megala ye mentšhi 0800 21 22 23 goba 0800 456 789 goba 0800 20 5026 le ye mengwe
- Lifeline general 0861 322 322 le ya AIDS nomoro ya mogala 0800 012 322
- SANCA ya Alcohol le mathata a diokobatši mogala wa WhatsApp 076 535 1701
- Childline 0800 055 555

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#### 5. O tseba bjang gore ona le kgatelelo ya monagano?

Go lokile go ikwa o tshwenyegile mo nakong ye ya COVID-19. Nako yengwe go tshwenyega moyeng goba kgatelelo ya monagano ge o bona batho ba bangwe go ka go tlišetša kgatelelo ya moyanagano. O tla tseba bjang gore ona le kgatelelo ya monagano. Tše ke dilo tše dingwe tšeo o swanetšego go di hlokomela:

- Go ‘nagana kudu’
- Go ba le megopolo ye mentšhi ye mpe ya go ikwatiša.
- Go kwa o kare ga o nyake go bolela le batho le go o ka kgona go ba founela goba go ba WhatsApp.
- Go ikwa o sa nyake go dira dilo tšeo o tlwaetšego go di dira bjalo ka go apara, go kolomaka le go apea.
- Ga o kgoni go iketla
- Go ikwa o lapile ka dinako ka moka

- Ga gona selo seo se go thabišago
- Go ba le megopolo ya go ikwiša bohloko goba go ipolaya.

Ge ona le dika tše go feta lebakeng la kgwedi tše pedi, kgopela o bolele le motho o mongwe.

#### **Helplines** (Leka gantši e kaba e šomišwa)

- South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) – ena le dihelpline 0800 21 22 23 goba 0800 456 789 goba 0800 20 5026 gape tše dingwe ke
- Lifeline general 0861 322 322 le tša AIDS Helpline 0800 012 322
- SANCA ya Bjala le Mathata a diokobatši s WhatsApp ke 076 535 1701
- Childline 0800 055 555

### **6. Nka phela bjang ka diphetogo tša ka tsela yeo ditirelo di abiwago ka gona?**

Taba ya COVID-19 e boima gape e tlišitše diphetogo tše ntši ka kabong ya ditirelo. O kaba le mathatana ge o eya kliniking, setišing sa maphodisa go ba ge o šomiša ditirelo tša maphelo goba tša leago. Baabi ba ditirelo le bona ba leka ka mekgwa ye ye meswa ya go dira dilo gape ba kane go setsebe mekgwa ye meswa ya go dira dilo. Se se ka tliša kgatelelo go wena le bona. Ge o ka leka go kgotlelela, o ka itirela gore go be bo bobe go wena ka nako ye. Go ka thuša go ka nagana dilo tša kgale tše di go thušitše nakong ye boima.

### **7. Naa nka šogana bjang le megopolo ya go seloke goba ya go ipolaya nakong ye ya COVID-19?**

Mo nakong ye ye boima, bomma ba kaba le megopolo ye selege ya go se nyakege. Ba bangwe b aka ikwa go se go loke go nagana ka go ipolaya.

O:

- Ikwa o nyamile le go se nyakege ka dinako tše dintšhi?
- Sa ipsini ka selo?
- Nyaka go ba nnoši?
- Sa bone mokgwa wa go tšwa mathateng a gago?
- Nagana gore dilo di kaba bokaone ge o se gona?
- Nagana mekgwa ya go ikgobatša?
- Ikwa o tšhoga gore o tlo gobatša ngwana goba lesea la gago?
- Na le megopolo ya go gobatša ngwana wa gago?

Ge o ikwa o le ka mokgwa yo, ikgokagantšha goba go bolela le motho o mongwe. Megopolo ye e ka fetoga yaba e mekaone.

Hwetša thušo ya setsibi. Bolela le khantshela, mooki, ngaka, ngaka ya monagano. Hlokomelo ya tša monagano e bohlokwa nakong ye ya keletšo ya mosepelo.

#### **Helplines**

(Tšwela pele go leka ge o ka palelwa la mathomo ge o founa)

- SADAG Suicide Helpline 0800 567 567 goba sms 31393. 7 days/week 8am go fihla ka 8pm



- Lifeline South Africa 0861 322 322 ka nako yengwe le yengwe.
- 

### **Baingwadiši le bangwadi ba bangwe le balekodišiši.**

- **Maria Stacey**, Director, Equal International Consulting, Masters Clinical Psychology (UWC); Dipl in Nursing (General Community, Psychiatric) and Midwifery (GSH)
- **Dr Lesley J. Robertson**, Head of Clinical Unit: Community Psychiatrist, Sedibeng District Health Services, Gauteng; Lecturer, Department of Psychiatry, University of the Witwatersrand; Member of the Expert Review Committee for the Adult Hospital Standard Treatment Guidelines, National Essential Drugs Programme; Member of the Mental Health Think Tank, National Department of Health
- **Associate Professor Simone Honikman**, Director, Perinatal Mental Health Project; Alan Flisher Centre for Public Mental Health; Department of Psychiatry and Mental Health, University of Cape Town (MBChB; MPhil in MCH); Member of Adult Expert Review Committee, Adult Standard Treatment Guidelines and Essential Medicine List
- **Sally Field**, Project Co-ordinator, Perinatal Mental Health Project; B.Soc Sci Psychology and Sociology, UCT, BA hons Psychology, Rhodes University, MA Video for Development, University of Southampton
- **Dr. Lavinia Lumu**, Specialist psychiatrist, MBChB (UP), DMH (SA), FCPsych (SA), MMed(Psych)(Wits)
- **Dr Jason Bantjes**, PhD, HPCSA-Couns. Psych.; Stellenbosch University, Psychology, Faculty Member