



MAPHUNZIRO OKHUDZA KATEMERA WA COVID 19 – PHUNZIRO KWA A ZIPEMBEDZO



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PHUNZIRO 1: UTHENGA WA ATSOGOLERI ACHIPEMBEDZO PA MULIRI WA COVID-19 ***Kusamala ndi kuteteza mabanja ndi anthu m'dela lathu.***

Mawu Otsogolera

Matenda okhudza anthu onse m'mdela si achilendo kwa anthu a Mulungu. Kuyambila masiku oyambilira, Mulungu wakhala akuwateteza ndi kuwatsogolera anthu ake mu nthawi ya zovuta. Anapeleka ndondomeko, zowathandizila ana a Isiraeli kudziwa momwe angakhalire mwa mtendere ndi moyo wa thanzi.

Ena mwa malamulo ofunikilawa adali pankhani yakumvetsetsa matenda a khate. Zinali zofunikila mu nthawi yakalelo kuwonetsetsa kuti matenda a khate sakufala ku dela lonse. Mulungu anagwiritsa ntchito atsogolera achipembedzo monga – a nsembe, a mwalimu, ma shehe ndi azibusa – ndi kuwapatsa upangili oyenerera komanso chidwi chomvetsetsa ntchito zachifundo kuti akathe kuthandiza anthu odwala khate. Pofuna kuteteza dela lonse, anthu amadzipatula kaye nakhala paokha kwa nthawi yochepe ndicholinga chakuti asafalitse matendawa kwa anthu ena (Levitiko 13:1-46; Mateyu 10:8; Sahih Al-bukhari 2005).

Kuno ku Malawi tinali ndi mavuto a matenda a rubella, chikuku komanso poliyo amene anatha chifukwa cha chithandizo cha katemera. Munthawi yathu ino kwagwanso matenda a mtundu wachilendo amene akufala pa dziko lonse lapansi. Matendawa akufala kudzera mu kachirokoma kamene simungathe kukaona ndi maso. COVID-19 salingati matenda a khate kapena EDZI. Ndimatenda omwe amakhala ngati chifuwa kapena chimfine. Matendawa amafala munjira yopatsirana kuchokera kwa munthu wina kupita kwa wina maka podzela mukutsokomola kapena ku yetsemula, monga ngati momwe matenda a chifuwa kapena chimfine amafalira.



COVID-19 atha kufalanso pakati pathu kudzera mukutsokomola ndi chimfine

Pafupifupi dziko lonse lapansi lakhudzika ndi matendawa. Kwa anthu ena, matendawa akumangokhala ngati momwe chimakhaira chimfine osafika povuta kwenikweni pamene ena akumavutika nawo kwambiri. Anthu amene ali achikulire, ali ndi HIV, azimayi oyembekezera, onyentchela ndi amene akudwala matenda monga; a shuga, mphumo, kuthamanga kwa magazi (BP) komaso vuto la m'mapapo ndi vuto la mtima, ali pa chiopsezo chachikulu choti akatenga COVID-19 atha kudwala kwambiri.

Pofuna kuchepetsa kufala kwa COVID-19, boma linaika ndondomeko zosiyanasiyana zoti zizitsatidwa. Kuwonjezera apo, boma la Malawi linayamba kupereka katemera wa COVID-19 ndicholinga chofuna kuchepetsa chiopsezo

chodwalika kwambiri, chogonekedwa mchipatala ndiponso kumwalira ngati munthu utapezeka ndi COVID-19. Tikuyenera kudziwa kuti ngakhale munthu abayitse katemere wa COVID-19, atha kudwalabe matendawa koma akadwala samafika povuta. Katemera amathandiza kuonjezera chitetezo cham'thupi kuti kachilombo ka Corona Vayilasi kagonjetsedwe. Ife ngati atsogoleri achipembedzo, ndikofunikira kwambiri kuti fithandizire kuti anthu a mdera lathu amvetsetse zakufunikira kwa kutsatira ndondomeko zimene zinaikidwa zothandizira kuchepetsa kufala kwa COVID-19, tikatero tidzateteza dera lathu.



Njira zopewera COVID-19: kuvala masiki yotchinga pakamwa ndi mphuno, kusamba manja ndi sopo, Kukhala motalikirana 1 mita ndi kulandira katemera wa COVID-19

Uwu ndi uthenga wa COVID-19 wofuna kukuwunikirani zoyenera kutsata pamene mukukonzekera ulaliki wanu mogwiritsa ntchito uthenga olondola COVID-19 kuchoka kwa anthu oyenerera komanso zoonza zenizeni zachikhulupiliro chanu.

Nchifukwa chiyani tikufunika titengepo mbali monga a dindo a chipembedzo?

Tikuyenera kutengapo mbali chifukwa mulungu amagwira ntchito kudzera mwa anthu ake. Miliri imayamba munjira zosiyanasiyana. Muliri utha kubwera chifukwa cha makhalidwe ena amene atha kutiyika ife pa chiopsezo chodwala matenda. Koma choyenera kuzindikila ndi chakuti Mulungu amagwira ntchito yogonjetsa matenda molumikizana ndi anthu ake.

1. Mu chipangano cha kale, kunali miliri yosiyanasiyana ndipo Mulungu anali kugwiritsa ntchito anthu ake amene ali wokhudzika komanso wokonzeka kutengapo gawo.
 - a. Finehasi anatengapo gawo lothandiza kuthetsa miliri (Numeri 25: 8 – 9)
 - b. Mose anapempherera anthu ndipo anatsata malangizo a Mulungu mu nyengo ili yonse pamene anthu anakwiitsa Mulungu ndipo anali kupita kuchiwonongeko (Numeri 21:5-9)
2. Mu chipangano cha tsopano, Mulungu anapitiliza kuchita zozizwitsa kwa anthu ake ndipo Yesu anakhala akuchiza anthu pamene iwo anatsata malangizo (Yohane 9:1-7).
3. Mneneli Muhammad ndi Chifundo ku dziko lonse la pansi Surah 21:107. Allah amati, “Ndipo sitidakutume koma kuti ukhale Mtendere ndi Chifundo kwa zolengedwa zonse.” Korani ndi gwero la machiritso. Allah amati, “Ndi chiongoko ndi machiritso kwa okhulupirira.”
Korani ndi mchiritso komanso chifundo (Surah 17: 82). Allah amati, “Ndipo tidaitumiza Korani kuti ikhale machiritso ndiponso Chifundo kwa okhulupirira. Komabe anthu osalungama sikuwaonjezera (kanthu kena) koma kuluza ndi kutaika.”

Kodi tingachite chiyani monga adindo a chipembedzo?

1. Kupereka upangiri wolimbikitsa pogwiritsa ntchito malemba a mu Baibulo komanso mu Korani kwa anthu amene ali ndi mantha.
2. Kuwapemphelera okondedwa athu komanso anthu a mu dela lathu
3. Kupeleka uthenga wokhudzana ndi matendawa: Kuwalimbikitsa anthu mu zipembedzo zathu kuti akhale kunyumba ngati ali ndi zizindikiro monga Kutentha thupi, Kutsokomola, Kubanika, zilonda za pakhosi ndi Kuphwanyanya m`thupi. Tiwalimbikitsenso anthu kukhala modzipatula m`nyumba maka anthu opitilira zaka 60. Athandizeni anthu kupeza thandizo la chipatala mwansanga akaona zizindikiro za COVID-19. Imbani foni mwaulele ku 929 ngati muli ndi mafunso okhudzana ndi matendawa.
4. Limbikitsani kupewa kupereka kapena kulandira moni wa padzanja.
5. Limbikitsani kusamba m`manja ndi sopo pafupipafupi pogwiritsa ntchito madzi a ukhondo. Komanso, tchingani pakamwa ndi mphuno pogwiritsa ntchito mkati mwa chigongono potsokomola kapena kuyetsemula kuteteza kufalitsa tizirombo ta COVID-19.
6. Pemphelani panja pa kachisi kapena mzikiti. Muzikhala motalikirana pamulingo osachepera 1 mita ndi ena. Onetsetsani kuti aliyense

akugwiritsa ntchito ziwiya zake zophikira kapena zodyera/kumwera ngakhalenso panthawi yomwe muli ndi mgonero

7. Kuwonetsa kuwakonda ndi kuteteza ena pokhala ifeyo woyamba kukabayitsa katemera wa COVID-19 komanso kuwalimbikitsa ena kuzipembedzo zathuzo kuti nawo akabaitenso.
8. Kuthandizira kupereka mauthenga olondopla mothandizidwa ndi mau a baibulo kapena Korani potengera mauthenga osokeretsa, mauthenga obweza anthu pambuyo ndi abodza omwe anthu ena akufalitsa zokhudzana ndi katemera wa COVID -19.
9. Limbikitsani khalidwe losasalana pakati pa anthu amene anachira kapena akuganizilidwa kuti akudwala COVID-19 ndi ma banja awo.

Kodi tingatengapo mbali yotani ndikuwasamala anthu a Mulungu mu nyengo imeneyi?

1. Pomvetsetsa kuti Mulungu akugwirabe ntchito ndipo ndiwokonzeka kugwira nafe ntchito imeneyi, ndikutsimikiza kutengapo mbali (pokhala nyali/kuunika kwa pa dziko lapansi).
2. Pokhala wodziwa ndi kutsatira ndondomeko ndi malangizo a za umoyo zomwe boma ndi mabungwe ena ovomelezeka akupereka.
3. Mukuyenera kukhala achitsanzo cha bwino mu dera lanu pokabayitsa katemera wa COVID-19
4. Muliriwu ndi wopeweka ngati titsata ndondomeko zoyenerera. Dziwitsani ndikuphunzitsa anthu ku zipembedzo zanu. Ngati muli nako kuthekera kokumana mmalo anu amapephero mudzikambirananso komanso kuika mmaulaliki anu zamomwe anthu angapewere kufala kwa COVID-19. Muthanso kugwiritsa ntchito njira zina zilizonse zomwe mungathe zofalitsira mauthenga otere.
5. Khalani ndi nthawi yozonda moyo wankhosa zanu komanso kupempherera makamaka anthu amene akhudzika kwambiri ndi matendawa komanso ziletso za boma.
6. Pezani njira zobweletsa bata komanso chilimbikitso mu nyengo zowawitsa ndi chikondi.
7. Fufuzani kapena kukhazikitsa ma komiti a za umoyo mu zipembedzo (zipembedzo zina zilinawo kale ma komiti) kuti izithandiza kuyankha mafunso kapena kuchita ndemanga mu mpingo pa nkhani za COVID-19. Komitiyi ithanso kugwiritsidwa ntchito yolimbikitsa kupereka chisamaliro kwa anthu a nkhwana ndi wokhudzika.

PHUNZIRO 2: MAPHUNZIRO OKHUDZA KATEMERA WA COVID-19 – PHUNZIRO KWA A ZIPEMBEDZO ZONSE

Kukonzekereṣa anthu a m'madera pa Katemera wa COVID-19

Kodi Mulungu amalabadirako za Katemera wa COVID-19?

Mawu oyamba

(Zofunika pa phunziroli: nsapato za nkhwaila (sandasi), kapena zojambula pa ma kadi, mpira umodzi kapena iwiri yopangidwa kuchokera ku pulasitiki kapena ulusi)

Anthu m'madera mwathu, m'dziko lathu lino komanso padziko lonse akulimbanabe ndi miliri wa dziko lonse wa COVID-19. Mwina nkumadabwa kuti muliri umenewu upitiliza bwanji kukhudza miyoyo ya anthu komanso kuti kodi zidzabwerera liti mchimake kuti moyo udzakhalenso ngati kale matendawa asanabwere? Katemera wa COVID-19 akutengapo mbali yayikulu pothetsa muliriwu. Dziko lathuli likuyembekeza kuti magulu a anthu alandire katemerayu.

Cholinga

Kupereka uthenga kwa akuluakulu a zipembedzo ndi owatsatira awo kuti potero akambirane ndikuchitapo kanthu pa za Katemera wa COVID-19

Chochita pa phunziroli – kumanga mudzi wolimba ngati chisa chakangaude mu umodziwathu

Zinthu zofunika: mpira kapena mipira ingapo ya ulusi kapena pulasitiki.

Cholinga cha sewero: Kufuna kusonyeza momwe anthu angaonetsere umodzi wawo ngati chisa chakangaude pogwiritsa ntchito chingwe. Kuonetsera momwe aliyense amakhudzidwira ndi zinthu pamudzi kusonyeza kufunika kwa munthu wina aliyense m'dera lathu. Tigwiritsa ntchito chitsanzo chimenechi pofuna kusonyeza kufunika kwa Katemera wa COVID-19 kuti aliyense m'dera atetezedwe.

Aliyense ayime motambasuka mum'bwalo lozungulira. Ngati gulu lili ndi anthu oposa 20 apange mabwalo awiri. Gulu lili lonse lipatsidwe mpira wachingwe. Mmodzi agwire mpirawo ndipo awuponye kwa wina yemwe angansankhe kwinku atagwirabe chingwe chija.

Afotokoze maloto apabanja lawo omwe alinawo pazomwe angadzachite COVID-19 ikadzatha. Kenako mpira uja auponye kwa wina ndipo winayonso

akanena maloto ake aponyenso kwa wina ndipo mpira uponyedwe mbali ina nkupitanso mbali ina modutsa bwalo lija mmenemo wina aliyense yemwe wanenako maloto ake akhala akugwirabe chingwe chija ndipo tikhala kuti tikupanga chisa chakangaude.

Mafunso: Mpira uja ukatha ndipo mmanja mwa aliyense wagwira nawo gawo lachingwe chija, auzeni anthu asunthire bwinobwino kuti bwalo likule koma akukoka chingwecho mwaphanvu kenako nenani kuti, “tiyeni tiyerekeze kuti chisa chakangaude tapangachi chikufanana ndi dera lakwathu lija ndipo kuderako tili ndi mavuto kuphatikizapo COVID-19. Ine ndikufuna ndikufunsemi mafunso awa:

1. Chingachitike ndi chiyani ngati mmodzi wa ife kapena angapo atataya chingwe chomwe agwira? (Zikhoza kukhwefula kumangana kwathu kapena kuti chisa chathuchi chikhoza kukhala chofooka. Zikhoza kuchititsanso ena kuti agwe ulesi nawo natayanso pansi chingwecho).
2. Uzani munthu kuti akhwefule ndi kutaya chingwe. Onani momwe kukungana kwa umodzi wa kangaude kukukhwefukira
3. Uzani munthu wambali inayo kuti ataye chingwe ndipo muone zomwe zichitike. Onani kufooka kwa umodzi wa kangaude. Kenako uzani enanso kuti ataye chingwe m'modzi m'modzi. Kenako uzani onse kuti ataye chingwecho.

Phunziro mwachidule: Ife ngati a gulu la anthu a kudera ndife olumikizana monga ukonde ndipo zomwe timachita zimakhudza anzathu. Nkofunika kwambiri kuti tidzikhala otetezeka osangoti ife tokha ndi a pabanja lathu koma anthu onse mdera ngakhalenso m'dziko.

