



# MAJIGANYO GA KATEMELA JWA COVID-19 – PHUNZIRO KWA A ZIPEMBEDZO



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## **M'dandanda wazopezekamo**

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## MAJIGANYO 1: UTENGA WA COVID-19 VIRUS KUTIYOCHEHA KWA ACHIWAALIMU.

Kutetesya ni kusamalira mawasa ni misi jetu

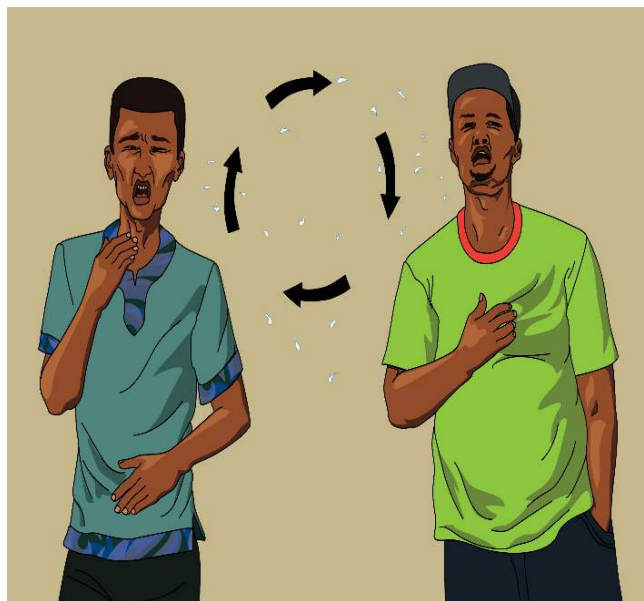
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Ndandliro

Urwele wakamula wandu wosope nganuwa wachilendo kwa Mlungu. Kutandila kalakalako Mlungu atemi ali kukutesa wandu wakwe kumavuto gakulekanganakangana ndi ku ma urwele gakwe.

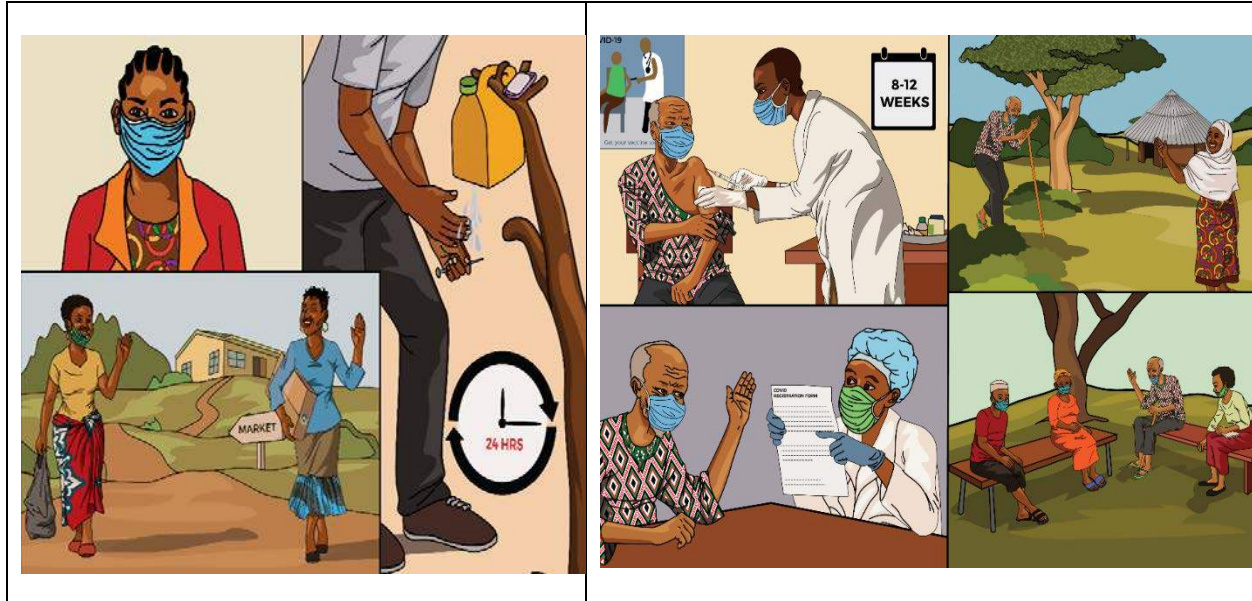
Chilamulo chekulungwa kwejinji chajiji dya lijosye kumanyilira urwele wa matana. Jwalijose jwakwete udindo wakuti gele Matana gakaika jikawaika wanthu wa mmusi wawo. Mlungu dyakamulisyaga achiwalimu pa kunondiya kwambuchira kwa urweleu. Pakutetesya kuti urweleu uka jambuchira wanthu wajinji, wakurwaLa wasungaga kwa jika chakulinga chakuti urweu, ukawakamula wanthu wajinji.

Lerojino kuiche urwele ukwendelechera chilambo chosope chapasi. Urwelewu ukusimanidwa mu tulombo twamwanamwana twangaoneka ni meso getu. Soni urwele welewu ukulekangana ni urwele wa matana soni ata urwele wa HIVAIDS Urweu ukulandana ni liwundika. Chirambo chilichose chikwete wele urwereu soni ukamula nopenope wandu wakalambila, wakwete urwele wa suga, mtima ni wa mbumu.



Matenda a COVID-19 amafala pakati pathu kudzela mukukhosomola ndi chimfine

Kuti tukajigala urweleu, boma liwisile ndondomeko syakuti tikajigala urweleu. Litala line Boma liwisile ni lya kupochera katemera jweleji dwa COVID-19 nichakulinga chakuti urelewu ukapitilira kwambuchira.



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

Chekulungwa chakuti tumanyilire nichakuti anta mundu apochere katemeraju nikuti nganawa arwasile COVID-19 nambo kuti kurwala kwache kusawaga kwapanandi.

Ligongo chichi tokusosa achiwalimu ajinjilire pa nganijejeji?

Tukusosa ajinjilire pa nganiji ligongo Mlungu asakamula Maseko kwinjilira mwa a chiwalimu wakwe, Urwele wine usaika ligongo lya ndamo sine sikwete. Mulitala lyeleli, Mlungu asakamulisyaga achiwalimu kuti urwele unondipe.

Muhammad ndi chifundo ku dziko lonse la pansi (Korani Chapter 21:107. Allah amati,” Ndipo sitidakutume koma kuti ukhale Chifundo kwa zolengedwa zonse.” Korani ndi gwero la machilitso (Korani Chapter 41:44). Allah amati, “Ndi chiongoko ndi machiritso kwa okhulupirira.”

Qur’an ndi mchiritso komanso chifundo (Korani 17: 82). Allah amati, “Ndipo tikuitumiza Korani yomwe imachiritisa (matenda mmitima) ndiponso ndi chifundo kwa okhulupilira. Komabe anthu osalungama sikuwaonjezera (kanthu kena) koma kuluza ndi kutaika.”

Ani uwe asogoleri wachipembezo mpaka tutende uli mundawi jino?

1. Kwapembeka wanthu iyagwilire ni masura.
2. Kupembelera wandu ndi misi jetu
3. Kwamanyisya wandu ya ureweu ndi isindikilo ya uwerewu. Kwakumbusya wandu ya kutama mmanjumba, naga atandite kosomola autuchile kuchipatala.
4. Tuleche kupelekagana moni wa myala.
5. Tukumbuchile kunawa mmyala ndawini ndawi.
6. Naga kwakomboleka, tuswalireje pasa kuti tunondiye kwambuchira kwa urweu.
7. Kwasamalira ni kwa tetesya wandu wane pakupochera katemera jwa COVID-19.
8. Tupelechedye utenga wakuona usyesyene wa kamuchisya kunondiya kwambuchira kwa urweleu.
9. Kunondiya lusagu kwa wandu wa lwasileje COVID-19.

Ani mpaka tujigale mbali japi pakutumichira wandu wa mlungu mundawi jereji?

1. Kwitichisya kuti Mlungu alini nwe mundawi josyope.
2. Tutamedye tuli tuimanyi ni kwenda ni ndawi aku tulikukuya ndondomeko sya boma
3. Urwele wakomboleka kupewa naga tukuya ndondomeko sya kupereka wa chipatala ndi wa Boma
4. Tukapera kwalingula wandu wetu nikwa popera maduwa.
5. Tupate matala gakwalimbichisya ndi kwapembeka wandu wetu pa ndawi ja muliliwu.

## MAJIGANYO 2: MAJIGANYO GA KATEMELA JWA COVID-19 – KWA WANDU WOSOPE WAKUPELA

*Kwa wandu wosope wakosyeche kuliteteya ku COVID-19*

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Ana M'lungu akwete lung'wanu ni ya katemela jwa COVID-19?

Ndandiliro

Yindu yakusosekwa mu lijiganyoli

Ngwaila ni mipila jakutawa jiwili.

Chilambo chapasi chikulaga ndi m'lili welewu wa COVID-19, mwakuti pana ilagasyi yejinji yayiyiche ni wele ulwewu. Ngatukumanyilila kuti yakusausya yatiyiyiche ni ulwelewu tiyiwe yakutupa uli mavuto chaigamale chant' uli. Katemera jwa COVID-19, juli mbali jimpepe ja kunondiya m'liliwu pa chilambo chapasi. Tukwete upile wakunondiya ulwelewu pakupochera katemela jwa COVID-19.

Chakulinga

Kwapa lunda soni mfundo achiwalimu wakambilana ndi kujigala mbali pakupochela katemera jwa COVID-19.

