

# Dabareeji Joonde nder Jamaaje Koydi

## Jogitorde be hakkilta bee nyawu COVID-19



Espe

### Lammdi 1: Njamu hoore ma.....

A` waawata hakkilingo wobbe feere toni a` waawata hakkilingo hoore ma, ngam man fudfu hawti bee lartugo njamu hoorema nder wakkati cafdum dow.

### Lammdi 2: Fottugo wolde nder kala nyalloomaare fuu.....

No a` wallata hedi laawol ko a` wondadata bee yimbe & bee no a` famtinta be.

### Lammdi 3: Hokkugo wallinde .....

Mballugo yimbe dow walla hoore mabbe ngam be waawan kebugo darna yanayi dow, kebugo laabi mballa mardum bote ngam hakkila bee billaaji mabbe.

### Lammdi 4: Wallugo yimbe be habdata bee billaaji.....

No a` wallata yimbe be nanata comri bee andugo nde be yownata baawoowo hokkoobe kuude mballa.

### Lammdi 5: Wallugo nder yanayu feere.....

Laabiji kare je mballata nder yanayu feere, bana huuwugo nder hakkilingo saareji, hakkilinoobe diidaaji, wadoobe hijira ko yanayu hijira`en bee wallinde wobbe woni nder mettol beram.

### Beddol bayaanu.....

Bayaanu jay ardiibe bee nanta hakkilinoobe nder kuude ngam mballa jonde njamu huuwoobe bee huuwoobe mballa; kare jay kala kuude ko woowa koonday, no hakkilte, bee nanta siwtaare; bee kuje ko a` waawata a` hoosa kubaruuji yimbe haa nukkure kuude ma.

## Dow jee'am na?

A` do huuwa kuude mawdi wakkati futtol nyawu COVID-19 na?  
Kuude ma kam marɗu bote ha hisnugo yimbe nanngama bee nyawu COVID 19?  
Ko ngam resugo kuude man bee mballa man dow no woni ngam bote koomoy?  
**To ni e'e, kubaru dow kam jema on!**

### a` waawan huuwugo...

bana annduɗo haala nyawu, e.g. likita, wallitbe likita, hokkoowo sawral, ko huuwoowo caka yimbe ko hakkilinoowo be ko fe'i haa nukkure



laata arande mballoowo, misaalu Hakkilinoowo doka, laanyoowo mota sibiti ko nyifoowo ngulu



nder waddugo nyaamdu ko deffugo, hokkoowo lekki, kuude jana`iza, yaarugo kuuje babal feere, gomnati, ko naftirta koonday ko wo`innol taareinde



nder wallinde Gidoobe ko soobiraabe, ko be mari njiju feere yimbe woni haa gure ma



bana hakkilinoowo ko ardiido mo hakkilta bee huuwoowo ko mballoobe nder kuugal.



## Ko wadi bayaanu do mari nafu?

Burna yimbe fuu nanan comri wakkati futtol nyawu COVID-19. Mballugo no yimbe woni bee ko woni nder berde mabbe wakkati do do mari bote massin<sup>123</sup>. **A` waawan waylugo yanayu yimbe nder njoonde njamu mabbe, no a` wadirta mu`amala bee mabbe bee nanta bo a` famtinta be wakkati mballa COVID-19 man,** ko mu`amala man hakkunde mon sedda on.

Bayaanu ko woni nder defetere nde naftiran ngam mballa kala koomoy wakkati futtol nyawu COVID-19 man: Yimbe be mari nyawu ngu, mo soyti goddo sannadu nyawu ngu, mo hakkilta bee mo mari nyawu ngu, yamɗiti diga nyawu COVID-19 man ko be hadugo yaadu meemi.

## Dume on ko mi ekkittita?

Dabareeji Joonde nder Jamaaje Koydi do dow ko mari bote massin dow mballugo wobbe feere nana howi. Nder deftere do, a` ekkitan no a naftirta bee bawde ko a ekkiti ha hakkilinego bee hoore ma bee no a` wallata wobbe feere be nana wallinde ma hedi mu`amalaaji mon.

1 IASC Bayaanu no a` hakkilinta bee njamu ngaandi yimbe hakkilinoowo bee yimbe ko habdata bee futtol nyawu COVID-19 - <https://interagencystandingcommittee.org/system/files/2020-03/MHPSS%20COVID19%20Briefing%20Note%202020%20March%202020-English.pdf>

2 WHO don aynoobe a`sibiti je nyawu foofugo kawti bee COVID-19 don tuuma no - [https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-\(ncov\)-infection-is-suspected](https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)

3 WHO mhGAP Chaanidum Babal wadugo rejista- [https://www.who.int/mental\\_health/mhgap/evidence/other\\_disorders/q6/en/](https://www.who.int/mental_health/mhgap/evidence/other_disorders/q6/en/)

# Lammdi 1

## Njamu hoore ma

Hakkilgo bee hoorema bee be on wonndi on do huuwa dow mballa nyawu COVID-19 **na kuuje nanugo beldum, dum hakke on.** Nukkere nde nde no a` hakkilta bee hoore ma no haandi on, ngam joonde njamu ma bo ngam a` mballa wobbe feere.

Walaa jaabugo to a` walaadon.

**An woni mardo bote dow mballa COVID-19.**  
Dum maran bote massin anda a` do feerootiri.



Wanan bana **a` do tiitori bee haajeeji kesum.** A`waawan a`:

- mara wakkati kuugal daydum, a` walaa kuuje faddugo hoore
- No a` hakkilta bee ngayngu bee feerootiral ko wontiri bee COVID-19
- Kolol dow joonde njamu ma bee be a` yidi
- a` habdan bee nyawu, bone ko mayde
- a` hakkilan bee lenyol ma ko a` wona ha babal resugo goddo, ko
- a tawa kubaruuji be a` mballi do wondi bee ma baawo kuugal ma.

Yimbe dudbe nanan comri bee mbidu to be do huuwa dow mballa COVID-19. Do kam dayday on laarugo bone ko kawtiri bee kuude man. Kala koomoy fuu no jabirta comri feere. A` waawan nanugo ko tokkata do:

- alaamaji wanngiidi: naawugo hoore, caddum ha daanugo bee nyaamugo
- alaamaji numo: soynde teedal ha babal kuugal, beddol lekki wuykere ko yarugo mbal, soynde wadugo kuude diina/wadugo saafi
- alaamaji ko woni nder bernde: kulol, mettol beram, suno.

**To comri do hada ma wadugo haaje ma kala nyalloomaare fuu (misaalu. yahago babal kuugal) ngam man dabbuto mballa anndoobe.**



A do wawii andude si ano loobi? Mijoo piiji tati wallay di ma fii wonal maa .



No oto soxlirii ndiyan non, ko non kadi a fotii topitaade hoore maa , reedu man ndun "heewa" fii no wawudaa waarude . **Wallugol e COVID-19 ko golle tiidudo , wanaa samakala, Awa, maa topitaa hoore maa ,** ngam waatu hakkiilo kala nyelde fuu ha njamu ma.

## Hakkilgo bee hoorema

A` habda no haandi fuu a` wada sawralji tokkiti do ngam a` mballa hoorema a` hakkila bee comri kala nyalloomaare fuu. A` suba ko wadinta ma. To ni a` hebay a` wadi do nder kala nyalloomare fuu, a` wadona hoorema adilaaku a` wada dum janngo.

**1** A` mara kuubaru koonday haala COVID-19 nden tokka diidaaji ko hadata sannkitiggo nyawu COVID-19. Koosa 'siwtaare' diga kubaru COVID-19 wakkati mari haaje.

**2** Nyaamu boddum, a` keba daanugo massin nden a` dimmba bandum ma kala nyalloomaare fuu.

**3** A` wada ko bernde ma yidi ko a` keba kuuje mardum maana kala nyalloomaare fuu (misaa-lu. diidi, janngirde, du`a, woldugo bee soobaajo).

**4** A` koosa minti joyi ha nyalloomaare ngam wolwungo sooba`en, yimbe saare ko goddo feere mo a` yerdi bee maako dow no a` nanata.

**5** A` wolwina mawdo ma, hakkilinoowo ko soobiraabe haala njamu ma ha babal kuugal, sakkoma to a` don daama haala jabugo kuugal mballa COVID-19.