Nkhani (mutha kuyiyika musewero).

(Mdzukulu Sitifano) “Tabwerani Agogo, Lero ndikupita nanu kuchipatala pamodzi ndi agogo akazi. Mukalandire nawo Katemera wa COVID-19 monga momwe akuluakulu a boma akulangizira kuti tikuyenera kubaitsa.

“Zoono? Inu pitani. Ine sindikufuna.” Agogo Babu adayankha.

“Ayi, musatero Agogo. Takupatsani ulemu pofuna kuti mukhale oyambirila”. Sitifano anena mwaulemu uku akuwaweramira.

“Katemerayu akuperekedwa kwa onse kuyambira zaka 12 mpaka akuluakulu monga agogo, amalume ndi azakhali.”



Agogo Babu akambirana ndi Sitifano nkhani ya katemera wa COVID-19

“Ah, ine sindikuganiza kuti tivutike kufika konseko.” Agogo Babu ananena. “Akatemeratu ndi a ana ang’ono.”

“Chabwino. Zimenezo ndi zoonza Agogo. Katemeradi ndi wa ana. Mwachitsanzo, katemera woteteza ana ku poliyo komanso chikuku ndi rubella. Ndipotu akatemerawa akuthandiza kwambiri.

Kale matenda amenewa anali vuto lalikulu kwathu kuno koma tsopano zidasintha chifukwa cholandiritsa anawa akatemera motsatira ndondomeko. Sitikumvanso za poliyo ndipo sikwenikweni kumamva za miliri ya chikuku ndi rubella.

Koma, Katemera athanso kuthandiza ngakhale akuluakulu kuti ngati atapezeka ndi COVID-19 asadwale kwambiri.”

“Zoonaz?” Agogo Babu anafunsa modabwa kwambiri

“Eya. Katemera amaperekedwa kuti tipewe matenda omwe atha kutidwalitsa kwambiri kapena kutipha monga COVID-19. Boma lathu lakhala likulengeza pawailisi kuti onse anakwanitsa zaka 12 kupita m’tsogolo akuyenera kulandira katemera wa COVID-19.

Tikudziwa kuti mwa omwe ali pachiopsezo chochuluka pa matendawa ndi anthu okalamba omwe ali kale ndi mavuto ena monga matenda a shuga, chifuwa cha TB, matenda okhudza mtima, komanso HIV komanso azimayi oyembekezera.”

Pamenepo, Che Salaam mzawo wa agogo Babu anabwera kudzacheza atavala masiki. Agogo Babu anapita kukatenga masiki yawo ndipo awiriwa anapita nkukakhala pansu pa mtengo wa mango motalikirana monga momwe atsogoleri awo anawalangizira.

Agogo Babu anayamba kulankhula, “Ah, Che Salaam, wabwera munthawi yake. Ndithandize. Sitifano akufuna kuti ineyo ndi agogo ake akazi tipite tikabayitse katemera wa COVID-19. Ine ndimaona ngati akatemera ndi a ana basi. Ndiye ndimaona ngati nkosafunika kwa enafe. Ife takula.”



Che Salaam ayendera Agogo Babu ndikukambirana za katemera wa COVID-19

“Ayi, akunena zoon.” Adatero Che Salaam.

“Inetu ndidakabayitsa kale wanga.” Adayimika nkono wawo kuti awonetse pomwe adabayidwa a Che Salaam.

“Ndiofunika. Katemerayu ndi wa akuluakulu ngati ife kuphatikizapo amayi onse. Adzatiteteza kuti tisadwale kwambiri COVID-19 kapena kumwalira kumene. Achikulire ngati ife, omwe ali ndi mavuto ena monga HIV, matenda amtima, kuthamanga kwa magazi (BP) komanso mphumo ali pachiopsezo chodwala kwambiri kapenanso kumwalira kumene. Tikagwidwa ndi matendawa, titha kupatsiranso ena panyumba monga ana ndi zidzukululu. Inu mungakondwe kuti zimenezi zichitike?”

Agogo Babu adayimitsa mutu wawo kwa nthawi. “Koma ukudziwa Che Salaam, tingawakhulupilire bwanji akatemera ochoka kunjawa? Mukudziwa bwino inu mbiri yathu – maka mmene anthu adatichitira chipongwe mmbuyomu. Tingakhulupilire bwanji kuti zimenezi sizidzachitikanso?”

“Ah, Babu, ndakumvetsa. Kudandaula kwako nkomveka. Komatu atsogoleri athu a boma nawo ndiokhudzidwa ndi umoyo wathu. Ali ndi njira zokhwima zothandiza kuwonetsetsa kuti ndondomeko zoyenera zikutsatidwa. Nchifukwa chake tiyenera kumatsatira ndondomeko zoikidwa. Izitu zikuchitika m’maiko onse. Akudalira upangiri wa akatswiri a sayansi. Pachikhalidwe chatu, timadalira malangizo a atsogoleri abwino omwe timawakhulupilira. Amenewa ndiomwe amatiyanjanitsa pamodzi ndikutionetsa chitsogozo choyenera.



Agogo Babu adayang’ana nkhwaila zawo mmenemo akumalizitsa kumwa thobwa lawo

“Komansotu Che Salaam, ine ndimangokhuluplira Mulungu. Ndakhalako ndithu padziko pano. Wandisamalira mpaka lero. Adzandisamalirabe mpaka kutsogoloko.”

“Eyetu Babu, pamenepo tafanana maganizo. Mulungu watisamaliradi mpaka lero. Ndiye katemerayu ndi njira yowonjezera mmene mwakulamu ndipo kuti moyo wanu uphweke. Osangoti kwa inu nokha koma tonsefe. Tonse tikufuna murili wa COVID-19 wu utatha. Anthu ambiri akalandira katemerayu, muliri wu ukhoza kutha mwachangu.”

Che Salaam anamwanso thobwa nkupitliza kulankhula,

“Muganizireni chonchi katemerayu. Pamene Mulungu anabweretsa chozizwitsa cha magetsi pakati pathu, palibe adanena kuti ayi zikomo, ife magetsi ayi. Ine ndiziyatsirabe parafini. Sizinatero. Tinamuthokoza kuti tsopano moyo wathu usintha komanso maphunziro a ana athu apita patsogolo.

Che Salaam anapitiliza kulankhula. “Tayang’anitsitsani nkhwaila zanzu. Zimakutetezani kuti mapazi anu asabayidwe ndi minga kapena miyala yosongoka mukamayenda. Mumazivala tsiku ndi tsiku komanso kuli konse mungapite. Momwemonso, katemerayu amateteza thupi lanu lonse tsiku ndi tsiku komanso kuli konse komwe mungapite. Ndiye anthu ambiri akalandira katemera ndiye kuti chitetezonso kumatendawa mdera chimakula. Imeneyi ndi nkhani yabwino kwa banja lanu komanso dziko lonse lino.

Agogo Babu anafunsa, “ndiye iwe Che Salaam ukuti katemerayu ndi mbali ya chikonzero cha Mulungu?”

Che Salaam anayankha, “Ndi mmene ndikuzionera inetu Babu”

“Tikufuna zinthu zibwelere momwe zinaliri kale. Ntchito zonse ziyambenso kuyenda bwino. Ana athu ayambenso kumaphunzira bwinobwino. Mulungu amatikonda. Chikhulupiliro chatu chimatero.”

Che Salaam anati, “Korani-surah 21:107 imati Mneneli Muhammad ndi Chifundo ku dziko lonse la pansu. Mulungu amasamalira iwe ndi ine komanso mabanja ndi anthu onse mmadera Babu.”

“Zoonadi Che Salaam”, Babu anatapa mchenga m’dzanja lake nkuwusiya kuti uchuche m’ mipata ya zala zake nati, “Masalimo 139:17 ndi 12 akuti maganizo a Mulungu pa ife ndi oposa mchenga wapadziko lapansi. Sitingathe kuwuwereka. Ndizoonadi, Mulungu amasamalira iwe ndi ine komanso mabanja ndi anthu onse mmadera.”

Agogo Babu anayankha, “Ndiye Che Salaam ukuti bwanji? Ndavala nkhwaila zanga kuti ndidziteze mapazi anga. Tiyeni tipite ku chipatala kokalandira katemerayu kuti ifenso titetezedwe ku COVID-19. Ine ndiye ndakonzeka pano.”

“Tadikirani Babu. Tipitira limodzi,” anatero Paulo. “Ndikuona ngati ineso lero ndafika poyenera kulandira katemera wa COVID-19 wachiwiri. Tiyeni tifufuze ngati akazi athu atha kupita nafe kolandira katemerayo.



Agogo Babu ndi Che Salaam alandira katemera kuchipatala

Mafunso ochokera mu nkhaniyi.

- a) Kodi ndinkhawa zANJI zomwe Agogo Babu ali nazo zokhudza katemera?
(Akuganiza kuti ndi wa ana. Akuganizanso kuti poti katemerayu akuchokera kunja, mwina patha kukhala zachinyengo zina).
- b) Kodi Sitifano ndi Che Salaam anamuyankha chiyani Babu?
(Anamutsimikizira kuti akuluakulunso atha kulandira katemerayu ndipo kuti boma ndilodalirika komanso kuti Mulungu adzapereka chosowa chathu)
- c) Kodi mwaphunzirapo chiyani makamaka pa zakuti katemerayu ndi wa ndani?
(Kuti boma likupereka katemerayu poyamba kwa anthu omwe anakwanitsa zaka 12 ndikulimbikitsa omwe ali pa chiopsezo chokulirapo chotenga COVID-19 monga achipatala ndi a zaumoyo omwe amakhala ndikuthandiza odwala COVID-19, omwe ali ndi mavuto ena monga aulumali, omwe ali ndi HIV, omwe ali ndi matenda othamanga magazi a shuga komanso azimayi oyembekezera).

Phunziro

Taona kuti Mulungu amasamala kapena kulabadira za katemera wa COVID-19 chifukwa lye amalabadira/amasamala za moyo wathu, mabanja athu komanso magulu onse a anthu. Taonanso kuti zomwe zimamuchitikira munthu mmodzi zimatha kukhudzanso anthu onse mu dera lathu. Izi zili chonchi potengera mmene matenda amafalira pakati pa anthu.

Tizirombo toyambitsa COVID-19 timafala pomwe munthu akutsokomola kapena kuyetsemula. Anthu omwe amadwala msanga ndi tiziromboti ndi achikulire, omwe ali ndi mavuto ena monga matenda a shuga, HIV, matenda okhudza mtima, othamanga magazi (BP) komanso a ulumali. Choncho tikulimbikitsa onse omwe ali ndi zaka 12 kupita mtsogolo kuti akalandire katemerayu. Tikulimbikitsa mwapadera onse omwe ali pachiopsezo chachikulu chotenga matendawa kuti apite msanga kukalandira katemerayu. Awa ndi monga ogwira ntchito zachipatala, achikulire, omwe ali ndi HIV ndi matenda okhalitsa monga TB, a shuga, matenda okhudza mtima, ndi mphumo komanso azimayi oyembekezera.

Katemerayu sakubweretsa tizirombo toyambitsa COVID-19 m'thupi mwanu. Chitetezo chomwe katemerayu akubweretsa chili ngati kuvala nkhwaila ku mapazi anu kuti zikutetezeni ku minga komanso mchenga otentha mu njira yomwe mungadutse.

Mwakumbukira za ulendo wautali omwe a Israele anali nawo wopita ku dziko lolonjezedwa lija? Mulungu adawauza kuti asaiwale kutenga nkhwaila ndipo anaonetsetsa kuti ndiotetezedwa pa ulendo wawo wonse. Chimodzimodzinso ndi katemerayu, ndi njira imodzi yomwe Mulungu watiunikira kuti titetezedwe pa ulendo wothana ndi mavuto omwe adza chifukwa cha COVID-19. Timuganizire katemerayu ngati nkhwaila zathu pa ulendowu.

Anthu ena akumaopa kuti katemerayu atha kubweretsa zovuta zina m'thupi. Monga momwe zimakhallira ndi akatemera ena onse komanso mankhwala, katemerayu atha kuyambitsa zovuta zina zosadetsa nkhwawa kwa anthu ena omwe alandira. Izi zitha kuchitika kwa masiku ochepa ndipo zimangotsimikizira kuti katemerayu wayamba kudzutsa chitetezo mthupi.

Zina mwa zomwe munthu angamve atalandira katemerayu ndi monga: kumva kudwala, kutentha thupi, kumva kupweteka kapena kufiira malo obayidwawo, kutupa kapenanso kufiira. Ena amamva mseru, kupweteka mmawondo ndi zigongono mwinanso kutsekula mmimba. Nthawi zina ena atha kukhala ndi vuto loundana magazi ndi mavuto ena koma izi sizichitikachitika.

Chomwe katemerayu akupatseni ndi chitetezo – monga chomwe nkhwaila zija zimapereka. Tikunena chitetezo kuti musadwale kwambiri kapena kumwalira kumene ngati mutatenga tizirombo toyambitsa matendawa. Iyi ndi nkhani yabwino.

Titha kugwiritsa ntchito nkhani ya nkhwaila yi pofuna kufotokozerani momwe katemerayu amagwirira ntchito kuti zitithandize kukumbukira. Yerekezani nkhwaila kapena nsapato zanu kuti mukumbukire mfundo zofunika zokhudza katemerayu. Imirirani, khalani mukamzungulire kapena bwalo ndipo muyambe kuvina gule wotsatirayu limodzi.

Kuvina gule wa mumzere

- Ponyani mwendo wamanja kutsogolo (nenani) tiyeni tikalandire katemera wa COVID-19
- Ponyani mwendo wamanzere kutsogolo (nenani) katemera wa COVID-19 ndiwoteteza moyo wanga
- Ponyani mwendo wamanja kutsogolo (nenani) katemerayu ndiwoteteza banja langa ndi anthu a m'dera langa

Tiyeni fibwereze zomwe taphunzira

1. COVID-19 amafala pakati pa anthu kudzera mu kutsokomola komanso kuyetsemula
2. Katemera wa COVID-19 sabweretsa tizirombo ta matendawa m'thupi mwanu. Amakutetezani kuti musadwale kwambiri kapena kumwalira ndi matendawa ngati utatenga tiziromboti
3. Monga akatemera ena onse, mukabayitsa katemera wa COVID-19, mutha kumva kupweteka pobayidwapo, kutentha thupi kapena kupweteka mutu koma izi zimachitika mosadetsa nkhwaila ndipo zimatha kwa nthawi yochepa. Ngati zingapitilire kudutsa masiku awiri, kaonaneni ndi a dokotala.
4. Aliyense wa zaka 12 kapena kupitilira apo atha kukalandira katemerayu

Mitundu yosiyanasiyana ya katemera wa COVID-19 ndi mulingo oyenera kulandira

Mtundu wa Katemera	Oyenera Kulandira	Mulingo woyenera Kulandira	Kufotokozela Mulingo
AstraZenecca	Zaka 18 kupita mtsogolo	2	Sabata 12 zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Johnson & Johnson (J&J)		2	Sabata 12 zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Moderna		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Sinovac		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Sinopham		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Pfizer	Zaka 12 kupita mtsogolo	2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri

Funsani alangizi a zaumuoyo kuti akuuzeni tsiku lodzabwera kudzalandira katemera wachiwiri

Katamera wowonjezera (Booster) polimbana ndi COVID-19 alandiridwe pakangotha sabata 12 (miyezi itatu) mutalandira katamera wachiwiri wa AstraZenecca, J&J kapena Fayiza (Pfizer)

Banja langa komanso mudzi wanga

Pano tifuna timve kuchoka kwa inu. Gawanani mu magulu a anthu 4 kapena 6. Mukambirane m'magulumo mafunso ena aliwonse womwe mulinawo komanso zina ndi zina zomwe mukuona kuti zingapangitse kapena zikupangitsa anthu kuti asakabayitse katemerayu. Chonde, masukani ndikunena chilungamo. Awa ndi mafunso omwe mutha kufunsana.