Yindu yakusosekwa: tumipila twakutawa

Chakulinga: Kwapa yakwajenelesya achinamlongola wa yipembeso yakulekangana soni wakwakuya kuti apikinisye pa ngani ja COVID-19 soni kwalimbikaysa wandu wosope kuti apochele katemela jwa COVID-19.

Kwende twayiche wandu m'magulu ga wandu likumi gulu limpepe ni ajime mwakusungulila.

Wandu ajime mwakusyungula. Naga wandu apali wejinji panji makumi gawili (20), wagawanye awe m'magulu gawili. Gulu liliso alipe mpila walukonji umpepe. Ansalile mundu jumpepe kuti akamule malo gampepe ga lukonjilo naponye mpilawo kwa mundu julijose jwansagwile. Pataponye mpilawo kwamundu, kwine ali akamwile lukonjili, wasalile wandu chindu chimpepe chakuchisagamila munganisyo syawo kuti tachitenda COVID-19 jili jitondweye. Katende kakwe komboleka kutenda mwanti m'yi, "Patichijitondoya COVID-19 po, une ni liwasa lyangu tuchi... tuchijawula ku tauni kukwalola wanache ni yisukulu, tuchijawula kumusi kwetu kukalola achinangolo wanganituwalola chaka chambumbu..." Patatendeje yeleyi nikuti mpila ali mponyelana, mbali jimpepe ja lukonji ali akamwile. Patamaleje, ngonji jila tijiwe jili jipanganyisye ka mpela kangaude.

Twausye wandu kuti naga lukonjilo ali a lilesile, mpakana chitendegwe nichichi

1. Ana mpaka iwe uli naga mundu jumpepe kapena kupunda pele ali a lesisile ngonji jakamwileji?

*(Komboleka kutendekasya kangaude jwa ngonjju kuwa jwangali machili. Mpaka itendekasye wane kuti akakola lung'wanu nikujileka soni ngonjjo.)*

2. Amsalile mundu jumpepe kuti ajileche ngonjjo nalole kuti tiyiwe uli – alole kuwewela kwangonjjo.

3. Amsalile mundu jwine soni mbali jinejo kuti ajileche soni nalole mwatiyiwelele – alole soni kuwewela kwache. Kaneko mundu jwine aleche soni, wane soni, kaneko wasalile wosope kuti ajileche ngonjjo

Pamusi naga pali paiche mavuto, gakusawaga ga wandu wosope. Naga mundu jumpepe julwasile, nikuti wopose gele mavutogo gasakusawakwayaga. Ayi ying' anamula kuti naga wandu wosope tupochere katemera jwa COVID-19, chele chitetezochi tichiwe cha wandu wosope.

Ngani (komboleka kujitenda sewelo)

“Wawo Razaki,” chatite chisukulu cha Razaki, Rafiki. “Tina mjigale tujaule yimpepe ku chipatala na ganga akapochele katemela jwa COVID-19 jwandanda, mpela mwakuwechetela achinamlongola wachilambo chetuchi pa wailesi.”

“Isyene yele? Ngwamba! Une nginjaula. Jaulani m'mwejo nianganga wenuwo.”

“Iyayi Razaki, mmwe. Tukumpa uchimbichimbi kuti m'we wandanda!” watite a Rafiki kwineku ali nkwinama mwauchimbichimbi nambo mwang'anda. “Katemelaju mundu julijose jwasachile akwaula kuja kupochela mwangankanganichisya, nambo kwa wndu wandu wapundile yaka makumi nsano, wali achakulungwa wetu mpela mjomba, mama wakulungwa ni wane kuli kwakusokwa mnope kuti akapochele.





**Nganga takambilane ni Razaki ya katemera jwa COVID-19**

**Ayi ni yiwansa lile kuchipatala ko liso pinajawile kuti ngapikanichisye.”**

**“Ah, uli kulisauysa kwanti m’yoyoko!” watite Razaki. “Yakatemelayi ya wanache ayi.”**

**“Yamkuwechetayo isyene Razaki. Wakusapochela katemela ni wanache. Tukumnyilila kuti m’yipatala ni malo gane wanache akusapochela katemela jwakwateteya mpela jwa Polioni soni ndomba. Mbali jeleji wachipatala akukamula masengo gambone. Maulwele gelega galiji gakusausya ngawa masanje, nambo ligongo wanache akupochela katemela jwakwateteya, Polio kwangali soni ndomba jamasile kalakala. Nambo katemela juwe soni jwachakulungwa pakwateteya ku ulwele mpela COVID-19.”**

**“Isyene ye!” wasimonjile Razaki.**

**“Ngumsalila! Katemela masengo gakwe ni kututeteya ku ulwele wampaka utuwulaje kapena kutulagasya mpela mwajjwelele COVID-19. Waboma akuwecheta m’ma wailesimu kuti katemelaju akwapa waliose wasachile nambo**



akwamema soni wandu wele wampaka alwale ulwelewu mwangasausya. Apano tukumanyilila kuti wandu wampaka alwale COVID-19 mwangasausya niwele ali wachekulu, wakwete malwele gane mpela TB, HIV kapena ulwele wa mtima. Wakukamula masengo myipatala akwawika soni kwandanda kupochela katemelaju.”

Papopo wakopochele a Salaam, mjawo jwa pa mtima jwa Razaki, ali awete masiki gawo. Razaki wajinjile soni mnyumba kutola masiki gawo nikuwala kaneko watemi pasi pa chitela cha yembe kwineku ali nkumwa utobwa. Watemi mwakutalichilana mpela muwawechetele mwenye wa m’musimo kuti wandu atameje mwatalichilana.

Razaki watandite kuwecheta achitiji, “Oh Salaam, mtesile chenene kwisaku mungulupusye! Chisukulu changuchi chikuti unejo ni kusyeto atujigale tujale ku chipata tukapochele katemela jwa COVID-19, nambo une nayimanyi kuti katemela akusapochela ni wanache. Une nganimba jwampaka nalilagasye kupochela katemela mpela mwanache, ngusile amwene.”



**Che Salaam tawajendele a nganga ni kambilana ya katemera jwa COVID-19**

“Nambotu yakumsalila mwanacheyo ni isyene”, watite Salaam.” “Une mbochele kala katemela,” watukwile mwinani mkono wawo kuti walosye pawasomile katemelajo.

“Ayiyi yakusosekwa mnope”, wapelenganye kuwecheta Salaam. “Katemelaju jukusosekwa wandu wosope, kwa mnopemnope achakulungwa mpela m’weji. Tatuteteye kuti tukalwala COVID-19 kwa mnope. Tatuteteye soni kuti tukawa chiwa cha ulwelewu. Wandu wachekulu mpela um’we ni wane wailwele mpela HIV, TB, Shuga, mtima, ni wane walumale, nganituwa tulimbile ni COVID-19, mpaka tulwale mwampaka waloleleje pa mtimapo. Naga tuli tulwasile COVID-19, komboleka soni kwapela wanache ni isukulu yetu. M’uwejo mpaka msache kutenda yeleyo?”

Razaki wapukwisye mtwe wawo achitiji, “nambo amwene Salaam,” wapitilise kuwecheta. “ana tukulupilile uli katemela jwakutyochela yilambo yasyene? – m’kawaga mpela ngankuyimanyilila muyawelege munyumamu—watukamulise masengo kala kala. Tukulupilile uli kuti ngasatusikasya usilu soni?”

“Ngumpikana Razaki. Yamkuwechetayo ikupikanika soni ili yakusosekwa. Nambotu jeleji jili mbili jakala. Uli tunganichisye ya lelo? Tuka lijiwila sogolo lyetu ligongo lya yindu yiyatendekwe kala kala.”

Salaam wanyakwile mgawo wautobwa nikumwa kwineku ali nkuwecheta. “pana chitagu cha Chiswahili chikuti,

‘Wele wakukulupilila kuti ajimilile, awe wasamalisa kuti akagwa.’ “

Razaki waalolite Salaam ali nkuwilisa chitaguto. “isyene”, watite, “ngukumbuchila anganga walume wasalile chele chitagucho. Mwine mkuwecheta isyene. Kuli kwambone kuwechetanaga ya indu yeleyi kulekangana ni gambaga kuyiganisa jikape mwa mtundu umpepe.”

Salaam watite. “Isyene yeleyo, Razaki. Achinamlongola wa boma mchilambochi akwete lungw’anu lakulyolechesya kuti wumi wawandu ukwenda chenene. Akwete chilinganyo ni ndondomeko syambone syakutukamuchisya uwejo. Ali ni ligongo lyakwe tukwenela kukuyaga ndondomeko syaakutukupa. Isyene yakwe ni yakuti chilambo chili chose chikutenda iyoyopeyo. Mbikene kuti atamose ku yilambo yachiluyaku, ma Imaam kweleko gakupochele katemela. Akukulupilila lunda lya science ni wandu wambone kutyochela myilambo yakulekanganalekangana kuti walongolele ni kwapa lilanguka. Mu ndamo syetu

soni dini ja Chislamu, tukwete chikulupi mu lunda lya achinamlongola wakwete ilinganisyo ya m'lama.

Razaki walolite pasi pa ngwaila jawo kwineku ali nkukologanya utobwa wawo.



