



PVO 01/2014

# KHITHI YEMATHULUZI angahingisiwa nebanolinga mitunhu nekwebutjilo



Bubuya gwebutjilo  
ifanilo nenlangu uwo

BHATSO LWAKAVA KU



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## Boka

Community Working Group on Health (CWGH) inoda boka bose banotungamila nelondolodza mitunhu yeBubi, Masvingo, Bulawayo, Chiwundura nekuMangwe. Toboka lubhatsho gwabo gwekobela banhu zwabanohangana nazo zwibhatsha kuti gwaba leli libe yapo. Toboka bahinhidzani bedu bamumitunhu yeyi bakabhatsha mukubayakanya gwaba leli besinganyale meya. CWGH inoboka Internews nebhatsha kwazo mudzimali nelingisisa kwagwa gwegwaba leli. Toboka bahingi be CWGH bakakwala bekabhatsha belingisisa nekwekwagwa kwegwaba leli kuti liwhisisike kubanhu banowoli bala.

**Toboka banotobela bakabhatsha:** Madonna Mwembe, Grace Ndlovu (Mangwe), Sithabile Dube, Entrance Takaidza (Masvingo), Getrudy Chimwata, Nanzile Mashiri (Chiwundura), Loveness Dlamini, Sifelani Tshabalala (Bubi), Chante Chirara naDylan Khanye (Bulawayo).

Bahingidzani bedu bamumitunhu iyeyi bakabe nelubhatsho mubhudilila kwekhiti yemathuluzi kakale banobokiwa nelubhatsho gwabo.

Toda boka be**Internews** nelubhatsho gwabo gwemali nelingisisa kwazo munakwaka kwagwa. Kuboka kukulu konda kunabe CWGH yekaBulawayo inabo M. Mathias, M. Khumalo, T. Moyo naN. Mahlangu. Kalale toboka bahingi beCWGH bakuHarare banobe beli: M. Chibaya, C. Chimhete nentungamili Itai Rusike nelingisisa bepa kwabanosola nepamhidzila kunobe kubhatsha bhutilila newhisisika kulelu takalinga *toolkit* iyeyi.





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## Walilo ye CWGH

Community Working Group on Health (CWGH) mabunga akasiyana anohinga nemitunhu bena tjinangwa tjeikuludzila mitunhu kuti iwanike muzwinhu zwinobhatsha gala unabubuya gwembilii muZimbabwe. CWGH yakabumbiwa mugole la1998, kwangwenu inamabunga anoswika makumi mana ehingidzana bhatsha bakamanikana nezila dzakasiyana. CWGH yakakwalisiwa se "Private Voluntary Organisation (PVO) PVO 01/2014) anohinga muZimbabwe yose nepaluliwa kwayo ibumba mitunhu mikulu iligumi (10 provinces), kwangwenu inowanika mumaDistricts alimakumi matatu anakuhanu (35) ihinga nebutungamili gwetjaba. CWGH inohingidzana nebutungamili gwetjaba muntunhu woyo (Local governance), bagali bentunhu, nebanolinga nekwebutjilo bubuyanana. CWGH inohinga batsha banhu ku fanilo dzabo dzetjila zwibuyanana. CWGH inabukamu nebvumilana kwehingidzana zwibuyanana nebanolingisisa nelutabi gwebutjilo gubuyanana nekwebana (memoranda of understanding with Ministry of Health and Child Care (MoHCC), Phalamente yeZimbabwe, lutabi gwetapiwa neyendesiswa kwematama, nebutungamili gwemitunhu inohingila CWGH. CWGH inobatsha banhu kuti bawane butjilo gubuyanana nepiwa kunobatsha wana bupenyu gwakanaka nefanilo dzabo muZimbabwe.





