

**Obubaka
obwenjawulo
obukwata ku
covid-19** eri
abantu abalina
obulemu
n'okusoomozebwa
ku bulwadde
bw'omutwe.

MENTAL HEALTH UGANDA
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COVID-19

Kye ki?

Kino kye ki ssenyiga ekikambwe ekisaasaanidde ensi yonna. Kyatandikira mu China mu Ntenvu 2019. Erinnya lya ssennyiga ono omukambwe ye Coronavirus kyokka ate eppaatiike ye COVID-19 .

Okwatibwa otya ssenyiga ono omukambwe?



- Ssenyiga ono omukabwe asaasaana okuva ku muntu amulina okudda ku mulala okuyita mu ngeri zino wam-manga;
- Omuntu amulina bwakolola oba okunyiza, ssenyiga ono

agenda mu mpewo; oluvannyu-
ma n'ayingira mu muntu wamu
n'ebintu ebirala. Ssenyiga ono
omukambwe ayingira mu muntu
nga ayita mu kamwa, mu nnyin-
do wamu n'amaaso.

Kiki ekituuka ku muntu azuuliddwa nga alina ssenyiga omukabwe?



- Omusujja omungi [100.4F oba 38C]
- Okusanga obuzibu mu kussa
- Akakololo akatakutuka
- Okulumizibwa ennyo mu kifuba okutasalako
- Okulumwa omutwe ogw'olutentezi

- Okufuna amabwa mu bulago
- Okufuna ssenyiga oba eminyira egitasalako
- Okunafuwa mu mubiri

Naye ate mu ngeri ezimu, abalwadde abamu besanga nga;

- Tebasobola kwawula kikaawa ku kiwooma wadde okuwunyiriza ekirungi oba ekibi.

- Amaaso gamyuuse
- bafunye embiro
- Olususu lwonoonese
- Bafunye okusiiyibwa wamu n'obulumu

Weetegerenze: Singa wesanga

nga bino byonna waggulu bikutuuseeko, ekyo tekitegeeza nti olina ssenyiga omukabwe Coronavirus. Abantu bangi nnyo bakwatibwa omusujja oba akakololo. N'olwekyo, osobolera ddala okubeera ne ssenyiga owabulijjo.

Wabula singa wetaba n'omuntu eyakebereddwa era naasangibwa nga alina corona oba nga alina obumu

ku bubonero obwo waggulu,osaana odduke bunnabiro ogende bakukebere coronavirus. Osabibwa okube ku 0800-203-033 oba 0800-100-066. Osobole okuyambibwa ku kiki kyolina okuzzaako singa okwatibwa obubonero obwo bwetulabye waggulu.

Wabula ate ekyakabi kiri nti abantu abamu abalina ssenyiga omukambwe tebakwatibwa kabonero konna .Kale kyansonga nnyo okugoberera ennambikiro wamu nebiragiro by'ekitongole ky'ebyobulamu okusobola okwetangira nnawookeera wa ssenyiga omukabwe corona.

Singa nkizuula nga nina ssenyiga omukabwe corona,olwo nkole ntya?

- *Sigala ewaka.*
- *Kuba **0800-203-033 oba 0800-100-066** singa okizuula nti wetabyeko n'omuntu eyakereeddwa oluvannyuma n'azuulibwa ngaalina ssenyiga omukambwe corona.*

