



COVID 19: joonde jam ma bee bikkoy ma

Sawralji ko tokkata do wallititte dow usstugo billa bee bone jee umminta hakkiilo jay ma bee bikkoy ma be dow ko fe'i haala nyawu COVID-19 jee futti nder duuniyaaru. Sawralji di jee saaro en on, amma bikkoy makkoy fuu naftiran ngam hakkilaneego minyiraabe mabbe ko hakkilanoobe bikkoy.

Kowadi ko a' wontirri be njamu ma mari nafu massin

Comri, kulol be ta`ol bernde dow torra yimbe hedi laabi duddi nden dom somnate banndu ma bee ngaandi. Dum woodi nafu massin a` jooda njam nder wakkiti dow. Usseni laaru limtadi ha less dow ko wadi an saaro joonde jam ma woodi nafu massin.

- A' waawan a` numa boddum nden a'hiita ko hanndi
- A` waawan nuddinngo boddum
- A' maran munyal bee ko fe'i man nden bikkoy ma be hollata kulol, bee bernaango, mettam beram bee luttudum.
- A` waawan a` faama ko be wontiri be haliiji bikkoy man no hanndi
- Joonde jam wallitan banndu ma wona caatudum.
- Bikkoy jee mari duubi 12 don andi ko be wontiri haa yaasi ngam no a'hollu ko wontiri. Joonde jam mabbe be njaynitiri bee joonde jam ma. Be do larta ko a` ngadata bee no a` hollirta dow kuuje.

Sawralji ngam joonde jam nder bernde bee ngaandi ma

Woodi laabi duddi no a` joodata jam nder wakkati bone dow. Usseni laru sawralji ha less dow. To a' do wada siwtaare bee hoore ma ko wodi ko a` wada haa saare, habdu nden taa accu wadugo ko a woowi.

- Kebu a' siwta massin, amma taa a` neeba ha dow leeso saala no a' woowi, tokku no a` woowi daanugo.
- Hoosu wakkati jee hoore ma a' siwta ko minti joy on
- Woldu bee soobiraabe ma ko keddiraabe ma, to a` waawata accugo saare, on woldan ha waya ko hedi lellal lengi juude.
- Taa tefu kubaruuji kala wakkati fuu. Ko bo, tefu bayaanuuji bee hoore ma no a` kebata nde weetifu nde woore.
- Kabdu a` senndira gonnga daga ko tabbitay.
- Tabbitinu a' dimmbi bandu ma nde weeti fuu, ko a` accata babal ko a' woni.
- To a' tokku diidaadi siwaaku bee nastugo ummaatoore, a` nana beldum ngam a` do wada ko hanndi dow faddugo hoore bee bikkoy ma.
- A` jaba dow wi'ugo a' innu aadama on. Nanugo billan bernde ko kulol ko mettam beram dum walaa aybe dayday on. To a' faami ko a' numata a` nanata man, kabdu a` numa kuuje boddum, kabdu a' wolwa bee hakkiilo nden a foofa no hanndi.

Sawralji ngam mballugo bikkoy joonda nder njamu:

Sawralji yimbe gonnbe kala duubi fuu:

- Bikkoy yidi laara na koodume haa ngeedam mabbe ba canji. No nangiri fuu, tokku wakkati nyaamugo ma, wakkati lotugo ma, wakkati fijirde bee wakkati daanugo.
- Nafturu bee sawralji di ngam kuude ko kawti nder do.
- No nangiri fuu, hokku bikkoy ma cemmbe be jokka janngirde mabbe bee fijirde ko be wala yaha babal janngirde man.

Sawralji di moggal duubi:

Marbe duubi 0 yahugo 3

- Bikkoy don mari hakkiilo faanugo no a`woni ko a` sakki ko a' don nder hakkiilo ma hedi badirgo be. Habdu no nangiri fuu a' wolwana be no a' woowi wolwungo be no, ko be bikkoy keccoy on.
- Marbe duubi bana didi, be waawan naftirgo bee kalamiwol `a'a`. Yerdu bee do dow dayday on

Marbe Duubi 3 - 6

- Numtunu bikkoy ma dow wi'ugo a` do wonndi bee mabbe ngam a` hakkilan be boddum on.
- Bikkonji feere waawan tammugo ko be waawi no naane, misaalu be waawan fuddugo sille dow leeso, do dayday on dow jaabugo bone.
- Bikkonji nder duubi do don wada kuuje bee hoore mabbe nden be yidi wonugo nder sukle. Taa on ussta dow kam sayni on tabitina dow wadi ha babal on joodata to haaje niiman don mari daga hokkoobe dokaaji.

Bikkoy be mari duubi 6 yahugo 11

- Bikkon dingan diwtugo be koydi kalludi ngam sendurgo bee saaro'en, maamaji mabbe, maabo be yimbe be burdi baddugo. Jaabu dow a` kebti ko be nanata, nden a` wo'inna be ko be nanata man, 'to a` tammi maama ma do nder hassaru, kulniidum massin...`
- A' yama binnigel ma dume on ko be numata bee/ko be don hula (bana bikkon pamare'en be keban jawaabooji mabbe bee tammunde mabbe ko buri hulnugo be dow gonnga).
- A` acae bikkon man wolwa nden be holla ko be hultirta, on waawan naftirgo bee kalimaaji bana "bikkonji feere don hula tow...
- Wolwine bikkon haala gonnga, taa on besda mannda, amma on wolwa gonnga nden taa on wada alkawalji fewre.
- On yetcca bikkonji man ko wadi min mari "Doka jee joodugo haa saare" don ngam faddugo - na ngam kulniidum on wurtugo yaasi ba.
- Numtunu bikkoy ma dow wi'ugo a` do wonndi bee mabbe ngam a` hakkilan be boddum on.
- On sattina bikkonji moodon jokke dow kuuje dow naa har adaba on ba (amma haa fahin taa on wadina be alkawalji fewre).
- Taa on resa babal kubaruuji nyalloomaare fuu.
- On luuta wolde dow adadu be yamday ko adadu be maayi.

Ɓikkoy be mari duubi 12 be ko buri

- Ɓikkonji nder duubi dow waawan kebugo kubaaruuji doggata bee hoore mabbe. Haa fahin, be waawata senndirgo gonnga bee ko tabbitay. Be waawan aatugo ma be yamde jee waawan ummingo hakkiilo. Jooɗe nder de`itaare a` walla be faama ko doggata.
- Ɓikkoy maran kafal dow bernugo. Irin ko be ngadata do dum woni marbe duubi banni ngadata, amma bo nder wakkati beddol comri, kulol bee ko annda ko fe`ata, wannan turtol massin.
- Ɓikkoy marbe duubi do do njaynitiri bee soobiraabe haa nder bernde mabbe be wonndi duubi gootel. A` yerda dow binggel ma do nder billa caɗɗum to nastugo jamaaje hadaama. Fahin, Taa a`acca be supta haa be yahata bee ha be yahataako.
- Ɓikkonji nder duubi dow do dasita hoore mabbe haa wakkere nder saare. Walaa aybe banni man haa nder duubi mabbe jee mawnol.
- Ɓikkonji nder duubi dow do mari haaje gonnga. Be don waata hakiilo bee jaawal anndugo wakkati on don nyukkina be gonnga ko nyukkingo be kubaruuji. Irin dow waɗan taa be yerda be ma ko be jaba hala ma gonnga.

A' keban be haa:

Koen Sevenants, PhD : ksevenants@unicef.org

Ashley Nemiro, PhD : ane@redbarnet.dk