KUFUNGANYA

Dambudziko rangu nderei?

- Ndinotambudzika pamusoro pezvichaitika kwandiri nekumhuri yangu. Pane here pakati pedu acharwara ne COVID 19?
- Ndinongonzwa hasha nekurumidza kutsamwa
- Pfungwa dzangu dzinomhanya kufunganya uye ndinonzwa zvandisingakwanisi kutsanangura mumuviri mangu
- Handigoni kuisa pfungwa panzvimbo imwe chete kuti ndigone kuita chinhu chichipera
- Ndinonzwa kuoma mukanwa zvakanyanya
- Mudumbu mangu munovhunduka, ndoita chikaka kana kufambiswa
- Ndinodikitira zvakanyanya
- Kazhinji ndinotadza kurara zvakanaka
- Ndinonzwa dzungu kana musoro kureruka
- Mhasuru dzangu dzakaoma

Kufunganya: Chinombova chii?

Kufunganya zvinoreva kumanikidzwa mupfungwa muchitya kuti pane chakaipa chichaitika kana kuti pane chinhu chakakosha chichatadza kuita zvakanaka kana kutadza kuitika nenzira yamunotarisira.

- Vamwe vanhu vanoti vanofunganya kana vaine shungu dzekuita chimwe chinhu kana dzekuona chimwe chinhu chichiitika.
- Kufunga kwakaderera hakuna kuipa, kunodikanwa kuti tiwane shungu dzekuita zvinhu.
- •Kufunganya kunotitadzisa zvakawanda. Zvinoita sekuremerwa mupfungwa kana kutya kwakanyanya uye kunogona kuita kuti munhu arohwe nehana.
- Kunopfuura kutambudzika mupfungwa kwemazuva ese. Kufunganya kwakanyanya kunotadzisa munhu kuita maitiro ake emazuva ese.
- Kufunganya kunogona kuti munhu azvitarisire pasi.
- Kunogona kutadzisa vanhu kuwirirana

Kunokonzerwa nei?

- Kushushikana, zvinopfuura izvo munhu anogona kutakura (kubasa, kumba, mune zvemari, mumagariro ako nevamwe, kurwara zvakanyanya)
- Kuzvitarisira pasi
- Kusangana nezvinonetsa zvakanyanya kana kurasikirwa zvakanyanya
- Kushungurudzika (kusanganisira mhando dzekushungurudzwa dzakasiyana)
- Kusuruvara– kufunganya kunowanzofambidzana nekusuruvara nemamwe matambudziko eutano hwepfungwa
- Kuwanza doro nezvinodhaka
- Imwe mishonga yatinonyorerwa navana chiremba, kusanganisira mamwe maARV
- Zvimwe zvirwere
- Kutya zvine chekuita neHIV kana COVID kunogona kuwedzera kufunganya
- Ndinoziva kuti hapana chakaipa chichaitika saka ndinotadza nei kungoti pfungwa idzi nezvandinonzwa izvi zvingopfuure?
- Kufunganya chirwere chaicho. Pfungwa dzakagadzirwa nenzira inoita kuti dzikudzvirirei kubva kunjodzi kana zvinotyisa maringe nezvamakambosangana nazvo, asi dzinogona kushanda zvakapfuuridza kana kuzoenderera zvinopfuura mwero wezvamunenge makatarisana nazvo panguva iyoyo. Munogona kudzidzisa pfungwa dzenyu mafungiro matsva.

Ndezvipi zvandingaite maringe nazvo?

- Kufunganya kunorapika
- Taurai nemunhu wamunovimba naye, kana zvichibvira chipangamazano, pamusoro pezvamuri kunzwa kana kushushikana kwamuri kunzwa.
- Kana paine marwadzo anobatika akawanda taurai namukoti kana chiremba kuti muone kuti hapana chirwere kana dambudziko riri kukonzerwa nemushonga here, zvichisanganisira maARV.
- Musashandise doro kana mishonga yamusina kunyorerwa nachiremba kuti murape kushushikana mupfungwa. Zvinogona kuita kuti kufunganya kuwedzere, nyangwe pamwe pekutanga zvichiita zvinobatsira kudzikamisa zvamuri kunzwa.
- Kushandisa mushonga kunogona kubatsira kana kufunganya kwakanyanya, zvikuru kwenguva pfupi apo munenge muchidzidza dzimwe nzira dzekupedza nadzo dambudziko iri.
- Dzimwe nzira dzekuzvidzikamisa muviri dzinogona kubatsira zvakanyanya:
  - Garai pasi zvakanyatsosununguka moisa pfungwa pamafemero enyu. Dzorai mafemero enyu, turai mafemo zvinyoro nyoro kudarika kufema kwamunoita muchipinza mweya mukati. Verengai zvinyoro nyoro kusvika ku 4 muchifema kupinza mweya mukati, moverenga kusvika ku 6 muchitura mafemo zvinyoro nyoro.
  - Isai pfungwa panzvimbo yamuri, cherechedzai zvinhu zvitatu panzvimbo iyoyo; zvinhu zvitatu zvamunogona kubata neruoko rwenyu; zvinhu zvitatu zvine ruzha rwamunonzwa pamuri; zvamunonzwa imi makatsika kana makagarira. Tsikai tsikai pasi netsoka zvinyu zvine mutsindo. Pamunenge muchiita izvi, cherechedzai kana pane mutsauko pane zvamunonzwa mumuviri wenyu.
  - Endai kumbonofamba famba, moverenga nhanho dzenyu apo munenge muchifamba.
  - Itai mabasa anokunakidzai uye amunofunga kuti akakosha.

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