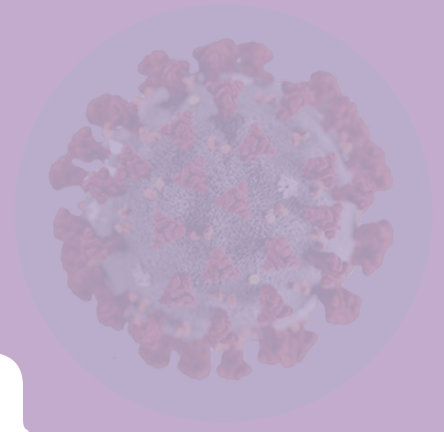


Kino kikulu nnyo; ***Kubira omusawo wo ate tova waka.***

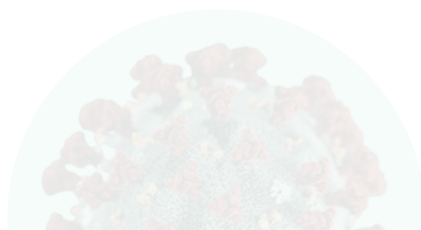
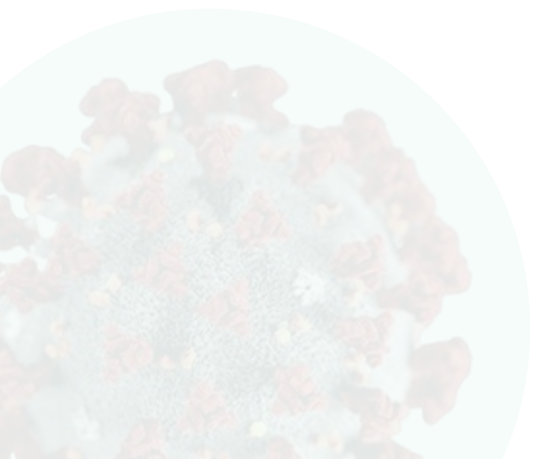
Oyisibwa otya nga olwadde?

- Abantu abamu tebayisibwa bubi nnyo nga balwadde ssenyiga omukabwe corona.Baba nga abalwadde ssenyiga ono owabulijjo.
- Abantu abamu abakuze mu myaka,ssaako abalina obulemu ku mibiri gyabwe okwo nga kwotadde naabo abali mu mbeera omuli okusoomozebwa kw'obulwadde gamba nga sukaali,Asima puleesa,siriimu ssaako ne endwadde endala,bwebakwatibwa ssenyiga corona,asobola okubagonza ennyo era nebafundikira nga bali mu ddwaliro sinakindi nokufiira ddala.

Nyianza ntya okwekuuma obutakwatibwa sseyiga omukabwe Corona?



**Bulijjo yambala
akakookolo ate mu
ngeri entuufu buli
lw'obeera mu bifo
eby'olukale.**





Okwambala akakookolo: “Byoyina okukola ne’byotayina kukola”



✓ Bikka bulungi
enyindo
nomumwa



✓ Enviiri zikwatire
emabega



✓ Akawuzi kasibire
emabega
w’omutwe
nobulago



✓ Gyako
akakookolo nga
otandikira
mabega



✗ Kikyamu
okwambala
bwotynga
tobisse nyindo



✗ Kikyamu
okukassa mu
kyenyi



✗ Tokasika
kutuukka wansi



✗ Toletera
buguwa
kuyisigana



✗ Toleka nviiri
kuleberera
kukakookolo



✗ Toleka
kakookolo
kwewuuba



✗ Toleka buwuzi
kusasamala



✗ Toyambala
kakookolo
kaddugala era
akabisi

Bulijjo yambala akakookolo ate mu ngeri entuufu buli lw'obeera mu bifo eby'olukale.

- Akakookolo kalina okubikka ennyindo,omumwa wamu nakalevu obulungi
- Laba nti okwata ku buwuzi kwokka nga weyambula akakookolo oba okukabala era weewale nnyo okukwata mu maaso gaako.
- Waliwo obukookolo obwemibiri esatu.obwo tusobola okubukozesa emirundi egisukka mu gumu,kyokka ate newabaawo nobwo obwamalwaliro nga bunu bbwo bukola omulundi gumu era nga tebusukka ssaawa mukaaga
- Fuba okulaba nga oyoza akakookolo ako akemibiri esatu nga weyabisa sabbuuni n'amazzi ssaako okukagolola nga kakaze
- Suula obukokolo obumaze okukozesebwa mu kifo ekituufu awatatuuka baana[kasasiro]
- Tolonda bukookolo bwosanze awo nga bwanjaaliridde era fuba okulaba nti bwekuba kugula,ogula obwo bwokka obusabikiddwa obulungi.
- Fuba okulaba nti weewa ebbanga wamu nokwewala omugotteko ssaako nenkuŋŋaana ezirimu abantu abangi.[Fuba okulaba nti ossaawo ebbanga lya mita bbiri ku muntu akusemberedde]

Naaba mu ngalo.

- *Kozesa nnyo sabbuuni n'amazzi*
- *Naaba engalo waakiri obutikitiki nga abiri era bwekiba kiyamba, bala okutuuka kwabiri.*
- *Naaba engalo oluvannyuma lwokukozesa ekiyigo oba okubeera mu kifo eky'olukale [gamba nga okugenda mu tterebero]*

Mu kifo ekyo bwewaba nga tewali mazzi na ssabbuuni, osobola okukozesa sanitiza. Naye era kimanye nti okunaaba engalo nga okozesa sabbuuni n'amazzi obulungi kyekisinga.