1. Kodi ndi nkhawa zANJI zomwe mudamvapo kwa anthu apabanja lanu kapena m'dera lanu zokhudza katemerayu kwenikweni?
2. Mutamva zambiri zokhudza katemerayu mmaphunziro alerowa, mukuganiza kuti nkhawa zimene zanenedwazi tingazithetse bwanji? (Apa tiyang'anenso mayankho athu powunikira kuti ndi akazi kapena amuna, msinkhu wa munthu, ulumali, mmene munthu angapezere katemerayu komanso kupereka thandizo lofunika)

Nthawi Yakudzipereka

Sonkhanitsani onse pamodzi kuti mumve nkhawa zawo komanso zomwe akulingalira kuti akachite akachoka pansonkhano uno.

Inuyo mukachitapo chiyani mukachoka pano mukabwerera kwanu (lolani ophunzira kuti apereke mfundo zawo)

Nenani mau awa pamodzi

Ife tikudzipereka kwathunthu kukalandira/kukabayitsa katamera wa COVID-19 komanso kuwonetsetsa kuti anthu ovutikitsitsa ndi amene ali pachiopezo chachikulu chotenga matendawa akupatsidwa mwai wolandira nawo katemerayi

PHUNZIRO 3: MAPHUNZIRO OKHUDZA KATEMERA WA COVID-19 – PHUNZIRO KWA A ZIPEMBEDZO A CHIKHIRISITU OKHA

Kukonzekereitsa anthu a m'madera pa Katemera wa COVID-19

Kodi Mulungu amasamala za Katemera wa COVID-19?

Zolingalira zanu pa ine ndi za mtengo wapatali, inu Mulungu ndi zosawerengeka ndithu! Ndikanaziwerenga zikanakhala zochulukira; pamene ndadzuka ndili nanube. Masalimo 139:17,18; 3 Yohane 1:2

Chiyambi chamaphunziro

Mawu oyamba

(Zofunika pa phunziroli: nsapato za nkhwaila (sandasi), kapena zojambula pa ma kadi, mpira umodzi kapena iwiri yopangidwa kuchokera ku ulusi kapena pulasitiki)

Anthu m'madera mwathu, m'dziko lathu lino komanso padziko lonse akulimbanabe ndi muliri wa dziko lonse wa COVID-19. Mwina nkumadabwa kuti muliri umenewu upitiliza bwani kukhudza miyoyo ya anthu komanso kuti kodi zidzabwerera liti mchimake? Katemera wa COVID-19 akutengapo mbali yayikulu pothetsa mulirivu. Dziko lathuli likuyembekeza kuti magulu a anthu alandira katemerayu.

Phunziro lino lithandiza atsogoleri azipebedzo komanso owatsatira kuti akonzekere bwino kulandira katemera wa COVID-19. Anthu amawakhulupilira akuluakulu azipebedzo. Choncho iwowa ndiofunika kwambiri osangoti pochepetsa imfa zodza chifukwa cha COVID-19 komanso pothandiza anthu omwe anakhudziwa ndi matendawa kuti miyoyo yawo ibwererenso mchimake ngati momwe zinaliri kale matendawa asanabwere.

Pongobayitsa katemera wa COVID-19 tili ndi mwayi wopulumutsa anthu a nkhaninkhani mtsogolo muno ku COVID-19.

Mwinatu nkumafunsa: Kodi Mulungu amasamala kapena kuti alinazo ntchito za Katemera wa COVID-19?

Yankho ndi lakuti, Inde. Tikutsindikira kuti inde. Chifukwa amasamala za inu. “Zolingalira zanu pa ine ndi zamtengo wapatali, Inu Mulungu, ndizosawerengeka

ndithu! Ndikanaziwerenga, zikanakhala zochuluka kuposa mchenga; pamene ndadzuka, ndili nanube.” Masalimo 139 verse 17,18

Masalimo amenewa akungotiunikira momwe Mulungu amatikondera aliyense payekhapyekha.

Mulungu amalemekeza moyo. Katemerayu amapereka moyo.

Mulungu amasamala za Katemera wa COVID-19.

Cholinga

Kupereka uthenga kwa akuluakulu a zipembedzo ndi owatsatira awo kuti potero akambirane ndikuchitapo kanthu pa za Katemera wa COVID-19.

Chochita pa phunziroli – kumanga umodzi wa kangaude pagulu la anthu m’dera

Zinthu zofunika: mpira kapena mipira ingapo ya ulusi kapena pulasitikii.

Cholinga cha sewero: Kufuna kuyeselera momwe anthu angachitire umodzi wa kangaude pogwiritsa ntchito chingwe ndikusonyeza momwe aliyense amakhudzidwira ndi zinthu pamudzi kusonyeza kufunika kwa munthu wina aliyense m’dera lathu. Tigwiritsa ntchito chitsanzo chimenechi pofuna kusonyeza kufunika kwa Katemera wa COVID-19 kuti aliyense m’dera atetezedwe.

Malangizo

Aliyense ayime mukamzungulire wotambasuka. Ngati gulu lili ndi anthu oposa 20 apange mabwalo awiri. Gulu lili lonse lipatsidwe mpira wachingwe. Mmodzi agwire mpirawo ndipo auponye kwa wina yemwe angasankhe kwinaku atagwirabe chingwe chija.

Afotokoze maloto awo pa mabanja pa zomwe angadzachite COVID-19 ikadzatha. Kenako mpira uja uponyedwenso kwa ena ndi ena modutsa bwalo lija mmenemo wina aliyense atagwira chingwe.

Mafunso: Mpira uja ukatha ndipo m’manja mwa aliyense wagwira nawo gawo lachingwe chija, auzeni anthu asunthe bwinobwino kuti bwalo likule koma akukoka chingwecho mwaphanvu kenako nenani kuti, “tiyeni tiyerekeze kuti chisa chakangaude tapangachi chikufanana ndi dera lakwathu lija ndipo kuderako tili ndi mavuto kuphatikizapo COVID-19. Ine ndikufuna ndikufunsemi mafunso awa:

1. Chingachitike ndi chiyani ngati mmodzi wa ife kapena angapo atataya chingwe chomwe agwira? (Zikhoza kukhwefula kumangana kwathu kapena kuti chisa chathuchi chikhoza kukhala chofooka. Zikhoza kuchititsanso ena kuti agwe ulesi nawo natayanso pansi chingwecho).
2. Uzani munthu kuti akhwefule ndi kutaya chingwe. Onani momwe kukungana kwa umodzi wa kangaude kukukhwefukira
3. Uzani munthu wambali inayo kuti ataye chingwe ndipo muone zomwe zichitike. Onani kufooka kwa umodzi wa kangaude. Kenako uzani enanso kuti ataye chingwe m'modzi m'modzi. Kenako uzani onse kuti ataye chingwecho.

Phunziro mwachidule: Ife ngati a gulu la anthu a kudera ndife olumikizana monga ukonde ndipo zomwe timachita zimakhudza anzathu. Nkofunika kwambiri kuti tidzikhala otetezeka osangoti ife tokha ndi a pabanja lathu koma anthu onse mdera ngakhalenso m'dziko.

Nkhani (mutha kuyiyika musewero).

(Mdzukulu Sitifano) “Tabwerani Agogo, Lero ndikupita nanu kuchipatala pamodzi ndi agogo akazi. Mukalandire nawo Katemera wa COVID-19 monga momwe akuluakulu a boma akulangizira kuti tikuyenera kubaitsa.

“Zoono? Inu pitani. Ine sindikufuna.” Agogo Babu adayankha.

“Ayi, musatero Agogo. Takupatsani ulemu pofuna kuti mukhale oyambilira”. Sitifano anena mwaulemu uku akuwaweramira.

“Katemerayu akuperekedwa kwa onse kuyambira zaka 12 mpaka akuluakulu monga a gogo, amalume ndi azakhali.”



Agogo Babu akambirana ndi Sitifano nkhani ya katemera wa COVID-19

“Ah, ine sindikuganiza kuti tivutike kufika konseko.” Agogo Babu ananena. “Akatemeratu ndi a ana ang’ono.”

“Chabwino. Zimenezo ndi zoonza Agogo. Katemeradi ndi wa ana. Mwachitsanzo, katemera woteteza ana ku poliyo komanso chikuku ndi rubella. Ndipotu akatemerawa akuthandiza kwambiri.

Kale matenda amenewa anali vuto lalikulu kwathu kuno koma tsopano zidasintha chifukwa cholandiritsa anawa akatemera motsafira ndondomeko. Sitikumvanso za poliyo ndipo sikwenikweni kumamva za miliri ya chikuku ndi rubella.

Koma, Katemera athanso kuthandiza ngakhale akuluakulu kuti ngati atapezeka ndi COVID-19 asadwale kwambiri.”

“Zoonza?” Agogo Babu anafunsa modabwa kwambiri

“Eya. Katemera amaperekedwa kuti tipewe matenda omwe atha kutidwalitsa kwambiri kapena kutipha monga COVID-19. Boma lathu lakhala likulengeza pawaillesi kuti onse amene anakwanitsa zaka 12 kupita m'tsogolo akuyenera kulandira katemera wa COVID-19.

Tikudziwa kuti mwa omwe ali pachiopse chochuluka pa matendawa ndi anthu okalamba, omwe ali kale ndi mavuto ena monga matenda a shuga, chifuwa cha TB, matenda okhudza mtima komanso HIV.”

Pamenepo, Paulo mzawo wa Agogo Babu anabwera kudzacheza atavala masiki. Agogo Babu anapita kukatenga masiki yawo ndipo awiriwa anapita nkukakhala pansu pa mtengo wa mango motalikirana monga momwe atsogoleri awo anawalangizira.

Agogo Babu anayamba kulankhula, “Ah, Paulo, wabwera munthawi yake. Ndithandize. Sitifano akufuna kuti ineyo ndi agogo ake akazi tipite tikabayitse katemera wa COVID-19. Ine ndimaona ngati akatemera ndi za ana basi. Ndiye ndimaona ngati nkosafunika kwa enafe. Ife takula.”



Paulo ayendera Agogo Babu ndikukambirana za katemera wa COVID-19

“Ayi, akunena zooni.” Adatero Paulo.

“Inetu ndidakabayitsa kale wanga.” Adayimika nkono wawo kuti awonetse pomwe adabayidwa a Paulo.

“Ndiofunika. Katemerayu ndi wa akuluakulu ngati ife kuphatikizapo amayi onse. Adzatiteteza kuti tisadwale kwambiri COVID-19 kapena kumwalira kumene. Achikulire ngati ife, omwe ali ndi mavuto ena monga HIV, matenda amtima komanso mphumo ali pachiopezo chodwala kwambiri kapenanso kumwalira kumene. Tikagwidwa matendawa, titha kupatsiranso ena panyumba monga ana ndi zidzukululu. Inu mungakondwe kuti zimenezi zichitike?”

Agogo Babu adayimitsa mutu wawo kwa nthawi. “Koma ukudziwa Paulo, tingawakhulupilire bwanji akatamera ochoka kunjawa? Mukudziwa bwino inu mbiri yathu – maka mmene anthu adatichitira chipongwe mmbuyomu. Tingakhulupilire bwanji kuti zimenezi sizidzachitikanso?”

“Ah, Babu, ndakumvetsa. Kudandaula kwako nkomveka. Komatu atsogoleri athu a boma nawo ndiokhudzidwa ndi umoyo wathu. Ali ndi njira zokhwima zothandiza kuwonetsetsa kuti ndondomeko zoyenera zikutsatidwa. Nchifukwa chake tiyenera kumatsatira ndondomeko zoikidwa. Izitu zikuchitika m'maiko onse. Akudalira upangiri wa akatswiri a sayansi. Pachikhalidwe chatu, timadalira malangizo a atsogoleri abwino omwe timawakhulupilira. Amenewa ndiomwe amatyanjanitsa pamodzi ndikutionetsa chitsogolo choyenera.



Agogo Babu adayang'ana nkhwaila zawo mmenemo akumalizitsa kumwa thobwa lawo.

“Komansotu Paulo, ine ndimangokhuluplira Mulungu. Ndakhalako ndithu padziko pano. Wandisamalira mpaka lero. Adzandisamalirabe mpaka kutsogoloko.”

“Eyetu Babu, pamenepo tafanana maganizo. Mulungu watisamaliradi mpaka lero. Ndiye katemerayu ndi njira yowonjezera mmene mwakulamu ndipo kuti moyo wanu uphweke. Osangoti kwa inu nokha koma tonsefe. Tonse tikufuna muliri wa COVID-19 wu utatha. Anthu ambiri akalandira katemerayu, muliri wu ukhoza kutha mwachangu.”

Paulo anamwanso thobwa nkupitiliza kulankhula,

“Muganizireni chonchi katemerayu. Pamene Mulungu anabweretsa chozizwitsa cha magetsi pakati pathu, palibe adanena kuti ayi zikomo, ife magetsi ayi. Ine ndiziyatsirabe parafini. Sizinatero. Tinamuthokoza kuti tsopano moyo wathu usintha komanso maphunziro a ana athu apita patsogolo.

Paulo anapitiliza kulankhula. “Tayang’anitsitsani nkhwaila zanuzo. Zimakutetezani kuti mapazi anu asabayidwe ndi minga kapena miyala yosongoka mukamayenda. Mumazivala tsiku ndi tsiku komanso kuli konse mungapite. Momwemonso, katemerayu amateteza thupi lanu lonse tsiku ndi tsiku komanso kuli konse komwe mungapite. Ndiye anthu ambiri akalandira katemera ndiye kuti chitetezonso kumatendawa mdera chimakula. Imeneyi ndi nkhani yabwino kwa banja lanu komanso dziko lonse lino.

