



**SHITONGOLE SHEE BABANDU BABALIKHO BULEME SHISHIMANYIKHANA INGA NATIONAL
UNION OF DISABLED PERSONS (NUDIPU)**

BULEME NI BULWALE BWA COVID-19

Khukhwanjula NUDIPU

NUDIPU shili shitongole shemulinambo shirela atwela babandu bositsana babalikho buleme shishatandikha 1987 khutubasa bikha byebuleme bwenjawulo mu Uganda. NUDIPU ibona eri irawo imbela indayi atte iye khufanana isi abo babalikho buleme inga bamenya mubulamu buyindifu atte bubusanila.

Shitsililwa sha NUDIPU shili shekhulwanila bunyala bwe babandu babalikho buleme ni likona litwela khumenya bulamu bulayi.

Bibiwambakana ni COVID-19

Khukwawo khwe bulwale bwa Corona Virus (COVID-19) khwalangilibwa ni linambo lya China inga 31st December, 2019. Bulwale bunu ari kwasalanile mumanambo kosi ke shibala atte inga babulangila khuba bulwale bwe kumutawana mumanambo kosi mumulimo Uganda.

Bulwale bwa COVID-19 bukholesana buryena?

Khawukha khe bulwale bwa COVID-19 khakholesana mangu nabi khufurisa khurura mumare ni limila lyo umulwale mumunji kwe babandu awo byarera bulwale. Busalanila khu mundu ni umundu inga wasimuule oba wakholole (kamare kakalikho khawukha), buli umundu khukhwitila khuwashe ni bifo bibimo khawukha. Shili shikhulu babandu baba bulindala inga.beilinda khulekha khuwambibwa bulwale bwa COVID-19 ta.

Bubonelo bwa COVID-19

- i. Kumusuja
- ii. Khurafuwa imumilo
- iii. Senyiga
- iv. Shikhololo
- v. Khuwamo kamani mwibili
- vi. Khuwelaka bubi

vii. Khutsinisibwa kumurwe

Ingeli iye khukhwilinda bulwale bwa COVID-19

Iliwo tsingeli tsingali tse khukhwilindamo khukholesana bulwale bwa COVID-19. Mumulimo;

- i. Yiwala khuwamba, tsimoni, mumolu ni mukhanwa
- ii. Yiwala khukhwitsa ambi isi babandu balwale. Nalundi manya ori babandu balala babakhalikho ni bubonelo banyala khukholesa bulwale.
- iii. Raama yingo inga uli mulwale.
- iv. Bimbakho imunwa inga uli khukholola oba inga wasimula ni khawelo atte umale ukhamate.
- v. Bimbakho mumoni inga siwanyalile khukhwiwala babandu oba inga uli khutsya mubifo bifundise.
- vi. Fuwelela ni kamalesi bifo byesi babandu bewambawambaka.
- vii. Sabatsaka mungono ni sabuni oba rambisa kamalesi kakalimo ilafu iye indali iyola percent 60
- viii. Khusaba mungono khwakhiile khuyila akari asekendi 40-60 khusinzilila ni bilakilo bye shitongole sha WHO.

Ingeli iye khuyetamo babandu babalikho buleme mu bulwale bwa COVID-19

- i. Rawo biwandikhe ni sign language mumikholo kyositsana kyikyili khutsya mumoni oba kyesi bawambisile khulutambi ni inganikha yositsana. Mumulimo inganikha iye linambo, khukanikha isi bekamakuwa ni bibili khutsya mumoni khu social media.
- ii. Yakanisa kamakuwa mungeli itegelekhekha ni mubikha bye injawulo bibitegekhekha buli isi umundu. Funa ingeli iyekhukanikha isi babakhawulila ni babakhakanikha ta bakhutegele.
- iii. Rawo biwandikho ni kyimirwe kyikyokyesa shitsililwa mungeli iya braile ni mungeli tsitsinyalisa babafu khutegela.
- iv. Rawo biwandikho bifananyi bibili mubiwandikho ni khu social media. Rambisa bifananyi bibiyeta akhali ibyo bibikhomaka babandu babalikho buleme ta.
- v. Bona ori kamakuwa kakawambakana ni COVID-19 katabulila babalikho buleme ni babandu babalinda.
- vi. Yakhile khubawo inengekha indayi mumasomelo ni bifo bibindi byebulekeli iyeta babana basomi balikho buleme babanyala khuba inga beyongela khusomela ango imbuka indeyi.

- vii. Khuyeta babandu babali ni bulwale khu bwongo bwabwe ni bee tsifubu babalindikhila khumalesi inga iliwo ingola indayi iye khufuna kamalesi inga balindibwa mushisela shee bulwale bwa COVID-19.
- viii. Yakhiile khubawo ingola indayi khukhwama isi khashikho kha COVID-19 Task Force mungeli iye khuwambamo babandu babalikho buleme inga bakhologana ni bitongole bye babandu babalikho buleme khu lidala lye linambo ni khu district.
- ix. Rawo babanyala khubashusila mu sign language mu bifo byenjawulo isi baali khubona inga babakhawulila bafuna bubwakanisi bulayi mu shisela shee bulwale bwa COVID-19.
- x. Kamani kakhiile khurebwa munganikha iye linambo khu biwambakana ni COVID-19 itabulila babandu bositsana babalikho buleme.
- xi. Babandu babalikho buleme babakanibwa khuba mu quarantine bakhila bifo bibilmo bye khukona bulayi inga bibiiko, wekhukendela bulayi ni bibindi bibyanguyisa bulamu bwabwe.
- xii. Bitongole byekhukhulinda byositsana bibikhola mu bya COVID-19 byakhiile khumanyisibwa ingeli khukhola khu baleme ni khumanya ingeli iye khubayeta.
- xiii. Inengekha iye khubyalo yositsana yakhiile khubomo bibiwambakana ni bye babandu babalikho buleme mu shisela sha COVID-19 khubirila mu tsisimu ni khubelanila atwela inga imbawo khusosola ta.

Inzakamo

Bulwale bwa COVID-19 bushili kumutawano kumukali mushibala shositsana, atte buli lunakhu iministry iye bye bulamu mu Uganda ilangila kumunji kwe babawambiwire khawukha kha COVID-19. Nashiryo NUDIPU ishebusa babandu babalikho buleme ni bana Uganda bositsana khulondelela byekhukhulinda bibimanyikhanile inga Standard Operating Procedures (SOPS) ni khulondelela bilakilo bibyawebwa ni iministry iye byebulamu.

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