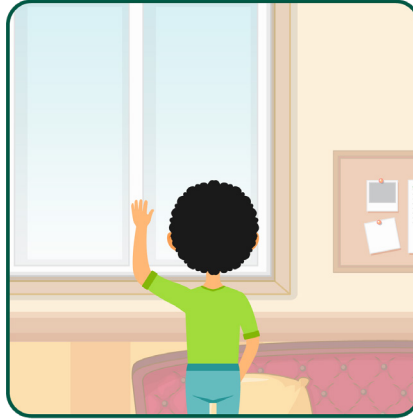


Ukuthola umgomo wami we-COVID-19



Kunesifo esibizwa nge-COVID-19 esingenza izingane ukuthi zigule. Kwesinye isikhathi sibizwa ngokuthi i-coronavirus.



Singasenza siphuthelwe isikole nokubona abangane bethu.



Izingane eziningi nabantu abadala babe nomgomo wabo we-COVID-19 kakade.



Imigomo yethu ye-COVID-19 isisiza ekusivikeleni ukuthi singaguli kakhulu.



Imigomo ingasiza ekuvimbeleni i-COVID-19 ekusabalaleni – kugcine iningi lethu liphephile.



Ngiyahamba ukuyothola umgomo wami we-COVID-19.



Umuntu omdala uyangiletha ukuzothola umgomo eami futhi uhlala nami sonke isikhathi.



Ngingeza nencwadi yami engiyikhonzile, unodoli noma ithoyizi. Ngingakwazi futhi ukuza nezinto zami zokuvikela izindlebe noma ama-headphone.



Lapho kuyithuba lami, umuntu omdala ongilethile uhlala esihlalweni bese mina ngihlala ethangeni lakhe, uma ngithanda.



Kwezinye izikhathi, izisebenzi nabantu abadala bangacoka isifonyo sobuso. Bangangicela nokuthi ngicoke isifonyo sobuso. Lokhu okokuvikela mina nabantu abangizungezile ekuguleni.



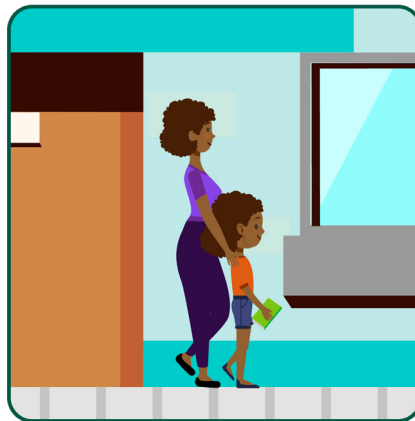
Umuntu ongikeza umgomo wami wazi okuningi futhi ngingambuza imibuzo.



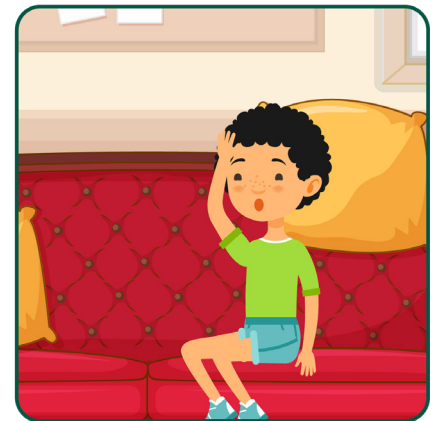
Lapho sengikulungele, ngithola umjovo osheshayo engalweni yami noma emlenzeni. Kungenzeka ngizwe ukuncinza okuncane.



Ngemva komgomo wami, ngizocelwa ukuba ngilinde kancane.



Bese kuba isikhathi sokuhamba futhi ngiyekhaya.



Lapho ngifika ekhaya, ngingazizwa ngifudumele noma ngikhathele noma ngiphethwe ikhanda. Ingalo yami noma umlenze ungaba buhlungu kancane futhi.



Umuntu omdala anganginika umuthi othile wokungenza ngizwe ngingcono.



Izingane ezinezinyanga eziyi-6 ubudala kuya eminyakeni emi-4 ziba nemijovo emi-3. Izingane ezina-5 noma ngaphezulu, ziba na-2. Sizoya esikhungweni sokugonywa futhi ukuthola umgomo wami olandelayo.



Sisiza ukugcina wonke umuntu aphephile ngoba sithole umgomo wethu we-COVID-19.