

Isiviko kwezempilo loku vikela abatshengiselayo.

Lezi ziqondiso zakhitshwa ngenxa yabantu be Ecuador ababetshengisela, kodwa zibalulekile kuyo yonke indawo.



Impilo yinhlonipho ejulileyo. (Zapatismo)

Impilo kungelakwesaba.

(Sergio Arouca, Brazil)

Impilo yikunakekela. (Feminism)

Kumele lathi sinakekelane. Lokho ngikutsho ngoba uhulumende kanye logatsha lwezomthetho — bebambene labezomnotho (*Chamber of Commerce*), lamabhenki, njalo lezinothi bayakwanisa ukulandela imithetho ye International Monetary Fund, kodwa abakwanisi ukuhlonipha abantu — bahlukumeza ilungelo lethu. Kumele sinakekelane. Singene emgwaqweni sitshengisela kumhlaba wonke ngoba sifuna ukuhlonitshwa okugcweleyo, kanye lempilo hatshi ukwesaba. Singena emgwaqweni ngembangela yokutshiseka emphakathini.

Emgwaqweni.

Qhelelanani okwengalo ezimbili... ngasosonke isikhathi.

Lingathintani. Kodwa nxa libingelelana lingasondelelani.

Gqoka imask.

- Gqoka loba yiphi imask, eyasezibhedlela, kumbe ongazithungela yona kumbe nje ugqoke isikhafu (*scarf*). Kasinikeze ithuba abezempilo kube yibo abasebenzisa iN95 masks.
- Nxa usuhlaselwe ngumahitsha (*tear-gas*), ungathinti ebusweni njalo ungakhuphi imask.
- Ungabambi amehlo.



Gqoka ihawu lobuso ukuze ungangenwa yimkhuhlane kanye lamagciwane. Njalo liyavikela ukuze unгахitshwa yintuthu ye tear-gas le pepper spray. Ihawu lobuso lilula ukuzenzela. Sika uqume imbondlela ye plastic ibezingxenywe ezimbili. Ngena lapha uzibonele imininingwane yokwenza ihawu lobuso: www.youtube/watch?v=w-4ASh9CkyO. Nxa ungela hawu lobuso, gqoka amagilazi.



Ungaletha lawo manzi enzelwa ukugeza izandla (hand sanitizing).

Gqoka imphahla ezilemikhono emide, lebhulugwe elide.

Gqoka ingwane, inwele ezinde zibotshwe.

NXA BENGASEBENZISA EZIHITSHAYO (PEPPER SPRAY OR GAS).

Awungenwa ngumonakalo nxa unгахambela katshana le pepper spray le gas. I tear-gas iyaphephuka masinyane, kodwa ipepper spray iyakwanisa ukuhlala emoyeni okwehola elilodwa kusiya phambili. Okuyimbodlela kwe tear-gas unгахakubambi ngezandla ngoba kuyatshisa. Nxa ufuna ukubamba gqoka amaglove awenzelwa ukubamba ezitshisayo kumbe unгахagqoka imask emanzi loba emanziswe nge vinegar loba ngomhluzi we lemoni.



- **Qaphela ukuphefumula:** I pepper spray ivala ukuphefumula, kakhulu abantu abale asthma, yibo abasengozi. Ungangceda labo asebesehluleka ukuphefumula.



- **Thela amanzi amanengi emehlweni.** Kumbe hlanganisa ingxenyana lamanzi lezipunu ezine ze baking soda. Kumbe njalo unгахlanganisa okuyingxenana kwamanzi le antacid (Maalox). Usungathela-ke lawo manzi emehlweni aphantlwe yi tear gas, uqale ngaseceleni eliseduze lamakhala ukuze amanzi ayephumela ngaseceleni duze lendlebe.
- **Hlambulula umlomo** ngamanye amanzi afanayo logezise ngawo amehlo. Uhahaze umlomo uphinde ukhafule.

LINGAQEDA UKUTSHENGISELA:

- Nxa ufika ekhaya, khumula amaglove, mask, kanye lezigqoko utshiye phandle kumbe uzifake emgodleni ukuze zichelwe ngemithi efaneleyo (*disinfect*).
- Locingo lwakho (*cellphone*) lusulasule ngemithi yakhona ngoba yilo oluhlala lusezandleni njalo siluphefumulela.
- Ngeza izandla ugeze ngitsho lomzimba.
- Hlamba izigqoko zakho ngamanzi atshisayo.



LOKHU YIKUTSHENGISELA NGOKUTHULA.

Ungasebenzisa ucingo lwakho (*cellphone*) uthathe izithombe mayelana lokutshengisela kwenu ukuze usabalalise kumlaba wonke.

Watshela amapholisa ukuthi avule umkhandlo wengalo ezimbili. (2 metres), njalo bazichaze ukuthi bangobani. Ungaze wavuma ukuthi amapholisa bathathe ifoni yakho (*cellphone*), kumbe babambe isithupha sakho (*I.D.*) ngoba inengi labo balengciwane leCOVID-19.

Ungavumeli ukuhlukunyezwa.



Nxa usubotshiwe, hlaba umkhosi uzitsho ukuthi ungubani ukuze abantu bezwe ukuthi ngubani obotshiweyo. Funa ilungelo lakho lokuthi ukulume labangakini, labangane kumbe legqwetha lakho. Hlala uphethe inombolo zabancedisi bomthetho, labezelungelo labantu (legal support) engalweni yakho. Lokho ukwenzela ukuthi uxhumane labangakucedisa nxa amapholisa esethethe ucingo lwakho (*cellphone*), kumbe esethethe amaphepha akho.

Elingakulungisa kuqala lingakatshengiseli yilokhu:

Qala liqoqe abaziyo ngezempilo (*medics*) ukuze bancedise nxa selisebunzimeni. Qinisekisini ukuthi abezempilo (*medics*) labo baphethe yonke imfanelo enjengama glove, ama mask, imithi yokugezisa, lama bandage. Imithi leyo bengayithwala ngezikhwama ezilophawu lwe Red Cross. Kodwa lanxa bezavikela abantu, kumele labo bazivikele.

SONKE SINGANAKEKELANA NJALO SIVIKELE IMPILO ZETHU NJALO SIHLONIPHANE, SINGELAKWESABA.



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