Nganga kakambilane ni a Salaam ya katemera jwa COVID-19

Salaam waweni a Razaki ali nkulola ngwaila jawo, wapelengeny kuwecheta, “Mumganichisye katemela mwanti myi, Ngwaila syenu sikusyateteya sajo syenu kuti nkaulala ni miwa soni maganga pa mkwenda mwitala. Nkusawala ngwayila syenu chila lisiku kulikose kwa mkwaula M’musi mwenu. Nambo pati mpite ku nsikiti kuswali, nkusawula ngwaila syenu nikoga m’masajomu soni m’myala mli nkanimjinjile mu nsikiti kupopela. Nkusalikoselesya chenenepe kuti nkaswle soni mtame umi wambone pa meso pa Allah. *Mwa litala lili peli, katemela akusachikomasya chilu kuti chiwe cha mlama lisiku ni lisiku soni kulikose ku mkwaulako kuti chilu chilimbanganeje ni ma vailasi gakutandisya COVID-19. Sano naga atupe wandu wakupochele katemela jwa COVID-19, nikuti chiteteso cha Covid-19 tichiwe soni chamachili kwa wandu wejinji mmisi mwetu. Jeleji ni nganijambone kwa wandu wosope, atamose pa liwasa lyenu mpaka chilambo*



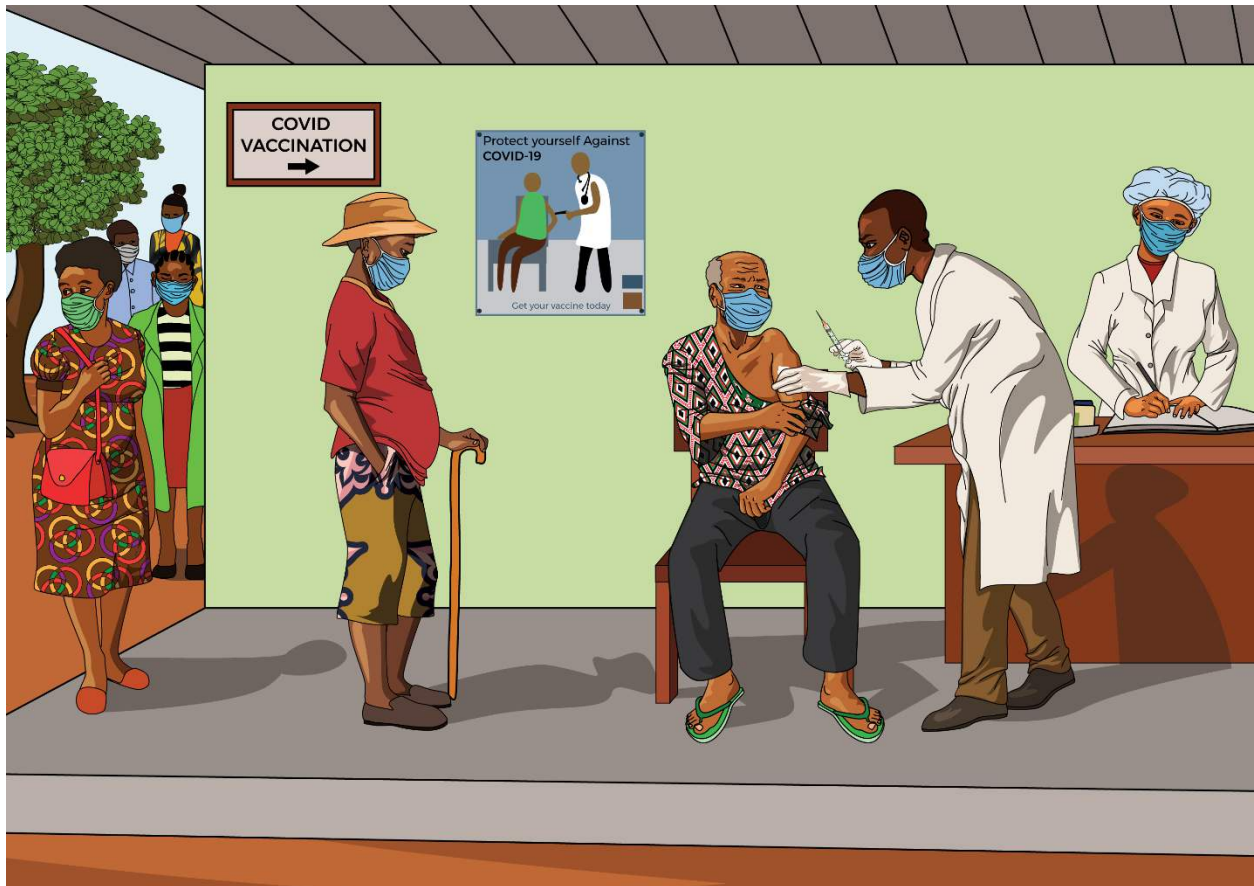
*chosopechi. Apa walakwejo ali na mlongola jwambone ku dini ja Chisilamuji, kwateteya wandu, soni kulongolela mu chilichose chambone.*

Razaki wajitichisye ni mtwe, “apa ni nampikanichisye Salaam. Ndogolele pa kwisa kwenu.”

Razaki wachiwilasile chisukulu chawo Rafiki, “Ana wawo Rafiki! Une nguwala ngwaila syangusi lisiku ni lisiku kuteteya sajo syangusi. Basi kwendeje ku chipatala kula ngapochele katemela jwa COVID-19 kuti nachiteteye chiluchi chiwe cha mlama! Ngosyeche sambano!”

“Munindilile Razaki. Kwende tujaule yimpepe”, watite Salaam. “Ngumbuchile kuti lisiku lyakuti ngapochele katemela jwawili ni lelopejino. Soni la Nsano patuchimala kuswali, kwende tuwechetane ni achibaba nachimmasyeto wane. Komboleka kuti nombe nawo akwete mausyo gejinji pa ngani sya katemela jwa COVID-19. Mkuti uli?”

“Nganisyo syambone syelesyo, Salaam.” Razaki wjitichisye.



Nganga, Salaam ni Razaki kupochera katemera jwa COVID-19 ku chipatala

### Mausyo pa nganji:

1. Ana a Razaki wakwete madandusyi ga mtunduchi pa katemela jwa COVID-19? (*Nganisyo syawo syaliji syakuti ya katemela ili ya wanache ngawa mundu jwa mkulekule. Watiga soni chilambo chawo wandu wane wakwe akusagamba kuchikamulisya masengo*)
2. A Rafiki ni a Salaam watite uli pakwanga? (*Wasalile kuti atamose achakulungwa akwenela kupochela katemela jwa COVID-19. Tukatanjila mu yindu yiyatendekwe kalakala nambo tuwe ni chikulupi mu lunda lya achinamlongola wa boma ni wane wosope.*)

Ana pelepa mlijiganyisye kuti katemela wakwenela kupochela ni wani? (Katemelaju akwapa wandu wosope wasachile nambo akwalimbikasyo wandu wachekulu (wapundile yaka makumi nsano), wandu wakuchingangana kwejinji ni wandu wakulwala mpela wachipatala ligongo ali pa mtepa pakuti mpaka alwale ulwelewu mwangasausya soni wandu walemale ni wakwete yilwele yine ya mgona mpela TB, HIV ni Shuga. Wandu wapundile yaka makumi nsano akwamema kupochela katemelaju ligongo naga jele manjaji kuti alwale, talwale yangawa chenene kulekangana ni achachanda.

### Lijiganyo

Tuiweni kuti M'lungu akwete lung'wanu pa katemela jwa COVID-19 ligongo akusatunonyera uwe yiwumbe yakwe kuti tutame wumi wambone. Tuiweni soni kuti ulwelewu naga ukamwile mundu jumo, ukusasausyaga musi wosope pakuti wusakumulaga wandu wejinji.

COVID 19 jikusakumulaga wandu kutyochela pa kosomola ni luindika. Soni jikusanonyela kukamula wandu wachakulungwa kulungwa, wandu wakulwala ilwele ya mgona mpela shuga, HIV, TB ni Mtima ni wane walemale wakulekangana-lekangana. Pa magongo gelega, wandu wachekulu ni wele wakwete yilwele ya mgonayi, akwamema kuti akapochele katemelaju kuti aliteteye.

Katemelaju tukusapochela kawiri kuti akamule masengo gakwe chenene. Naga upochele kandanda, mundu ukwenela kwaula kukupochela jwakumalisya pali papite ijuma likumi ni iwili. Kukusasoekwa kupochela wa wiri kuti Mtelawu ukamule masengo ngakwe chenene soni mwamlama. Alangizi wetu wa kuchipatala mpaka atukamuchisye yakwayana ni katemelaju ni kapochere kakwe.

Katemelaju nganawa atupele soni mavuto gane galigose, nambo akututeteya mwakwanila mpela mwele mundu ukusawalira sapato mbali syosope syangongolo kuti ukaliwata Ine ni ine pa ndawi jitukwenda. Pandawi jitupochele katemera jwa COVID-19, soni wandu wejinji nikupechela, nikuti tutandite kunonyelana pele ligongo wosope tukuteteyana ku COVID-19.

Wandu wane akusaganisya kuti katemelaju jukwete yakusausya ine ni ine mpelaga chillu kamula moto, nambo nanga chilu chikamwile moto yakusosekwa yakwe ni kumwa panado, ndawi ni katema mundu ukusawaga chenene. Katemelaju jukusakuteteya mundu kuti ukalwala ulwele wa COVID-19 mwa mlama.

Ung'asi wa pa nsele.

Tuyiche lukongolo lwa ku m'lyo pasogolo, Kwende tuka lemebesye kuti tupochere katemera jwa COVID-19.

Lukongolo lwa kumchiji pasogolo, tupochele katemela kawili kosope.

Tuyiche lukongolo lwa ku m'lyo pasogolo, katemela jwa COVID-19 akundeteya neji ku ulwelewu

Lukongolo lwa kumchiji pasogolo, katemela jwa COVID-19 akumba une, liwasa and musi wangu chiteteso.