Agogo Babu anafunsa, “ndiye iwe Paulo ukuti katemerayu ndi mbali ya chikonzero cha Mulungu?”

Paulo akuyankha, “Ndi mmene ndikuzionera inetu Babu”

“Tikufuna zinthu zibwerere momwe zinaliri kale. Ntchito zonse ziyambenso kuyenda bwino. Ana athu ayambenso kumaphunzira bwinobwino. Mulungu amatikonda. Chikhulupiliro chatu chimatero.”

Paulo anatapa mchenga m’dzanja lake nkuwusiya kuti uchuche m’ mipata ya zala zake nati, “Masalimo 139:17 ndi 18 akuti maganizo a Mulungu pa ife ndi oposa mchenga wapadziko lapansi. Sifingathe kuwuwereka. Mulungu amasalira iwe ndi ine komanso mabanja ndi anthu onse mmadera Babu.”

Agogo Babu anayankha, “Ndiye Paulo ukuti bwanji? Ndavala nkhwaila zanga kuti ndidziteze mapazi anga. Tiyeni tipite ku chipatala kokalandira katemerayu kuti ifenso titetezedwe ku COVID-19. Ine ndiye ndakonzeka pano.”

“Tadikirani Babu. Tipitira limodzi,” anatero Paulo. “Ndikuona ngati ineso lero ndafika poyenera kulandira katemera wa COVID-19 wachiwiri. Tiyeni tifufuze ngati akazi athu atha kupita nafe kolandira katemerayo.



Agogo Babu ndi Paulo alandira katemera kuchipatala

Mafunso ochokera mu nkhaniyi.

- a) Kodi ndinkhawa zANJI zomwe Agogo Babu ali nazo zokhudza katemera?
(Akuganiza kuti ndi wa ana. Akuganizanso kuti poti katemerayu akuchokera kunja, mwina patha kukhala zachinyengo zina).
- b) Kodi Sitifano ndi Paulo anamuyankha chiyani Babu? (Anamutsimikizira kuti akuluakulunso atha kulandira katemerayu ndipo kuti boma ndilodalirika komanso kuti Mulungu adzapereka chosowa chathu)
- c) Kodi mwaphunzirapo chiyani makamaka pa zakuti katemerayu ndi wa ndani? (Kuti boma likupereka katemerayu poyamba kwa anthu anakwanitsa zaka 12, omwe ali pa chiopsezo chokulirapo chotenga COVID-19 monga achipatala ndi a zaumoyo omwe amakhalitsa ndikuthandiza odwala COVID-19, omwe ali ndi mavuto ena monga a ulumali, omwe ali ndi HIV, matenda othamanga magazi a shuga komanso azimayi oyembekezera).

Phunziro

Taona kuti Mulungu amasamala za katemera wa COVID-19 chifukwa lye amasamala za ife, mabanja athu komanso magulu onse a anthu. Taonanso kuti zomwe zimamuchitikira munthu mmodzi zimatha kukhudzanso anthu onse mu dera lathu. Izi zili chonchi potengera mmene matenda amafalira pakati pa anthu.

Tizirombo toyambitsa COVID-19 timafala pomwe munthu akutsokomola kapena kuyetsemula. Anthu omwe amadwala msanga ndi tiziromboti ndi achikulire, omwe ali ndi mavuto ena monga matenda a shuga, HIV ngakhalsenso matenda okhudza mtima. Choncho tikulimbikitsa onse omwe ali ndi zaka 12 kupita mtsogolo kuti akalandire katemerayu. Tikulimbikitsa mwapadera onse omwe ali pachiopsezo chachikulu chotenga matendawa kuti apite msanga kukalandira katemera. Awa ndi monga ogwira ntchito zachipatala, achikulire, omwe ali ndi HIV ndi matenda okhalitsa monga TB, a shuga, othamanga magazi (BP), matenda okhudza mtima mtima, ndi mphumo komanso azimayi oyembekezera.

Kuti munthu atetezedwe mokwanira, aliyense akuyenera kulandira katemerayu kamodzi kapena kawiri potengera mtundu wa katemera. ***Funsani alangizi a zaumoyo kuti akuuzeni tsiku lodzabwera kudzalandira katemera wachiwiri.***

Katemerayu sakubweretsa tizirombo toyambitsa COVID-19 m'thupi mwanu. chitetezo chomwe katemerayu akubweretsa chili ngati kuvala nkhwaila ku mapazi anu kuti zikutetezeni ku minga komanso mchenga otentha mu njira yomwe mungadutse.

Mwakumbukira za ulendo wautali omwe a Israele anali nawo wopita ku dziko lolonjezedwa lija? Mulungu adawauza kuti asaiwale kutenga nkhwaila ndipo anaonetsetsa kuti ndiotetezedwa pa ulendo wawo wonse. Chimodzimidzinsu ndi katemerayu, ndi njira imodzi yomwe Mulungu watiunikira kuti titetezedwe pa ulendo wothana ndi mavuto omwe adza chifukwa cha COVID-19. Timuganizire katemerayu ngati nkhwaila zathu pa ulendowu.

Anthu ena akumaopa kuti katemerayu atha kubweretsa zovuta zina m'thupi. Monga momwe zimakhallira ndi akatemera ena onse komanso mankhwala, katemerayu atha kuyambitsa zovuta zina zosadetsa nkhwala kwa anthu ena

omwe alandira. Izi zitha kuchitika kwa masiku ochepa ndipo zimangotsimikizira kuti katemerayu wayamba kudzutsa chitetezo mthupi.

Zina mwa zomwe munthu angamve atalandira katemerayu ndi monga: kumva kudwala, kutentha thupi, kumva kupweteka kapena kufiira malo obayidwawo, kutupa kapenanso kufira. Ena amamva mseru, kupweteka mmawondo ndi zigongono mwinanso kutsekula mmimba. Nthawi zina ena atha kukhala ndi vuto loundana magazi ndi mavuto ena koma izi sizichitikachitika.

Chomwe katemerayu akupatseni ndi chitetezo – monga chomwe nkhwaila zija zimapereka. Tikunena chitetezo kuti musadwale kwambiri kapena kumwalira kumene ngati utatenga tizirombo toyambitsa matendawa. Iyi ndi nkhani yabwino.

Titha kugwiritsa ntchito nkhani ya nkhwaila yi pofuna kufotokozera momwe katemerayu amagwirira ntchito kuti zitithandize kukumbukira. Yerekezani nkhwaila kapena nsapato zanu kuti mukumbukire mfundo zofunika zokhudza katemerayu.

Imirirani, khalani mukamzungulire kapena bwalo ndipo muyambe kuvina gule wotsatirayu limodzi.

Kuvina gule wa mumzere

- Ponyani mwendo wamanja kutsogolo (nenani) tiyeni tikalandire katemera wa COVID-19
- Ponyani mwendo wamanzere kutsogolo (nenani) tikalandira motsatira ndondomeko
- Ponyani mwendo wamanja kutsogolo (nenani) katemera wa COVID-19 ndiwoteteza moyo wanga
- Ponyani mwendo wamanzere kutsogolo (nenani) katemerayu ndiwoteteza banja langa ndi anthu a m'dera langa

Tiyeni tibwereze zomwe taphunzira

1. COVID-19 amafala pakati pa anthu kudzera mu kutsokomola komanso kuyetsemula
2. Katemera wa COVID-19 sabweretsa tizirombo ta matendawa m'thupi mwanu. Amakutetezani kuti musadwale kwambiri kapena kumwalira ndi matendawa ngati utatenga tiziromboti
3. Muyenera kulandira katemera wa COVID-19 amene akupezeka m'dera lanu mwandondomeko kuti mukhale otetezedwa
4. Monga akatemera ena onse, mukabayitsa katemera wa COVID-19, mutha kumva kupweteka pobayidwapo, kutentha thupi kapena kupweteka mutu koma izi zimachitika mosadetsa nkhawa ndipo zimatha kwa nthawi yochepa. Ngati zingapitilire kudutsa masiku awiri, kaonaneni ndi a dokotala
5. Aliyense wa zaka 12 kapena kupitilira apo atha kukalandira katemerayu

Mitundu yosiyanasiyana ya katemera wa COVID-19 ndi mulingo oyenera kulandira

Mtundu wa Katemera	Oyenera Kulandira	Mulingo woyenera Kulandira	Kufotokozela Mulingo
AstraZenecca	Zaka 18 kupita mtsogolo	2	Sabata 12 zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Johnson & Johnson (J&J)		2	Sabata 12 zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Moderna		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Sinovac		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Sinopham		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Pfizer	Zaka 12 kupita mtsogolo	2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri

Funsani alangizi a zaumuoyo kuti akuuzeni tsiku lodzabwera kudzalandira katemera wachiwiri

Katamera wowonjezera (Booster) polimbana ndi COVID-19 alandiridwe pakangotha sabata 12 (miyezi itatu) mutalandira katamera wachiwiri wa AstraZenecca, J&J kapena Fayiza (Pfizer)

Pabanja ndi mudzi

Pano tifuna timve kuchoka kwa inu. Gawanani mu magulu a anthu 4 kapena 6. Mukambirane m'magulumo zamafunso ndi zina zomwe zingalepheretse anthu kuti asalandire nawo katemerayu. Chonde, masukani ndikunena chilungamo. Awa ndi mafunso omwe mutha kufunsana.

1. Mudamvapo nkhawa zANJI m'banja mwanu kapena m'dera lanu zokhudza katemerayu kwenikweni?
2. Mutamva zambiri zokhudza katemerayu lero, mukuganiza kuti nkhawa zimenezi tingazithetse bwanji? (Apa tiyang'anenso mayankho athu powunikira kuti ndi akazi kapena amuna, zaka za munthu, mmene munthu angapezere katemerayu komanso kupereka thandizo lofunika)

Kudzipereka

Sonkhanitsani onse pamodzi kuti mumve nkhawa zawo komanso zomwe akulingalira kuti akachite akachoka pansonkhano uno.

Inuyo mukachitapo chiyani (lolani ophunzira kuti apereke mfundo zawo)

Nenani vesi ili pamodzi nawo:

Zolingalira zanu pa ine ndi za mtengo wapatali, inu Mulungu ndi zosawerengeka ndithu! Ndikanaziwerenga zikanakhala zochulukana; pamene ndadzuka ndili nanube. Masalimo 139:17,18

PHUNZIRO 4: MAPHUNZIRO OKHUDZA KATEMERA WA COVID-19 – PHUNZIRO KWA A CHIPEMBEDZO CHA CHISILAMU

Kukonzekereetsa anthu a m'madera pa Katemera wa COVID-19

Kodi Allah amalabadirako za Katemera wa COVID-19?

“Sangakhale wokhulupirira mmodzi mwa inu mpaka atamukonda nzake ngati mmene iye mwini amadzikondera.” *Sahih-Al-Bukhar #45*

Mawu oyamba

Anthu m'madera mwathu, m'dziko lathu lino komanso padziko lonse akulimbanabe ndi muliri wa dziko lonse wa COVID-19. Mwina nkumadabwa kuti muliri umenewu upitiliza bwanji kukhudza miyoyo ya anthu komanso kuti kodi zidzabwerera liti mchimake kuti moyo udzakhalenso ngati kale matendawa asanabwere? Katemera wa COVID-19 akutengapo mbali yayikulu pothetsa muliriwu. Dziko lathuli likuyembekeza kuti magulu a anthu alandire katemerayu.

Koma anthu ambili sakumvetsetsa zoonza zokhudza katemera wa COVID-19 kuphatikizapo akuluakulu a zipembezo. Phunziro ili likuthandiza azitsogoleri achipembezo chachisilamu kuti abwele pamodzi ndicholinga choti akambilane zokhuza katemera wa COVID-19, kumvetsetsa zoonza za katemera wa COVID-19, ndikukhonzekereetsa anthu ku madera awo kulandira katemerayu. Atsogoleri a mipingo ndi okhulupilidwa ku madera awo ndipo ndiofunikira kwambili mukuthandiza dera lawo osati mukupewa imfa za COVID-19 kokha komanso mavuto omwe COVID-19 yabwelesa ku madera ndi m'ma banja.

Boma lathu likuti tili ndi mwai wopulumutsa miyoyo ya anthu mazanamazana popewa COVID-19 polandira katemera wa COVID-19.

Koma ngati azitsogoleri a chipembezo titha kumafunsa, “Kodi Allah amalabadirako za Katemera wa COVID-19?”

Ili ndi funso labwino loti tifufuze.

Tikudziwa kuti Allah ndi wa Chifundo, ndipo amalabadira kupulumutsa miyoyo.

Tiona mu phunziro ili kuti katemera amateteza moyo.

Tsopano, mukuganiza kuti Allah amalabadira za katemera? Tiyeni tione mwatsatane ndipo mutha kumanga mfundo zoonza panokha.

Cholinga

Pamapeto pa phunziro, atsogoleri achipembezo cha chisilamu amvetsetsa kufunika ndi kusaopsa kwa katemera wa COVID-19 ku madera awo ndikuganizira zoyenera kuchita kulingana ndi ndondomeko za boma pokhudza katemera wa COVID-19.

Chochita pa phunziroli – kumanga umodzi wa kangaude pagulu la anthu m’dera

Zinthu zofunika: mpira kapena mipira ingapo ya ulusi kapena pulastikii.

Cholinga cha sewero: Kufuna kuyeselera momwe anthu angachitire umodzi wa kangaude pogwiritsa ntchito chingwe ndikusonyeza momwe aliyense amakhudzidwira ndi zinthu pamudzi kusonyeza kufunika kwa munthu wina aliyense m’dera lathu. Tigwiritsa ntchito chitsanzo chimenechi pofuna kusonyeza kufunika kwa Katemera wa COVID-19 kuti aliyense m’dera atetezedwe.

Malangizo

Aliyense ayime mukamzungulire wotambasuka. Ngati gulu lili ndi anthu oposa 20 apange mabwalo awiri. Gulu lili lonse lipatsidwe mpira wachingwe. Mmodzi agwire mpirawo ndipo auponye kwa wina yemwe angasankhe kwinaku atagwirabe chingwe chija.

Afotokoze maloto awo pa mabanja pa zomwe angadzachite COVID-19 ikadzatha. Kenako mpira uja uponyedwenso kwa ena ndi ena modutsa bwalo lija mmenemo wina aliyense atagwira chingwe.

