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IUF COVID -19: ZOFUNIKA PAKUSASIYANISA

Mliri wa COVID-19 ukubweletsa mavuto aakulu pa ntchito za umoyo komanos za chuma zomwe zimakhudza ife tonse. IUF ikufuna kuonetsetsa kuti olemba anthu ntchito akutsatira ndondomeko zosasiyanitsa pakati pa amayi ndi abambo pothana ndi COVID-19.

Kusasiyana pakati pa amayi ndi abambo pothana ndi COVID-19 ndikofunikira kwambiri mmadela onse kuti kusalana kusakhalepo kapena kulimbikitsidwa ndi mlirwu. Izi zikuonjezela ku ntchito; popeleka njira zonse zaumoyo zofunikira komanso kafukufuku ndikupewa ziwawa kwa amayi ndi atsikana.



OLEMBA ANTHU NTCHITO

1. Lemekezani ndikukhazikitsa ufulu wokhala motetezeka, umoyo wabwino, malo a ntchito opanda tizilombo ndi zoopsa.
2. Kambiranani ndi mgwirizano wa anthu ogwira ntchito ndikukhazikitsa ndondomeko zothana ndi kusalana komanso nkhanza ziri zonse kuphatikizapo zokhudza kugonana pa ntchito.
3. Funsani amayi ndi abambo ogwira ntchito ndi oimira bungwe la anthu ogwira ntchito ndikukhazikitsa njira zopewela pa malo a ntchito ndi kupeleka uthenga ofunika wokhudza umoyo wabwino ndi chitetezo, malamulo ndi maphunziro okhudza mliri wa COVID-19.
4. Onetsetsani kuti amayi akutengapo gawo pa ziganizo zokhudza umoyo ndi chitetezo kuphatikizapo ma komiti oona za umoyo ndi chitetezo.
5. Ngati nkofunika, pelekani zipangizo zotetezela kwa amayi ndi abambo zogwirizana ndi matupi awo (mwa chitsanzo, ma gulovesi, zopumira, magalasi, ndi zovala zozitetezela).
6. Pelekani zimbudzi komanso malo osambira otetezeka, a pambali komanso mwayi opeza madzi abwino okumwa ndikupelekanso mwayi kwa ogwira ntchito kuti azigwiritse ntchito izi akazifuna mnthawi ya ntchito popanda mantha olandira chilango ndi nkhanza.
7. Pelekani chiwengelo choyenera cha malo osambirako mmanja komanso mafuta a mmanja kapena kuti sanitizer akhalepo pa malo ogwirira ntchito.
8. Khazikitsani njira zoonjezela zotetezela amai ogwira ntchito omwe ndioyembekezela komanso amai ena omwe ali ndi mavuto a zaumoyo apadela makamaka amayi omwe ali ndi zizindikiro zowawa.
9. Lemekezani ufulu wa ogwira ntchito onse kuika ndondomeko zosamalira maanja awo mu nyengo ya mlirwu.

Gwiritsani ntchito ndondomeko zatsopano zomwe IUF yatsindikiza yokhudzana ndi za umoyo ndi chitetezo zomwe zingathandizire posintha ndondomeko zina pa malo a ntchito pogwirizana ndi mlirwu. (Use the recently published (IUF) guides



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BOMA

1. Ikani lamulo lokhudza ofulu otenga tchuthi cholipidwa cha odwala komanso chisamaliro chaulere zomwe zikhale ofulu wa ogwira ntchito onse posatengera ubale wa ntchito yawo mu maiko a chuma chokhazikika kapena ai.
2. Tetezani ndalama zomwe amalandira komanso zomwe amapeza komanso khazikitsani ngongole, lendi komanso ndondomeko zabwino za kapelekedwe ka ngongole.
3. Ikani mu ndondomeko zokhazikika ogwira ntchito omwe ndi mzika za maiko ena ndipo Sali mu ndondomeko zokhazikika
4. Pelekani ndalama zadzidzidzi zothandizira ogwira ntchito omwe angataye ntchito zawo mwa kanthawi kochepe kapena kokhazikika kuphatikizapo ogwira ntchito omwe ndi mzika za maiko ena.

Ogwira ntchito omwe ndi amayi ndi omwe amakhudzika kwambiri ndi zifukwa zonse zomwe ziri mmwambamu komanso amayi ogwira ntchito omwe ndi mzika za maiko ena amakhudzikano kwambiri ndipo koteru akuyenera kutetezedwa.
5. Khazikitsani zokambirana zapatatu zachanguchangu zokhazikitsa njira zapafupi zopelekeru chisamaliro cha ana komanso mayendedwe otetezeka a amayi ogwira ntchito omwe akuyenera kupitiriza kugwira ntchito mmalo opangirapo zinthu, mminda kapena malo ena monga nkhalango.
6. Khazikitsani zokambirana zapatatu zachanguchangu zopeleka malo okhala kwa amayi omwe achitiridwa nkhanza (kuphatikiza kupeza malo mma hotela omwe mulibe anthu) kuti athawe mwachangu ku zinthu zomwe ndizoopsa komanso zomwe zitha kupeleka chiopsezo ku moyo wawo komanso kuika akadaulo ndi mabungwe othana ndi nkhanza pa ndandanda wa nthambi zofunikira kwambiri zopeleka chithandizo.
7. Kukhazikitsanso zipangizo zofunikira pa kulera ndikusazipitisa madela ena
8. Onetsetsani kuti amayi nthawi zonse akutengapo gawo pa mabungwe opanga ziganizo zokhudza umoyo ndi chitetezo kuphatikizapo ma komiti oona za umoyo ndi chitetezo
9. Chitani kafukufuku wa zotsatira za mliri wa COVID 19 ndipo onetsetsani kuti kafukufukuyu sakuonetsa kusiyana pakati pa amayi ndi abambo ndikutinso zotsatirazo sizikunyazitsa abambo kapena amayi.
10. Onetsetsani kuti kafukufuku wa mankhwala ofuna kupeza mankhwala kapena katemera akuganizira bambo ndi mayi komanso kusiyana kwawo kuti apelikke chitetezo moyenera.