Itulijiganyisye

1. COVID-19 tusajjigalaga pa ndawi mundu akukomosomola kapena Liundika.
2. Katemelaju jusatupaga Chiteteso chakwanila
3. Tujaule tukapochele katemelaju mwalisosya lyetu ngawa kutukanganichisya, nambo tuyimanyi kuti katemelaju akututeteya wandu wosope. Patutupochele jwandanda, tukapochele soni jwawili.
4. Pandawi jitupochele katemelaju ngalepela ndawi syine mchilumu kolera moto panandi, pele nikuti katemela jutandite kukamula masengo nambo yangakawa kumala.
5. Wandu wakwenela kupochela katemelaju ni wele wakwanile yaka likumi, nsano ni yitatu (18) kapena kupunda pele.



## **Liwasa lagu, musu wangu**

**Tutame m'magulu ga wandu ncheche kapena nsano ni jumo, tukambilane ni kwanga mausyo ga yakusyausya ya iyiche pangani ja kupochera katemela jwa COVID-19. Tuwe wagopoka pakwanga mausyoga.**

- 1. Ana ni ngani syapi syaunami sya sikupikanika m'musi mwawo muno sya gamba ngani ja katemela?**
- 2. Palijiganyisye lero jino, sysele nganisyi takamalane nasyo uli?**

### **Kulipeleka**

**Watamiche wosope pampepe, nikambilana ya madandusyi kapena mausyo gakwete ni majibu gakwe. Alimbiche pelepo kuti wanduwo akole mfundo syakulandana nichiwacheto chimpepepe chakwalimbikasya wandu kumusi kuti akapochele katemela jwa COVID-19.**

**Pakuti Mlungu akusanonyera une, napeleche soni Katemeraju asyene kuti jundeteye, kusigele kwa une kuti ngapochele katemeraju pa ku liteteya ku COVID-19.**

**MAJIGANYO 3: MAJIGANYO GA KATEMELA JWA COVID-19 KWA MA KUGA GA WANDU WAI TA YAI KUTETEYA KU COVID-19**  
**Majiganyo ga m'misi ga katemela jwa COVID-19**

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**“Pele panginawa chilongosyo, wandu akugwa, nambo pele papali alangisi wajinji, pana kuteteya.” Misyungu 11:14**

**“Waliose wakwisa ni sawabu tachipata sawabu sya mnanu, soni wele wakutajila mesi, tachiwatajila soni.” Misyungu 11:25**

**Ndandililo**

**M'makuga mwetu, m'chilambo chetu mpaka pa duniya posope tuli pa ngondo jakutulalisa ulwele wakusausya wa COVID-19. Ulwelewu ukutulagasya mu nganisyo mpaka tukwete woga wakuti kogoya kwakwe tikuwe kwa mti uli, soni wumi tiuchitandila soni kwenda chenene chaka chi. Katemela jwa COVID-19 ni mbali jajikulungwa jakututeteya ku ulwelewu. Chilambo chetu chikwembecheya kuti wandu wakwe apochele kakemela jweleju.**

**Lijiganyo alili tiliwakamuchisye wandu kupikanichisya yakwayana ni katemela jwa COVID-19 kuti takamuchisye uli mawasa ni misi jawo. M'magulu mwelemu mwana achinamlongola ni wakunguluka nawo wakuti awechetaneje nawo ngani syakusosekwa mpela sya katemela jwa COVID-19. Kambilana mfundo syanti iyiyisi tikukamuchisye kukulupusya wandu ma miliyoni kusogoloku pakuwulewa ulwelewu, gamba kupochela katemela basi.**

**Chakulinga**

**Kwapa wandu mmisi fundo syakuti akambilane ni akamulane chimpepe, kuti atende yakwajenesya kuliteteya ni katemela jwa COVID-19 mpela mwele boma likwamemela wandu mu ndondomeko syakwe.**

## Ngani (komboleka kujitenda sewelo)



### Che Ali takambilane ni a Maliamu ya katemera jwa COVID-19

Ali wayiche, ali nkukwakwasya njinga jawo kutyochema ku msika kuwaliji lisiku lyosope, wajimiche njinga chiwandika ni pepenu pa nyumba jawo. Wajigele itela yakutawila lutenje kuti akasumisye ku msika. Maliyamu, wamkwawo wayiche kukwapochela.

“Atame pasi apumule kwine nape utobwa,” Wasalile ali nkusechelela kwine ali nkwise ni mgawo wautobwawo. Watemi yimpepe pasi pa chitela cha yembe.

“Wamkwangu mpesile” wawechete mwachinonyelo.

Watemi yimpepe kwa kandawi ali nkuwechetana muliyajendele lisiku kwineku wanache ali nkukamula masengo soni kuwuga yakulya ya ligulo.

Ali wamwele utobwawo ni a chitiji, “Ngani jajili mkamwa mkamwa ku Msika ku ni ja katemela jwa COVID-19.”

“Wandu ni akuti uli, musalile.” Wawusisye mwalung’wanu Maliyamu. “Nguyipikana nasoni kwejinji pa wayilesi yeleyi.”

“Achinam’longola wa bomatu akuti wandu wosope wakwanile yaka likumi, nsano ni yitatu (18) ajaule akapochele katemela jwa COVID-19, nambo ajangu wala Shaibu ni akuti katemela wakusapochelaga ni wanache ngawa achakulungwa.”

“Mbikene pelepo, wamkwangu. Ngati wanache wetu wosopewa wapochele katemela josope jwakusosekwa kuchipatala. Nambo katema kalikose kimbite m’misongano ja ya kuchipatala, tukumemana kuti wanache wosope apochele katemela atamose wanache wakutyochela mnyumba syatuwandikene nasyo. Pelepo ni kuti wandu wosope tituwe ni chiteteyo ku yilwele mpela Polio, ndomba ni yilwele yine. Nambotu katemela ajuju juli jwa ulwele winewinepe wa COVID-19. Katemela jweleju juli jwa sambano soni jwa mtundu wine. Katemela ajuju ngakwapa wanache, mwine msogolo wanache soni tachitanda kwapa.”

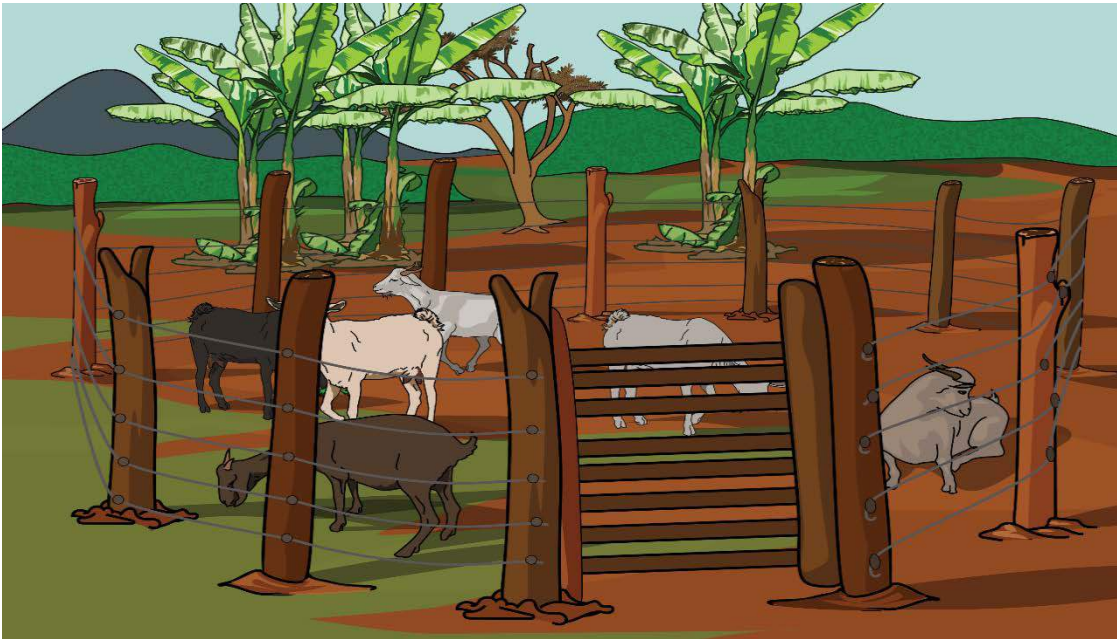
Ali wausisye, “Sambano katemela jweleju masengo gakwe ni chichi? Soni ni logongo chi pakutupa yakuwecheta ya katemelaju? Soni wakulwala wakwe ni wani ligongo ngangwawona wakulwalawo. Wandu wakule kule ni tukapocheleje katemela soni lingo? Unejo mwambebele jwa mlamamu ni ngapocheleje soni katemela jwa chichi?”

“Mawusyo gambonetu gelego, Baba. Une mbikene yejinji pa wailesi. Yinduyi yikusosekwa kuyipikanichisya. Nambo yambikene une kutyochela m’makuga ga ya chipatala ni yakuti katemela masengo gakwe ni kuteteya yilu yetuyi.”

Maliyamu walolite njinga ja wamkwawo jila jili jijimi mungulugulu lipeni, ni wagasisye masengo gakwe gakunyakulila yitela yakutawila matenje.

“Mwine katemelaju mpaka tum’landanye ni lutenje lwa machili kapena lichinga lyagona yilango pamusi kuyiteteya ku matunu. Yayikutandisya COVID-19 nitumavayilasi twasambano twamatata mpela litunu. Tuli yakali yakali kusaka kuloposya wandu wakuti alwale kwa mnopemnope wanganakola yilu ya m’lama mpela wachekulu ni wane wakwete yilwele ya mgona mpela HIV, Shuga ni TB. Wosope tukwenela tuwe ni lutenje lwakulimba kuti ulwelewu ukatujinjila. Katemela masengo gakwe ni ga lutenjelo, kututeteya uwe. Yele ni yambikanichisye ku makuga ga ya chipatala. Katemela akukomasya yilu kuti yiwe ya m’lama.”