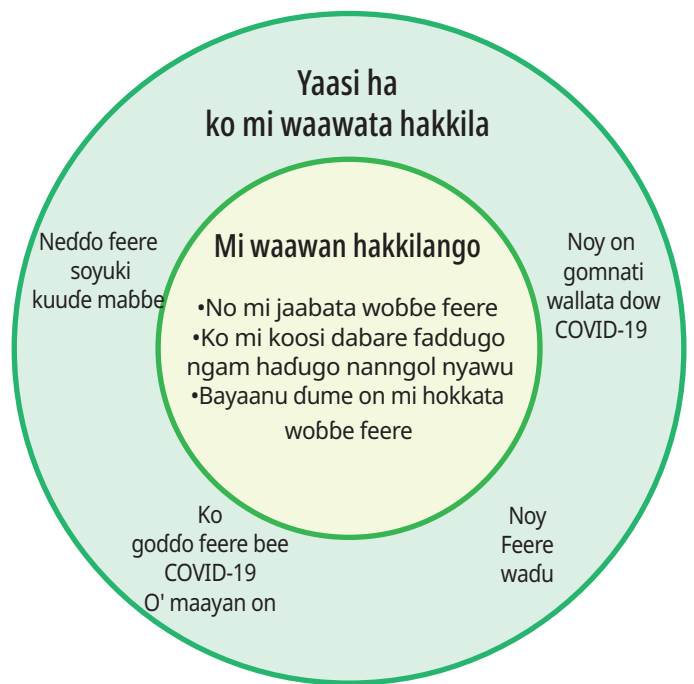
**6** A` habda a` wada ko a` wadata kala nyalloomaare fuu (laaru taskaramji ko ngadata kala nyalloomaare fuu nder beddol bayaani B).

**7** A` usta nafturgo bee mbal, lekki wuykere, kafin ko kini feere. Dun Hino wawi wallude seeda , kono hino wawi adude angal waltaare , monagol, cadeele daanagol e hayi gere fii kala bandu mako ndun melani mo. Si ano ñaama ko heewi, ano wawii dustude si a dustiima ñamdu wonu ndun e galle hee, ndaraa fereiji fii duytugol jaakgol, wana di hollira non .

**8** Ñande kala, mijoo piiji (e kaydi maa e hakil maa) di wallirdaa godo maa godo walli ma, e misaal " mi walli godo sabu himo loobuno" maa" mido yettii sehli am fii o walli kam".".

**9** A` mara goonga dow ko a` waawata bee ko a` waawata hakkilgo. Laabi hakkilgo wallan bee do. Misaalu dow taarol hakkilinol do les do, a` kebbinay jay ma haa bayaanu ko woni yeeso C.

To a` do nana soynde cemmbe wallugo wobbe feere, waawan keptugo marbe daamuwaaji je a` waawata wadugo kuuje feere dow man, bee wobbe a` waawata. A` yaafa nden a` wada munyal bee hoorema to ni a` waawata wallugo ha yanayi do.



**10** Etto golle weebde\_ndaaru ko moyyii e maa. Di wawii wonde a dañii golleeji ko watadaa maa ko a waddii no. A do wawii kala jewde:

- fofangu leel ngu( ndaaroy ti jamirooje ngondi e fooy XX);
- Pooditagol, amugol , juulugol, maa yoga;
- Foftingol daddi din( jeewu jamirooji e Anex D)



**Mawbe ardiibe & hakkilinoobe:** Jamruuji fii wallude dental maa no windaa e Anex A.

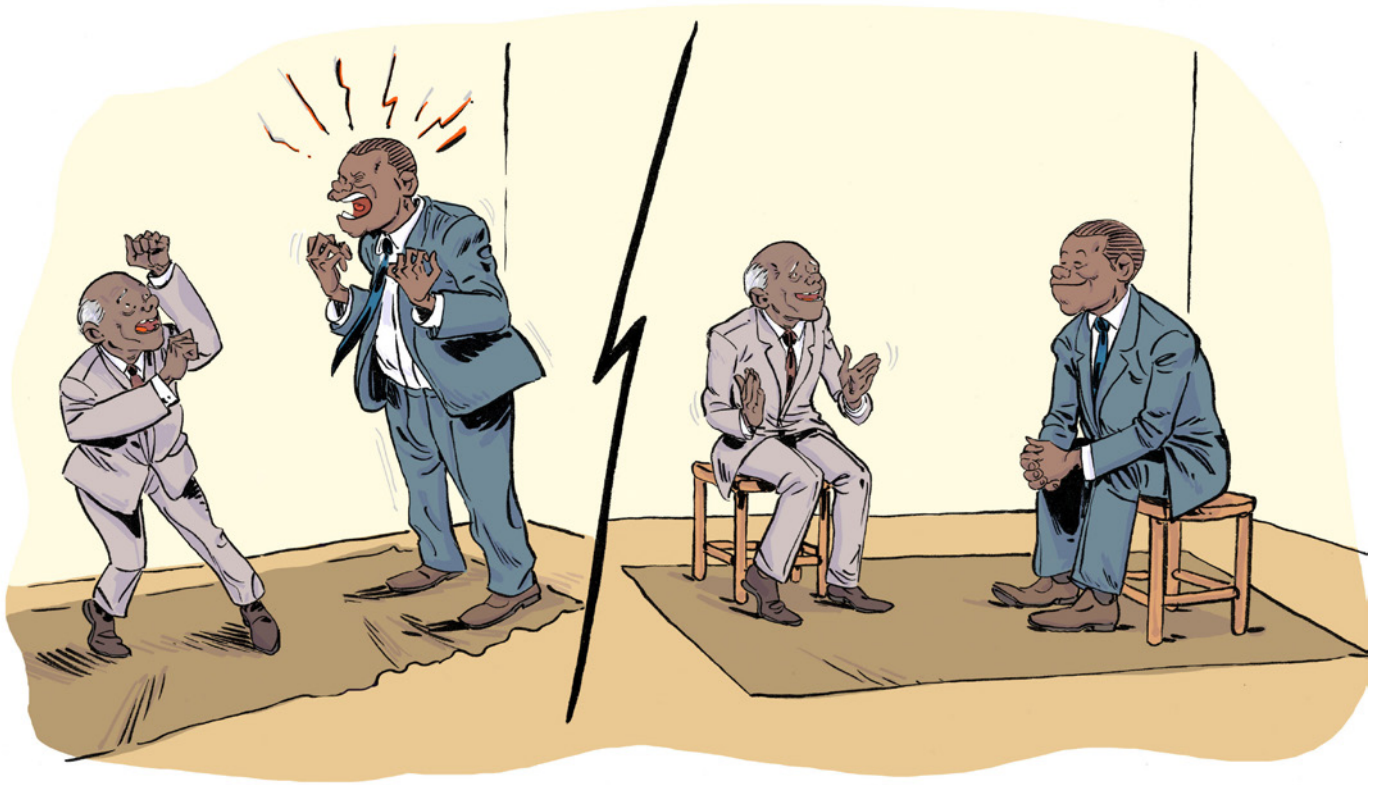
## Fii Patrik horeejo e nder saare nden: toppitagol hoore mum.

Patrik no yidii golle makko horeejo saare nden. Kono, e nder COVID-19 o, yimbe buy ñakkii golle mabbe e kadi be dañani ko be ñaama. Yimbe Ben no wowlude wo COVID-19 ko kecce tan wanaa gonga. Yimbe ben fudiima nodude Patrik, landaade fii mballeede e kaalisi.

Jooni Patrik gollay buy fii heddagol hajuuji yimbe saare ben. O tawii o alaa feere e kadi himo jaklii hono o wallirta yimbe ben. Dayro, o meday mettinande godfdo . O tawii maa o wadda godun ko moyyata e bandu makko.

Patrik dañii ko o wadata ñande kala. O dañii feere takko besngu makko a seppude ñande kala. O miijike “o tawii o waawataa” yobude ko yimbe ben perđii njodde mabbe den e honno o waawirta haalande be si be lendike mo. O yihii kadi feere no o wallirta yimbe ben : hedagol e wallugol yimmbe ben be wallondira.

Gila e yonte, Patrik tawii hakil Mako kin joodike, himo wawii yewtudude e yimbe ben e teddungal e kadi himo wawii wadude golle makko den haa booya.



## Woddina topoitagol hoore mun e dental mun

Hida wawii jangude buy fii toppitagol hoore mun ka din yamirooje

Ballal attiido fii nawna hakkil

**Jamiroore PFA fiibgolloobe ben** (WHO, WTF e WVU, 2011) e denmde buy <https://bit.ly/2VeJUX7>

Woddingol PFA e jamaano COVID-19 e woddingol , yamiroore hakkunde yimbe ben (IFRC Santar fii wallude e ñabbeli hakkil ,Masi hittande 2020 <https://bit.ly/2RK9BNh>

WHO feere gooto fii metere bernde e COVID-19

Dum lapka nden bo dum do hoydi faamugo?

<https://bit.ly/2VfBfUe>

Diyari 14 nyaloome hebukii njamu

Gonndal & kalanda nanol beldum ngam en wangina laabi nuddinol a`min

<https://bit.ly/3aeypmH>

Ngayngu nder jamaaje ko heddi bee COVID-19

Sappol ngam faddugo bee nanta wolde dow ngayngu nder jamaaje. IFRC, UNICEF, WHO

<https://bit.ly/3czCZh5>

WHO do wada koh Haandi nder Wakkati Billa: Sappol labdi

**Sappol labdi ko sadday jannugo bee nanta bayaanuuji bee dabareeji ngam mballa hakkila bee billa.**

A` waway nafturgo bee dabare koydi

nder wakkati sedda kala nyaloomeare fuu

<https://bit.ly/3aJSdib>

# Lamfi 2

## Yewtude fii mballondirde e ngurdan ñande kala.

Nawna COVID-19 no sattii e kadi , nde wonay sabu haa wobbe siko hibe yejitaa, maa be hula maa jakka. Ngurdan ñande kala no wawii wonude sabu haa yimbe ben wallondira e hino wawii way-litude ngurdan wonube takko maa.