## Walilo yenhingo wedu

Rooted in Trust 2.0 projekiti inotiwa mumitunhu yeyi: Bubi, Mangwe, Bulawayo, Chiwundura neMasvingo. Tjinangwa tjenhingo woyu wutola ndebo, njela, nemikumbulo yebanhu muna zveCOVID 19 nekumwe kwebutjilo gubuyanana. Ndebo dzedzi dzotogwa nebanhu bakadiyiwa behingisa nhali (KOBOS for community monitors), bekopa beInternews banowopa bamwe banohingidzana nelingiwa kwegala zwibuyanana mumbili kuti kutiwe fupidzo yakatambunuka ibhatsha banhu. Batoli bendebo behingisa zila dzakasiyana kuti baswike kubanhu betjaba, zila dzingabe zuwisana nenhu, kene whilila tjaba (community listening), mabunga ezuwisana (focus group discussions), kuludzila londolodziwa kwemahhuba ebutjilo bubuyanana (commemorations of Health days), mihangano yetjaba nelakidzo dzebutjilo bubuyanana Gwaba leli lakatigwa banolondolodza tjaba (Community monitors) bebhatsha mitunhu nekobelana ndebo kene mambo ECOVID-19 yakatambunuka. Gwaba leli lowohingisiwa banolondolodza mitunhu (Community Monitors) nebadziyiwa beCSOs banobva kumitunhu yatinohinga kuti tiwane ndebo dzakatambunuka, inolizana, kakale ayitopamidzila ndebgwana dzisiyidzo kene dzakayipa dzipaladza butjilo gwebanhu.



# 1. Walilo nebvilo ye COVID 19



**COVID 19 yakutanga yakabhakhwa muntunhu we Wuhan, kuChina mumwedzi waMbudzi, gole la2019.** Nekene malebeswa esingabhude zwibuyanana nekene kuna kunji kunolayidza kuti bhembolufu yeli lakabva mumhuka dzakabe dzitengeswa. Sekwakalebwa ne World Health Organisation nsi wa15 Mikono 2023 yakati banhu banopinda 662 milliyoni bakabhatji bhakhwa nebhembo lufu kukoti banhu banopinda 6.7 miliyoni bakatjinyika muhango yose.



## Walilo ye COVID 19 muhango yeZimbabwe

Muhango yeZimbabwe nsi wa23 Mikono 2023, kwakabe nebanhu baka bhakhwa bena Covid bali 259,947 kukoti banhu bali 5,635 bakatjinyika sekwaka lingisiswa ne WHO. Kubva nsi wa 12 Mbudzi 2022, banhu bali 12,694,853 bakabhayiwa nejekiseni yezibilila COVID 19.



Zimbabwe yakabe nebhembolufu lakutanga lakabhakhwa COVID 19 nsi wa 20 Ndashatani 2020. Bhembolufu le COVID 19 lakutanga lakabhata banhu bali 8000 benayo mupela kwa Hhedzi kakale bali 243 bakatjinyika nentha yebhembolufu. Bhembolufu le Covid 19 lakahha muZimbabwe lake libva mudzimwe hango dzatakabakidzana nadzo nedzikule kugungwa, bhembolufu lebubili lakahha muna Mikono 2021 nentha yeSARS-CoV-2 variant B. 1.351 (Beta variant), iyo ileziwa neyenda yenda kwebanhu belimumabunga ebanhu banoko palalana bedililana ntunhu nehango yose. Bhembolufu leCovid 19 lebutatu lakabhoka kwazo kakale ngwenu kwabe nebhembolufu leCovid 19 lebuna.



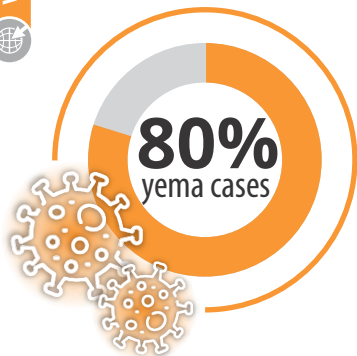
## Hango yeZimbabwe inohingisa zila dzakasiyana kuti idzibilile bhembolufu leCovid 19 kubva mugole la2020 kuswika nasi. Dzimwe zila dzinotobegwa hedzedzi:



1. Kuludzigwa kwembala zwayeke zwenlomo (masks)
2. Dzibiligwa gwekubungana kwebanhu banjinji.
3. Hhaligwa kwezwickwele kuti bana basizwidiye kwelubaka guhomanana.
4. Hhaligwa kwedzibhizimusi nekulibilidza.
5. Dzibiligwa kweyenda mudzimwe hango nemitunhu.
6. Kuludzigwa kwegala kule nakule kungaba mamitha matatu.
7. Kuludzila bhayiwa kwebanhu muhango yose nebunji.
8. Kuludzila ngugwa kwemaboko nebala pisa kwembili



