

# Sigurune Praktike ano Ramazano ano konteksti e COVID-19

Yekhvahtuno godideipe

15 Aprili 2020



## Andripe

O pakivalo masek e Ramazanesko hramingyola kotar malipeske thay religiune kedipya kote o Muslimanyune familie thay amala khetaninyona vash te ruminen olengo oruqi khetane, palo nakhipe e khamesko *iftari* vay angli detharin *sahuri*. Buderu Muslimanya bayarena olengo kotorleipe ano jamie ano akava masek thay kedingyona vash o lunge ruyjipya ano *teravie*<sup>a</sup> thay *kiyami*.<sup>b</sup> Nesave Muslimanya nakhavena o dive rendoa thay rakyano ano jamie ako palune 10 dive e Ramazaneske (*i'tikaf*) vash pakyavutne. Akala tradicionalune thay religiune praktike siton regularune dikharde ano masek. Akava masek Ramazano avela mashkar o maseka Aprili thay dosna Mayi ji kay lungyarela e pandemia COVID-19.

Phiravipe e COVID-19 lokhyargyola kotar pashe kontakti mashkar o manusha, palo kay virusi buhlargyola prekal o duholeipeske thavdyo thay kontakti e kontaminime thanipyencar. Vash te tiknyargyol o qalavipe pe publikuno sastipe, nesave thema implementinena mase vash fizikuni distanca e reseya te aqhaven o phiravipe tiknarindoy o mashkarphiravipe mashkar o manusha. Akala mase siton sherune kontrolipeske mekanizmya vash te kontrolinen o bayripe e infektivune nasvalipyengo, may buderu infekcie e duholeipeske, amalime e bare kedipyencar e manushengo. Mase e fizikune distancako, leindoy kotor o phanipe e jamiengo, monitoripe e publikune kedipyengo thay yaver restriksie e phiripeske, ka theren direktuno qalavipe vash socialune thay religiake kedipya ano centro e Ramazanesko.

## Resipe

Thana ani sah lumia lena o ververutne mase te kontrolinen o buhlape e COVID-19. Akava dokumenti ikalela pe dikhipe o godideipya e publikune sastipesko thay socialune thay religiake kedipya ano Ramazano kay shay te phriavgyon ano ververutne nacionalune konteksty.

## Informimi decisia kerdi vash keripe e religiake thay socialune kedipya

Anulipe e socialune thay religiake kedipyengo musay seriozune te konsideringyon. LSO, ayekha, rekomandinla kay sasavi decisia vash samatredipe, modifikinen, truminen, anulinen, vay te lungyaren e adikeripeya yekhe masivune kedipesko musay te baziringyol ano yekh phiravipe e standardune notadeipesko e rizikosko.<sup>1</sup> Akala decisie musay

<sup>a</sup> Volonterune ruyjipya kerde kotar Muslimanya rakyate palo namazi e Yaciako ano angluno kotor e rakyako. Akala organizinyona ani but jenengi qhand ano sah masek Ramazano.

te oven kotor e sahararde akcesesko kerdo kotar nacionalune autoritetiya vash te den respodipe e phayripeske.

Te sine kay aqhavena o socialune vay religiake kedipya, kote si shayutno, virtualune alternative vastindoy platforme sar televizia, radio, digitali, thay socialune medie shay te oven vastime. Te sine kay o kedipya ano Ramazano siton mekhle te oven, mase vash te aqhaven o riziko kotar COVID-19 phiravipe musay te implementingyon.

Themutne sastipeske autoritetiya musay te konsideringyon sar sheruno resursi e informipesko thay godideipesko phanglo e fizikune distancipea vay yaver mase phanglo e COVID-19 ano konteksti e masekesko Ramazan. Lekanipe akale masencar decisime musay te siguringyol. Religiake liderya musay te oven kotorleime ano decisiaiko leipe, ayekha kay on aktivune te oven kotorleime ano komunikipe e nesava decisiaiko kay qalavela o ovipya phanglo e Ramazanea.

Yekh zorali komunikipeski strategiya sitoy darinyuni vash mothavipe e populaciake o sebepya vash e decisia kay lelola. Klaro instukcie musay te dengyon thay o vashnipe e phiravipesko e themutne politikengo musay te zoralol. Komunikipeski strategiya musay te astarel proaktivune mesazhya vash sastipeske ovipya ani pandemia thay te vastinen ververutne medialune platforme.

