

Cotlands

Igniting potential through play

06 April 2020

Batsoali ba Ratehang

Dumelang bohle. Rona re le Cotland, re tshepa hore lona le malapa a lona le ikemiseditse ho itshoka nakong ena e boima. Re lahlehelo ke difahleho tse ntle tsa bana ba rona, mantsoe le ditšeho ha ba se ba hola ho ba karolo ea lelapa la Cotlands.

Jwalo ka ha re laetsoe ho dula hae nakong e boima tjena, ka kopo a re lateleng melao le ho hokahana khahlanong le ho phatlalala ha seoa sa Coronavirus. Ke nako e thata ka ho fetisisa ho rona bohle, re hloka ho ema mmoho ho loantša Coronavirus ena e re arohanyang nakoana e itseng.

Rona re le Cotland re a kopa hore le latele melao, arolelanang tlhaiso-leseling e nepahetseng mme le kenye letsoho ho thusa ho emisa ho hasana ha vaerase.

A re hlomphe ditšebeletso tsa rona tsa tsireletseho le tšebetso ea bophelo bo botle tse kang; Mapolesa, Masole, Dingaka le Baoki bakeng sa bona ba etsa bonnete ba hore re dula re bolokehile ebile re phetse hantle.

O ka thusa ho itšireletsa le ho thusa ho thibela ho fetisetsa vaerase ho ba bang haeba o:

- Hlatsoa matsoho khafetsa bakeng sa metsotsoana e 20, ka sesepa le metsi kapa u itlotse ka ruble ea letsoho e thehiloeng ho joala.
- Koahela nko ea hao le molomo ka thaole e lahloang kapa sebedisa seqha sa hau se kolobelitsoeng ha u khohlela kapa u thimola.
- Haeba u hloka ho tsoa ka tlung, ka kopo etsa sanitize, roala mask le diatlana
- Qoba dikopano kapa dibaka tse nang le batho ba bangata, mme u latele melaoana ea sebaka seo u tloaetseng ho phela ho sona.
- E ea tlhahlobo ea vaerale sebakeng sa hau sa tlhahlobo se haufi.
- Hlokomela dinokoane mme u dule u sireletsehile nakong ea matšolo a ntlo le ntlo.

Ho dula re buisana le bana ba rona, Cotlands e tla romella batsoadi divideo tse khutšoane tsa dintho tse lokelang ho etsoa le bana. Ba lelapa ba mosa, ba ikutloa ba lokolohile ho di etsa hammoho.

Dula hae, u bolokehe mme u thuse ho emisa ho ata ha coronavirus, re lebelletse ho felisoa ha vaerase ena ea seoa ha re tla kopana hape re le sechaba sa Cotlands.

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