## Delta Variant inobaligwa



Bhembolufu leCovid-19 lobhoka linda mbeli mangwana saku banhu besingatebele kwakabigwa neWorld Health Organisation kuti kudzibiligwe dililana COVID 19 kwakasiwa naHulumente weZimbabwe. Kubva mubhembolufu lakahha lili lebutatu, hango yeZimbabwe yakabe nebanhu banjinji bakawan'wa benabugwele kupinda bhembolufu lakahha kwekutanga nekwebubili. Covid 19 ye Delta variant yakabe iyo yakabhata banhu banoswika 80% seyakabe idiligwana nekulibidza kakale ihaja juti banhu muhango dzose batebele zwinhu zwakabigwa ne WHO kuti badzibilile dililana bhembolufu. Nekene zwako kwakabe negwisa kuti banhu babhayiwe muzimbabwe, Africa, nemuhango yose, kutjina banhu bahomanana bakabhayiki kakale kohakika kuti banhu bagwise bayakanya nekubunganya banoyemula bhayiki mumitunhu inabhembolufu lakawanda. Iko ku kotigwa kuti banhu babe banjinji bakabhayiki.



## BHAYIWA KWEBANHU KUHANGO YOSE

Hango yeZimbabwe inothama zwibuyanana nendila mbeli kuti kube nebanhu bangabe 60% bakabhayiki dzibilile bhembolufu (60% of the nation vaccinated) kwangwenu kwakatjibhayiki bangaswika 50.5%hango yose (Internews 2023). Haya luzibo newana luzibo gusakatambunuka kwaatjithama kuti banhu bahomanana babhayiki dzibiligwa kwebhembolufu le COVID 19, Ndizo banhu bakafanigwa piwa luzibo kwakatambunuka kuti badzibiligwe mubhembolufu leli lapaladza hango. Diyiwa kwebanhu kuhingiswa lebeswa kobhatsha pamhidzila luzibo gwentunhu gundilana nekwebhembolufu.

## Zwilakidzilo zwe COVID 19

Zwilakidzilo zwe Covid 19 **pisa kwembiliuwaha mbaba, kohola, nyala kwembili, hay akene sawha tjimwe nenlomo ape ulabila kene nuwa nezvimilo.** Kumwe kunogozwa lakidzaCOVID 19 wugwadziwa nembili, **gwadza kwewhulo, meho eba mahaba, bugwele gwepahha, zwilonda mumbili nehayika kwembala muzwinyala zwemakumbo nemaboko**



Nyala kwembili



Gwadza kwe hhulo



Gwadziwa kwenholo



Kohola



Gwadziwa nehholo



kohola



paha



Diarrhoea



## 2. Ini tjingatiwa?



### Umwe nemwe wedu

- Ngabhayiwe edzibilile bhembolufu
- Galani kule nakule musiye 1 metre pakati kwenyu
- Mbalani zwibuyanana masiki muhhalila zwimilo nenlomo
- Ngulani maboko nesipa kene nloti kwelubaka gunoswika 20seconds mugohhola sanithayiza.
- Hhalila nlomo nezvimilo uhingisa kokonola kenethishu ape utshimuta kene ukohola. Ulahile thishu iyo kwayakafanigwa ukongula maboko.
- Ukabe nezwilayidzilo zweCovid 19 kene ungabhakhwa unazwilayidzilo zwebhembolufu wakafanigwa negala woga kusina bamwe banjinji kuti usibadilile.
- Ape upisa mbili, ukohola, unabulemo nefema zwibuyanana, haka bhatshiwa kutjiwongelo kunalubaka.



### Mumizi/mumiha yedu

- Gwisani kuti banhu bose munha/munzi bana masiki mbuyanana kwazo kwazo bana. Mukuludzile mbala ma masiki kunabanhu banji.
- Kuludzilani gwisani kuti mugale pabuyanana musuka nengudza zwidla kakale banhu bangule maboko. Diyani bana nebenha kuti bangule maboko besinganyale nehingisa ma sanithayiza.
- Ngudzani pehhugwi kwezwinhu nematafula muhingisa sipa nekumwe.
- Pindisani ndebo dzakatambunuka nekweCOVID 19.
- Kuluddzilani banhu bose munha kuti babhayiwe kudzibiligwa bhembolufu leCOVID 19
- Bhatshani nose banazwilakidzo zweCOVID 19 kuti bawane lubhatshe nebandisa kuzwiwongelo nebagadza boga pabuyanana.