## Sahastardo konsideripe

### Godideipe ani fizikuni distanca

- Praktikineni fizikuni distanca adikerindoy zorale distanca may hari 1 metro (3 bajakya) mashkar o manusha ano sakova vahti.
- Vastineni sankcionime kulturake thay religiake bahtakeripya kay nashena kotar fizikuno kontakti, sar si vastleipe, qalavipe, vay qhivipe e vastesko pedral o vilo.
- Aqhavena yekh baro gendo e manushengo te kedenpe ano thana phanglo e Ramazaneske aktivitetencar, sar si loshalipeske ambientya, marketya, thay bikilinya.

### Godideipe pe uqe rizikoske grupe

- Inkurainena manushen kola na shunena peste shukar vay silen nesavo simptomi e COVID-19 te nashen kotar kotorleipe ano kedipya thay te phiraven o nacionalune godideipya vash menajipe e simptomatikune surengo.
- Mangeni e phure manushendar thay sakastar silen anglo sastipeske kondicie (sar si kardiovaskularune nasvalipya, diabeti, kronikuno duholeipesko nasvalipe,

<sup>b</sup> Volonterune ruyjipya kerde kotar Muslimanya ani rat palo Yaciako ruyjipe, palo trinto kotor e rakyako. Akala organizinyona ani but jenengi qgand ano sah masek e Ramazanesko.

thay kanceri) ma te len kotor ano kedipya, feri so on konsideringyona sar qalavde vash phare nasvalipya thay meripya kotar COVID-19.

## Kovle mase vash fizikune kedipya

Mase kay si may tele musay te phiravgyon ano sakova kedipe kay ovla ano Ramazano, sar si palikeripe, pelegrinazha, thay komunaluno hapepiyipe thay banketya.

### Kedipesko than

- Konsiderineni o adiekripe e ovipesko avri te sine kay shayutno, yaverune, siguringyoveni kay andruno than te ovel e adekvatune ventilipeya thay phiravipe e phudesko
- Tiknyareni so may but o lugipe e ovipesko vash te samatredinen o shayutno ekspozipe
- Deni anglipe vash adikeripe e tikne servisyengo e may hari kotorleutnencar may sigate, desar te adikeren o bare kedipya
- Respektineni e fizikuni distanca mashkar o kotorleutne, sar kana beshna pa prende, prekal kreiripe e fiksune thanengo, leindoy kotor palikeripe e namazesko, leipe e *abdesesko* (ritualuno abdesi) ano komnake thoipeske thana, sar ini ano zone kote garavgyona o kundre.
- Regulineni o gendo thay rendo e manushengo kay khuvna, kay lena kotor, thay kay iklona kotar palikeipesko than, thana e pelegrinazhake vay yaver thana vash te sigurinen siguruno distancipe ano sakova vahti
- Konsiderineni mase vash lokhyaripe e arakhipesko e kontakt surengo yekh nasvale personesko ano mashkar e jenengo kay si ano ovipe.

### Inkuraineni sasti higiena

Muslimanya lena abdesi anglo palikeripe, kova azhutinelano garavipe e sasta higienako. Mase may tele musay te lenpe pe dikhipie:

- Sigurineni kay o obyektia vash thovipe e vastengo te theren o manglo sapuni thay pani thay te sigurinen te shusharen poro vast e alkoholeya (may hari 70% alkoholi) ano khuipe thay andre ano jamie.
- Sigurineni o shaibe e palomengo thay disponime kante vay koshya, thay garantimo frdeipe e vastime gunoyesko.
- Inkuraineni o vastipe e qilimyengo thay personalune palikeripeske sheruengo vash te qhiven pedral o qilimya vay tepikya.
- Sigurineni o dikhlardo mothavipe vash o godidipya vash fizikuni distanca, higiena e vastengi, etiketipya e duholeipeske thay msasutne mesazhya vash angloqhvavipe e COVID-19.

### Buti ver shushareni o thana, beshlinya thay palikeripeske thana

- Phiraveni o rutinyuo shuzharipe e thanengo kote kedingyona o manusha anglo thay palo sakova ovipe, vastindoy detergentya thay dezinfektusya.
- Ano jamie, adikereni o thana thay abdeseske thana shuzhe, thay adikereni generaluni higiena thay sanitaria.
- Buti ver shuzhareni o obyektia kola buti ver qalavgyona. Sar si beshlinya, naktarya e dudyengo thay basamakya e detergenteya thay dezinfektusya.