Mafunso: Mpira uja ukatha ndipo m’manja mwa aliyense wagwira nawo gawo lachingwe chija, auzeni anthu asunthe bwinobwino kuti bwalo likule koma akukoka chingwecho mwaphanvu kenako nenani kuti, “tiyeni tiyerekeze kuti chisa chakangaude tapangachi chikufanana ndi dera lakwathu lija ndipo kuderako tili ndi mavuto kuphatikizapo COVID-19. Ine ndikufuna ndikufunsemi mafunso awa:

1. Chingachitike ndi chiyani ngati mmodzi wa ife kapena angapo atataya chingwe chomwe agwira? (Zikhoza kukhwefula kumangana kwathu kapena kuti chisa chathuchi chikhoza kukhala chofooka. Zikhoza kuchititsanso ena kuti agwe ulesi nawo natayanso pansi chingwecho).
2. Uzani munthu kuti akhwefule ndi kutaya chingwe. Onani momwe kukungana kwa umodzi wa kangaude kukukhwefukira

3. Uzani munthu wambali inayo kuti ataye chingwe ndipo muone zomwe zichitike. Onani kufooka kwa umodzi wa kangaude. Kenako uzani enanso kuti ataye chingwe m'modzi m'modzi. Kenako uzani onse kuti ataye chingwecho.

Phunziro mwachidule: Ife ngati a gulu la anthu a kudera ndife olumikizana monga ukonde ndipo zomwe timachita zimakhudza anzathu. Nkofunika kwambiri kuti tidzikhala otetezeka osangoti ife tokha ndi a pabanja lathu koma anthu onse mdera ngakhalenso m'dziko.

Nkhani (mutha kuyiyika musewero).

(Mdzukulu Rafiki) “Tabwerani Agogo, Lero ndikupita nanu kuchipatala pamodzi ndi agogo akazi. Mukalandire nawo Katemera wa COVID-19 monga momwe akuluakulu a boma akulangizira kuti tikuyenera kubaita.

“Zoonaz? Inu pitani. Ine sindikufuna.” Agogo Razaki adayankha.

“Ayi, musatero Agogo. Takupatsani ulemu pofuna kuti mukhale oyambilila”. Rafiki anena mwaulemu uku akuwaweramira.

“Katemerayu akuperekedwa kwa onse kuyambira zaka 12 mpaka akuluakulu monga agogo, amalume ndi azakhali.”



Agogo Razaki akambirana ndi Rafiki nkhani ya katemera wa COVID-19

“Ah, ine sindikuganiza kuti tivutike kufika konseko.” Agogo Razaki ananena.
“Akatemeratu ndi a ana ang'ono.”

“Chabwino. Zimenezo ndi zoonza Agogo. Katemeradi ndi wa ana. Mwachitsanzo, katemera woteteza ana ku poliyo komanso chikuku ndi rubella. Ndipotu akatemerawa akuthandiza kwambiri.

Kale matenda amenewa anali vuto lalikulu kwathu kuno koma tsopano zidasintha chifukwa cholandiritsa anawa akatemera motsafira ndondomeko. Sitikumvanso za poliyo ndipo sikwenikweni kumamva za miliri ya chikuku ndi rubella.

Koma, Katemera athanso kuthandiza ngakhale akuluakulu kuti ngati atapezeka ndi COVID-19 asadwale kwambiri.”

“Zoonza?” Agogo Razaki anafunsa modabwa kwambiri

“Eya. Katemera amaperekedwa kuti tipewe matenda omwe atha kutidwalitsa kwambiri kapena kutipha monga COVID-19. Boma lathu lakhala likulengeza pawailesi kuti onse anakwanitsa zaka 12 kupita m’tsogolo akuyenera kulandira katemera wa COVID-19.

Tikudziwa kuti mwa omwe ali pachiopsezo chochulukuka pa matendawa ndi anthu okalamba, omwe ali kale ndi mavuto ena monga matenda a shuga, othamanga magari, chifuwa cha TB, matenda okhudza mtima, HIV komanso azimayi oyembekezera.”

Pamenepo, Che Salaam mzawo wa Agogo Razaki anabwera kudzacheza atavala masiki. Agogo Razaki anapita kukatenga masiki yawo ndipo awiriwa anapita nkukakhala pansu pa mtengo wa mango motalikirana monga momwe atsogoleri awo anawalangizira.

Agogo Razaki anayamba kulankhula, “Ah, Che Salaam, wabwera munthawi yake. Ndithandize. Rafiki akufuna kuti ineyo ndi agogo ake akazi tipite tikabayitse katemera wa COVID-19. Ine ndimaona ngati akatemera ndi za ana basi. Ndiye ndimaona ngati nkosafunika kwa enafe. Ife takula.”



Che Salaam ayendera Agogo Razaki ndikukambirana za katemera wa COVID-

“Ayi, akunena zoonu.” Adatero Che Salaam.

“Inetu ndidakabayitsa kale wanga.” Adayimika nkono wawo kuti awonetse pomwe adabayidwa a Che Salaam.

“Ndiofunika. Katemerayu ndi wa akuluakulu ngati ife kuphatikizapo amayi onse. Adzatiteteza kuti tisadwale kwambiri COVID-19 kapena kumwalira kumene. Achikulire ngati ife, omwe ali ndi mavuto ena monga HIV, matenda okhudza mtima komanso mphumo ali pachiopsezo chodwala kwambiri kapenanso kumwalira kumene. Tikagwidwa ndi matendawa, titha kupatsiranso ena panyumba monga ana ndi zidzukulu. Inu mungakondwe kuti zimenezi zichitike?”

Agogo Razaki adayimitsa mutu wawo kwa nthawi. “Koma ukudziwa Che Salaam, tingawakhulupilire bwanji akatamera ochoka kunjawa? Mukudziwa bwino inu mbiri yathu – maka mmene anthu adatichitira chipongwe mmbuyomu. Tingakhulupilire bwanji kuti zimenezi sizidzachitikanso?”

“Ah, Razaki, ndakumvetsa. Kudandaula kwako nkomveka. Komatu atsogoleri athu a boma nawo ndiokhudzidwa ndi umoyo wathu. Ali ndi njira zokhwima zothandiza kuwonetsetsa kuti ndondomeko zoyenera zikutsatidwa. Nchifukwa chake tiyenera kumatsatira ndondomeko zoikidwa. Izitu zikuchitika m'maiko onse. Ndangomva lero kuti ku Middle East ma Imam akulandira katamera. Akudalira upangiri wa akatswiri a sayansi. Pachikhalidwe chathu, timadalira malangizo a atsogoleri abwino omwe timawakhulupilira. Amenewa ndiomwe amayanjanitsa pamodzi ndikutionetsa chitsogozo choyenera.



Agogo Razaki adayang'ana nkhwaila zawo mmenemo akumalizitsa kumwa thobwa lawo

“Komansotu Che Salaam, ine ndimangokhulupira Allah. Ndakhalako ndithu padziko pano. Wandisamalira mpaka lero. Adzandisamalirabe mpaka kutsogoloko.”

“Eyetu Razaki, pamenepo tafanana maganizo. Allah watisamaliradi mpaka lero. Ndiye katemerayu ndi njira yowonjezera mmene mwakulamu ndipo kuti moyo wanu uphweke. Osangoti kwa inu nokha koma tonsefe. Tonse tikufuna muliri wa COVID-19 wu utatha. Anthu ambiri akalandira katemerayu, muliri wu ukhoza kutha mwachangu.”

Che Salaam anamwanso thobwa nkupitiliza kulankhula,

“Muganizireni chonchi katemerayu. Pamene Allah anabweretsa chozizwitsa cha magetsi pakati pathu, palibe adanena kuti ayi zikomo, ife magetsi ayi. Ine ndiziyatsirabe parafini. Sizinatero. Tinamuthokoza kuti tsopano moyo wathu usintha komanso maphunziro a ana athu apita patsogolo.

Che Salaam anapitiliza kulankhula. “Tayang’anitsitsani nkhwaila zanzu. Zimakutetezani kuti mapazi anu asabayidwe ndi minga kapena miyala yosongoka mukamayenda. Mumazivala tsiku ndi tsiku komanso kuli konse mungapite. Momwemonso, katemerayu amateteza thupi lanu lonse tsiku ndi tsiku komanso kuli konse komwe mungapite. Ndiye anthu ambiri akalandira katemera ndiye kuti chitetezonso kumatendawa mdera chimakula. Imeneyi ndi nkhanu yabwino kwa banja lanu komanso dziko lonse lino.

Agogo Razaki anafunsa, “ndiye iwe Che Salaam ukuti katemerayu ndi mbali ya chikonzero cha Allah?”

Che Salaam anayankha, “Ndi mmene ndikuzionera inetu Razaki”

“Tikufuna zinthu zibwerere momwe zinaliri kale. Ntchito zonse ziyambenso kuyenda bwino. Ana athu ayambenso kumaphunzira bwinobwino. Allah amatikonda. Chikhulupiliro chatu chimatero.”

Che Salaam anati, “Surah 21:107. Allah amati, “Ndipo sitidakutume koma kuti ukhale Mtendere ndi Chifundo kwa zolengedwa zonse.” Korani ndi gwero la machiritso. Allah amati, “Ndi chiongoko ndi machiritso kwa okhulupirira.”

Agogo Razaki anayankha, “Ndiye Che Salaam ukuti bwanji? Ndavala nkhwaila zanga kuti ndidziteze mapazi anga. Tiyeni tipite ku chipatala kokalandira katemerayu kuti ifenso titetezedwe ku COVID-19. Ine ndiye ndakonzeka pano.”

“Tadikirani Razaki. Tipitira limodzi,” anatero Che Salaam. “Ndikuona ngati ineso lero ndafika poyenera kulandira katemera wa COVID-19 wachiwiri. Tiyeni tifufuze ngati akazi athu atha kupita nafe kolandira katemerayo. Tikamaliza mapemphero athu ku mzikiti tikakambilane ndi azibambo ndi azimai ena. Nkuthaka kuti nawo ali ndi nkhwaila ngati mundali nazoz. Mukutipo bwanji?”

“Ganizo labwino Che Salaam,” Agogo Razaki anayankha.



Agogo Razaki ndi Che Salaam alandira katemera kuchipatala

Mafunso ochokera mu nkhaniyi.

- d) Kodi ndinkhawa zANJI zomwe Agogo Razaki ali nazo zokhudza katemera?
(Akuganiza kuti ndi wa ana. Akuganizanso kuti poti katemerayu akuchokera kunja, mwina patha kukhala zachinyengo zina).
- e) Kodi Rafiki ndi Che Salaam anamuyankha chiyani Razaki?
(Anamutsimikizira kuti akuluakulunso atha kulandira katemerayu ndipo kuti boma ndilodalirika komanso kuti Allah adzapereka chosowa chathu)
- f) Kodi mwaphunzirapo chiyani makamaka pa zakuti katemerayu ndi wa ndani?
(Kuti boma likupereka katemerayu poyamba kwa anthu anakwanitsa zaka 12 ndikulimbikitsa omwe ali pa chiopsezo chokulirapo chotenga COVID-19 monga achipatala ndi a zaumoyo omwe amakhalitsa ndikuthandiza odwala COVID-19, omwe ali ndi mavuto ena monga a ulumali, omwe ali ndi HIV, matenda a shuga, othamanga magazi komanso azimayi oyembekezera).

Phunziro

Taona kuti Allah amasamala kapena kulabadira za katemera wa COVID-19 chifukwa lye amalabadira/amasamala za moyo wathu, mabanja athu komanso magulu onse a anthu. Taonanso kuti zomwe zimamuchitikira munthu mmodzi zimatha kukhudzanso anthu onse mu dera lathu. Izi zili chonchi potengera mmene matenda amafalira pakati pa anthu.

Tizirombo toyambitsa COVID-19 timafala pomwe munthu akutsokomola kapena kuyetsemula. Anthu omwe amadwala msanga ndi tiziromboti ndi achikulire, omwe ali ndi mavuto ena monga matenda a shuga, HIV, matenda okhudza mtima komanso a ulumali. Choncho tikulimbikitsa onse omwe ali ndi zaka 12 kupita mtsogolo kuti akalandire katemerayu. Tikulimbikitsa mwapadera onse omwe ali pachiopsezo chachikulu chotenga matendawa kuti apite msanga kukalandira katemerayu. Awa ndi monga ogwira ntchito zachipatala, achikulire, omwe ali ndi HIV ndi matenda okhalitsa monga TB, a shuga, mtima, othamanga magari (BP), mphumo komanso azimayi oyembekezera.

Katemerayu sakubweretsa tizirombo toyambitsa COVID-19 m'thupi mwanu. Chitetezo chomwe katemerayu akubweretsa chili ngati kuvala nkhwaila ku mapazi anu kuti zikutetezeni ku minga komanso mchenga otentha mu njira yomwe mungadutse.

Mwakumbukira za ulendo wautali omwe a Israele anali nawo wopita ku dziko lolonjezedwa lija? Allah adawauza kuti asaiwale kutenga nkhwaila ndipo anaonesetsa kuti ndiotetezedwa pa ulendo wawo wonse. Chimodzi modzinso ndi katemerayu, ndi njira imodzi yomwe Allah watiunikira kuti titetezedwe pa ulendo wothana ndi mavuto omwe adza chifukwa cha COVID-19. Timuganizire katemerayu ngati nkhwaila zathu pa ulendowu.

Anthu ena akumaopa kuti katemerayu atha kubweretsa zovuta zina m'thupi. Monga momwe zimakhallira ndi akatemera ena onse komanso mankhwala. Katemerayu atha kuyambitsa zovuta zina zosadetsa nkhwala kwa anthu ena omwe alandira. Izi zitha kuchitika kwa masiku ochepa ndipo zimangotsimikizira kuti katemerayu wayamba kudzutsa chitetezo mthupi.

Zina mwa zomwe munthu angamve atalandira katemerayu ndi monga: kumva kudwala, kutentha thupi, kumva kupweteka kapena kufiira malo obayidwawo, kutupa kapenanso kufiira. Ena amamva mseru, kupweteka mmawondo ndi zigongono mwinanso kutsekula mmimba. Nthawi zina ena atha kukhala ndi vuto loundana magari ndi mavuto ena koma izi sizichitikachitika.

Chomwe katemerayu akupatseni ndi chitetezo – monga chomwe nkhwaila zija zimapereka. Tikunena chitetezo kuti musadwale kwambiri kapena kumwalira kumene ngati mutatenga tizirombo toyambitsa matendawa. Iyi ndi nkhani yabwino.

Titha kugwiritsa ntchito nkhani ya nkhwaila yi pofuna kufotokozerani momwe katemerayu amagwirira ntchito kuti zitithandize kukumbukira. Yerekezani nkhwaila kapena nsapato zanu kuti mukumbukire mfundo zofunika zokhudza katemerayu. Imirirani, khalani mukamzungulire kapena bwalo ndipo muyambe kuvina gule wotsatirayu limodzi.