### Mumitunhu

- Musigale pedlo napedlo, makazwiwana kene bhatana nenayilana.
- Hanganani pahhe kusi mudzin'umba. Gala kuhhe kubuya pana gala mun'umba
- Ape musigele kuhhe hhalani mafasitela kuti kungine mhupo mbuyanana.
- Kumbudzani banhu kuti bambale zwibuyanana mamasiki
- Gwisani kuti basingatjile zwibuyanana belingigwa pasi kuti badiyiwe nekweCOVID kakale babhayiwe kudzibiligwa bhembolufu.
- Ndisani ndebo dzakatambunuka kuti banhu basiwane manyepkhwa (kusilebeswa) nekweCOVID 19.
- Zibisani bagali bentunhu kwabangawana bhatshiwa ape behaka palalanyiwa nebamwe besingake bekakuthama mumizi yabo.





## Mihingo yebanolondolodza mitunhu munazwebutjilo

Banolondolodza mitunhu bagali bayeyo mitunhu banokuludzila wanika kwebutjilo gubuyanana kakale ndibo banolebelekiwa nabo kwazo ape kuna tjamuka takalinga butjilo nemamo ebanhu. Mihingo yabo yeyi:

1. Banopa banhu ndebo dzakatambunuka dzisidzantolo
2. Banolinga banhu bangabe bekumbuligwa kuti banabhembolufu leCOVID 19 bekopa mano enda kutjiwongelo.
3. Banobhatsha babakidzani bentunhu nemizi ingabe yawan'wa inaCovid 19.
4. Banopa mano kubanhu kwaanobe ehakika.
5. Banozuwisana nebutungami, makubungano anobhatsha mukudzibilila COVID 19.
6. Banobhatsha mitunhu kuti igale yaka zwibayakanyila lingisana neCOVID 19 nedzibiligwa kwayo.
7. Banopa makubungano akasiyana mano nenjela dzeCOVID 19 mumitunhu yabo.



### 3. Mangenge ayapo Ecovid 19

Mangenge ayapo e COVID-19 dewekuti ndebo dzeCovi dzowangwa munhali nemumhepo, muthivi, bewhilila mudende bezuwa nebakwinya behingisa zwinhu zwakatambunuka nekwenlayo wesayensi. Kunandebo dzemanyebenyebe dzawayiwa nedzwagwa nebanhu kubvila bhembolufu leCovid.

#### Mboli yedzwala ndebo dzisiyizo

- Mboli yedzwala ndebo dzisiyidzo wuti bhembolufu leCOVID 19 lohala kakale libulaya banhu.
- Lebeswa leCOVID 19 alitopedza bukamu koga lolondolodza bupenyu.
- Ndebo dzakatambunuka dzikowogwa ne sayensi dzogadzabwe kubanhu, mitunhu, nehango kuti dzigale dzinabupenyu bubuyanana.

**Ndisani lebeswa kusimanyepkhwa!!!**

**UNLANDU WEDU SEBALONDOLODZI BEMUTUNHU MUNAZWE BUTJILO  
KUTI BAPE BANHU NDEBO DZAKATAMBUNUKA DZILIDZE MAHHUBA  
ANO SAKU BUTJILO NEMAMO EBANU AMUMABOKO EDU TOSENI.**

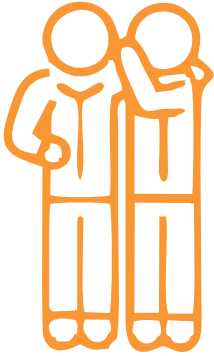
#### Kwatingawana ndebo dzakatambunuka

1. Bahingi belutabi gwezwebutjilo kungabe bakadiyiwa nekwebutjilo belimumizi kene mumitunhu, bawongi nebamwe.
2. Lutabi gweyendeswa kwendebo semudende, TV, whalo dzendebo.
3. Hingisa maWebsite anogalika moyo se World Health Organisation; [www.who.int](http://www.who.int), Centre for Disease Control CDC; [www.cdc.gov](http://www.cdc.gov), UNICEF; [www.unicef.org](http://www.unicef.org), Ministry of Health and Child Care; [www.mohcc.gov.zw](http://www.mohcc.gov.zw)
4. Hingisiwa kwedzimwe zila dzehasa ndebo dzeCOVID 19 se toll free number 2019

