[Shona translation of the [measles warn and informed letter for settings](https://www.gov.uk/government/publications/national-measles-guidelines) – edit highlighted text and remove highlighting before use]

00 month 20XX

Anodiwa [Name of recipient],

**Musoro Wenyaya: Mashoko pamusoro pechirwere chegwirikwiti**

Iwe kana kuti mwana wako munogona kunge makava pedyo nemunhu ane chirwere chegwirikwiti pa (NAME OF PLACE). Izvi zvinoreva kuti iwe kana kuti mwana wako munogona kunge muri panjodzi yekubatwa nechirwere ichi kana musina kubayiwa nhomba inodzivirira chirwere chegwirikwiti ye-mumps and rubella (MMR) iyo inopiwa iri muzvikamu zvemadhosi 2. Tsamba ino ine mashoko ezvamunofanira kuita pakudzivirira utano hwenyu nehwevamwe vakakupoteredzai.

Gwirikwiti chirwere chinopararira zviri nyore zvikuru. Chinongoerekana chavapo, uye chinoita kuti munhu arware nekukurumidza. Nechekunoperera tsamba ino, kune mashoko azere nezvechirwere chegwirikwiti – tapota verengai mashoko aya kuti muzive zvizhinji nezvezviratidzo zvechirwere chegwirikwiti, kuti chinopararira sei uye nezvenhomba inodzivirira chirwere ichi. Panewo mamwe mashoko nezvechirwere chegwirikwiti anowanika pawebhusaiti inoti [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles).

**Nderiini paunofanira kutaura nechiremba wako**

Vamwe vanhu vanofanira kutobvunza mazano kuna chiremba wavo nekukurumidza sezvinobvira:

**Vanhu vane masoja emuviri asina kusimba**

Kana masoja emuviri wako asina kusimba, unofanira kutaura nachiremba wako uchimuudza kuti unofanira kunge wakava pedyo nemunhu ane chirwere chegwirikwiti. Chiremba wako anogona kuda kukuita ongororo yekuona kana wakadzivirirwa kuchirwere chegwirikwiti, kana kuti achifanira kukupa mushonga wekuderedza mukana wako wekurwariswa nechirwere ichi.

**Mudzimai ane pamuviri**

Kana uine pamuviri uye uchifunga kuti unogona usina kubayiwa rimwe dhosi remushonga weMMR, kana kuti usina chokwadi kana wakatombobayiwa nhomba iyi, taura nachiremba wako kana kuti nyamukuta wako uchimuudza kuti unogona kunge wakava pedyo zvikuru nemunhu ane chirwere chegwirikwiti.

**Vana vane zera riri pasi pemwedzi 12**

Kana mwana wako ane zera riri pasi pemwedzi 12 akava pa (NAME OF PLACE) panguva imwe chete nemunhu ane chirwere chegwirikwiti, tapota taura nachiremba wako kuti akupe mazano.

**Vanhu vanenge varwara**

Unofanira kutaura nachiremba wako kana kuti neve-NHS 111 kana iwe kana kuti mwana wako akatanga kupisa muviri achikosora, kuyerera achibuda madzihwa, kutsvuka uye kuita maronda mumaziso kana kuti aita twumapundu twakati tsarara mumasvondo 3 pashure pekuva pa (NAME OF PLACE) panguva imwe chete nemunhu ane chirwere chegwirikwiti. Unofanira kuedza kuita zvekufonera chiremba wako kana kuti veku-NHS 111 usati waita zvekuvashanyira. Izvi zvinobatsira pakudzivirira kuti chirwere ichi chisapararira kune vamwe.

Udza chiremba wako kuti iwe kana kuti mwana wako apihwa tsamba ino uye anogona kunge akava pedyo nemunhu ane chirwere chegwirikwiti. Zvinogona kuoma kuziva nguva yekutsvaka rubatsiro kana mwana wako arwara. Kana uri kunetseka nekuda kwemwana wako, zvikuru sei kana ane zera riri pasi pemakore 2, unofanira kutsvaka rubatsiro rwekuchipatara.

**Vanhu vasina kumbobvira vabayiwa madhosi 2 enhomba inonzi MMR**

Kana usisina chokwadi chekuti iwe kana kuti mwana wako akambobvira abayiwa madhosi 2 enhomba inonzi MMR, iyo inodzivirira chirwere chegwirikwiti, taura nachiremba wako kuti aronge kuzokubayai nhomba iyi. Kana muine dhosi yamusina kubayiwa mune mukana wekuibayiwa pachero zera. Tapota onai mamwe mashoko pamusoro penhomba ye-MMR mubepa rine mashoko nezvechirwere ichi.