Kuvina gule wa mumzere

- Ponyani mwendo wamanja kutsogolo (nenani) tiyeni tikalandire katemera wa COVID-19
- Ponyani mwendo wamanzere kutsogolo (nenani) tikalandira motsatira ndondomeko
- Ponyani mwendo wamanja kutsogolo (nenani) katemera wa COVID-19 ndiwoteteza moyo wanga
- Ponyani mwendo wamanzere kutsogolo (nenani) katemerayu ndiwoteteza banja langa ndi anthu a m'dera langa

Tiyeni tibwereze zomwe taphunzira

1. COVID-19 amafala pakati pa anthu kudzera mu kutsokomola komanso kuyetsemula
2. Katemera wa COVID-19 sabweretsa tizirombo ta matendawa m'thupi mwanu. Amakutetezani kuti musadwale kwambiri kapena kumwalira ndi matendawa ngati utatenga tiziromboti
3. Monga akatemera ena onse, mukabayitsa katemera wa COVID-19, mutha kumva kupweteka pobayidwapo, kutentha thupi kapena kupweteka mutu koma izi zimachitika mosadetsa nkhwaila ndipo zimatha kwa nthawi yochepa. Ngati zingapitilire kudutsa masiku awiri, kaonaneni ndi a dokotala.
4. Muyenera kulandira katemera wa COVID-19 amene akupezeka m'dera lanu mwandondomeko kuti mukhale otetezedwa
5. Aliyense wa zaka 12 kapena kupitilira apo atha kukalandira katemerayu

Mitundu yosiyanasiyana ya katemera wa COVID 19 ndi mulingo oyenera kulandira

Mtundu wa Katemera	Oyenera Kulandira	Mulingo woyenera Kulandira	Kufotokozela Mulingo
AstraZenecca	Zaka 18 kupita mtsogolo	2	Sabata 12 zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Johnson & Johnson (J&J)		2	Sabata 12 zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Moderna		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Sinovac		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Sinopham		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Pfizer	Zaka 12 kupita mtsogolo	2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri

Funsani alangizi a zaumuoyo kuti akuuzeni tsiku lodzabwera kudzalandira katemera wachiwiri

Katamera wowonjezera (Booster) polimbana ndi COVID-19 alandiridwe pakangotha sabata 12 (miyezi itatu) mutalandira katamera wachiwiri wa AstraZeneca, J&J kapena Fayiza (Pfizer)

Banja langa komanso mudzi wanga

Pano tifuna timve kuchoka kwa inu. Gawanani mu magulu a anthu 4 kapena 6. Mukambirane m'magulumo mafunso ena aliwonse womwe mulinawo komanso zina ndi zina zomwe mukuona kuti zingapangitse kapena zikupangitsa anthu kuti asakabayitse katemerayu. Chonde, masukani ndikunena chilungamo. Awa ndi mafunso omwe mutha kufunsana.

1. Kodi ndi nkhwana zANJI zomwe mudamvapo kwa anthu apabanja lanu kapena m'dera lanu zokhudza katemerayu kwenikweni?
2. Mutamva zambiri zokhudza katemerayu mmaphunziro alerowa, mukuganiza kuti nkhwana zimene zanenedwazi tingazithetse bwanji? (Apa tiyang'anenso mayankho athu powunikira kuti ndi akazi kapena amuna, msinkhu wa munthu, ulumali, mmene munthu angapezere katemerayu komanso kupereka thandizo lofunika)

Nthawi Yakudzipereka

Sonkhanitsani onse pamodzi kuti mumve nkhwana zawo komanso zomwe akulingalira kuti akachite akachoka pansonkhano uno.

Inuyo mukachitapo chiyani mukachoka pano mukabwerera kwanu (lolani ophunzira kuti apereke mfundo zawo)

Nenani mau awa pamodzi

Ife tikudzipereka kwathunthu kukalandira/kukabayitsa katamera wa COVID-19 komanso kuwonesetsa kuti anthu ovutikitsitsa ndi amene ali pachiopezo chachikulu chotenga matendawa akupatsidwa mwai wolandira nawo katemerayi

PHUNZIRO 5: MAPHUNZIRO A KATEMERA WA COVID-19 – KWA MA KOMITI A KU DELA

Kwa madela okhonzekela kulandira katemela wa COVID-19

“Pakasoweka uphungu mtundu wa anthu umagwa; koma pakakhala aphungu ambiri pamakhalanso chipulumutso.” Miyambo 11:14

“Munthu wopereka mowolowa manja adzalempera; iye amene amathandiza ena iyenso adzathandizidwa.” Miyambo 11:25

Mawu Otsogolera

Ma dela athu, dziko la Malawi komanso dziko lonse lapansi likuvutika pofuna kuthetsa muliri wa COVID-19. Tikhoza kumadabwa kuti ndizotsatira zanji zomwe zidzakhale zikuonekabe mmadela athu chifukwa chamatendawa ndikuti kodi moyo udzaoneka motani tikadzabwereranso kumoyo wathu ngati kale matendawa asanabwere. Katemera wa COVID-19 ndi njira yayikulu yomwe ingathandizire kubwezeletsa moyo uno kukhalanso ngati kale COVID-19 asanabwere. Boma la Malawi likuyembekezera kuti anthu tibayitse katemera ameneyu. Maphunziro athuwa akuthandizira kulimbikitsa anthu a ku dela kutengapo mbali mu ntchito yothetsa matendawa.

Maphunziro amenewa ndiwothandizira magulu akudera kwathu kumvesetsa zakufunikira kwake kwa katemera ku mabanja awo ndi dela lawo. Magulu amenewa ali ndi atsogoleri omwe amadalirika kudera ndi magulu ang'ono ang'ono komwe ma uthengawa angafalitsidwe komanso kukambirana. Kudzera mmauthenga amenewa ndiye kuti tilinawo mwai wothandizira kupulumutsa miyoyo ya anthu ambiri munyengo ikubwerayi kuyambira panopa kuthandiza anthu kuti apewe kufalika kwa COVID-19, potengapo mbali kukabaitsa ndithu katemerayu.

Cholinga

Kugawa ma uthenga kwa anthu akudela kuti akambilane, apange mfundo zawo zomangirira, ndikuthandizira anthu kutengapo gawo lokabaitsa katemera kumadera awo motsatira ndondomeko ya boma.

Nkhani: A Simoni ndi akazi awo akambirana za katemera wa COVID-19



A Simoni ndi akazi awo kukambirana za katemera wa COVID-19

Simoni adali atafika kuchokela ku msika kumene adatandalako tsiku lonse ndipo adaguza njinga yake nayiyedzeka pamphepete panyumba. Apa ndikuti atanyamula milimo/mitengo yomangila mpanda yomwe ankalingalira zokagulitsa kumsika wawo womwe umachitika sabata lililonse. Magileti, mkazi wake, anatulukira kuzamulonjera.

“Takulandirani,” Adatero mokondwera uku akumubweretsera kapu ya thobwa. Adatengana limodzi nakhala panthunzi wantengo wa mango.

“Mukuonekatu wotopa” Adatero mwachikondi.

Adakhala chotero limodzi kwa mphindi zingapo ndithu akukambirana momwe tsiku lawo lathera ndipo pamenepo ana awo adali akumalizitsa ntchito

zapakhomo chakumadzulodzulo komanso apa nkuti chakudya chamadzulo chomwe chinali pamoto chikumalizika kupsya.

Simoni atamwako thobwa lija pang'ono adayankhula nati, "Aliyensetu akukamba za COVID-19 komanso nkhani ya katemera kumsikaku."

"Tafotokozani zambiri" adatero Magileti. "Amati chiyani anthuwo? Nane ndikumamvansotu nkhani yomweyi pa wailesi."

"Boma likulengeza kuti aliyense amene adakwanitsa zaka 12 akabayitse katemera koma mzanga wina Stefano amati zakatemerazi ndinkhani yokhudza ana okhaokha".

"Ndikukunvetsani Bambo. Ife tinkawonetsetsadi kuti mwana wina aliysense akulandira katemera woyenerera kuchipatala. Ndikapita ku Keyagulupu, timalangizana zobayitsa ana katemera ndikuwonetsetsanso kuti ana akumakomo yoyandikana nafe nawonso abayitse. Zikatero timakhala kuti tonse mmudzi muno tatetezeka ku poliyo, chikuku ndi matenda ena osiyanasiyana. Koma katemera uyu ndi wa COVID-19. Ndikatemera wosiyaniranatu ndi mitundu ya akatemera enawa. Padakali pano, ana a zaka zosafika 12 sakubayidwa nawo katemera ameneyu. Mwina mtsogolomu, azabayidwa."

Simoni anafunsa "Ndiye katemerayu ndiwa ntchito yanji? Ndipo kulengeza mochuluka chonchi chifukwa cha chiyani? Sindikuwona anthu ambiri akudwala matendawa. Tivutikilenji kubayitsa katemera ameneyi kwa anthu akulu ngati ife? Komanso panopa ndikadali munthu wamphamvu zokwanira. Chonchotu sindikufunika katemera."

"Awotu ndimafunso abwino, bambo. Ndamva pa wailesi nkhani yakatemerayi. Ndinkhani yofunika kuimvetsetsa bwinobwino. Kutengera zomwe ndinaphunzira ku keyagulupu atiwuza kuti katemerayi amathandiza kuchulukitsa chitetezo muthupi lathu."

Magileti adayang'ana njinga ya amuna awo yomwe adali atayigoneka pamphepete panyumba ija ndipo adalingaliranso kwambiri za ntchito yomwe amuna awo ankagwira yomanyamula milimo yomangira mpanda kukagulitsa kumsika.

"Mwina nkhani ya katemerayi tingafanizile ndi mpanda wolimba kwambiri umene umathandiza kulimbikitsa chitetezo pakhomo pathu komanso kuteteza

khola la ziweto kuzilombo zolusa. Corona Virus ndi kachilombo katsopano kamene kali ndi ukali ngati wafisi. Kachiromboka kamazembelera kufunafuna kuti kawononge anthu omwe ali ndi chitetezo chopelewela m'thupi mwawo makamaka amene ali ndi zaka zoposa 60 komanso anthu omwe ali ndi matenda monga a shuga, othamanga magazi (BP), a mtima, ali ndi HIV, ndi chifuwa chachikulu (TB) komanso azimayi oyembekezera. Tikufunika mpanda wamphamvu kuti utchingire matupi athu molimba kutitetezera kuti COVID-19 asalowe. Izitu ndizimene katemera amachita. Ndipo zimenezi ndizomwe finaphunzira ndithu ku keyagulupuku kuti katemera, amathandiza kwambiri kuteteza matupi athu."

Chithunzi 1: Mmene katemera wa COVID-19 amatchinjirizira matupi ku COVID-19



Tikufunika mpanda wamphamvu kuti utchingire matupi athu molimba kutitetezera kuti COVID-19 asalowe. Umu ndimene katemera amagwilira ntchito kutiteteza ku matenda.

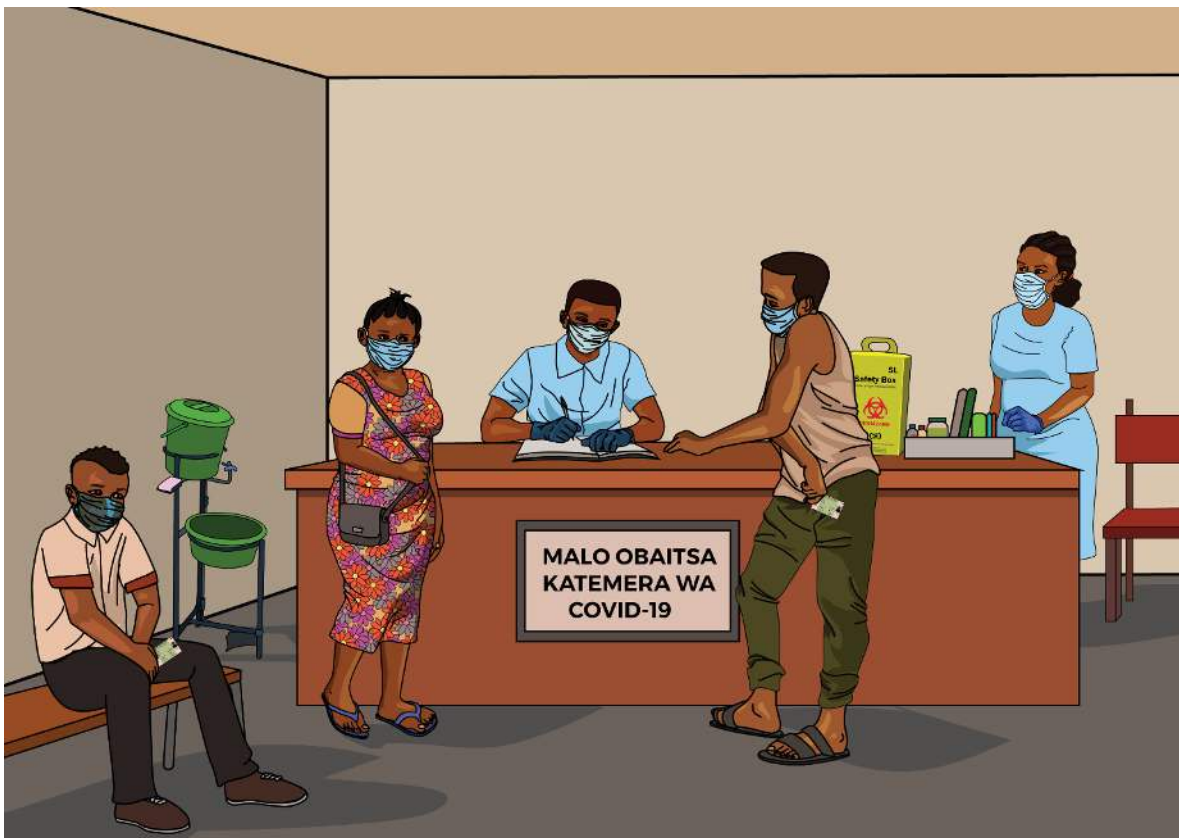
"Oho chabwino ndamvetsa tsopano." Simoni adatero uku akumwa thobwa lija pang'onopang'ono. "Komanso apa zaonetseratu kuti chitetezochi sichikutetezatu okhawa omwe ali pachiopsezo chachikulu kwa fisiyu ayi koma chikutetezanso ngakhale khamu lonse la anthu kuti kachilombo kameneka kasawagwire."

“Eyetu”. Adavomereza chotero Magileti pankhope pake pakuwala ndi chimwemwe alichimwetulire.

Apa Simoni adatsilizitsa thobwa lija ndipo adayakhula motsimikizika mtima ndi mkazi wake Magileti kuti, “Tiyeni tipite limodzi mawa lino tikabayitse katemera ameneyi”

Magileti adaonetsa chimwemwe chachikulu ndipo adatolera makapu omwe amamweredwamo thobwa lija nkupita nayo mnyumba kukamalizitsa kukonza chakudya chawo chamadzulo. “Ooh! Amuna anga, tisaiwale popita titengekonso makolo athu. Tikatsatira njira imeneyi, banja lathu lonseli tikhala kuti fili ndi mpanda wachitetezo wamphamvu.”

“Inde, Inde, palibenso fisi yemwe adzalowe muno!” Adatero Simoni mokondwera kwambiri uku akupita kokasamba mmanja kuti adye chakudya cha ku madzulo.



