

Kuɔɔny tɛn mith rin bik njɛc rɛɛr ka cɪn diɛɛr rin tuany kɔmkorona (COVID-19) cɛ tuɔl.

Mith aa ce diɛɛr dhɛl tɔk, cɛmɛn manh dɛ a lɛu bɛ ya rɛɛr cɛ la kuɛkkuɛk ke man, ku diir, ku mɛl kɛ nhɛɛr, ku riɛɛk puɔu wɛlɛ ye la njɛny, ku ye laac ka nin, le tuɛɛ.

Ye meth kony bɛ kɛ dir yeen tiaam, piɛ kɛ dir mith ku nhɛr mith apath ku tiɛ kɛ jɔr keek.

Mith aa wɛc nhɛr ku kuɔɔny ɛ kɔɔc njɛɛn kaam jɔɔr kɛ juɛɛc kɔc. Juak keek kaam du ku kony keek.

Muk yɛ nhom ba ya piɛ tɛ jɛɛm miɛth ku, ye njɛc jam ke keek ku lɛk keek alɛ baai a ceɛ.

Na lɛu rot, **ka yɛ guir dhɛl** bɛ meth thuɛɛc ku rɛɛr ka cɛ ye guɔp pɛl piny.

Muɔk cɛɛɛ tɛ cɪt tɛ deen thɛɛr apɛy tɛ cɪt tɛ ba lɛu, wɛlɛ yamkɛ dhɛl kɔk cɛɛɛ ye kaam kɛn yic, gut dhɛl bɛ mith piɔc ku dhɛl bɛ kek njɛc ya thuɛɛc ku pɛlkɛ ke gup piny ka cɪ cɪn kɛ rɛr keek.

Luel yith alɔɛ kɛ cɛ rot looi, kuany wɛt yic rin bik kɛ loi rot yemɛn ku lɛk keek wɛl la gai alɔɛ dhɛl bɛ kek rɔt tiit bik cɪ liɛɛp ku kuany wɛt yic dhɛl la cɔk dhie ye mith lac deet rin ba ke cɪ liɛɛp nhɛim.

Lon kɛn a leɛ yic **lɛk bɪn mith lɛk kɛ lɛu bɛ rot looi ku lɛk keek ka ke cɪ riɛɛc** (cɛmɛn raan macthok ku/wɛlɛ meth a lɛu bɛ guɔp laɛ tuaany ku tekda lɛu bɛ ɛath panakim bɛ la tɛɛc rin bɛ akɛim kony bɛ guɔp pial).

Na ye raan lon mith ka path **ba mith cɔ ye rɛɛr ke thiɛɛk ke mɛdhiɛɛth ku kɔɔc keen macthok** ku them tɛ cɪt tɛ ba lɛu rin ba mith cɪ ye mɛɛc wei tɛn dumuuk. Na cɛ mith tek yic ke dumuuk (cɛmɛn tɛ cɪ meth tɛɛc panakim) ka them bik ya yɔk (cɛmɛn a lɛukɛ bik ya jam telepun thok) and lɛk keek alɛ baai a ceɛ.

Thar: World Health Organisation

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>