### Ko hono halirtaa fii maa e ngurdan ñande fof( dance nden, darnde nden, haalugol fii mun) no wawii wayilude hono yimbe ben:

- **Yahata ma:** si hibe yiddii maa, si hibe holii maa.
- **No be notirta maa non:** si be jokkay haala maa, si be seetinay, so be fankay, so be wallete.
- **Cellufe:** si neddo no andi himo wallede hakil mabbe joodfoto e kadi be sellay.

### A` tabbitina dow neddo a` yewtidda do ferwi woldugo bee ma .

Fii neddo andna hida wallude be, maa be hoolo maa e hibe wawii yewtudude e maa.

Hay si godo no haldude e maa e bernde maa hara himo jaakilii, hida wawii haldude e makko doy ( e no wawii wonude hida wawii buubinde bernde den) e haldugol e mabbe e neydi e teddungal. Ko " fotaa wadeede" e " fotaka wadeede" no windaa less- wadu di e nder cosaanu maa.



Miijo ka goddo medii ma wallude hara hidon andondiri hay boyaani. Ko honno be herdirno e maa? Ko holno be daririi?

Wadu	Taa wadu
Jogo darnde fottunde, darnde Hollande.	Fata fawndira juude dee.
Laara neddo o	Wata ndaaru ka woddii, ndaaru less maa e telefon maa.
Ndaaru neddo on no aada Mako on yamirii non .	Wata ndaaru neddo o e gite si aada makko yamiraani dun.
Haalu fi maa haa laaba- inde maa e golle maa	Wata wadu wa si neddo on no andii ko an woni nombo e ko holdun woni golle maa ka jaaboo makko.
Haaliru doyi e no moyyiri hara haalakan jawaani buy kono jippaani kadi.	Wata sonku maa wowliraa ko yawii
Si neddo on waawataa yihude yeeso ma ngon, wadu nataalu maa e concii maa (e misaal si hida huntorde piiji danday di ma wana mask)	Wata wadubwa ssineddo on no andi no wayidaa
Anditu wo hibe wowii yewtudude e maa. E misaal, "hida wawii yewtudude e an (gorko)? Si hida falaa yewtudude e debbo, middo wawii maa hollindirude e dimmo an mon.	Wataa siku neddo on alaa cadeele halde e maa.
Si goddo no halde haala godo e maa, dabutu hewtinoowo haala (maa tawaa-do e benyguure nden) yewtidaa e mabbe	Wataa siku be fop ko haala gooto be nanii
Woddondiree e yimbe ben fii dustaade COVID-19 e haalu fii hodun; e misaal fottaade e suudu mawndu, e Ekaran maa e telefon	Wata ukku hoore maa maa heddi ben e dañde COVID-19

### Fii David jooma bitik o

David ko yeyoowo e bitik e saare de, yimbe boi no holii mo fii soodugol faleeji mabbe Si yimbe ben arii la makko, David daroto baawo kantine o, hakkil makko Ki no jodii e juude makko den no uditaa e kadi himo uditii gitte makko den fii yimbe aray be salina mo , o jalana be. Yimbe dubbe don yetcca David haali mako boddum do wadi feerootal nder wakkati mardum billa banni boo wallitibe be don nana koydum faddugo hoore mabbe.



## Wallutuggo luttube bee hedutukki boddum

Hedutukki kanjum burdi bote dow famfamtiinoore. Madadi a` hokka sawral wakkati gotel, accu yimbe wolwa haa nder wakkati mabbe boo a` nana boddum ngam a` faama no be wonntiri bee kuujeji be yidi, wallutube be wallina hakiilo mabbe boo be waway hokkugo mballa koh haandi be mabbe. A` ekkita hedutuggo bee:



hokku goddo hak-  
kiiloma fuu



gonnga  
nanugo ko  
daamibe



Bee hakkili-  
noore nden a`  
holla be daraja  
bee yurmi-  
noore

A` hakkila bee **kalimaaji ma** bee **no a` wadata bee yeeso ma.**

**Kalimaaji** a` naftira bee jumlaaji di waawata baawo ngam hollugo yurmiinoore ("Mi faamay ko a` wi`ata") nden a` yerda bee kala ko be yetcci ma dow asar mabbe ko ko mettinta be ko be yetcci ma ("wadu munyal be ko fe'i", "do man do nandi bee haali bone").

**Wolde bee banndu** kawtibe yeeso, kawtol gite, darde bee no a` joodi ko dari dow yanayi no goddo man wadi.

Tabbitinu a` wolwi ko a` wadi koh haandi nder samdinago, daidai be al`aadaaji yimbe, duubi, jinsu, bo bee diina maako. **Taa doolu goddo wolwa to mo yida.**

## Ko fe`i bee Ingozoma Asma

Asma nos on mo huuwata haa sibiti hakkilta bee njamu nder gure. Gooto haa nder nyawbe maako, Fatima, domari nyawu COVID-19. Fatima yetcci Asma o` yewni lenyolmaako, boo o`do hulaa ta o`warta yaudu massin. Asma resi notpat maako ngam o` holla Fatima hakiilo maako do haa dow maako, o` joodi o` do laara Fatima haa nder gite wakkati o` wolwata. Asma dinbi hoore maako say o` wi`i "Yanayi do do mari bone massin", "Mi faami dow a` yewni lenyol ma", dum woodi bone massin a` waawata laarugo be". Daga baawo, Fatima yetcci Asma "Usseko be hedutuggo am, mi walaa nana mintan do jotta nden a` hokki am wakkati ma bee hakiilo ma".



### To en do famtina hedi daydum (misaalu. hedi lenngi juude):

- To on do wolwa haala mari daraja, habdu a` laara goddo man do wolwa, "Mi do yowna ma mi wolwinama haala njamu ma. A` waawi wolwugo no haandi haa wakkati do? A` jaabay nder eh ko a` a."
- Labbanu kala ngeyta fuu ko kuuje feere ko a` faamay misaalu. "jottakam feerootiri nde en do wolda hedi lenngi juude, nden bo mi faamay ko a` nufata to a` wi`i... a` waaway a` famtina min."
- Anfu joodu shiru wakkati goddo man joodi shiru.

- Jaabu jaabande mardum bote ngam a` wartira haala man bana "dayday on, wadu bee hakiilo", "mi do haa do to a` yidi wolwugo," bee ko luttu.
- Habdu a` ussta ko dasata hakiilo, misaalu. "mi miwala nanama boddum, a` waawan lusungo haa babal ko do deiti?". Habdu a` laara a` do babal ko do deiti to a` do yowna luttube.
- Toh waawan, a` wallita goddo man laarama nden bo nanama wakkati on wolwata. Misaaalu, to don kenergel, woldu bee mabbe hedi lenngi juude yaasi kenergel mabbe ngam haala be yi`a ma, ko bo a` waaway a` yowna be vidiyo sofwaya.



**Hedutuggo boddum** dum dabare on ko wallititta ma a` hedita boddum nden a` famfina no haandi. Dum kawti laabi 3:



### Hedituggo boddum

- A` habda a` faama yanayi goddo noy o` nanata.
- Accube be wolwa, joodu shiru harsayto be timmini.
- Haɗu kala koh dasata hakkiilo fuu - babal man don surutu? A` waawan yahuu-go ha do de`iti? A` waawan wallungo hakkiiloma a` lorna haa dow goddo man be ko o` wi`ata?
- A` wallina hakkiiloma, toh a` wari yetccugobe a` moyjo



### Fuddutu

- Fuddutu kalimaji be bo harfiji goddo man wi`i ma, misaali. "A` wi`i hakkulungo bikkoy ma wakkati a` do huuwal do mari bone".
- A` yama bee wannama bayaanu to don ko a` faamay, misaalu. "Mi faamay ko a` wi`i jotta, a` waaway wannugo am bayaanu fahin?"



### A` kawta ha ragare ko a` faami dow ko goddo man wi`i ma

- Heftu kalimaaji ko mari bote a` nani be do wi`a, ngam be anda dow a` nani be nden be faama dow a` faami mo be wi`i ma, misaalu, "Nder ko a` wi`i, mi faami dow a` do billi dow [limtu ko be wi`i ko buri bote], dum banni on?"
- Yetccube ko a` nani, haa dow habdugo fassira ko be nani be ko fe`ii (misaalu, taa on wi`a: "doole on nana welay / berde mon metti!"). Taa kiitube dow ko fe`i bee mabbe.