Simoni ndi Magileti apita kuchipatala kukabayitsa katemera

Mafunso kuchokela munkhaniyi:

1. Kodi Simoni adali ndi nkhwawa zotani pankhani ya katemera? *(Amaganiza kuti katemera ndi wa ana okhaokha)*
2. Kodi ndi yankho lotani lomwe Magileti anamuyankha Simoni zakatemera? *(Ndizoona kuti katemera ndi wofunikila kwa ana, koma COVID-19 ndi matenda achilendo ndipo akufunika akuluakulu abayitse katemera kuti adziteteze)*
3. Mwaphunzira kuti akuyenera kubayitsa katemera ndi ndani? *(Padakali pano, katemera akupelekedwa kwa iwo amene anakwanitsa zaka 12, ndikulimbikitsa iwo anakwanitsa zaka 60, azimayi oyembekezera, omwe ali ndi TB, HIV, othamanaga magazi (BP)ndi Shuga komanso omwe ali ndi ulumali.*
4. Ndi chitsanzo chanji chimene Magileti anagwiritsa ntchito kufanizira COVID-19? *(Fisi amene amawononga mbuzi zathu)*

Phunziro

Tawona kuti kuli COVID-19 amene akuwononga miyoyo mu njira yofanana ndimomwe Fisi angawononge mbuzi zathu. Koma pali katemera amene akhoza kutiteteza ife ngati tingatsatile ndondomeko zokhazikitsidwa ndi boma ndikupita kukabayitsa katemera. Anthu ena ali ndi nkhwawa zokhudza katemera ameneyu. Ndibwino kumakambirana tonse pamodzi nkhani yakatemera ameneyi.

COVID-19 amafala pakati pathu kudzera mukutsokomola ndi kuyetsemula. Anthu amene ali pa chiopsezo chodwala matendawa kwambiri ndi anthu achikulire, azimayi oyembekezera, anthu omwe akudwala matenda amgonagona ngati shuga, othamanga magazi (BP), HIV, TB, mphumo komanso vuto la mtima.



COVID-19 atha kufalanso pakati pathu kudzera kutsokomola ndi chimfine

Katemerayu ndiwoyenera kubayitsa kamodzi kapena kawiri potengera ndi mtundu wa katemera yemwe munthu akukabayitsa. Ndikofunikila kwambiri kuti munthu akalandire katemera moyenera kuti akhale ndichitetezo chokhalitsa kwa nthawi yayitali komanso chokwanira ku COVID-19. ***Alangizi a za umoyo akudera kwathu akhoza kutiithandiza ndi kutikumbutsa za ndondomeko yammene tingalandirire katemera.***

Katemerayu sangakupatseni COVID-19

Anthu ena akuganiza kuti katemerayu akhoza kukupangitsani inu kudwala – kutentha kwa thupi kapena kuphwanyanya kwa thupi. Katemera wa COVID-19 ali ngati katemera wina aliyense ndipo nthawi zina munthu akalandira atha kumva zizindikiro zosiyansiyana monga kuwawa pamalo pamene wabayidwa, kutopa kapena kuwawa kwa mutu. Zizindikirozi sizikhala nthawi yayitali komanso ndizosadandaulitsa, zimangotanthauza kuti katamera mwalandirayo wayamba kugwira ntchito yake. Ndikoyenera kutsatira malangizo ndi uphungu omwe azaumoyo akupatsani panthawi imene mwalandira katemera Koma katemerayu sangakupatseni COVID-19 ayi.

Katemerayu amakupatsani chitetezo – ngati momwe imachitira mirimo pampanda. Katemera akuteteza anthu kuti asadwale COVID-19. Ngati wina wapezeka kuti wadwala COVID-19, katemerayi amathandiza kuteteza munthuyo kuti asadwalike kwambiri komanso kuti asamwalire. Imeneyi ndiye ndinkhani yabwino kwambiri kwa ife. Dziwani kuti pamene anthu ochuluka abayitsa katemera ameneyu, kufala kwamatendawa kumachepa kwambiri ndipo chiwerengero cha anthu okhala pachiopsezo chodwala matendawa chimachepa komanso ndiye kuti anthu ochuluka mudela lathu azakhala otetezedwa kwambiri.

Anthu ena akuganiza kuti katemelayu ndiwosadalirika chifukwa ndiwochokera kunja. Ndizoonanso kuti katemerayu amapangidwa kunja kwa dziko lathu, ngati mmene mankhwala ena ambiri ndi zipangizo zomwe timagwiritsa ntchito za umoyo kunoko timazipezera. Boma lathu pamodzi ndi ma boma ena padziko lonse lapansi kuphatikizaponso akadaulo azakafukufuku adatsimikizirana ndikulimbikitsa kubayitsa katemera ameneyu. Baibulo limatiuza kuti tikhoza kukhulupilila upangiri wa magulu a anthu amenewa. *“Pakasoweka uphungu mtundu wa anthu umagwa; koma pakakhala aphungu ambiri pamakhalanso chipulumutso.”* Miyambo 11:14.

Allah akuti “Eee! Muhamand kumbutsa ndipo pereka malangizo ndithu chifukwa lwe ndiwe Mkumbutsi”, Surah 88:21

Kuti tizikakumbukira mosavuta mfundo zomwe takambiranazi tikhoza kugwiritsa ntchito nsapato kapena nkhwaila zathu kusonyeza momwe katemera amagwirira ntchito. Tiyeni aliyense ayime tipange bwalo lozungulira. Tawonani

nkhwayira kapena nsapato zomwe mwavalazo zomwe zikuthandizireni kukumbuka mfundo zofunikira zokhudza katemerayu motere:

- Ponyani mwendo wamanja kutsogolo (nenani) tiyeni tikalandire katemera wa COVID-19
- Ponyani mwendo wamanzere kutsogolo (nenani) tikalandira motsatira ndondomeko
- Ponyani mwendo wamanja kutsogolo (nenani) katemera wa COVID-19 ndiwoteteza moyo wanga
- Ponyani mwendo wamanzere kutsogolo (nenani) katemerayu ndiwoteteza banja langa ndi anthu a m'dera langa

Kuphunzira kudzera musewero: “Chitetezo mu khola”

(Malangizo kwa amene akutsogolera): mwachinsinsi sankhani munthu mmodzi kapena awiri kuti akhale “fisi” koma mwachinsisi anthu ena asadziwe kuti iwowo asankhidwa kukhala a fisi. Potengera ndi kuchuluka kwa momwe anthu aliri sankhani ena kuti akhale mbuzi ndipo afotokozeleni zoti achite. Fisi mu m'masewera amenewa mwachidule akuyenera kukhala munthu wochenjeletsa amene atha kudutsa pa anthu a manja otambasula nkulowanawo nkati mwabwalo mopapatizika nawo pomwe mbuzi zikulowa. Fisiyo akhala oti sazitchula mau achinsinsi omwe ndichizindikiro chimene omwe ayimira mbuzi azinena ngati chiphaso chawo kuti apatsidwe mpata olowera nkatimo.

Mu masewera amenewa muli ma gulu awiri. Gulu loyamba ndi “mpanda” woteteza mbuzi mu nthawi ya usiku. Mpanda ukhala mozungulira ndi kuima ngati mitengo yampanda. Chifukwa cha COVID-19 muziima motalikilana mikono milingo iwiri (2m). Mukuyelekeza kukhala ngati mitengo yampanda/khola yoteteza ziweto mu nthawi ya usiku.

Gulu lina likhala mbuzi zoti zikubwela kudzalowa mukhola/mpanda. Koma chenjezo, pakati pawo pali afisi. Simukuziwanso kuti mbuzi ndi ziti nanga a fisi ndi ati chifukwa kwada ndi usiku komanso kuli mdima. Njira yokhayo mungadziwe ndipamene akuyesa kulowa pa mpanda wakholalo kugwiritsa ntchito njira yolondola potchula mawu achinsinsi omwe apatsidwa.

Khola/mpanda liribe chipata chenicheni cholowera. Mbuzi kuti zilowe zikuyenera kutchula mawu achiphaso cholowera. Mbuzi zikhoza kulowa ngati yagwiritsa ntchito mawu achiphaso/chizindikiro cholowera. Chiphaso chake ndi mau oti

Katemera kapena **Masiki**. Ngati mungamve mawu amenewa, ndiyekuti mbuzi yafika ikhoza kulowa mu khola. Ngati satchula mau amenewa ndiye kuti ndi Fisi ndipo musungeni kunjira. Mbuzi ikafika izikuwa mawu oti **Katemera** kapena **Masiki** ndi cholinga choti alowe mu kholamo. Fisi kapena afisi aziyesa kuzembela ndikuchita mavuvu kuti alowenawo limodzi ndi mbuzi koma azikanizidwa.

Masewerawa akhoza kuyamba ngati “mpanda” wakhazikitsidwa mmalo mwake (Mpandawu ukupangidwa ndi anthu aja akuyimira mitengo yampanda aja ndipo akhale atatambasula manja awo mmbalimbali) ndipo ziweto, kuphatikizapo a fisi aja akhala akuyendayenda kunjira kwampanda kuchalira kuti alowe mukholamo.

Cholinga cha masewerawa ndi kuti ziweto zonse zilowe mu khola kuti zikhale zotetezeka nthawi ya usiku ndipo mpanda ukwanitse kupereka chitetezo kuti afisi asalowe mukholamo

Kuti masewerawa ayambe, wotsogolera anene, “1 – 2 – 3 kenako kunena mawu ofanizila ukali wa fisi oti “whoop” zikatero yambani: Ziweto zonse zizapeza njira yolowela mu mpanda/khola pomadutsa pansu pa manja otambasulidwa aja. Nawo a fisi aziyesayesa kulowa mu khola/mpandamo ndi mavuvu.

Pamapeto pa masewera tipange izi

1. Kodi afisi ali kuti? Anakwanitsa kulowa mu khola? Aloleni afisi ayankhe. Ngati analowa kodi analowa bwani? Kodi alipo afisi ena omwe analephera kulowa mukholamo? Kwa a fisi omwe analowa kodi ndi malo ati wofooka omwe anagwiritsa tchito kuti alowe. (Mosakaika apa pazakhala phwete, kuseka ndi chisangalalo).
2. Kodi ziweto/mbuzi ziri kuti? Kodi ziweto zonse zinakwanitsa kulowa? Zilipo ziweto zomwe zinatsalirabe kunjira? Ziweto zimenezi zimamva bwani polowa? Kodi kunali kophweka kulowa kapena zinali zovuta? (Lolani ochuluka alongosole momasuka aliyense. Ena atha kukhala kuti anali odabwa, ena anali ndimantha komanso nkutheka kuti ena analibe chisankho chenicheni chotsimikizika kuti apanga motani kuti alowe)
3. Kodi kwa a fisi oti akwanitsa kulowa mukhola panali chiopsezo chinachilichonse kwa ziweto zomwe zinalowa mukholamo? Eya! Pali chiopsezo ku mbuzi zonse. Izi ndichifukwa chake tikufuna kuti aliyense ali woyenera kulandira katemera wa COVID-19 akabayise mu nthawi yoyenelela – makamaka amene ali ndi chitetezo chotsika mu thupi)

Phunziro zoyenera kusindika pamapeto a sewero

- Kodi munanva kutetezeka ngati ziweto pamene paja? Munali ndi mau achiphaso cholowera mukhola ndi iwo – **Katemera ndi Masiki** – izi kwa ife ndi zotetezera ku COVID-19, komabe sionse amagwiritsa ntchito zotetezera zimenezi. Kodi ndindani omwe samagwiritsa ntchito zotetezerazi? **Yankho ndi:** a fisi.
- Kodi zinali zophweka motani kuti ena akhale pa chiopyezo chotenga matenda komanso mwina kugwidwa ndi afisi? Tinganene kuti ziweto zija zimanva nkati mwawo kuti zili pa chiopsezo chogwidwa ndi zilombo ndi a fisi kapena ayi? Eya – Atangozindikila kuti afisi analiponso pakati pawopo momwe amayendayenda kunjira kwa khola kuja amayenera kunva ndithu kuti moyo wawo uli pachiopsezo chogwidwa.
- Kodi chimayenera kuti chichiteke ndi chiyani kuti afisi kapena tizilombo towononga tisalowe mu khola mwaziweto? Chimafunika ndikukhala ndi khola/mpanda wolimba – kukhala tchelu kwambiri – komanso kuti aliyense adziwe chiphaso cholowera pachipata chachitetezo – abayitse katemera ndi kuvala masiki wotchinga pakamwa ndi mphuno.

Katemera wowonjezera (Booster) polimbana ndi COVID-19 alandiridwe pakangotha sabata 12 (miyezi itatu) mutalandira katemera wachiwiri wa AstraZeneca, J&J kapena Fayiza (Pfizer)

Banja langa mudzi wanga

Tsopano tikufuna timve kuchoka kwa inu. Zigaweni mma gulu a anthu atatu kapena anayi. Mukambilane mma gulumo za mafunso kapena mphekesera zomwe zikunveka mmadela mwathumu zomwe zingalepheletse anthu kukalandila katemera. Chonde khalani omasuka ndikukambirana nkhawa zonse momwe mungathere. Mutsate mafunso awa:

1. Ndi nkhawa zANJI zimene munamvapo kumakuka komwe mwachokera inu komanso kudera kwanu zokhuza kubayitsa katemera?
2. Kutengera pazimene takambilana lerozi, mukuwona kuti tingathane nazo motani nkhawa ndi zolepheretsa zimenezi? (Fotokozani monvekabwino pafunsoli potengera udindo wa akazi ndi amuna, zaka za munthu, kapezedwe ka katemerayu, komanso komwe anthu angapeze chithandizo)

Nthawi Yakudzipereka

Lolani gulu liri lonse lifotokoze nkhawa ndi njira zochotsela nkhawa zawo. Kodi ndizithu ziti zomwe kuchokera pano mwatsimikizika mtima kuti mukazichita? (Aloleni anthu osiyana afotokoze)

Alimbikiteseni pagulu onse kuti amange mfundo imodzi kufotokozela chifukwa chimene chawalimbikitsa kuti akabayitse katemera. Mwa chitsanzo mfundo ikhoza kuoneka motere:

“Chifukwa Mulungu amandikonda ndikundisamalira ndipo wandikonzela njira yoti nditsate kuti nditeteze moyo wanga komanso kuteteza moyo wa ena omwe andizungulira mu nyengo ino ya muliri wa COVID-19, ndikabayitsa Katemera wa COVID-19.”

Ndikudzipereka ndimtima onse pano kuti ndikabayitsa katemera wa COVID-19 komanso kuwonesetsa kuti anthu omwe ali pachiopsezo chachikulu chotenga matendawa kudela lathu akupatsidwa mwai onse wopeza ndikubayitsanawo katemera ameneyu.

Mdalitso

Kubayitsa katemera ndi mwayi wathu woti tiwonetserane wina ndi mzake chikondi chamtengo wapatali/madalitso poteteza miyoyo yathu ndi kubwezeretsanso moyo wangwiro kumabanja athu ndi dera lathu.