Kakasa nti okolola oba onyiza mu kiseke.

Okukolola oba okunyiza mu kiseke kireetera obuwuka obutasaasana mu bbanga oba wadde okugenda mu ngalo .

Fuba nnyo olabe nti tewekwata mu maaso

- *Tokunya maaso*
- *Tokwata ku mimwa*

Tokwata ku nnyindo. Jjukira nti eno yengeri akawuka gyekayingiramu mu mubiri .Naye bwekiba nga tekyewalika ekyokukwata mu maaso, kozesa akasiimuula oba nga oli mukunaaba.

Singa nkizuula nga nina ssenyiga omukabwe Corona, olwo nkole ntya?

Kubira omusawo ku namba
y'ekitongole ky'ebyobulamu
etali yakusasulira 0800-203-
033 oba 0800-100-066

- Toyanguyiriza kwetwala mu ddwaliro
- Sigala ewaka
- Kozesa obusiimuula era bwomaliriza busuule mu kifo ekituufu.
- Weyawule okuva mu bantu abalala okusobola okwewala okubasiiga nnawookera wa ssenyiga omukabwe corona

- Kuuma ebikozesebwa byonna nebifo ebirala nga biyonjo era nga bisiimulwa ne sanitayiza.
- Yambala akakookolo obudde bwonna
- Nywa nnyo amazzi,lya ebibala wamu n'enva endiirwa.

Ddamu okubire omusawo wo nga embeera etabuse,era mukubire singa oba nga ofunye obuzibu mu kussa,era goberera nnyo okulambika kwe.

Nyinza kukola ntya singa omuntu gwembeera naye akwatibwa ki ssenyiga Corona?

- Kuba ennaba ye ssimu ey'ekitongole ky'ebyobulamu etali ya kusasulira
- **0800-203-033 oba 0800-100-066** era ogoberere ebiragiro ebiba bikuweereddwa
- Kuuma mita mukaaga okuva ku muntu alina ssenyiga omukabwe.
- Tokwata ku wantu wonna oba ku mmere omuntu alina ki ssenyiga ekikambwe gyaba akutteko
- Sigala nga onaaba bulungi mu ngalo
- Bulijjo yambala akakookolo.
- Weyawule okuva mu bantu abalala okusobola okubatangira okukwatibwa ekirwadde ki Corona naddala bwekizuulwa nti naawe ekirwadde okirina.

Nyinza kukola ntya okusobola okulamusa ku banywanyani oba okubaako nobubaka bwonna bwentuusa.

- Teri kukwata mu ngalo,yadde okwegwa mu bifuba oba okubbonga.
- Mumwenyeze,mukoonaganye enkokola,mukubire essimu oba omuweereze obubaka obuwandiike



Wa wennyina okugendako mu biseera bino ebya ssenyiga omukambwe COVID-19?

Weewale okubeera awali abantu abangi

- *Bwoba nga ogenze mu ssinzizo, kakasa anti mwewa amabanga era obutasukka bantu 200*
- *Weewale ebibanda omulabirwa firimu eby'olukale wamu naaduuka aanene agateekutudde 'malls'*
 - *Gezaako okwewala entambula ey'olukale.*
 - *okugenda mu matundiro gebintu nga obudde bukyali okusobola okwewala omujjuzo era tweerabira okwambala akakookolo.*
- *.Togabana byakulya yadde eby'okunywa na muntu mulala yenna.*

Waliwo eddagala lyonna eritangira ekirwadde kya ssenyiga omukambwe okusobola obutalwala oba okumuvumula?

Nedda.Tewannabaawo ddagala litangira wadde okuvumula ssenyiga omukambwe COVID-19

Nywa nnyo amazzi, funa okuwummula okumala era olye nnyo ebibala ssaako enva endiirwa wamu nemmere okusobola okusitula abasirikale abalwanyisa obulwadde mu mubiri.

kiki kyensobola okukola singa nfuna okutya oba enkyukwe n'okweraliikirira?