## Ko fe`i bee Precious

Precious, huuwoowo haa babal resugo gawaare, mo naftiri bee heditol no haandi mo hediti Grace ngam mo walla mo:

**Grace:** Sannu, mi yidi mi taska jana`iza bandiko am mo mari... [gondi]

**Precious:** wala koodume, waɗu bee hakkiilo. Do nandi bana a` do nder wakkati caddum.

Sekons 10 nder joodugo shiru

**Grace:** na'am, nda min haadɗo. Na'am, usseko. don mari bone- Mi faamay dow do fe`i.

**Precious:** Mi nani no do sadini ma.

**Grace:** Miyidaa kuuje do warta gongga.

**Precious:** mmhmm, nda am haadɗo, mi do nana ma.

**Grace:** Mi do yidi bandiko am sosay - min takkootiri. O` sooba am on massin. Hannde boo o` mayi.

**Precious:** Holli bana bandikoma don mari nafu haama massin - sooba ma massin.

**Grace:** Eh, o` soobajo am on massin... woodi bone..Mi numti kala wakkati beldum min waɗi di bee maako. [jalugo sedda]

**Precious:** Mi nani habaru anfu a` numti wakkati beldum man.

**Grace:** Eh, doman do waata am mi jala toh mi numti wakkati beldum man. Usseko, gidadɗo am, a` walliti am mi nani beldum.

**Precious:** Banni, Minani beldum mi vallitima nder wakkati caddum banni.

**Grace:** jottakam mi taski yewtugo ko en wadata ngam taskaram jana`iza man.



# Lammdi 3

## Hokkugo mballa ko mari haaje

Yimbe be nyawu COVID-19 tawi maran haaje bana:



Bayaanuujji ko heddi bee COVID-19 (Misaalu, alaamaji, kebol laawol nyawndol, no hakkilta bee wobbe, no be hakkilta bee hoore mabbe, ko doggata nder gure man, ko yowa dow kuugal goddo).



Hebugo nyaamdu, kuuje feere mardum bote bee nanta mballa mardum bote sannadu daytugo bann-dum bee nanta tampugo ceede ko kebata naane.



Kebol laawol wadugo ko woowi dow fofo to goddo maayi.



Laabi ko tabbitinta njaynitiroobe (misaalu, bikkoy) hakkilinaama to aslihi hakkilinoobe mabbe yaarama babal resol yimbe.

## Hokkugo bayaanuujji ko kare haaje hoore ma

### Hokkugo bayaanuujji:

Bayaanuujji je haandai bee fewre do duudi wakkati futtol nyawu COVID-19. Ngam hokkugo bayaanuujji labdi dayday:

- Nafturu bee demngal labdum, ko haandi ko yimbe waawata faamugo be law. A` tabina a` do naftira bee kalimaaji dayday je duubi do bee mog'engo dayday. Taa nafturu bee kalimaaji di haanday bee kalimaaji caddi.
- A` hokka bayaanuujji hedi laabi mardum gonngo, bana hukkuuma hakkilta bee njamu duniyaaru (World Health Organization).
- A` habda a` mara lefe winndaade nder demngal ko buri faamugo bee nanta footooji.
- Wakkati mari haaje, a mara fassiroowo do badi.
- To a` andaa kuuje feere, a` tabitina goonngaaku ma dow man dow a` don habda nannga nannga

### Hokkugo mballa kare haaje ko kuugal:

A` waawan hokkugo kare haaje ko kuugal an bee hoorema, bana nyaamdu, dnyiam ko yahungo soodina wobbe feere kuuje. Haa fahin, taa nanu dow a` wadan do fuu. A` hakkila bee ko laatata wadanan ma.

### Ko fe`i bee Priya bee Deepak

Priya do jooda ha nder gure ko mari cukkol yimbe masin. Gooto keddiraawo maako, Deepak, on woni goddo nayeejo mo do njaynitiri e hoore maako. Priya fiyiniimo waya yami noy on o` woni. Deepak wi`i mo waaway hebugo o` wurta yaasi sooda lekki je o woowi no koosugo ngam nyawu hawanjini maako. Priya do yaha sooda yaamdu kala asaweere fuu nden mo wi ko mo yahan soodina Deepak lekki maako. Be wadi sawral ha babal ceeniidum haa yaasi dammugal Deepak ha babal o` accata ceede nden Priya waawata acca lekki man. Ha laawol to, haanday be wara kommbi bann-dum.



## Hawtugo bee wobbe feere hokkata mballa.

Ngam kawtugo dum bee wobbe feere be hokkata mballa, winndu kala Kungiyawa ko huuwata haa babal a` woni fuu bo no a` kebirta laawol tawugo be (Winndu nder babal beddol bayaanu ko woni yeeso E). A` tabitina a` hawtan yimbe nder billa masin ko wobbe mari haaje yaamdu, ndiyam, babal joonde ko lekki mballaaji feere jee jamaaje ngam tabbitina joonde njamu mabbe diga nyawu man.

**Tokkutu yimbe to a` jabi wadugo dum.**

## Wallugo wobbe feere ngam wallugo hoore mabbe

Ngam yimbe yemda, haandi be nana be waawan hakkilgo yonki mabbe. Laabi ko buri dow mballugo goddo kanjum on a mballa be kambe bo be waawa mballugo hoore mabbe. Do hokkan ma caatol jokka bee wakkati no a mballirta wobbe feere.

DARU-NUMU-YAHU man waawan naftira mballa wobbe feere ngam ustugo billaaji mabbe.



**DARUGO** Wallu goddo man dan siwta, bee laara billa toy on buri caatugo. A` walla goddo man naftira bee ko taari ngam heftugo bee suptugo billa toy on woni be waawata wadugo kuuje feere haa dow.



**NUMU** Caatunu goddo man jokke numa laawol ko o` hakkilta bee billaji di. Yamde tokkiti di mballan massin:

- Dume on a wadi je ko saali ngam wurtugo nder damuwa irin do?
- Irin teedal toy a` habdi wadugo?
- Woodi goddo feere mo waawata walla bee laarugo damuwa do (misaalu, sowbiraabe, gidooobe ma ko babal kuugal)?
- Yimbe luttube a` do andi do mari irin damuwa kala do? Noy on be hakkili bee man?



**YAHU** A` walla goddo man supta laawol ko burata hakkilingo mo billaaji maako. To ni bo huuway, a` habda hokka goddo man fonda laawol feere.

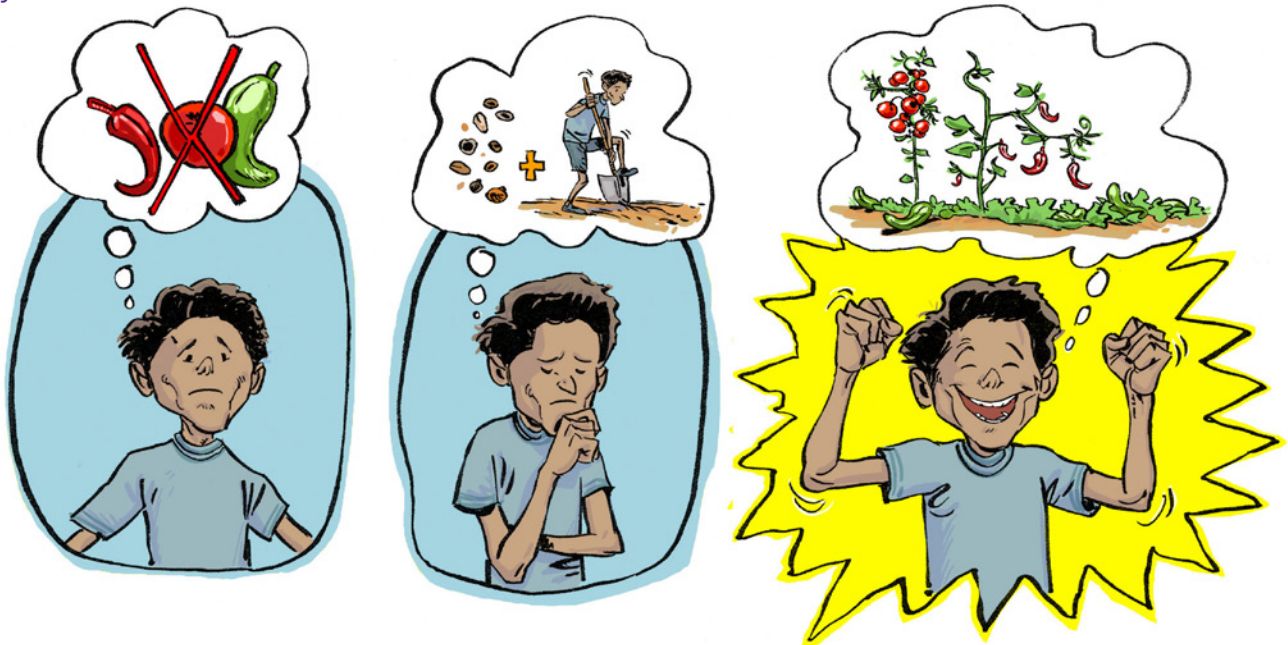
## Ko fe`i bee Ahsan bee Mohammad: Daru-Numu-Dillu

Mohammad holli bana o` do timmidi bee damuwaaji maako. Ahsan do walla mo.

**DARUGO:** Ahsan walli Mohammad ha o` supta damuwaaji maako didi ko mari haaje law. O` lorniti dum ngam lartugo o` faami: "Daami hadow nyaamnugo saaro'en ma bee damuwa haa dow debbo ma nanngi COVID-19". Ha walla Mohammad supta damuwa gotel, Ahsan yami, "Wodi ko a` waawata wadugo dow haala do na?" Mohammad o`taski dow jaabugo damuwan man didi fuu. O` taski hadow nyaamnugo iyaalu maako kanjum woni mannga jutta.