**Unogona kutangazve kuita zvavagara uchiita riini kana uchirwara negwirikwiti**

Munhu ane chirwere chegwirikwiti anogona kuparadzira chirwere ichi mumazuva 4 asati abuda twumapundu twakati tsarara. Kana munhu angoita twumapundu utwu, anogonazve kuramba achiparadzira chirwere ichi kwemamwe mazuva 4.

Kana mumwe munhu achifungidzirwa kuti ane chirwere chegwirikwiti,anofanira kusava pachikoro kana kuti kunotarisirwa vana, kana kuti kubasa kwemazuva asiri pasi pe4 kubva pakatanga kubuda twumapundu twakati tsarara. Anofanira kusava pedyo nevana vacheche vane zera riri pasi pemwedzi 12, vane pamuviri uye vanhu vane masoja emuviri asina kusimba.

Ndini wenyu,

Author’s name

Position or title

**Mashoko pamusoro pechirwere chegwirikwiti**

**Chii chinonzi gwirikwiti**

Gwirikwiti chirwere chinokonzerwa nehutachiona, uye chinopararira zviri nyore muvanhu. Kana zviratidzo zvechirwere ichi zvangotanga pamunhu, anobva atotanga kurwara nekukurumidza. Unogona kubatwa nechirwere ichi pachero zera, asi chinowanzobata vana vadiki.

**Maparariro anoita chirwere chegwirikwiti**

Unobatira chirwere chegwirikwiti kana ukava pedyo zvikuru nemunhu ane chirwere ichi. Unogona kuchiwana mumhepo apo munhu ane hutachiona uhwu anokosora kana kuhetsura, kana kuti ukabata zvinhu zvinenge zvakosorerwa kana kuhetsurirwa nemunhu ane hutachiona uhwu. Chirwere chegwirikwiti chinopararira zviri nyore muvanhu vanogara pamusha mumwe chete nemunzvimbo idzo vanhu vanenge vari pedyo nepedyo zvikuru.

Unogona kudzivirira kuti usabatwa nechirwere chegwirikwiti nekubayiwa madhosi 2 enhomba yegwirikwiti inonzi mumps and rubella (MMR), kana kuti kana wakamborwara nechirwere ichi munguva yakapfuura.

Munhu ane chirwere chegwirikwiti anogona kuchiparadzira kuvamwe mukati memazuva 4 asati aita twumapundu twakati tsarara kusvikira kumamwe mazuva 4 pashure pekunge abuda twumapundu utwu.

**Zviratidzo zvechirwere chegwirikwiti**

Zviratidzo zvechirwere chegwirikwiti zvinowanzotanga pakati pemazuva 10 kusvika ku12 pashure pekubatira hutachiona uhwu. Dzimwe nguva zvinotora mazuva 21 kuti zviratidzo zvechirwere ichi zvioneke.

Chirwere chegwirikwiti chinowanzotanga nezviratidzo zvekunzwa seuri kupindwa nechando. Zviratidzo zvekutanga zvechirwere chegwirikwiti zvinosanganisira:

* kupisa muviri zvakanyanya
* kubuda madzihwa kana kuvharwa mumhuno
* kuhetsura
* kukosora
* maziso akatsvukuruka, ane maronda, ari kubuda misodzi

Unogona kuita twumadododo twuchena mukati mematama kana kuti nechemukati memiromo pashure pemazuva mashoma. Twumadododo utwu twunowanzovapo kwemazuva mashomanana.

Twumapundu twakati tsarara twunowanzobuda mumazuva 2 kusvika ku4 pashure pekunzwa seuri kupindwa nechando.Twumapundu twakati tsarara utwu twunowanzotangira kubuda kumeso uye necheseri kwenzeve twusati twapararira nemuviri wese.

Nzvimbo dzinobuda twumapundu twakati tsarara utwu twegwirikwiti dzimwe nguva dzinogona kufutunutswa. Dzinogona kubatana dzoumba zvakaita sezvigamba-zvigamba paganda. Nguva zhinji zvinenge zvisingavavi.

Twumapundu twakati tsarara twunenge twuine ruvara rwakasvibirira kana kuti rwakatsvukuruka paganda chena. Twunogona kusava nyore kuona paganda rakasvibirira nerakaita dema.

**Chirwere chegwirikwiti chine njodzi zvakadii?**

Anenge munhu 1 pavanhu 15 vane chirwere chegwirikwiti anogona kurwara zvakaipisisa. Vana vadiki, vakadzi vane pamuviri nevanhu vane masoja emuviri asina kusimba vane mukana wakakura wekurwara zvakaipisisa.