## Azhutipe

Kana o pakyavutne dena ulavdi sama odolenge kola qalavgyona negativune ano deipe olenge *sadaka* vay *zekati* ano Ramazano, konsiderineni o fizikune distancake mase ano than. Vash te nashen kotar kedipe e manushengo, phanglo e kedipyencar vash *iftari*, konsiderineni te vastinen individualune paketya anglogatisarde e hapepiyipesko. Akava shay te ovel organizimo kotar centralizime entitetya thay institucie, kola ka adikergyon e fizikuna distanca ano sah cikli (kedipe, paketipe, garavipe thay ulavipe).

## Shukarjivdipe

### Oruqesko adikeripe

Niyekh studia vash oruqesko adikeripe thay riziko kotar COVID-19 infekcia na kerdili. Saste manusha shay te adikeren oruqi ano Ramazano sar ko nakhle bersh, ji kay COVID-19 pacientya shay te len pe dikhipie religiake licence phanglo e rumipeya e oruqesko ano konsulipe pere saslarncar, sar ka keren nesave yaver nasvalipeya.

### Fizikuno aktiviteti

Ani pandemia e COVID-19, but jene siton samatredime ano phiripe; numay, te sine o samatredipya kay mekhena, savaht praktikeneni fizikuni distanca thya manglo vastengi higiena ini kaya situmen treningoske aktivitetya. Ano than e aktivitetengo ani natura, andruno fizikuno phiripe thay onlayn fizikune aktiviteeske klase inkuriangyona.

### Sasti dieta thay sasto hape

Manglo habe thay hidratacia siton yetikune ano masek Ramazano. Musay te han sakodive ververutne hape piyipya thay te piyen but pani.

### Cigarako vastipe

Vastipe e cigarako sito nasvalipe godideimo ani sasavi situacia, may buderi ano masek Ramazano thay pandemia COVID-19. O cigarake crdutne shay te ovelolen kolineske nasvalipya, vay may hari zoralipe e kolinesko so anela ani bari masa o riziko e bayripesko e seriozune nasvalipesko kotar COVID-19. Kana piyena cigara, o angushta (shay e kontaminimi cigara) qalavena o voshta, so bayarela o shaibe kay o virusi te khuvel ano respiratoruno sistemi. Kana vastinyona payneske thavdya, si shaibe kay mosko kotor thay cevya te ulavgyon, so anela vi lokhyaripe nao transmetipe e virusesko.

### Promovipe e mentalune thay psihosocialune sastipesko

Biumlavdo kotar ververutne ekzekutipya ano prakike ko akava bersh, sito vasno te sigurinen e pakyavutne kay pandar shay te reflektinyon, laqhargyon, ruyjinyon ulavna thay te theren sama – vash sah forme e sastipeska distancako. Siguripe e familiako, amalipesko, thay phurengo siton pandar angazhipe ano dud e fizikuna distancako musay te lenpe pe konsideripe; inkuraibe e alternativune platformengo thay digitalune vash butikeripe thay akava sito darinyuno. Deipe e specialune ruyjipyengo vash nasvalipya, pashe e mesazhyenge vash pakyavipe thay konforti, siton metode vash te dikhalon o Ramazaneske adikerne kana adikerna o publikuno sastipe.

### Respodipe e situacienge vash violenca ani familia

Ano thanipya kote egzistinena phiripeske samatredipya, incidentya e familiaruna violencako, may buderi pedral o juvla, qhavore, thya marginalizime manusha, siton ano

bayripe. Religiake liderya shay aktivune te vakeren mamuy violenca thay te den phiko thay te inkurainen phikoipe e viktimenge te roden azhutipe.

(<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/points-of-entry-and-mass-gatherings>)

## Penjaripe

Nays e LSO Regionaluno Ofisi ano mesmer Biandipe vash phiravipe thay evolviripe akale godideipesko.

LSO lungyarela te monitorinel e situacia pashe vash sasavo yaveripe kay shay te qalavel o yekhvahtuno godideipe. Te sine kay nesavo faktori yaveringyola. LSO ka ikalel pherune laqharipya. Yaverune, yekhvahtuno godideipesko dokumenti ka nakhel 2 bersh palo olesko publikipe.

## Reference

1. Lumiaki Sastipeski Organizacia. Praktikune konsideripya thay rekomandipya vash religiake liderya thay pakyavutne komunitetya ano konteksti e COVID-19 – publikipe, rizikesko notadipe, thavd e decisiengo

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LSO referencako gendo: [WHO/2019-nCoV/Ramadan/2020.1](#)