KUSURUVARA

Dambudziko rangu nderei?

- Hapana kana chichiri kumbondinakidza. Hapana chandinonzwa kuda kuita.
- Ndakasuwa. Ndinonzwa sokuti ndiri ndega.
- Kumba zvinhu zvakati ome kupfuura mamwe mazuva uye COVID 19 inoita kuti zvinhu zviwedzere kuoma.
- Dzimwe nguva ndinofunga kuti kufa kuri nani.
- Dzimwe nguva handimwe maARV angu nekuti handioni chikonzero chekurarama.
- Handina kodzero yekufara
- Zvinhu zviri kundiremera

Chinombova chii?

Kusuruvara zvinoreva kunzwa kusuwa, kushaya tariro, ushingi uye nekunzwa kushushikana pamweya

Kusuruvara chirwere chinoita kuti;

- munzwe kusuwa kwakanyanya, dzimwe nguva kusvikira pakuita chiveve
- munzwe kushaya tariro mofunga kuti zvinhu hazvimbofa zvakaita nani
- mufunge kuti hapana anozokudai uye kuti muri munhu asingakodzere kudiwa
- muve nesimba shoma kana shungu shoma dzekuita zvinhu zvamaimbofarira kuita.
- munetseke kudya, kurara kana kuisa pfungwa panzvimbo imwe chete.

Kunokonzerwa nei?

- Kusangana nezvakaoma muupenyu pamwe nekushaya rutsigiro, zvinosanganisira:
- kusangana nekusemwa kana rusarura zvinoita kuti munzwe kusadiwa kana kuona semusina kukodzera sevamwe.
- Kurasikirwa kuburikidza nerufu kana zviitiko zveupenyu (somuenzaniso kutama kana kusiya chikoro) monzwa semava mega.
- Kufirwa mosara muri nherera moona sezvinonzi hapana munhu anogona kukudai wnerudo serwaamai kana baba.
- Kushaya mukana wekuenda kuchikoro
- Kupihwa zvekuita zvinorema kupfuura pamunogona kutakura
- kushungurudzwa
- kushaya tariro kuburikidza nezvinogona kupinza munjodzi zvakaita seCOVID

Sei zvisingaiti kuti zvingopere?

Kusuruvara chirwere chaicho. Hamungangoti dai zvapfuura. Kusuruvara kunounza shanduko mupfungwa izvo zvinova zvinoshandura zvamunonzwa uye maonero amunoita zvinhu. Kunaka kwazvo ndekwekuti kusuruvara kunorapika asi munoda rubatsiro rwevakadzidzira basa iri kuti mugone kukunda

Ndezvipi zvandingaite maringe nazvo?

- Muchibatsirwa nemumwe, edzai kuona kuti ndezvipi zviri kukonzera kusuruvara kwenyu zvinogona kugadziriswa.
- Wanai rutsigiro!!! Tsvagai munhu wekutaura naye anonzwisisa nyaya yekusuruvara, nyangwe pari pawhatsapp kana mameseji.
- Kana zvinhu zvichifanirwa kushanduka, zvinofamba sei? Kana paine zvisingaiti kushandura, fungai kuti ndiani wamungataura naye kuti akupei rutsigiro rwamungada kuti zviendeke.
- Kuzvitsaura pamusoro peCOVID chinhu chakakosha asi zvinogonawo kuti kusuruvara kuwedzere. Fungai nzira dzekuti munge muchitaura nevamwe musinganyanyi kuuya pedyo zvakadai sepafoni kana masaisai. Itai zvinhu zvamaifarira kuita, zvakachengetedzeka kana zvichibvira, kana nyangwe kwenguva pfupi.
- Kana chirwere chekusuruvara chakanyanyisa, kushandisa mushonga kunogonawo zvakare kukubatsirai, nokudaro munofanirwa kutaura nevakadzidzira basa racho kuti vakuudzei kuti munozvifambisa sei.
- Kurovedza muviri nekudya zvakanaka zvinhu zvakakosha. Kana musinganzwi kuda kudya, edzai kudya zvishoma panguva imwe chete. Muchange muchinzwa kuda kudya apo kusuruvara kunenge kuchipera.
- Rangarirai kuti hamusiri mega! Munogona kufunga kuti ndimi mega muri kusuruvara. Vanhu vazhinji vane dambudziko iri asi vanorivanza.

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zvandiri