#### Dzimwe zila dzingahingisiwa kuti muwane ndebo dzimwe

- **Kuti uhandugwe nekulibilidza- lidzila nhali inoti 2019**
- **Econet toll-free 08084700**
- **Telone/ landline 08004700**
- **All networks toll-free 0292271290 (Byo)**
- **All networks 0784149828**
- **Whatsapp only 0784150042**

## 4. Londolodziwa kwedzindebo nebemitunhu Kuni londolodziwa kwendzindebo nebemitunhu?



Woku wuwana ndebo dzebhembolufu dzibva mumitunhu kuhakisisiwa nezila dzabanolanga nadzo bugwele igogu. Ndebo dzedzi dzingaba manyepkhwa dzisaka lingisisiwa nenjela dzisi sayensi. Ndebo yedzi dzinobe dzilimanyepkha dzondisiwa kubanhu dzinatjjangwa nekene nhu esina tjangwa nesaziba saku mitunhu ileba nekweCOVID 19 muntha dzakasiyana. Mdebo njinji dzinobe dzisaka tambunuka dzohha nebanamasimba muntunhu bangabe batungamili bawoyo ntunhu banobe beyi banaluzibo gunjinji kakale tjabanoleba tjobe tjitolegwa pehhugwi.



### Ilikuti ndebo dzedzi dzolondolodzigwani

Hakuludzo yendebo inokuludzigwa nentha yekuti inothama banhu bekaziba kwazo nekwebhembolufu. Ikoku kothama kuti belutabi gwebutjilo bazibe swikisa ndebo payinobe yatayila. Kohakika kakale kokuludzigwa kuti kuhakisisiwe hakuludzo nemabvilo endebo dzedzi dzisakatambunuka, dzitambunudziwe.



### Ndebo dzisakatambunuka dzowan'wa tjini?

Ndebo dzisaka tambunuka dzolingiwa nebakadiyiwa bentunhu banodzitola behingisa KOBO imunhali isa nhandulo dzebanhu dzikoyendisa kulInternews kunohakuludziwa kwazo. Batoli bendebo dzedzi banodziwana nezuwa nenhu, nethama mihangano, lakidzilo dzinoyetiwa, nekabanobona mumitunhu nedzimwe zila dzingahingisiwa muthama hakuludzo.



### Ndebo dzedzi dzotogwa poni kakale lini dzili nyebe nyebe

Ndebo dzedzi dzotogwa mumitunhu nebagali bakadiyiwa thama kose koku. Batoli bendebo banokuludzigwa kuti batole ndebo dzose sekwanokho nekubayapo kwadzo betumile. Ndebo dzinobe dzatogwa dzolingisisiwa dzikwagwa dzikohhisa zwinhu zwingatiwa kuti ntunhu uwhisise kubva munazwabhuda muhakuludzo yetola ndebo. Ndebo dzinobe dzatogwa dzopiwa bamwe bemakubungano anohingidzana nebelutabi kwebutjilo ape kutiwa mihangano. Kose ikoku kobhatsha halulula zwiyezo zwingayetiwa muntunhu woyo kudze kudusiwe nyebe nyebe kene ndebo dzisiyidzo dzakatambunuka.



### Mihingo yebanotola ndebo kene nyabenyebe mumitunhu

- Banotola nyebenyebe kene ndebo dzentunhu bepa CWGH neInternews
- Banobayakanya zwiyezo zwingatiwa kuti zwipedze nyebenyebe kene ndeb dzisakatambunuka.
- Banohingidzana nebamwe bentunu banolingisisa nekwebutjilo bubuyanana gwebanhu bepa ndebo dzakatambuka dzebhembolufu leCOVID 19.
- Banokobelana nebanolanga nekwebutjilo kungaba bawongi kene nhabi kene makubungano anolanga nekwebhembolufu leli labhoka kuti base zwiyezo zwingatiwa muhadzisa kuzingazibwe nebanhu.