**NUMU:** Ahsan yami Mohammad o` NUMA dow laabi fuu o` nyaamna iyaalu maako. O` yetcci mo o waaawan hokkugo sawral kala toy - ko laati be semtata ko na ko huuwata ba. Mohammad habdi o` fudfa bee, say o` fiyini debbo maako waya, mo wallata mo bee laabi wurtugo billa. Be numi ko tokki do: Toru nyaamdu / Fudfu mawnungo nyaamdu mabbe / dabbutu NGO feere ko babal hokkata mballa nyaamdu / hokku be sannja nyaamdu bee keddiraabe ha ko lornata bee kuugal maako.

**YAHU:** Ahsan yami Mohammad supta laawol gootol nder man ngam foondugo. Mohammad don mari audi feere nden o` yidan no o` aawata nyaamdu maako; banni fuu, do koosan wakkati. Torugo nyaamdu waawan waata Mohammad naata nder bonannda nanngugo nyawu. Mohammad wadi sawaral yiida bee NGO feere ngam yaamdu nden mo fuddi aawugo haako feere nder babal maako ngam yeeso. To o` waawata hebugo mballa yaamdu daga NGO man, nden o` wartan mo larta nder limngal sawralji mo mari. Ahsan hokki Mohammad lamba lenggi NGO man yowna.



# Lammdi 4

## Wallugo yimbe be habdata bee comri

### Alaamaji comri

Comri dum kuuje ko fe`ata on, bo ko koomoy fottata bee man. Alaamaji comri kawti bee:

- yanayu bernde: nanugo suno, mone, kulol bee luttuka
- yanayu waylol haali: soynde caatugo jokke, salugo nasta nder ko woowa, wartugo nyaddo bee ko laarani dum
- Yanayu wanngiidum: naawugo hoore, naawugo banndu, naawugo baawo, bone haa doydi, soynde welugo hunnduku bee ko lutti

### Wallugo yimbe be habda bee comri

Laawol bawde famfaminoore holli nder lammdi 2 he`an ha wallugo wobbe feere nana be yamdfiti. To goddo do mari haaje mballa jur, ko tokki di do mballan.

### Caatunu goddo man jokke numa kuuje feere je be waawata wadugo be nana ndikka

Yimbe maran kuuje feere ko be wadata ngam be walla hoore mabbe nder wakkati comri. Ngam mballabe keba nder andal do, yamu goddo man "Dume on mballi ha baawo to a` nani banni?" ko "dume a` wadata junnta ngam a` mballa hoore ma a` nana ndikka?" A` waawan hokkugobe laawol feere to be do habda be numa kuuje feere, bana "Woodi goddo feere mo wallata ma?"; "Woodi kuje feere a` woowi nanugo beldum ko a waawata wadugo na?" Settina be jokke be naftira bee dabareeji di.



### Sawru kuuje feere ko goddo man wadata nana beldum

- A` limmta kuujejeji ko a` yidi (nder hoore ma ko dow derewol)
- A` habda a` heba wakkati a` wada kuuje welinte (ko a` yidi) ko a` tawi do woodi kala nyalloomaare fuu
- Dimmbol banndu, yaadu kosde ko wamugo
- A` wada kuuje feere bee juude, bana diidi, gimmi, mo-g`engo ko binndi
- A` hedita gimol ko radiyo.
- A` wolwina soobiraawo ko bandiraawo
- A` jangga deftere ko a` heditina gimol deftere

### A` habda siwtaare

To goddo feere holli bana o` daami ko comri, **foofugo bee hakiilo waawan walla.**

Wi`u:

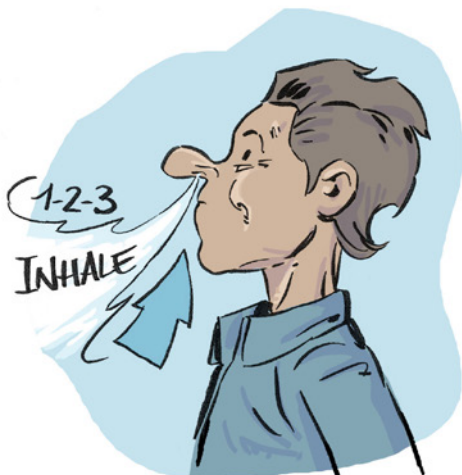
"Mi do mari dabareeji di waawata walla ma a` nana waalol hakiilo wakkati a` do habda bee comri. Do kawti bee foofugo bee hakiilo. wadinan a`min na to en foondi wadugo do fuu na?"

To goddo man jaban haala man, say a` jokkita:

"Hawti be am, koosu henndu hedi kinema to a` limi 3. Sigu belbe ma ha les henndu hebbina les fufuma nden wurtol henndu man wurta hedi hunnduko ma a`don lima 6. A` taski na? En wadan do nde 3."



Dabare do kam wallata koomoy fu, to ni an/kanko wala nana beldum say en darna dimmbugo banndu man

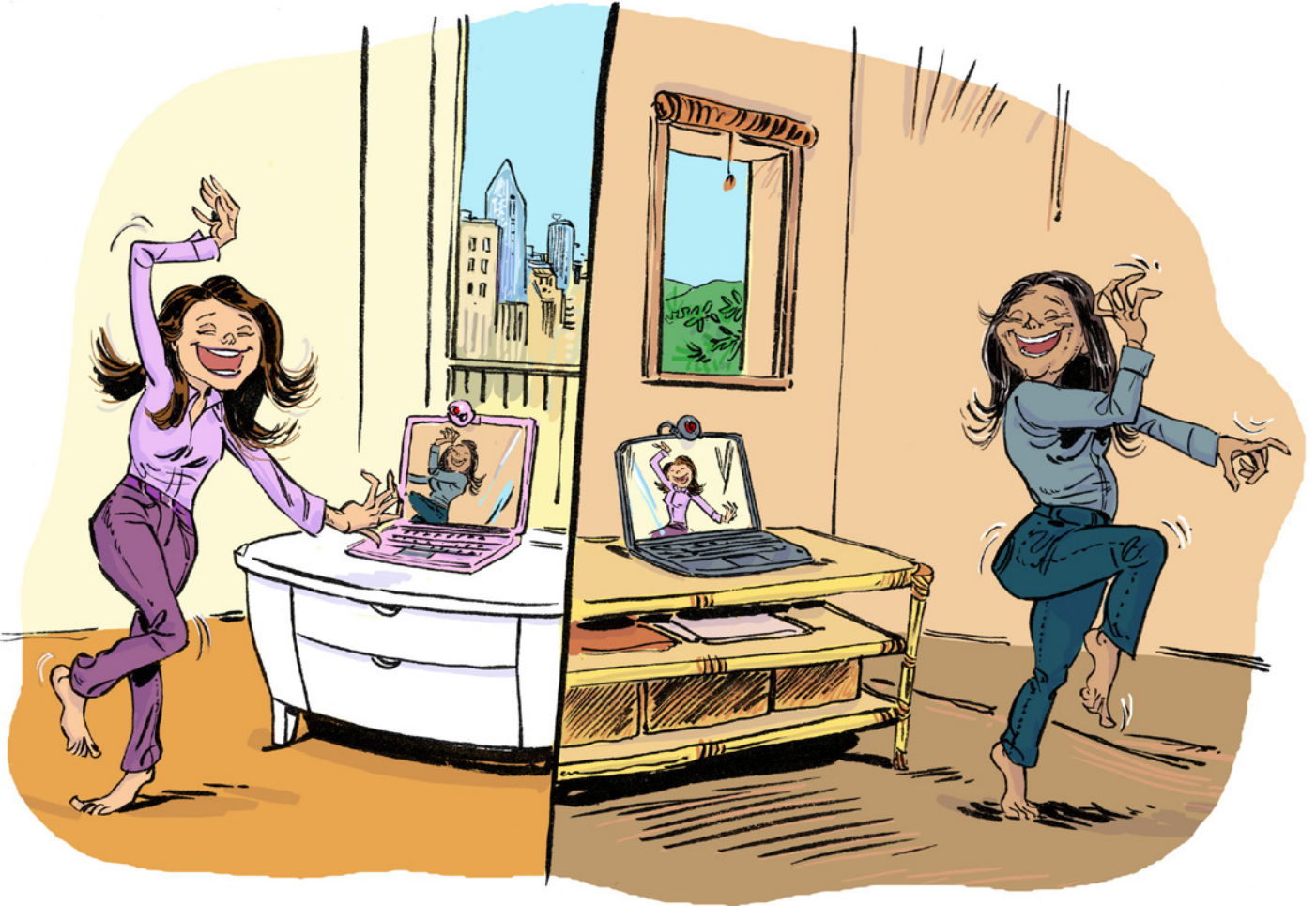


## Ko fe`i bee Josephine bee Julia

Muygal Josephine yaarama sibiti ngam nyawu COVID-19. O' daami be haala maako ngam o` walaa daana bee jamma, o' waawata nyaama nden o` do mari naawol baawo.