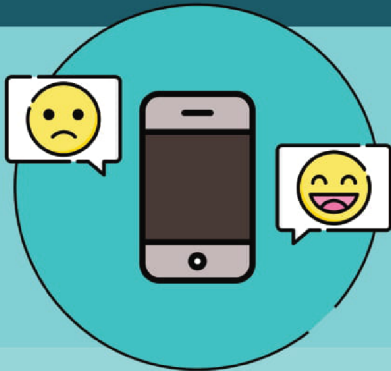


- Yogerako n'omuntu gwe wesiga.
- Bwoba nga obadde osangiddwa nga oli ku ddagala olw'ensonga yobukosefu nokusoomozebwa gyolina ku mutwe, sigala nga ogenda mu maaso nokukozesa eddagala eryo nga bw'obadde olikozesa.
- Webuuze oba oyogereko n'omubuziibuziwo
- Fuba okulaba nga buli kaseera olina ekintu kyokola, tambulatambulamu, beera nga onyumyamu n'emikwano wamu n'okubeera nga okola dduyiro

Kola enteekateeka ennunjamu naddala bwoba nga oli wa kusigala waka.

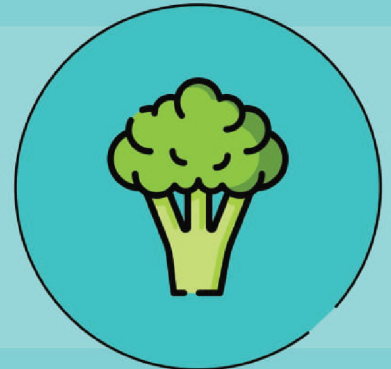
- Ani ateeddwa okugenda okukugulira ebintu eby'okukozesa era ani ateeddwa okubeera nga akulambulambulako?
- Kakasa nti enamba etali ya kusalira gyolina okukubako nga embeera etabuse ogimanyi bulungi 0800100066

Coping with stress during the 2019-nCoV outbreak



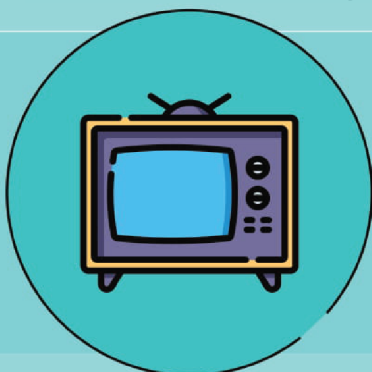
Kyabuntu omuntu okuwulira obubi, okwelariikirira, okusoberwa, okutya oba okunyiiga mu mbeera eyokusoberwa. Okwogerako nabantu bewesiga kisobola okuyaba. Kwatagana nnyo nabemikwano wamu nab'oluganda

Bwoba nga oli wa kusigala waka, kakas anti oli mu bulamu obulungi nga olina ebyokulya ebirungi, okwebaka okukola duyiro, okukwatagana nabagalwa ewakaokuyita ku mutimbagano oba okuyita ku ssiukuwuliiganya naboluganda wamu nabemikwano abalala



Togezaako kukomonta sigala, ebiragalalagala oba omwenge nga ogeaako mbu okwegobako okusoberwa Bwoba owulira nga kikuyitiriddeko, gezaako okwogerako nomusawo oba omubuziibuzi. Kola enteekateeka ennungi butya era wa wogenda okufuna obuyambi obwomubiri wamu nobukwata ku mutwe naddala nga bwetaagisisia

Kuŋŋaanya byonna ebyetaagisa; Kuŋŋaanya byonna ebyetaagisa ebiyinza okukuyamba okupima obulungi obuzito bw'omutawaana bwoyolekedde okusobola okumanya butya bwosobola okuvuunuka omutawaana mu ngeri ennungi. Noonya ekitongole ekyenkizo kyosobola okwesiga okugea nga ekibanja kya WHO, ekitongole ekyobwanakyewa oba ekyagavumenti ekyebyobulamu



Kendeeza ku kweraliikirira n'okutya kwonna nga okendeeza ku budde ggwe nab'olugandalwo bwe mumala nga muwuliriza oba okulaba byonna ebiragibwa ku ntimbe ebiyinza okwongera okuleeta okutya n'okweraliikirira

Wejjukanye ku byewayitamu ebyakuyamba okusobola okuyita u beera gyewayitamu okozese obukugu obwo okusobola okwanŋanga ebeera gyoyitamu kati ekweralikirizza olwokubalukawo kwa Corona





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