Lowani nawo mu kampeni yonetsetsa kuti dziko lanu lakhazikitsa ndikuvomeleza mgwirizano wa ILO 190 othana ndi ziwawa komanso nkhanza mmalo ogwira ntchito.



Mmene mulirivu wakhudzira amayi

Pakadali pano, amayi ndi abambo atenga mofana kachiroboka koma pali kusiyana mu imfa ndi kukhudzidwa kwake ndi matenda. Umboni ukuonetsa kuti abambo ambiri akumwalira kusiyana ndi amayi. Kuonjezelapo, amayi ndi abambo akudzidwa mosiyana ndi mliri wa COVID-19. Amayi ndamene akutsogola pokhudzidwa ndi mlirivu. Amayi ndi 70 pa ogwira ntchito 100 aliwonse mu nthambi ya zaumoyo ndikupeleka chisamaliro ndipo amayi ndi omwe alinso ochulukira kwam-biri pa chiwengelenge cha olandira ndi kuwengelenga ndalama msitolo ndi ma kantini. Mu IUF, mmene mlirivu wakhudzira amayi ndi nkhanzi yofunika kwambiri. Omwe amagwira ntchito za ulimi komanso kupanga zakudya ali pa mpani-pani kamba ka mliri wa COVID-19. Nthambi ya za ma Hotela, malo odyela, kupeleka chakudya ndi kusamalira alendo alowa mu mavuto ochulukira.

- Amayi amapanga 66.5% wa anthu ogwira ntchito za ulimi mmaiko omwe akutukuka kumene
- Amayi amatsogolanso mu nthambi yoona za ziweto ndipo chiwengelenge lo chawo sichochepa kwambiri mu ntchito zopanga zakudya.
- Mu ntchito zolembe ntchito kapena kuti HRCT amayi ndamene ali chiwengelenge chochulukira cha ogwira ntchito za mnyumba, malo osamalira anthu ndi malo odyera.
- Kufika pano, mazanamazana a ana awatumiza kunyumba kamba ka kutsekedwa kwa sukulu. Izi zikhudza kwambiri amayi omwe ndamene nthawi zambiri amasalira ana. Izi zikutanthauzanso kuti amayi ena ambiri atha kusiyana ntchito ngati palibe chitetezo chokwanira kwa ana awo zomwe zikhudzenso umoyo wawo odzidalira pa chuma.
- Amayi omwe akhalebe akugwira ntchito akhalanso ndi ntchito yayikulu yoyang'anira ma kalasi pa maphunziro a ana a pakhomu kwinkunso akuyendetsa za udindo wawo ku ntchito zawo zomwe amagwira, kuonetsetsa kuti chakudya chikupezeke ndikusamalira okulamba. Abambo ndi amayi akuyenera kuzolowera izi mmalingaliro ndi mmachitidwe awo a zinthu ndi mliri wa COVID-19.
- Kuletsedwa kwa maulendo padziko lapansi kukhudza kwambiri amayi omwe amagwira ntchito mmaiko ena monga za mnyumba.
- Ogwira ntchito za mnyumba mmaiko omwe akhudzidwa ndi mliri wa COVID-19 aona ntchito zawo zikuchulukira koma malipiro awo osakwela. Ena awachotsa ntchito mwa nkhanza opandanso chipukuta misonzi. Ambiri mwa iwo samatetezekanso ndi ndondomezo iriy-



Photo: Anna Nylander, Union to Union

Kuphunzira ku mliri ina

Phunziro limodzi kuchokera ku mliri wa Ebola ku Africa mchaka cha 2014 kufika 2016 ndi loti chifukwa cha kusiyana pakati pa amayi ndi abambo pa ntchito, mdziko la Democratic Republic of Congo, chiwengelenge chochulukira cha anthu omwe anatenga matendawa anali amayi. Nthawi yomweyinsu amayi kwambiri sanatenge nawo gawo mma bungwe popanga ziganizo zokhudzana ndi mlirivu. Mzigawo zomwe Ebola inakhudza, amayi analibe gawo popeleka maganizo awo mmene zipangizo zokhudzana ndi umoyo wa amayi zimasinthidwa kupita ku ntchito yothana ndi Ebola. Kamba kai chi, imfa za amayi popeleka zinakwela kufika pa amayi 75 mwa 100 aliwonse. Palibenso chiyembekezo kuti zinthu ziyamba kuyenda bwino posachedwapa. Mwachitsanzo, pa dziko lonse la pansu, anthu 72 mwa 100 aliwonse omwe amat-sogolera ntchito zaumoyo zaboma ndi abambo. Komiti yatsopano yothana ndi mliri wa COVID-19 mdziko la America liri ndi abambo okwana 12 omwe 11 mwa iwo ndi ma Caucasian. Malo osungiramo anthu omwe akhudzidwa ndi mlirivu komanso kukhala mnyumba kukuika amayi ambiri pachiopezo cha nkhanza pena chifukwa choti ali kale ndi mamuna wa nkhanza kapena chifukwa choti abambo ayamba nkhanza pona kuti akukumana ndi mavuto a zachuma kamba ka mlirivu. Chiopezo cha nkhanza zogwiririra, kugonana pachibale ndi kutenga mimba kwa ana zichulukira mwachisawawa.