## 5. Ndebo kene nyebe nyebe dzihhele mumitunhu Kumwe kunosobe ndebo/nyebenyebe dzemitunhu

- a) **Mukutu unopisa - Banjinji bekati bhembolufu leCOVID-19 alitohhala kunobe kunamukutu unopisa.**

Nokhona bhakhwa neCOVID-19 nekene kupisa kunahhuba mukutu upisa. Hango dzinopisa Hango dzinopisa neZimbabwe yedu kwakatjibhakhwa bhembolufu leCOVID-19.

- b) **Hingisiwa kwezikuludzilo zwingaba zwodliwa zwakanaka, maproteins nekumwe kungabhatsha masotja embili kuti nhu asibhakhwe nebhembofufu**

Akuna hakuludzo inoti dla zwodliwa zwakanaka zwodzibilila bhembolufu leCovid-19.

- c) **Zwivonekelo zwinopisa zwingahingisiwa tjesa maboko kuti asibe nebhembofufu leCOVID-19 dzijitisa hhala kwebanhu banabugwele igogu**

Pisa kwemoto kene tjimwe tjinhu akuzotongoyi kodzibilila kene kobulaya COVID-19 koga pisa kokubadza mbili kakale kungabulaya meho.

- d) **Bhembofufu leCovid-19 lobhata bakafuma, bakula nekwegula, banobe benadzimwe ngwele kene belibakobvusa**

Nekene hakuludzo dzilakidza kuti banhu bakakwegula, bakafuma, nebanadzimwe ngwele bangabhakhwa nebhembofufu nekulibidza koga kunabamwe basina ngwele, balibatjetjana, benamasimba koga bakawangwa benabhembolufu leCOVID-19.

- e) **Miti yebhayiwa kwebanhu bedzibiligwa bhembolufu inothama banhu basibe nembeleko dzethama bana kulizila yethama banhu beAfrica kuti babe bahomanana.**

Miti yebhayiwa kwebanhu idzibilila bhembolufu yakalulama kwazo kakale yakahogwa ikalikiwa hingisiwa nebe Medical Control Association of Zimbabwe (MCAZ) bakakubona kuti ayina mangenge mukuhingisiwa kwayo kakale dzimwe hango dzakakuludzila hingisiwa kwemiti iyeyi. Kuswika nasi akunhu kukabe nenhu unoyi wakahaya mbeleko nentha yemiti inodzibilila bhembolufu.

- f) **Kotigwani kuti miti inodzibilila bhembolufu leCovid 19 iyi ndeyenhu wose sekunoyi banhu banobhakhwa nesimba kuti babhayiwe. Konga kuna tjinangwa tjiyapo nezila banhu yabanosundiwa nayo.**

Hango yedu yakalingilila kuti iswike ku60% kunda pehugwi banobe belibanhu bakabhayiya kudzibiligwa bhembolufu kuti lisibulaye banhu banji. Nentha yakoku, tobona kunga banhu banobhakhwa nesimba koga kulikuludzila ngobe bhembolufu leCovid 19 lohala nekulibidza. Nayikoko kokuludzigwa nhu wose kuti awane dzibiligwa mubhembofufu leCOVID 19.





**HEAD OFFICE  
CWGH HARARE**

No. 4 O'Connor Crescent, Cranborne, Harare  
PO Box BE 1376, Belvedere, Harare, Zimbabwe  
Tel: +263-242-573285/6, +263 772 363 991,  
+263 719 363 991

Email: [cwgh@mweb.co.zw](mailto:cwgh@mweb.co.zw)  
Website: [www.cwgh.co.zw](http://www.cwgh.co.zw)

Twitter Account: @CWGH-ZIMBABWE  
Facebook: CWGH

**REGIONAL OFFICE  
CWGH BULAWAYO**

11 Coghlan Road, Khumalo  
Bulawayo, Zimbabwe  
Tel: +263 777 645 392, +263 772 386 102  
Email: [cwgh@mweb.co.zw](mailto:cwgh@mweb.co.zw)