## Chintunzi 2: Mmene katemera wa COVID 19 amatchinjiriza matupi ku matenda a COVID-19



Wosope tukwenela tuwe ni lutenje lwakulimba kuti ulwelewu ukatujinjila.  
Katemela masengo gakwe ni ga lutenjelo, kututeteya uwe.

"Oh, pele ni mbikanichisye sambano." Ali watite kwineku ali nkwika mgwo wa utobwa pasi. "Soni pelepo lichingalo nganiliwa kuti ligamba kuteteya yilango yayili yangali machiliyo ku matunuga, nambo yosope mwichingamo."

"isyene". Maliyamu wawechete mwakusengwa.

Ali wamalisisye utobwa ula kaneko nikwasalila wamkwawo, "kwende tukapochele katemela yimpepe malawi, Maliyamu."

Maliyamu wamwetulile kwine ali nkujigala mgawo wuwamwelaga utobwa wamkwawowo, kwawula kukumalisya kulinganya yakulya yaligulo. "Kwende twameme alongo ajetu wosope akapochele katemelaju, kwamnopemnope wali wachekulu. Pelepo nikuti tukole lutenje lwamachili ngawa masanje."

"Matunu gaka lilagasya kwisa akuno!" Ali wawechete ali nkunawa m'myala kuti alyeje.



**Ali ni Maliyamu ta jaule ku chipatala ku lembesyakuti apochere katemera jwa COVID-19**

**Mausyo pa nganiji:**

- 1. Ana Ali nganiso syawo syaliji syanti uli pa katemela jwa COVID-19? (Waganisyaga kuti katemela wakusapochelaga ni wanachepe basi.)**
- 2. Maliyamu wawajanjile chichi wamkwawo? (Watite kuti yaliji yakuona kuti katemela jwatukum'manyilila wakusapochela ni wanache, nambo katemela ajuju nganawa mpela jwineju. Ma Vayilasi ga COVID-19 gali ga mtundu wine ni gakuseka katemela mtundu wine jwakupochela ni achalungwa wakwe.)**
- 3. Alijigenge chichi pa wakwenela kupochela katemela jwa COVID-19? (Katemelaju akwapa wandu wosope wasachile bola aweje kuti akwanile yaka likumi, nsano niyitatu (18); nambo akwalimbikasya wandu wachekulu (wapundile yaka makumi nsano), wandu wakuchingangana kwejinji ni wandu wakulwala mpela wachipatala ligongo alipa mtepa pakuti mpaka alwale ulwelewu mwangasausya soni wandu walemale ni wakwete yilwele yine ya mgona mpela TB, HIV ni Shuga. Wandu wapundile yaka makumi**



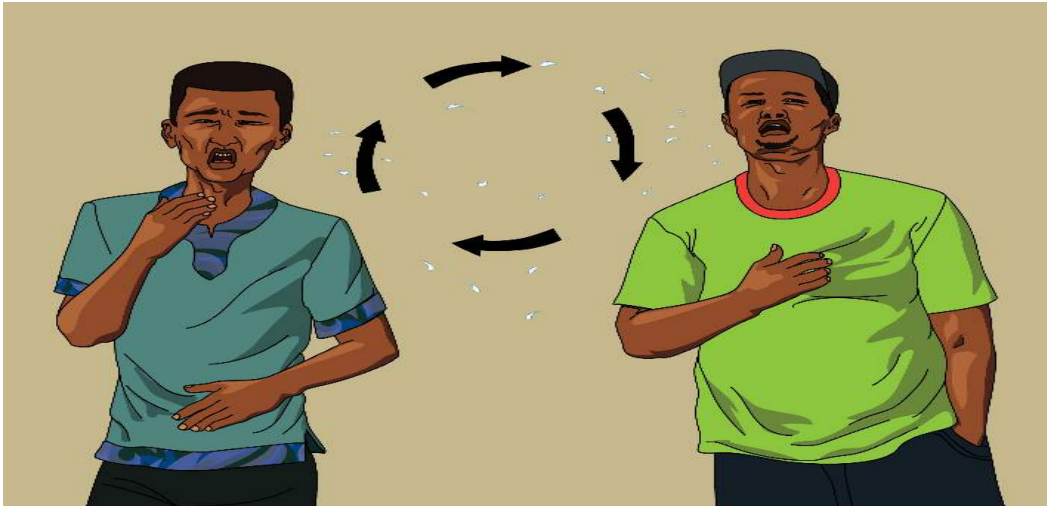
*nsano akwamema kupochela katemelaju ligongo naga jele manjaji kuti alwale, talwale yangawa chenene kulekangana ni achachanda).*

4. **Maliyamu wajilandanichisye vayilasi ja COVID-19 ni chichi? (Matunu gakonanga yilango yetu mpela mbusi)**

**Lijiganyo**

Apa tuyiweni kuti kwana mavayilasi gagakonanga wumi wetu mpela mwele matunu gagakusajonanjila mbusi syetu. Nambo ngani jambone ni jakuti kwana katemela jwakututeteya uweji ku COVID-19, bola tujawule tukapochele jwele katemelaju mwakuya ndondomeko sya boma. Wandu wane akwete madandusyi pa katemela jweleju, kwende tuwechetane yakwalimbikasya ajetu. Yili yindu yambone kuti tuwechetaneje pampepe.

COVID-19 jikusakumulaga wandu kutyochela pa kosomola ni luindika. Soni jikusanonyela kukamula wandu wachakulungwa kulungwa, wandu wakulwala ilwele ya mgona mpela shuga, HIV, TB ni Mtima ni wane walemale wakulekangana-lekangana.



**COVID-19 jikusakumulaga wandu kutyochela pa kosomola ni luindika**

Pa magongo gelega, wandu wachekulu ni wele wakwete yilwele ya mgonayi, akwamema kuti akapochele katemelaju kuti aliteteye.

Ntelawu tukusapochela kawiri kuti ukamule masengo gakwe chenene. Naga upochele kandanda, mundu ukwenela kwaula kukupochela wakumalisya pali papite ijuma likumi ni iwili.

Kukusasosekwa kupochela wa wiri kuti Mtelawu ukamule masengo ngakwe chenene soni mwamlama. Alangizi wetu wa kuchipatala mpaka atukamuchisye yakwayana ni katemelaju ni kapochere kakwe.



Ntelawu tukusapochela kawiri kuti ukamule masengo gakwe chenene. Naga upochele kandanda, mundu ukwenela kwaula kukupochela wakumalisya pali papite ijuma likumi ni iwili.

**Katemelaju nganawa mpaka wape vayilasi.**

Wandu wane akusaganisya kuti katemelaju mpaka wape yakusa usya yine ni ine mchilu – yindu yakwe mpela chilu kocha moto, yingwangwa ni kasanya kwa mtwe. Yili yakomboleka kuti wandu wane apikane m’chilu panondi mpela tuyingwangwato, ka mtwe, m’chilu kasanya, nambo yikusatendekwa ndawi jamnono pele mtelawu uli utandite kamula masengo. Nambo katemelaju nganawa wapele ulwele watukuwujogopawu.

Chitapate walakwejo ali apochele katemelaju ni chiteteyo – mpela mwele yitela yakutawila lutenje ikusateteyela lutenjelo. Katemela jukwateteya wandu kuti akalwala. Nambo walwasile ulwelewu, katemelaju akwateteya kuti akawa. Ngati ni nganijo jele! Nanga wandu wajinji apochele katemelaju nikuti tituwe ni chiteteyo cha m’lama, ulwelewu ngawukula sikati jetu, ulwelewu nganiuwa ukamwile wandu wajinji m’ misi mwetu.

Wane munganisyo syawo nakuti katemelaju nganawa amkulupilile ligongo akutyochela yilambo ya kusa. Yakuona kuti katemelju akutyochela yilambo yakusa mpela mwele mitela ni yakumulila masengo m'yipatala ikutyochela kusa soni. Boma lyetu ni ma boma ga yilambo yosope akamwilene kuti katemela ni jweleju. Malowe ga M'lungu gakuti tujikulupilile misyunguji.

“Pele panginawa chilongosyo, wandu akugwa, nambo pele papali alangisi wajinji, pana kuteteya.” Misyungu 11:14

Kwende tukamulisye masengo ngwayila syetu kuti yitukamuchisye kukumbuchila mwakumulila masengo katemela pakututeteya. Tujime mwakusyungulila. Tulole ngwayila kapena sapato syituwete kuti tukumbichile yakuona yisyenesyene ya katemela:

Tuyiche lukongolo lwa ku m'lyo pasogolo, Kwende tukalemebesye kuti tupochere katemera jwa COVID-19.

Lukongolo lwa kumchiji pasogolo, tupochele katemela kawili kosope.

Tuyiche lukongolo lwa ku m'lyo pasogolo, katemela jwa COVID-19 akundeteya neji ku ulwelewu

Lukongolo lwa kumchiji pasogolo, katemela jwa COVID-19 akumba une, liwasa and musiwangu chiteteso.