Josephine do wolwa bee mo be huudata, Julia, dow waya nden bo mo do yetcca mo no o` nanata. Julia don faama mo, nden o` hilli mo no o` hakkili bee man. O' yami Josephine to woodi ko waawata wadugo o` nana no fewti. Josephine somi bo o' waawata numugo haala koodume ha wakkati do.

Baawo maako don naawa masin... O' hefti no o` don no saare walaa yaadu ko lusineego sam nden mo wadi sawral dow mo dimmban banndum maako sedda bana wamarle fajjiri bee gimi beldi, bana no kanko bee muygal maako woowi no wadugo. Julia yidi sawral do bo o`yetcci mo o` waawan fottugo be maako hedi lenngi juude ko yowna mo hedi bidiyo bee fajjiri haa dimmbago bandu maako bee wamugo fuu. Josephine seyi haala sawral man nden bo o` mara mo be kuudirta tawta mo.



# Wakkati goddo don habda bee comri massin

Alaamaji comri do holli ha dow woni je tagdi bo waylitay nder wakkati. Yimbe feere keban dum juuta bee nanta caatugo dum. To do fe'i, do wadan be nana billa masin. Nanugo billa masin dayday on dow kuujeji billa ko fe'i, amma dum haday yimbe wadugo ko haandi. Ha wakkati bana do, dum waawan wadugo a` maran haaje yerbugo goddo man haa mo kebata mballa andube. Alaamaji ko goddo do nana billa masin kawti bee:

Be do nder mettungol caatuka no be hakkiita bee hoore mabbe ko wobbe feere

Wanugo nder bilol bernde & kulol  
 Wolde dow yidi nawnugo ko mbara ko'eji mabbe  
**Bojji**  
 Soynde anndugo innde mabbe, diga haa toy be woni,  
**dume on fe`ata**  
**hoolugo**  
 Nana bana ummol hakkiilo ko "ngooga je"  
 Wurtugo nder jamaaje  
 Wonugo nder suno  
 hulningo ha nawnu wobbe feere  
 dimbugo

## Ko wadate wakkati a` fotti bee goddo feere mo don habda bee billa caatudum

**1** Njamu laata arande! A` tabbitina dow an, goddo do bee luttube be hisi diga nawnere. To a` don nana bana a hisay, dillu nden a` dabbita wallinde. To a` don numa goddo man waawan nawnu ko'eji mabbe, dabbutu wallinde (a` yowma mo on huudata, a` yowna lamba hokkata mballa jawdum, bee ko laarani dum.). Koosu diidaaji faddugo hoore diga nannugo COVID-19 (bana daytugo bandum). Taa ON WAATA hoore mon nder sababu.

**2** **Andunu be moy on onon:** Bayyunu hoore ma labdum bee manngu: innde ma bee kuude ma, bee a` don haa ton ngam wallinde. Yamu be innde mabbe ngam heba a` waawa yownugo be.

**3** **Wonu nder deitaare:** Taa bamtunu goddo man daande ko a` hada be wolwugo.

**4** **Hedutu:** Nafturu be basiraaji ma jee wolde, banta yetccaama haa janngirde didabre 2. Taa` doolu goddo man ngam o` wolwa. Lattu a` muido nden a` tabbitinabe a` don haaton ngam a` wallabe on nden a` heditaabe.

**5** **Hokku foodo wallinde bee bayaanu:** to dum wadan, hokku goddo man babal deitiidum ngam on wolwa, kuuje njareeteefam ko laatay mbal ko borgo. Hollugo anniya wallinde do waltina hakkiilo goddo man nana don hisi. Yamu be ko be mari haaje - taa numu dow a andi.



To a` don dow lenngi juude, habdu a` wonda bee goddo man sayto hakkiilo maakowaali nden/koo a` waawi a hebi walloobe je jawdum be yehi be walli be. Laaru haa dow be don deiti nden be waawan be wolwa.

**6** **Wallu yimbe hefta hakkiilo mabbe:**  
**a.** To goddo man don billi bernde dow kuuje, wallube be foofa bee hakiilo - laaru "dabare foofugo be hakkiilo" dabareeji ha dow do.  
**b.** To goddo man daayi gureeji mabbe, numtunu be ha be woni no, nyiloomaare asaaweere do bee an moy on. Yamu be be waata alaama kuuje haa gure mabbe badiidum (misaalu. "Inndu kuuje gootel ko a` laari ko a` nani").  
**c.** Wallu be be naftira dabaareeji boddum waawugo mabbe bee yottugo ha yimbe waawan walla nder yonkiiji mabbe.

**7** **Hokku bayaanu labdum fameteedum:** Hokku bayaanu gonnidum ngam walla goddo man hefta no yanayu man woni nden wallinde dume on mo kebata. A` tabbita dow a` naftiri bee kalimaaji be faamata (na` kalimaaji je sakiniidi ba). Hoydunu lellal man nden a` lornita dum ko a` winnda dum to don haaje. Yamube to be faami koo bo be don mari yamde feere

**8** **Joodu bee goddo man :** A` habda taa a` acca goddo man kanko tan. To a` waawata a` jooda bee mabbe, hebu goddo gerdaado (huwedeteedo , koo` soobiraawo) wonnabee mabbe sayto a` hebi mballa ko a` de'iti.

**9** **Yaaru be haa bawoobe humtina be:** taa saalu keerol ko a` andi. Accu wobbe marbe basira dabareeji duddi, banta nyawdoobe, walloobe nyawdoobe, walloobe bee bawbe dow njamu ngaandi, jogita dum. Kawtu goddo man be wallinde, ko a` tabbitina haa dow be hebi gidal kubaaru nden bee laabi tokkugo sappol no haandi.

# Lammdi 5

## Wallugo ha yanayu feere

Yanayu feere do kam don mari haaje hakkilinol boddum wakkati futtol nyawu COVID-19 do limti haa les.

### A` tabitina yimbe woni nder yanayu njiiu feere ko do fotta e feerootiral woytaama

Koomoy laatan nder njiiu ko nder feerootiral nder yanayu daama nder yonki mabbe. Be man fuu, yimbe feere, dow billaaji di, feerootiral bee ngayngu do heddi bee nukkure feere nder yonki mabbe, fottan bee yanayu do wara warta bee nanta caatugo dum masin. Yimbe woni nder yanayu njiiu maran haaje hakkilinol boddum wakkati futtol nyawu COVID-19. Wobbe wonata nder njiiu ko feerootiral kawti bee:

- Yimbe nder sababu, ko don habda junnta, rikici ko feerootiral (misaalu., yimbe be don habda bee nyaamugo neddaaku tana bee/ko banndiraawo njeenu je beddi yaadu iyaaka wakkati nyaw, LGB-TQ+, Luttube)
- Yimbe mawbe, musamman be do woyta (Misaalu., be wondi bee nyawu ngaandi)
- robe marbe reedu bee yimbe mari nyawu kalludum mo be yidi kebugo haaje koonday fuu
- Yimbe wondi bee njiiu, ko kawti bee soynde njamu ngaandi bee nanta soynde nastol nder jamaaje
- bikkoy, nyufube bee nanta hakkilinoobe
- wobbe nder cukkol (misaalu., furisina`en, yimbe nder furisin. wadoobe hijira nder jipporde bee ci`eeji wanay dow ka`ida, nayebe nder saare hakkilinoobe, yimbe nder sibiti hakkilta bee njamu ngaandi, wakkeere yimbe saatay ko babeeji feere) ko wobbe walaa ci`e
- joodoobe feere mabbe be mari billa wurtugo saare mabbe
- Yimbe mari bone kebol kare mballa (misaalu., wadoobe hijira)



Naa kala njiiu fuu on hollata ko neeba, ngam man woodi bote a` wolwa nder hakkilinoore bee yurminoore haa koomoy mo on fotti.

### Walla wobbe be joodata haa ci`e wallinde

Wobbe huuwata haa ci`e wallinde (banta misaalu . saare nyawdiigu be babe fere) teema fottan bee irin mas`alaaji do. Misaalu, nayebe do dow hassaru nanngu nyawu COVID-19 be be marata nyawu cemmbingu feere. Teema be nanan ummol hakkiilo, kulol nden bee mettam beram -Ballema to laabi faddol waawan hada be be laara gidaabe mabbe.

Haa nder yanayuuji mawdi , banta futtol nyawu COVID-19, waawan ummina nyaamol neddaku bibbe aadama be daraja mabbe, haa bee kawtaande soynde faalol, haa laabi tokkugo diidi. Huuwoobe waawan nana kambe mari aybe ko soynde cemmbi ngam be waila yanayu man, nden teema be maran haaje beddari bayaanu be`eltol ngam be tabbitina hakke bee daraja yimbe joodorde faddaama.