“Munthu wopereka molowamanja adzalemera; iye amene amathandiza ena iyenso adzathandizidwa.” Miyambo 11:25

Allah akuti, “Simudzapeza ubwino kufikira mutapereka zimene mumazikonda ndipo chilichonse chimene mwapereka ndithudi Allah akudziwa”, Surah 3:92

Nenerani mdalitso wa Ambuye nonse kwa wina ndi mzake, munchiyembekezo chakukakwaniritsa malonjezano omwe mwalonjezawa pomwe mukusiyana ndikubwerera kumudzi.

Mitundu yosiyanasiyana ya katemera wa COVID -19 ndi mulingo oyenera kulandira

Mtundu wa Katemera	Oyenera Kulandira	Mulingo woyenera Kulandira	Kufotokozela Mulingo
AstraZenecca	Zaka 18 kupita mtsogolo	2	Sabata 12 zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Johnson & Johnson (J&J)		2	Sabata 12 zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Moderna		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Sinovac		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Sinopham		2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri
Pfizer	Zaka 12 kupita mtsogolo	2	Sabata zinayi (4) zidutse pakati pa Kubayitsa ulendo woyamba ndi wachiwiri

Funsani alangizi a zaumuoyo kuti akuuzeni tsiku lodzabwera kudzalandira katemera wachiwiri

PHUNZIRO 6: MAPHUNZIRO A KATEMERA WA COVID-19 – UTHENGA KWA MAGULU AZIPEMBEDZO

“Kodi Mulungu ali ndi gawo lotani pa muliri wa COVID?”

Upangiri wakapangidwe ka ma Ulaliki

Masalimo 23:1-3

Chiyambi

(Kukonzekera kwake: bwelani ndi ndodo ya m'busa wang'ombe)

Tikudziwa tonse udindo umene m'busa wa ng'ombe ndi mbuzi amakhala nawo pakusamalira ziweto zake. Salimo 23 ikufotokoza za m'busa wabwino amene atilondolela njira komanso kubweretsa chitetezo.

Lero tiphunzira momwe m'busa wathu wabwino amatipatsira chisamaliro chake. Tikhudzapo zamomwe tingasamalire komanso kuteteza ma banja anthu ndi dela lathu ngati m'busa wabwino mothandizidwa ndi Mulungu.

Ndabweretsa ndodo ya m'busa wang'ombe (wonetsani mtengo). M'busa agwiritsa ntchito ndodo ngati imeneyi kulondolela mbuzi ndi ng'ombe. Mau a Mulungu ali ngati ndodo imeneyi ya m'busa wa ng'ombe. Amatithandiza ife kudziwa njira yoyenera yomwe tingakhalile m'busa wabwino ku ma banja athu ndi dela lathu. M'busa amalondolela mbuzi zake mukhola kukada kuti zikhale zotetezeka. Tiyeni tiwone mwatsatane mmene Mulungu wathu amatetezera ma banja athu.

Mutu wa Ulaliki

Mulungu ndi m'busa wathu wabwino. Amasamala ndi kutetezera anthu ake munthawi ya COVID-19

Mitu yaikuluikulu ya ulaliki

1. M'busa wabwino amadyetsa nkhosa zake
2. M'busa wabwino amapeleka mphamvu ndi chilimbikitsa mu nyengo zowawa
3. M'busa wabwino amatilondolela mu njira yoyenera kuteteza nkhosa zake

Vesi ya ulaliki: Masalimo 23:1-3

“Yehova ndiye m’busa wanga, sindidasowa kanthu.

Amandigoneka pa msipu wobiriwira,

Amanditsogolera ku madzi akumwa abwino,

Amatsitsimutsa moyo wanga.

Amanditsogolera m’jira zachilungamo chifukwa cha dzina lake.”

Ndondomeko ya Ulaliki

1. M’busa wabwino amadyesela nkhusa zake

Masalimo amenewa analembedwa ndi mfumu Davide amene anali m’busa wankhosa ngati ambiri mwa ife asanadzodzedwe ufumu.

Davide amadziwa bwino kwambiri za chikhalidwe cha mbuzi ndi nkhusa. Amadziwa bwino zinthu zomwe nkhusa zimafuna. Amaziwa bwino za zomwe zimayenera kuchitika kuti ziweto zipeze madzi abwino ndi msipu wobiriwira.

Salimo limeneli limatiuza kuti Mulungu ndi M’busa wabwino. Vesi 1:” Yehova ndiye m’busa wanga, sindidasowa kanthu.”

Monga momwe m’busa amadziwira zofuna za ziweto zake, chimodzimodzinsu Mulungu amadziwa bwino lomwe zofuna zathu.

Tikukhala mu nyengo yovuta ya muliri wa COVID-19. Miyoyo yathu yasintha. Sitingapange zinthu zimene tinkapanga muliruwu usanabwele. Mwachitsanzo ena mwa ife sitili pa ntchito. Ena anadwala ndipo ena kumwalira kumene. Ena matenda amenewa awalowetsa mmavuto azachuma. Koma Mulungu akudziwa zosowa zathu. Akutijonjeza ndithu kuti iyeyo adzakumana ndi zosowa zathu.

Chimodzi mwa zinthu zimene tikuyenela kuthokoza nazo Mulungu mu nyengo imeneyi ndi kubwera kwa katemera watsopano. Katemerayu ndiwogwiritsa ntchito akulu ndipo othandiza kutiteteza kuti tisatenge COVID-19 monga momwe amachitira katemera wa poliyo amatitetezera kuti tisadwale poliyo (matenda wowumitsa ziwalo)

Kubwera kwa katemera ameneyi ndi nkhani yabwino kwambiri kwa ife. Ndikufuna kuti timuwone katemerayu ngati chinthu chimene m'busa wabwino wapeleka kwa ife kuti zitithandize kuteteza moyo wathu. Tikuwona kuti pali zinthu zitatu zokhudza nkhaniyabwino imeneyi kuti:

Katemera wa COVID-19 ndiwoti athandize kuteteza ifeyo

Katemera wa COVID-19 ndi WOVOMELEZEKA ndipo alibe chiopsezo chilichonse

Katemera wa COVID-19 ndi mphatso yochokera kwa Mulungu

Mukuyenela kukabayitsa katemerayu. Padakali pano katemerayi ndiwovomerezeka kubayitsa anthu akuluakulu okhaokha – iwo omwe anakwanitsa zaka 12. Inenso ngati m'busa wanu ndipita kuti ndikalandire nawo mphatso ya mulungu ya katemera imeneyi kuti nane ndidziteze, nditeteze banja langa komanso dela lathu lonse lino.

Vesi 2 ikuti, “Amandigoneka pa msipu wobiriwira ndi kunditsogolera ku madzi akumwa abwino.”

Mulungu amatitsogolera ife ku malo obwezeletsa nthanzi kumatupi athu, malingaliro abwino komanso moyo wabwino. Amatitsogolera ku msipu wobiriwira komwe tingapeze zabwino kuti tikhale athanzi.

Amatitsogolera ife ku mtsinje wamadzi odekha bwino kuti malingaliro ndi moyo wathu zitsitsimuke ndikupeza mpumulo wokwanira.

Munyengo iyi ya COVID-19, ma banja ambiri salipamtendere chifukwa nyengoyi ndi yachilendo ndipo moyo sulinso chimodzimidzi. Kayendedwe kamaphunziro m'masukulumu kasitha, kagwiridwe kantchito kasithanso. Ndipo mosapenekeranso kunena ayi, zinthu zothandiza anthu pamoyo wawo watsiku ndi tsiku zikuvuta kupeza.

Ino ndiyo nyengo imene tifunikira kwambiri kuti tithamangire kumadzi otsitsimutsa moyo ochokera mu akasupe wodekha wa Mulungu. Tikufunika kuthandizana wina ndi nzake. Tikufunika kunva ndikuwuzana chilungamo. Tikufunika chilimbikitso chokwanira. Tikufunika upangiri ndi ma uphungu.

2. M'busa wabwino amapeleka chilimbikitso mu nyengo zowawa

Vesi 2 ikuti, Mulungu “Amanditsogolera”

Choyambirira, vesi imeneyi, ikuti uza ife kuti Mulungu wathu amadziwa kuti timafuna chitsogozo chake, koma chimafunika tsiku ndi tsiku. Ikuti amatipatsa mphamvu ya tsopano tsiku ndi tsiku.

Amatipatsa mphamvu potipanga ife mmodzi mwa banja lake. Mum'mabanja anthu okhulupirira komanso apamodzi ndi a dela lathu makamaka kwa iwo omwe ndiwofokerapo muthupi akufunikira kwambiri mphamvu zimenezi – iwo amene ali akulu kuposela zaka 60, iwo ali ndi matenda a chifuwa chachikulu (TB), HIV/AIDS, matenda a shuga, othamanga magazi (BP), phumo, azimayi oyembekezera komanso omwe ali ndi ulumali. M'busa wabwinoyi akupeleka mphamvu imeneyi, ndipo akutigwiritsa ntchito ife tonse kuti tiwathandize anthu oterewa.

Posiyanita ndi anthu ena achichepere, katemela wa COVID-19 ndiwothandiza kwambiri kwa magulu tatchula aja chifukwa ndi anthu amene alipachiopyezo chachikulu chodwala kwambiri ngati atakhala kuti kachilombo koyambitsa COVID-19 kawalowa ndipo chiopsezo chachikulu kwambiri ndichakuti athanso kumwalira nawo matendawa. Chifukwa cha chimenechi, Katemera wa COVID-19 akupelekedwa kwa anthu a zaka 12 kapena kuposerapo komanso kwa iwo amene ali ndi chitetezo chotsika mthupi kamba ka matenda am'gonagona.

Ndizotheka kuthandiza magulu a anthu oterewa powawuza kuti nawo adziwe za katemera wa COVID-19 komanso kuwalimbikitsa kuti apite akabayitse katemera ameneyu.

3. M'busa wabwino amatsogolera mu njira yoyenera

Vesi 3 ikuti, "Amanditsogolera m'jira zachilungamo chifukwa cha dzina lake."

Choyamba, tidziwe kuti Mulungu ndi wokhulupirika ndipo amakwaniritsa malonjezano ake. Pachifukwa ichi tikhoza kumukhulupirira Mulungu nthawi zonse kuphatikizapo pamene tidutsa mu nyengo zovuta. Mulungu amadziwa zakutsogolo kwathu. Tikhoza kukhulupirira lye ndikuyenda naye.

Ndawonapo nkhusa zambili zikuyenda njira zolakwikwa zomwe zikhoza kubweretsa chiopsezo komanso mavuto.

Vesi imeneyi ikutiuzanso kuti m'busa wabwino amadziwa njira yolondola. Tikuyenela kumutsatira.

Mulungu amagwiritsa nthito ndodo yake kuthandizira ife kudziwa ndikutilondolera kunjira yoyenera.

Ndodo imeneyi ndi mau a Mulungu komanso ikhoza kukhala nzanthu wadalilika wokhulupirira Mulungu, akhoza kukhala amuna anu kapena akazi anu akhozanso kukhala wachibale kumabanja anu kapena abusa anu.

Gulu lonse la nkhusa litha kusochera nkulowera njira yolakwika. Ndipo nkhusa zimalondolana ngakhale njira zolakwikazo. Tikuyenela kuwonetsetsa kuti tikulondola M'busa wabwino osati kulondola zochita zachigulu cha anthu ena.

Mu dela lathu tikuyenela kuwonetsetsa kuti tikuyenda tikuchita zinthu zolondola munjira yoyenera. Ngati tikulondola M'busa wabwino, tikuyenera kukhulupirira zomwe akutiuzwa pamene akutitsogolera ndi ndondo yake kutiwongolera kunjira yoyenera. M'busa mudela lathu lino akamatsogolera ziweto zake amakhala kumbuyo kwa ziwetozo. Mu njira imeneyi, m'busa amatha kuwona njira imene ziweto zikupita ndi kuthandizira kuziwongolera kuti zisasochele. Munjira imeneyi athanso kuthandiza mokwanira gulu lonse lankhosazo komanso ngakhale nkhusa imodzi imodzi payokha. Mwanjira imeneyi ndiye kuti m'busayu atha kukwanitsa kuthandiza ndikuteteza nkhusa zofooka pagulu lankhosazo.

Mulungu watidalira ndi udindo womwe watipatsa woti titengepo mbali kuteteza miyoyo yathu komanso kuti tithandize kuteteza ena.

Udindo wathu pakali pano ndikuwonesetsa kuti tikuthandizana wina ndi nzake kuteteza miyoyo yathu ku COVID-19 povala masiki pa mkumano wina uliwonse komanso powonesetsa kuti takabayitsa katemera moyenera kwa amene ali wovomerezeka kukabayitsa.

Tiyeni tsopano tiliwone phunziro lathu limodzi

Masalimo 23: 1 – 3

“Yehova ndiye m'busa wanga, sindidasowa kanthu. Amandigoneka pa msipu wobiriwira, Amanditsogolera ku madzi akumwa abwino, Amatsitsimutsa moyo wanga. Amanditsogolera m'jira zachilungamo chifukwa cha dzina lake.”

Mwachidule, taphunzira kuti Mulungu ndiye M'busa wathu wabwino. Mulungu amatipatsa chitetezo chenicheni. Mu nyengo iyi ya COVID-19 Mulungu akudziwa kuti kuli COVID-19 ndipo wapereka njira zosiyanasiyana zotithandizira ife kuti fikhale otetezedwa motere:

Tili otetezeka ndipo tipitililabe kukhala otetezeka ku COVID-19 ngati:

1. Titakabayitsa katemera wa COVID-19. Tikabayitsa mwayi otenga COVID-19 ukhala ochepa kwambiri komanso tidzachepetsa chiopsezo chofalitsa matendawa kwa ena.
2. Tikaonetsetsa kuti anthu oposela zaka 60 ndi iwo amene ali ndi chitetezo chotsika mthupi mwawo chifukwa chamatenda monga a shuga, kuthamanga magari (BP), mtima, TB, ndi HIV komanso azimayi oyembekezera akabaitisa katemerayi.
3. Tikhale odziwa zowona zenizeni za COVID-19 komanso katemera wa COVID-19 zovomelezeka ndi unduna wa za umoyo, ndipo tipewe kufalitsa nkhani zabodza zokhudza matendawa.
4. Titengepo mbali yokhala bwenzi ndi nzika ya bwino pothandiza kumemeza anthu kuti akabayitse katemerayi, kutinso akhale odziwa zoyenera kuchita monga kuvala ma masiki kuti tichepetse kufala kwa COVID-19. (Mwa ulemu, lozelani ndodo ya M'busa kwa mpingo ndikunena kuti):

“Khalani wotetezeka! Mulungu ndi M'busa wanu wabwino! Yemweyo akudalitsenii nakuyang'anireni.