Yitendo ya majiganyo: “Lichinga”

*(Yakwenela kukuya wakulongolela: Mwakusisa m'sagule mundu jumo kapena wawili awe matunu mwakwilana ni ujinji wa wandu wumkwete. Alongosole chenene kuti matunuga tigatende chichi ligongo wandu wanewo tawe mbusi. Wandu watawe matunuga awe wandu wakalamuka wakuti jinjile yimpepe mwichinga ni mbusi mwautambwali wangali ma key gakuwugulila).*

Muyitendo ayiyi mwana magulu gawili. Gulu lyandanda ni wandu watawe lichinga lyambusi kusiteteya mbusiso chilo. Wandu wakwimila lichingawa tajime mpela yitela ya lichingalo mwakusungulila. Wandu wakwimila lichingawa akamwilene nambo Ligongo lya COVID-19 tajime mwakutalichilana mikono jwili.

Gulu line lya wandu tawe mbusi sili nkuyika ku lichinga ligulo. Nambo asamalisye ligongo mu likuga lya mbusilo mwana soni matunu nambo ngagkumanyika ligongo kwana chipi. Nambo mbusi tasimanyilile ligongo sikwete ma key gakuwugulila milango ja lichingalyo.

Lichingali likwete milango jejinji nambo ma key gakwe ni gawilipe basi. Malowe gawili. Mbusi syosope tisijinjile pakuwugula milangoji ni malowe gawili. Malowe gakwe ni Katemela kapena masiki. Wandu wakwimila lichingawa patapikane malowe gawili gelego, amanyilile kuti syeleso mbusi asijinjisye mwangasausya. Nambo wagamba kwisa kuti ajinjilile machili, gelego matunu, ngagapa lipesa. Mbusi siwechete kuti Katemela kapena Masiki kuti sijinjile mwichingamu, nambo matunu tiganje kwinjilila mwa ukambelembele.

Yitendoyi yitande ndawi jele lichinga tiliwe lili likosyeche. Wandu wakwimila lichingawa ajime mwakusungulila ali atambasukwile mikono jawo. Pelepa nikuti mbusisi tisiwe sili syunguli syunguli pasa palichingalo yimpepe ni matunuga.

Chakulinga cha kung'anda akuku ni chakuti mbusi sijinjile sikajuwe mlichingali ni gona, lichingali lisiteteye mbusisi pangakunda matunu kwinjila.

Katande kakwe, wakulongolela tawalanje katatu kaneko nikugumila mpela litunu, pele basi yitandiche. Mbusi syosope tisitande kwinjila chenene ni ma kiyi ga malowe gala ni kupitilaga pasi pa mikono ja wakwimila lichingawo. Nambo matunu tigasacheje kwinjila mwachisawawa.

Patang'ande panondi ajimiche ng'andaku.

### Yitendo yine

1. Ana matunu gali kwa? Gakwanisye kwinjila mulichingamu? Agape lipesa matunuga galongosole yasimene nayo. Naga gali mwichinga, gajinjile uli? Matunu gane gali kusa kwa lichingali? Mwakwinjilila mwangasausya mwaliji pa. Ng'andaku kukusawaga kwakusengwesya wandu akusawa ali nkuseka.
2. Nambi mbusi sili kwa? Syosope sili mwichinga? Kapena sine sili pasa? Ana mbusisi sipikeneje uli pakwinjila mulichingamu? Yaliji yangasausya kapena yakusausya? (Waleche wandu awechete nganisyo syawo pelepa. Wane tasale kuti wasokonechele mu mtwe, wane wakwete woga nganayimanyililaga kuti tiyimale uli.)
3. Matunu gali kwapi? (Naga gane gajinjile mulichingamu ni ngawa kuti mbusi sili pachijogoyo? Kwene. Pele ni kuti mbusisi sili pachijogoyo chakukumulwa. Lyeleli ni ligongo lyakwe tukwamema wandu wosope kuti

apochele katemela ndawijele jakupeleka katemelaju – kwamnopemnope wandu wakwete chijogoyo chachikulungwa ku ulwelewu.)

Majiganyo galokwete m'kung'andamu:

- Ana wosope walipikene kuti akwete chiteteso? Wosope wakwete ma keyi gamalowe—katemela soni masiki—yeleyi mpaka yituteteye ku COVID-19, nambo ngakomboleka kuti wosope akamulisye masengo yichinduyi. Wanganakamulisya masengo ni wapi? Matunu.
- Ana yaliji yangasausya uli kuti wane akamulwe “kulwalwala” kapena kujiwa ni matunu? Ana wakwete woga? kwene—naga amanyilileje kuti kwana matunu ayimanyiji kuti komboleka kukamulwa ndawi jilijose.
- Sambano chakwenela kutenda ni chichi kuti matunu (Vayilasi) gakajinjila? Lichinga lwamachili (kuwa wachile) soni waliwose kola ma kiyi gala (kupochela katemela kapena kuwala masiki.

Liwasa ni musiwangu

Sambano tukusaka tupikane kutyochela kwa jemanja. Agawane m'magulu gawandu msano. Akambilane mwelemo mawusyo gali gose gakwete soni yakusawusya yakuyiona kuti mpaka yalepelesye kupochela katemela jwa COVID-19. Pelepa jamani agopoche nikuwecheta yosope yakungulo kwawo pa nganiji. Aga mawusyoga mpaka awusyane.

1. Ana pali madandusyi ga mtunduchi gampikene mwiwasa mpaka Mmusi mwenu gakwambaga katemela jwa COVID-19?
2. Kutyochela m'majiganyo galeloga, nkuyiwona kuti mdandusyi gelega mpaka tumalane nago chanti uli?

(Pawe soni kuwechetana kwakuli, pakulekangana sikati jachalume ni wakongwe, yaka, yilema, kwakupata chikamuchisyo soni kapelechewe ka chikamuchisyocho)

Kulipeleka

Wasonganisye wosope pampepe nikwapa lipesa lyakuwecheta madandusyi gakwete kutyochela m'ngulu gawo soni yalagene kuti mpaka atende pakumalana ni madandusyigo. Alipeleche kuti tatende chichi? (Wape wandu lipesa lyakwanila kuwecheta yakungulo kwawo.)

Walimbichisye wandu kuti akole nganisyo jakulandana pakuwecheta jakwalimbikasya soni kwapa ligongo lyakwanila kuti akapochele katemela jwa COVID-19. Pakutandila chabe ni apa:

“Ligongo M’lungu akwete chinonyelo pa une napeleche litala lyakuti naliteteye uneji ni alongo ajangu mu ndawi jakusawusya ja COVID-19 jeleji, ngwaula ngapochele katemela jwa COVID-19.”

**TULIPELECHE**kumemana wosope kwawula kukupochela katemela jwa COVID-19 soni kulolechesya kuti wandu wakwete chijogoyo chachikulungwa m’misi mwetu ikapita.

Lisawabu

Kupochela katemela jweleju uli upile wakupelegana sawabu sikati ja wandu pakuteteyana kuti wumi utandile soni kwenda chenene.

“Waliose wakuika ni sawabu tachipata sawabu sya mnanu, soni wele wakutajila mesi, tachiwatajila soni.” Misyungu 11:25

Wandu apelegane sawabu pakutyoka kulosya kulipeleka pa malonjesyo gapeleche.



## MAJIGANYO 4: MAJIGANYO GA KATEMELA JWA COVID-19 – KWA WANDU WA DINI JA CHISLAMU

Kwa ma kuga ga wandu wali tayali kuliteteya ku COVID-19

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Ana Allah akwete lung'wanu ni ya katemela jwa COVID-19?

“Pangali jwali jose jwa jemanja jwakwete chikulupi naga nganinkola cha kwanonyelela ajenu mwankusalinonyelela asyene.”

*Malowe ga mu Hadith #45* kutyochela kwa Muhammad mtume

Ndandililo

M'makuga mwetu, m'chilambo chetu mpaka pa duniya posope tuli pa ngondo jakutulalisa ulwele wakusausya wa COVID-19. Ulwelewu ukutulagasya mu nganisyo mpaka tukwete woga wakuti kogoya kwakwe tikuwe kwa mti uli, soni wumi tiuchitandila soni kwenda chenene chaka chi. Katemela jwa COVID-19 ni mbali jajikulungwa jakutuluteteya ku ulwelewu. Chilambo chetu chikwembecheya kuti wandu wakwe apochele kakemela jweleju.

Nambo chakudandaulisa nichakuti wandu nganawa wagopoka ni katemelaju, atamose achakulungwa wa dini. Majiganyo aga gali ga kwakamuchisya achakulungwa wa dini kuti achingangane pa mpepe nikambilana ya katemelaju, apikanichisye ya katemela jweleju nikutanda kwamema wandu m'makuga mwawo kuti apochele katemelaju. Wandu m'madela mwakutama akwete chikulupi cha m'lama ni achakulungwa wa dini, ni ligongo lyakwe achakulungwa wa dini ali wakusosekwa kwa mnope pa kwakamuchisya wandu kuti ateteye chiwa chakwisa ni Covid-19, soni kumalana ni ipwetesi yayiwiche ni COVID-19 m'mawasa ni m'makuga mwetu.

Maboma getu pa duniyapa gakuti tukwete upile wa mpaka kukulupusya umi wa wandu wamnopemnope pakwateteya kuti tulombo twakutandisya COVID-19 tukawajinjila, yeleyi ili yakomboleka pokapokapo ali apochele katemela jwa COVID-19.

Nambo komboleka soni kuti uwejo tikulusya kuti, “ana Allah akwete nayo masengo ya katemela jwa COVID-19?”

Liwusyo lyeleli lili lyakusosekwa mnope kuliwungusya.

Tukumanyilila kuti Allah alijwa chanaso soni akwete lukosyo pa kukulupusya wumi wa wandu wejinji.

Mu majiganyo gelega tulole kuti masengo ga katemela nikuwuteteya umi.

Sano pelepa, nikuti Allah akwete nayo masengo ya katemela? Kwende tupalole chenene pelepa, kumbesi kwakwe takole majibu gasyenesyene.