### beddari ko maara haaje dow kuude

Laaru maral man haa dow nyufube haa bindaadum bayaanu IASC haa dow mballa dow njamu nganndi nden bee wallinde hedi ko laarani COVID-19:

<https://bit.ly/3eDSYwh>

## Rowbe mawbe bee` bikkoy rowbe meemama hedi COVID-19

Banta mas`alaaji jawdi feere, COVID-19 do wanngina robe bee bikkoy robe dow hasaru mawdi, bana beddol kuude dow bikkoy pamarbe bee nanta robe pamarbe do hakkila bee naye`en bee lenyol mabbe be yamday, ko derdiraabe mabbe be walaa nder janngirde. Teema be lattan haa dow hasaru manga jay umminol hakkiilo haa saare nden be ta`an be diga laabi kandude je hande bee janngo. Robe feere bee bikkoy robe feere teema yiidan bee ustaari laabi njamu, laabi moobol nden be njamu dayngol, bee nanta njamu bikkoy keccon. Nder wakkati sedda bee wakkati daydum, be fottan bee billa haa dow sadol ceede, ko beddata wanngingo be dow hasaru, nyaamol neddaaku bee nanta nastugo nder kuude mardum hasaru massin. Dum do mari nafu massin hakkila bee ko robe bee bikkoy robe mari haaje nder kala nukkure fuu nder mballa haa wakkati futtol massiibo do - ko kawti bee haa babal kuude, nder gure bee nder sanngeje.



### beddari ko maara haaje dow kuude

Nukkure UN Women. Famtinol dow diidi: Ko COVID-19 yowi dow robe

<https://bit.ly/3avwg6v>

Bindaadi je saaleteedum je IASC haa dow harkaaji moobol be nyaamol neddaaku (psea) wakkati lornol hakkiilo dow COVID-19

<https://bit.ly/2VNuvvX>

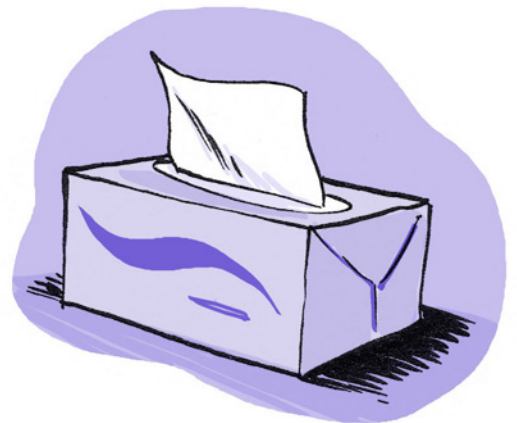
Daatal je saleteedum: Lornol hakkiilo dow Jinsu wakkati Futtol nyawu COVID-19

<https://bit.ly/2XUDjcr>

## wallugo be woni nder suno mayde

dum caddum massin holla suno dow mayde giddo ma wakkati fittina COVID-19 do. Yimbe teema saldiran waawugo nafturgo laabi andaadi je nuddingo bee billa, banta dabbutuggo wallinde haa yimbe lenyol, ko doggina kuude mabbe woowaade. Teema be nanan rello mabbe naa mawdum ngam yimbe dudum don maaya diga COVID-19 man, nden teema be wawata wada fofooji mabbe no woowa ma.

Be huuwata wakkati futtol massiibo COVID-19 laaran mayde massin bee nanta suno buran no woowi. Be tawan ko'e mabbe be` somi be rellooji man nden bee suno rello ko be laari, nden be kawtaade be habdugo bee rellooji mabbe.



### beddari ko maara haaje dow kuude

Suno rello nder wakkati tammaaka: <https://bit.ly/2Sh60X1>

Lamdo wuro London, Noy a` jogitirta suno rello wakkati futtol nyawu COVID-19: <https://bit.ly/2XTKFXn>

Famtindir go bee bikkoy hala waade, nden wallita be nuddina suno waade: <https://bit.ly/3d2hZQp>





## Walla joodoo be haa babe duwol nden bee nastooƙe wuro naa dow laawol ko haandi

Beddari mas'alaaji haro wobbe joodoobe haa babe do, don kawti bee soynde hebugo ko mara haaje banta nyaamdu, kare, ndiyam, safta, siwaaku, bee hakkilol njamu no he'i; Soynde hebugo jogita laabi daayootiral banndum ngam cukkol yimbe ; nyaamol neddaaku bii aadaama banta hadol wancugo koo` mabbol babe duwol. Wobbe be lutti do huuwa haa babe duwol to wobbe huuwoobe teema dilli, teema beddan kuude duude haa beddari, dabbitoobe duwol bee wobbe be acci ci'e mabbe, be arti be yari bone soynde ci'e,

### beddari ko maara haaje dow kuude

Dabareeji jawdi je UNICEF haa dow COVID-19 nden Bikkoy waroobe diga leydi feere bee accoobe joodorde mabbe sannadu massiibo feere ko tawi be <https://uni.cf/2VZIDck>

joodorde, gidaabe ko joodoodirbe, bee teema maran ko be marata haaje sedda ko be nuddinta bee ko be kabdata bee man wakkati futtol massiibo COVID-19.



## Wallugo yimbe marbe njiiu

Yimbe marbe njiiu teema fottan be laabi duddum ko hadata be laawol hebugo kubaaru boddum haa dow no COVID-19 man sannkititta, bee nanta bayaanu dow no faddata hoore. Yimbe joodata babe gomnati buran nanngugo bee kala kuujeje holli haa baawo do ngam 'Be joodata haa ci'e hakkilol', nden bo be wonnan dow hasaru nyaamol neddaaku nden bee ko soynde faalere. Haa joodorde je wala wolwa haa dow hawtaande, yimbe marbe njiiu don mari faalol sedda bee laawol mballa sedda, kawtande bee yaamndu, hakkiilol njamu, ko mara haaje koonday bee bayaanu. haa bannin, yimbe marbe njiiu fottan bee billaaji duude wakkati massiibo do.

### beddari ko maara haaje dow kuude

Tiitol Njiiu - Kawtal e Mballa wakkati futtol COVID-19:  
Sawralji 10 ko hokkaama diga Hukkuuma Hakkilta bee Gonnbe nder Njiiu Jay Duniyaaru:  
<https://bit.ly/3anq4NX>  
Kooƙol jabruƙe dow Kuude Nastinol Gure - Matris COVID-19, diga CBM Intanashonal  
<https://bit.ly/2KooqRu>

# Beddol bayaanu A

## Bayaanu jee Ardiibe bee hakkilinoobe be wallata huuwoobe bee mballoobe haa babal kuugal

Sarde ma mawdo /ko hakkilanoobe yimbe, dum kuugal ma on a`tabbitina yimbe ma don nana beldum be joonde njamu, njamu huuwoobe bee/ko wallitoobe. A`wawan a`naftira dabareeji be holli ha deftere dow ngam wallira huuwoobe ma be wallitoobe mabbe to be sekki nden beddan na be cemmbe babal kuude welanabe ngam njamu bandnu bee gonndal mabbe.

### Ngam wallugo huuwoobe bee wallitoobe, a`waawan wadugo:

A` sattina be jokke nasta nder hakkilgo hoore mabbe no haandi, nden be kebina taariindi hakkilta bee hoore nder mabbe.

On naftira bee dabare sobiraaku nden on sattina jokke dow mballugo bandum.

Ardu no haandi, hedi hollugo joonde njamu ha babal kuugal (misaalu walaa kuugal baawo wakkati ko haandi goddo huuwa, a` fewtina wobbe feere).

A` kebina huuwoobe man bee mballitoobe mabbe fuu bayaanu nder sirri dow sawralji ko laarani njamu ngaandi do babal man ngam mabbe.

Taskunu be bee hokkugo be eltol dow kuugal nder COVID-19.

A` anda huuwoobe ma bee wallitoobe mabbe be wonata nder njijju ko fottol bee feerootiral, nden be maran haaje beddaari mballa.

Waddunube bayaanu labdum, gonnga ko be faamata dow joodugo nder njamu wakkati COVID-19.

Kebunu be a` sawrata laabi fottugo bee ma koonday be mari haaje, laata goddo man naa kanko hakkilta bee kuugal maako.

Tokku futtugo be mabbe on wolda, dow ko billata be nden ko fistata ko no be wurtata billa man.

Kabdu a` hakkila bee ko laatata soynde famrol: a` sattina jokke dow bote mballugo bandum haa babal kuugal, yurminaare no haandi bee joggugo bandum ha ma bee haa wobbe feere.

A` tabitina be do mari siwtaare no haandi, bee wakkaati be fotata bee iyaalu mabbe bee soobiraabe mabbe.

### Ha dow hala Selena, ardiido man:

Selena do hakkilana yimbe sedda be hakkilanta yimbe marbe haaje sawrol. Ngam nyawu COVID-19, koomoy do huuwa daga saare. Ngam o' wallita huuwoobe maako, Selena wadi nde weeti fu 'koomoy hollan o` don yowna be, ngam o` anda no koomoy woni , nden be wolwa haa dow ko billa ta koomoy ngam o` wallita be bee bayaanu jee ko haandi ha dow. Selena sattini dental man jokke fotta kala nyalloomaare fuu hedi intanet ngam fottol bee mballugo hoore kanko mo walaa ton, ngam walla be siwta nden be kebina hoore mabbe taariinde mballa hoore. O' waddi lammba huuwoobe ngam be huuwa kuugal mabbe. Ngam o` wallita huuwoobe mako lara o' andi be do habda , Selena yerba nan be patakewol yettoore kala asaweere fu ngam kuude ko be huwi.