Matambudziko ehutano akakurisisa anokonzerwa nechirwere chegwirikwiti anogona kusanganisira:

* hutachiona hwemunzeve
* hutachiona hwemumapapu (mabayo)
* manyoka
* kupera mvura mumuviri
* kugwinha-gwinha (asi kusingawanzoitiki)

Kubatwa nechirwere chegwirikwiti panguva yaunenge uine pamuviri kunogona kukonzera kuti ubve pamuviri kana kuti usununguke nguva yekusununguka mwana isati yakwana.

**Kudzivirira chirwere chegwirikwiti**

Kubayiwa nhomba yegwirikwiti inonzi MMR ndiyo nzira inonyatsoshanda yekudzivirira chirwere ichi.

Nhomba iyi inowanzobayiwa kuvana iri muzvikamu zviviri zvemadhosi. Chikamu chekutanga chedhosi chinopiwa kumwana ane zera remwedzi 12, uye chikamu chechipiri chinozopiwa pashure pekunge asvitsa zera remakore 3 nemwedzi 4.

Kana zvikaonekwa kuti mwana wako akava pedyo nemunhu ane chirwere chegwirikwiti, chiremba wako anogona kukurudzira kuti abayiwe nhomba iyi yeMMR nekukurumidza asingamiriri kuti atange asvitsa zera iri rakatarwa. Kana rimwe dhosi renhomba iyi rikapiwa kumucheche aine zera remwedzi iri pasi pe12, anofanira kuzongobayiwa madhosi 2 aaifanira kubayiwa panguva chaidzo dzakatarwa (pakati pachifanira kusiiwa nguva isiri pasi pemwedzi 1 kuti rimwe dhosi rizobayiwa pashure perimwe).

Kana mumwe munhu asina kubayiwa rimwe dhosi kana kuti asina chokwadi kana akatombobayiwa ese, nhomba iyi inogona kubayiwa pachero zera. Vabereki nevanochengeta vana vanogona kutarisa mumakadhi evana vavo kuti vaone mashoko ane chokuita nekubayiswa nhomba kwevana vavo.

Vakadzi vane pamuviri kana kuti vanhu vane masoja emuviri asina kusimba havafaniri kubayiwa nhomba iyi. Kana vachifunga kuti vakava pedyo nemunhu ane chirwere chegwirikwiti vanofanira kutaura nachiremba wavo kana kuti nyamukuta kuti vapiwe mamwe mazano ezvavanofanira kuita.

Kuti uwane mashoko azere nezvekubayiwa nhomba yeMMR enda pawebhusaiti inoti:

<http://www.nhs.uk/conditions/vaccinations/mmr-vaccine>

Kana kuti sikana kodhi iyi yeQR:

**A QR code with black dots.  Links to http://www.nhs.uk/conditions/vaccinations/mmr-vaccine .

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**Kusava pedyo nevamwe kana uine chirwere chegwirikwiti**

Munhu ane chirwere chegwirikwiti anogona kuchiparadzira kuvamwe mukati memazuva 4 asati aita twumapundu twakati tsarara. Kana munhu angoita twumapundu utwu, anogonazve kuparadzira chirwere ichi kwemamwe mazuva 4.

Kana wakaudzwa namazvikokota wezveutano kuti unogona kunge uine chirwere chegwirikwiti, unofanira kusaenda kunzvimbo inotarisirwa vana, kuchikoro kana kuti kubasa kwemazuva asiri pasi pe4 kubvira pazuva rawakatanga kubuda twumapundu twakati tsarara. Unogona kutangazve kuita zvawagara uchiita nguva dzose pashure pemazuva 4 kana wava kunzwa zviri nani uye usisapisa muviri.

**Kurapwa kwevane chirwere chegwirikwiti**

Murwere wegwirikwiti anowanzotanga kunzwa zviri nani pashure pevhiki rimwe chete.

Zvinogona kubatsira kana ukazorora uye kunwa zvinwiwa zvakawanda zvakadai semvura kuitira kuti usapere mvura mumuviri.

Chirwere chegwirikwiti chinogona kukonzera zvimwewo zvirwere. Unogona kupiwa mishonga inouraya hutachiona pakurapa zvirwere izvi.

Kana wakaudzwa namazvikokota wezveutano kuti unogona kunge uine chirwere chegwirikwiti uye uchifunga kuti utano hwako kana kuti hwemwana wako huri kuwedzera kuipa zvichikonzerwa nechirwere ichi, unofanira kutaura nachiremba wako.

**Mamwe mashoko pamusoro pechirwere chegwirikwiti anowanika pa:**

<http://www.nhs.uk/conditions/measles>

Kana kuti sikana kodhi iyi yeQR