## Chakulinga

Pambesi pa lijiganyo lyeleli, achakulungwa wa dini ja chisilamu tapikanichisye yakusosekwa ni ungajogoya wa katemela jwa Covid-19 kwa wandu wa m'makuga mwawo soni tatende yakwalimbichisya wandu kuti apochele katemelaju mwakamulana ni ndondomeko sya boma.

Yitendo ya lijiganyo: Kangaude jwa mwikuga

Yindu yakamuliya masengo: Mpila waukulungwa wayipepala ya pulasitiki wakola lukonji.

Chakulinga cha chitendochi/ng'anda: yitendo ya mu lijiganyo lyelyeli tiyitulosye kangaude jwanganjijwa mwele wandu tukutamila m'makuga mwetu soni mwele yitendo ya julijosye mwaikusakwayilaga wane. Kutyochela pelepa tulole, soni tulijiganye kusosekwa kwa katemela jwa COVID-19 kuti wandu wosope tuwe wateteyana.

Yakwenela kutenda: Wandu ajime mwakusyungula. Naga wandu apali wejinji panji makumi gawili (20), wagawanye awe m'magulu gawili. Gulu liliso alipe mpila walukonji umpepe. Ansalile mundu jumpepe kuti akamule malo gampepe ga lukonjilo naponye mpilawo kwa mundu julijose jwansagwile. Pataponye mpilawo kwamundu, kwine ali akamwile lukonjili, wasalile wandu chindu chimpepe chakuchisagamila munganisyo syawo kuti tachitenda COVID-19 jili jitondweye. Katende kakwe komboleka kutenda mwanti m'yi, "Patichijitondoya COVID-19 po, une ni liwasa lyangu tuchi... tuchijawula ku tauni kukwalola wanache ni yisukulu, tuchijawula kumusi kwetu kukalola achinangolo wanganituwalola chaka chambumbu..." Patatendeje yeleyi nikuti mpila ali mponyelana, mbali jimpepe ja lukonji ali akamwile. Patamaleje, ngonji jila tijiwe jili jipanganyisye ka mpela kangaude.

Mausyo: Patamale ponyelana mpilawo soni waliose ali akamwile lukonji, wausye wandu kuti atukuchile munyuma kuti lukonjilo likunjiche. Wandu ajime mwakulolegana. Nawechete kuti...

Kwende tugambe kulandanichisya kuti ayi ili chisawu m'makuga mwetu ni tukutama impepe mwakulumbikanya, atamose yakusausya yetu ili yakulandana mpela mwajjwelele COVID-19. Sambano ni ngwete mausyo gamnono gakuti mbusye:

1. Ana mpaka iwe uli naga mundu jumpepe kapena kupunda pele ali alesi sile ngonji jakamwileji?

*(Komboleka kutendekasya kangaude jwa ngonjju kuwa jwangali machili. Mpaka itendekasye wane kuti akakola lung'wanu nikujileka soni ngonjjo.)*

2. Amsalile mundu jumpepe kuti ajileche ngonjjo nalole kuti tiyiwe uli – alole kuwewela kwangonjjo.
3. Amsalile mundu jwine soni mbali jinejo kuti ajileche soni nalole mwatiyiwelele – alole soni kuwewela kwache. Kaneko mundu jwine aleche soni, wane soni, kaneko wasalile wosope kuti ajileche ngonjjo

**Lijiganyo:** Wandu patukutama palikuga, tukutama mwakulumbikanya; mwakuti yindu yitukusawaga tuli nkutenda yikusakwayaga wane. Kuli kwakusosekwa mnope kuti tuwe wakuliteteya mwangalinonyela. Tuteteye mawanja getu ni wandu wosope mwikuga mwetu mpaka chilambo chetu. Wosope tuli wakulumbikanywa, tuli wampepe.

Ngani (komboleka kujitenda sewelo nganiji)

“Wawo Razaki,” chatite chisukulu cha Razaki, Rafiki. “Tinamjigale tujaule yimpepe ku chipatala na ganga akapochele katemela jwa COVID-19 jwandanda, mpela mwakuwechetela achinamlongola wachilambo chetuchi pa wailesi.”

“Isyene yele? Ngwamba! Une nginjaula. Jaulani m'mwejo nianganga wenuwo.”

“Iyayi Razaki, mmwe. Tukumpa uchimbichimbi kuti m'we wandanda!” watite a Rafiki kwineku ali nkwinama mwauchimbichimbi nambo mwang'anda.

“Katemelaju mundu julijose jwasachile akwaula kuja kupochela mwangankanganichisya, nambo kwa wndu wandu wapundile yaka makumi nsano, wali achakulungwa wetu mpela mjomba, mama wakulungwa ni wane kuli kwakusokwa mnope kuti akapochele. Ayiyi ni yiwansalile kuchipatalako liso pinajawile kuti ngapikanichisye.”



### Nganga takambilane ni Razaki ya katemera jwa COVID-19

“Ah, uli kulisa uya kwanti m’yoyoko!” watite Razaki. “Yakatemelayi ya wanache ayi.”

“Yamkuwechetayo isyene Razaki. Wakusapochela katemela ni wanache. Tukumnyilila kuti m’yipatala ni malo gane wanache akusapochela katemela jwakwateteya mpela jwa Polioni soni ndomba. Mbali jeleji wachipatala akukamula masengo gambone. Maulwele gelega galiji gakusausya ngawa masanje, nambo ligongo wanache akupochela katemela jwakwateteya, Polio kwangali soni ndomba jamasile kalakala. Nambo katemela juwe soni jwachakulungwa pakwateteya ku ulwele mpela COVID-19.”

“Isyene ye!” wasimonjile Razaki.

“Ngumsalila! Katemela masengo gakwe ni kututeteya ku ulwele wampaka utuwulaje kapena kutulagasya mpela mwajwelele COVID-19. Waboma akuwecheta m’ma wailesimu kuti katemelaju akwapa waliose wasachile nambo akwamema soni wandu wele wampaka alwale ulwelewu mwangasausya. Apano tukumanyilila kuti wandu wampaka alwale COVID-19 mwangasausya niwele ali wachekulu, wakwete malwele gane mpela TB, HIV kapena ulwele wa



mtima. Wakukamula masengo myipatala akwawika soni kwandanda kupochela katemelaju.”

Papopo wakopochele a Salaam, mjawo jwa pa mtima jwa Razaki, ali awete masiki gawo. Razaki wajinjile soni mnyumba kutola masiki gawo nikuwala kaneko watemi pasi pa chitela cha yembe kwineku ali nkumwa utobwa. Watemi mwakutalichilana mpela muwawechetele mwenye wa m’musimo kuti wandu atameje mwatalichilana.

Razaki watandite kuwecheta achitiji, “Oh Salaam, mtesile chenene kwisaku mungulupusye! Chisukulu changuchi chikuti unejo ni kusyeto atujigale tujaule ku chipata tukapochele katemela jwa COVID-19, nambo une nayimanyi kuti katemela akusapochela ni wanache. Une nganimba jwampaka nalilagasye kupochela katemela mpela mwanache, ngusile amwene.”



Che Salaam tawajendele a nganga ni kambilana ya katemera jwa COVID-19

“Nambotu yakumsalila mwanacheyo ni isyene”, watite Salaam.” “Une mbochele kala katemela,” watukwile mwinani mkono wawo kuti walosye pawasomile katemelajo.

“Ayiya yakusosekwa mnope”, wapelenganye kuwecheta Salaam. “Katemelaju jukusosekwa wandu wosope, kwa mnopemnope achakulungwa mpela m’weji. Tatutete ye kuti tukalwala COVID-19 kwa mnope. Tatutete ye soni kuti tukawa chiwa cha ulwelewu. Wandu wachekulu mpela um’we ni wane wailwele mpela HIV, TB, Shuga, mtima, ni wane walumale, nganituwa tulimbile ni COVID-19, mpaka tulwale mwampaka waloleleje pa mtimapo. Naga tuli tulwasile COVID-19, komboleka soni kwapela wanache ni isukulu yetu. M’uwejo mpaka msache kutenda yeleyo?”

Razaki wapukwisyeye mtwe wawo achiiji, “nambo amwene Salaam,” wapitilisyeye kuwecheta. “Ana tukulupilile uli katemela jwakutyochela yilambo yasyene? – m’kawaga mpela ngankuyimanyilila muyawelege munyumamu—watukamulisyeye masengo kalakala. Tukulupilile uli kuti ngasatususikasya usilu soni?”

“Ngumpikana Razaki. Yamkuwechetayo ikupikanika soni ili yakusosekwa. Nambotu jeleji jili mbili jakala. Uli tunganichisyeye ya lelo? Tuka lijiwila sogolo lyetu ligongo lya yindu yiyatendekwe kalakala.”

Salaam wanyakwile mgawo wautobwa nikumwa kwineku alinkuwecheta. “Pana chitagu cha Chiswahili chikuti,

‘Wele wakukulupilila kuti ajimilile, awe wasamalisyeye kuti akagwa.’ “

Razaki waalolite Salaam ali nkuwilisyeye chitaguto. “isyene”, watite, “ngukumbuchila anganga walume wasalile chele chitagucho. Mwine mkuwecheta isyene. Kuli kwambone kuwechetanaga ya indu yeleyi kulekanganana ni gamba kuyiganisya jikape mwa mtundu umpepe.”