#### Kuuje beddol andal

Headington Institute: Beddol anndal dow hakkilgo bee huuwoobe kungiya bee nanta lefe feere dow COVID-19

<https://bit.ly/3ewMIq8>

Antares Foundation: Beddol anndal dow hakkilgo bee huuwoobe kungiya jee ardiibe bee huuwoobe,

nder demle duddum <https://bit.ly/34McOkp>

IFRC, Mballa dow njamu ngaandi bee joonde nder jamaaje jee huuwoowo, Mballitoobe mabbe bee

Gure nder fottol nyawu Koronavirus <https://bit.ly/2XIAC7t>

# Beddol bayaanu B

A` wada ko a` woowi wadugo haa dow



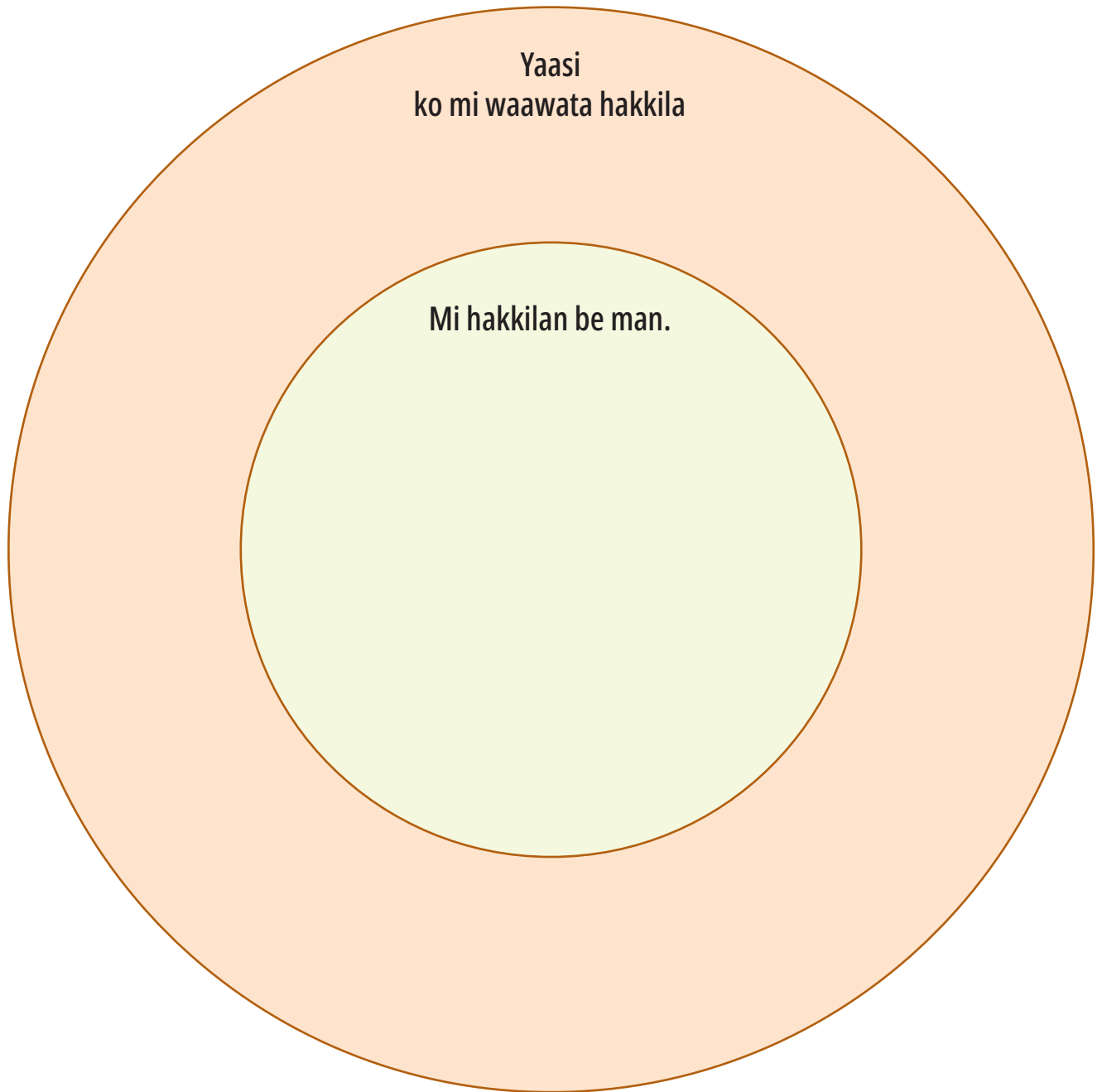
Wakkati

Dume on mi ngadafa?

Habdu a`  
daana no wadi  
fuu  
Awa 7 kala  
jemma!

# Beddol bayaanu C

Tarde hakkilango



# Beddol Bavaanu D

## Shawara mobgal yebre jokke bandu

Kare kuude dow Laabi hakkilgo bee comri!  
Dimbugo banndu man koosan minti joydifi

A` waawan a` naftira bee dimbol bandu do ngam hoore bee nanta laabi hakkilgo bee hoore ma, nden a` waawan a` hokka wobbe feere, bana yimbe be a` mballata. To a' naftiri dum haa yimbe feere, mumtu ta a` bamta daande ngam be nana ha daydum nden a` wolwa bee hakkiilo, a` hokka yimbe wakkati nana siwtaare man.

## Mobgal yebre jokke bandu

Bana no en foofi, en wadan mobgal jokke ngam en nana feere caka comri bee jippol comri man bee waalol haakiilo haa jokke ma. Na kala Wakkati on en andi bandu men don soma. Dimbugo banndu do wadan en anda nden hokka en laawol ustugo comri.

Mabbu gite ma nden a` forta haa dow korwal. Watu kasde ma ha lesdi nden a' nana leydi man ha les kosde ma. Joinu jungo ma ha dow dango ma. Ta a foofi nder, mi yetccay ma a` sattina yebre feere ha bandu ma. To a' sattini nden a`joga yebre man, a`joga pofde ma habe lima tati, nden a`yoofa pofdeman fuu to mi wi`i ma a` fofta.

En fudda wadugo bee kolimawdi...

Ardunu goddo man hedi mobgal yebre jokke banndu BEE HAKKILO. Yamu be be meema wakkeere feere haa banndu man nden fooda be jogugo pofde mabbe nde be don lima bee cemmbe sedda, bana dow: fooda nden a joga pofde ma, 1 --- 2 ---3. Nden wi'u: fooftu nden a`siwta. A` bamta daande ma sedda nde a` do wi`a "foofu nden a` joga fofde ma" nden a` jippina daande ma les bana a` do wi`a "fooftu a` siwta."

Yaare goddo man bee yoofugo jokke wada dayday bana:

- yobbu kooli kosde ma bee cemmbe nden a` joga bee cemmbe
- Joggu keesi ma bee kuusel bandu ma bee cemmbe
- jogu reedu ma, jogugo dum nder
- moslu juude ma
- jogu juude ma bee yobbugo so`uddu nden a` wadda juude ma bee cemmbe kawti bee dow banndu ma
- yaaru balbe ma dow noppi ma
- jogu jokke ma fuu

Baawo a` wurtini pofde bee siwtugo ha kala wakkere banndu fuu, wi`u: ...jonnta a` nana [kooli kosde ma, keesi ma, yeeso/tiinde, luttuka.] siwtu. Foofu no a` woowi. A`nana no iyam nastata [kooli, dango bee luttudum.].

Jonta, joofu gwale ma bee hakiilo yotta bernde ma. Bana no a` foofi, hakiilo nden wayluto hoore ma a` hakiila ha nder tarlol ha yaamo, wurtunu nde a` wadi hoore ma kombi nano do bee baawo hedi bernde ma. A` foofu hedi yaamo bee baawo... a` fofta hedi ano nee les. A` foofu hedi yaamo bee baawo... a` fofta hedi ano nee les. Jonnta, lornu tinndinol...foodu hedi nano bee baawo, wurtunu hedi nyaamo bee les (lornutu nde difi).

Jotta bamtu hoore ma wona caka.

A` hakkila bee de`itaare ko a` kebi nder bernde ma bee bandu ma.

A` koosa jable dow hakkilgo hoore ma kala nyalloomaare fuu.

# Beddol bayaanu ko woni E

Kuujeji beddol yeeso haa Nukkure ma

Hebbitina jee ma



Kuude Mballa	Lamma waya	No be yerɓata yeeso
Dan sanda		
Bee jawɗum Hokkol hakkiilo haa dow njamu		
Nyifuube yiite		
Kuude nder jamaaje		
Kuude dow mballaaji njamu ngaandi		
Mballaaji Robe		
Kuude faddol bikkoy		
Mballa dow Shari`a		
Laayi mballa MHPSS jee COVID-19		