Salaam watite. “Isyene yeleyo, Razaki. Achinamlongola wa boma mchilambochi akwete lungw’anu lakulyolechesya kuti wumi wawandu ukwenda chenene. Akwete chilinganyo ni ndondomeko syambone syakutukamuchisyeye uwejo. Ali ni ligongo lyakwe tukwenela kukuyaga ndondomeko syaakutukupa. Isyene yakwe ni yakuti chilambo chili chose chikutenda iyoyopeyo. Mbikene kuti atamose ku yilambo yachiluyaku, ma Imaam kweleko gakupochele katemela. Akukulupilila lunda lya science ni wandu wambone kutyochela myilambo yakulekanganalekanganana kuti walongolele ni kwapa lilanguka. Mu ndamo syetu soni dini ja Chisilamu, tukwete chikulupi mu lunda lya achinamlongola wakwete ilinganisyo ya m’lama.

Razaki walolite pasi pa ngwaila jawo kwineku alinkukologanya utobwa wawo.





**Nganga kakambilane ni a Salaam ya katemera jwa COVID-19**

Salaam waweni a Razaki ali nkulola ngwaila jawo, wapelengenyeye kuwecheta, “Mumganichisye katemela mwanti myi, Ngwaila syenu sikusyateteya sajo syenu kuti nkaulala ni miwa soni maganga pa mkwenda mwitala. Nkusawala ngwayila syenu chila lisiku kulikose kwa mkwaula M’musi mwenu. Nambo pati mpite ku nsikiti kuswali, nkusawula ngwaila syenu nikoga m’masajomu soni m’myala mli nkanimjinjile mu nsikiti kupopela. Nkusalikoselesya chenenepe kuti nkaswle soni mtame umi wambone pa meso pa Allah. *Mwa litala lili peli, katemela akusachikomasya chilu kuti chiwe cha mlama lisiku ni lisiku soni kulikose ku mkwaulako kuti chilu chilimbanganeje ni ma vailasi gakutandisya COVID-19. Sano naga atupe wandu wakupochele katemela jwa COVID-19, nikuti chiteteso cha COVID-19 tichiwe soni chamachili kwa wandu wejinji mmisi mwetu. Jeleji ni nganjambone kwa wandu wosope, atamose pa liwasa lyenu mpaka chilambo chosopechi. Apa walakwejo ali na mlongola jwambone ku dini ja Chislamuji, kwateteya wandu, soni kulongolela mu chilichose chambone.* Razaki wajitichisye ni mtwe, “apa ni nampikanichisye Salaam. Ndogolele pa kwisa kwenu.”

Razaki wachiwilasile chisukulu chawo Rafiki, “Ana wawo Rafiki! Une nguwala ngwaila syangusi lisiku ni lisiku kuteteya sajo syangusi. Basi kwendeje ku chipatala kula ngapochele katemela jwa COVID-19 kuti nachiteteye chiluchi chiwe cha mlama! Ngosyeche sambano!”

“Munindilile Razaki. Kwende tujaule yimpepe”, watite Salaam. “Ngumbuchile kuti lisiku lyakuti ngapochele katemela jwawili ni lelopejino. Soni la Nsano patuchimala kuswali, kwende tuwechetane ni achibaba nachimmasyeto wane. Komboleka kuti nombe nawo akwete mausyo gejinji pa ngani sya katemela jwa COVID-19. Mkuti uli?”

“Nganisyo syambone syelesyo, Salaam.” Razaki wjitichisye.



Nganga, Salaam ni Razaki kupochera katemera jwa COVID-19 ku chipatala  
Mausyo pa nganji:

1. Ana a Razaki wakwete madandusyi ga mtunduchi pa katemela jwa COVID-19? (Nganisyo syawo syaliji syakuti ya katemela ili ya wanache ngawa mundu jwa mkulekule. Watiga soni chilambo chawo wandu wane wakwe akusagamba kuchikamulisya masengo)
2. A Rafiki ni a Salaam watite uli pakwanga? (Wasalile kuti atamose achakulungwa akwenela kupochela katemela jwa COVID-19. Tukatanjila

*mu yindu yiyatendekwe kalakala nambo tuwe ni chikulupi mu lunda lya achinamlongola wa boma ni wane wosope.)*

3. Ana pelepali lijiganyisye kuti katemela wakwenela kupochela ni wani? (Katemelaju akwapa wandu wosope wasachile nambo akwalimbikasyo wandu wachekulu (wapundile yaka makumi nsano), wandu wakuchingangana kwejinji ni wandu wakulwala mpela wachipatala ligongo ali pa mtepa pakuti mpaka alwale ulwelewu mwanagasausya soni wandu walemale ni wakwete yilwele yine ya mgona mpela TB, HIV ni Shuga. Wandu wapundile yaka makumi nsano akwamema kupochela katemelaju ligongo naga jele manjaji kuti alwale, talwale yangawa chenene kulekangana ni achachanda.

### Lijiganyo

Tuiweni kuti M'lungu akwete lung'wanu pa katemela jwa COVID-19 ligongo akusatunonyera uwe yiwumbe yakwe kuti tutame wumi wambone. Tuiweni soni kuti ulwelewu naga ukamwile mundu jumo, ukusausyaga musiwosope pakuti wusakumulaga wandu wejinji.

COVID-19 jikusakumulaga wandu kutyochela pa kosomola ni luindika. Soni jikusanonyela kukamula wandu wachakulungwa kulungwa, wandu wakulwala ilwele ya mgona mpela shuga, HIV, TB ni Mtima ni wane walemale wakulekangana-lekangana. Pa magongo gelega, wandu wachekulu ni wele wakwete yilwele ya mgonayi, akwamema kuti akapochele katemelaju kuti aliteteye.

Ntelawu tukusapochela kawiri kuti ukamule masengo gakwe chenene. Naga upochele kandanda, mundu ukwenela kwaula kukupochela wakumalisya pali papite ijuma likumi ni iwili. Kukusasosekwa kupochela wa wiri kuti Mtelawu ukamule masengo ngakwe chenene soni mwamlama. Alangizi wetu wa kuchipatala mpaka atukamuchisye yakwayana ni katemelaju ni kapochere kakwe.

Katemelaju nganawa soni atupele mavuto gane galigose, nambo akututeteya mwakwanila mpela mwele mundu ukuwalila sapatombali syosope syangongolo kuti ukawulala ni miwa soni ine ni ine pa ndawi jitukwawula ku Msikiti. Mtume Muhammad jwatite "Pangalimwa jenu mwanja jwakwete chikukulupi pokapoka mum'nonyere mjenu. Hadith # 45 kutyoka kwa Mtumiki Muhamadi swalalahu waila wasalamah"

Pandawi jitupochele katemera jwa COVID-19, soni wandu wejinji nikupechela, nikuti tutandite kunonyelana pele ligongo wosope tukuteteyana ku COVID-19.

Wandu wane akusaganisya kuti katemelaju jukwete yakusausya ine ni ine mpelaga chillu kamula moto, nambo nanga chilu chikamwile moto yakusosekwa yakwe ni kumwa panado, ndawi ni katema mundu ukusawaga chenene. Katemelaju jukusakuteteya mundu kuti ukalwala ulwele wa COVID-19 mwa mlama.

Masengo ga katemeraju nikututeteya mwakwanila kuti naga tuli tulwasile COVID-19, tukulwala mnope ya mpaka chiwa.

Naga wandu wajinji apochele katemeraju nikuti wosope tituwe wakomala yilu, pele nikuti lipesa lyakuti wandu alwale COVID-19 tilinondipe mmisi mwetu.

*Sambano tuwasalile wandu wosope kuti ajime pa nsela umpepe walongolele agumile kuti*

**CHANDANDA:** Wosope tukapochele katemela jwa COVID-19

Lukongolo lwa kumlyo pasogolo, jwalijose awine

Jwalijose jwakusosa kupochela katemeraju ajawule ku chipatala ni malo gane gakupeleka katemelaju kapena wausye alangisi wa chipatala kwampaka akapochele. Katemelaju ali jwalulele.

**CHAWILI:** Tukapochele katemera jwandada ndi jwali jwakwe.

Yitulijig anyisye

1. COVID-19 tusa jijigalaga pa ndawi mundu akukomosomola kapena Liundika.
2. Katemelaju jusatupaga Chiteteso chakwanila
3. Tujaule tukapochele katemelaju mwalisosya lyetu ngawa kutukanganichisya, nambo tuyimanyi kuti katemelaju akututeteya wandu wosope. Patutupochele jwandanda, tukapochele soni jwawili.
4. Pandawi jitupochere katemelaju ngalepela ndawi syine mchilumu kolera moto panandi, pele nikuti katemela jutandite kukamula masengo nambo yangakawa kumala.
5. Wandu wakwenela kupochela katemelaju ni wele wakwanile yaka likumi, nsano ni yitatu (18) kapena kupunda pele.

Liwasa lyangu, musiwangu

Tutame m'magulu ga wandu ncheche kapena nsano ni jumo, tukambilane ni kwanga mausyo ga yakusausya ya iyiche pangani ja kupochera katemela jwa COVID-19. Tuwe wagopoka pakwanga mausyoga.

1. Ana ni ngani syapi sya unami sya sikupikanika m'musi mwawo muno sya gamba ngani ja katemela?
2. Palijig anyisye lero jino, syesele nganisyi takamalane nasyo uli?

### **Kulipeleka**

**Watamiche wosope pampepe, nikambilana ya madandusyi kapena mausyo gakwete ni majibu gakwe. Alimbiche pelepo kuti wanduwo akole mfundo syakulandana ni chiwecheto chimpepepe chakwalimbikasya wandu kumusi kuti akapochele katemela jwa COVID-19. Mumwawechetele subuhana watite “Pakuti Allah juli jwa Chanasa kwa une, ni wandu wane, nichanasa pecho timbochele katemela jwa COVID-19 pakusaka kuliteteya une ni wane ku ulwele wa COVID-19.**