



CHENJERAI CHIRWERE

CHEMANYOKA

Chii chinonzi manyoka?

Manyoka kuita tsvina yakaita mvura-mvura katatu kana kupfuura pazuva.

Manyoka Anopararira Sei?

Manyoka anopararira kazhinji nenzira dzinotevera;

- Kusageza maoko usati wabata zvekudya
- Kusageza maoko usati wapa mwana chekudya
- Kusageza maoko wabva mukushandisa chimbizi kana kubata tsvina kana marutsi emurwere.
- Kusageza maoko wabva kubata mitambo (nappies) yemwana inetsvina.
- Kudya zvekudya zvaenda tsvina kana zvamharwa nenhunzi.
- Kudya chekudya chisina kubikwa zvakanaka
- Kusandisa mvura yakasviba kunwa, kubika kana kugeza midziyo

Manyoka anodzivirirwa seyi?

- Chengetedzai utsanana nekugeza maoko nesipo kana dota nemvura yekuchururudza musati mabata zvekudya kana kupa mwana zvekudya.
- Mwana ngaadye michero nemiriwo yakagezwa nemvura yakachena.
- Mwana ngaapiwe chikafu chabikwa zvakanakwana kusvika chaibva uye ngaadye chichiri kupisa. Shandisa mvura yakachena pakunwa kubika nekugeza midziyo.
- Chikafu ngachivharwe kuti chisamharwa nenhunzi kana kupindwa neguruva.
- Onai kuti mune chimbuzi chakakodzera uye kuti munochishandisa zvakanaka.
- Ngwarira kurasa tsvina yevacheche neyevana vadiki munzvimbo dzakakodzera.
- **Ma Aquatabs** mishonga yekuuraya utachiona inoiswa mumvura. Kana muchishandisa mishonga uyu (aqua tabs)
 - isai aqua tab rimwe mumgomo wema litre makumi maviri nemashanu (20-25 litres) uye muvhare mugomo.
 - Musashandisa mvura kusvikira maminetsi makumi matatu apera (30 minutes).
 - Musamedze ma aqua tabs anofanira kuiswa mumvura (20-25 litres).

Cherechedzai:

Ma aqua tabs haashandiswe kurapa manyoka, anoshanda kuchenesa mvura.

Manyoka anoratidza sei?

Ngezvipi zviriso zvechirwere chemanyoka? Zvinotevera ndizvo zvikuru zvinotaridza urwere hwemanyoka.

- kuita tsvina yakaita mvura-mvura
- kusada kudya
- kuda kurutsa
- kurwadza kwemudumbu
- kupisa muviri
- kurasikirwa nemvura mumuviri (dehydration)

manyoka haawanzo urayi; kazhinji kurasikirwa nemvura yemumuviri ndizvo zvinokonzera kufa kwemunhu.

Manyoka anorapwa sei?

- Apo panorwara munhu nemanyoka mupeyi mvura ine munyu neshuga kudzorera mvura yarasika nemanyoka.
- Kana varipasi pemwedzi mitanhatu rambai muchiyamwisa mwana kakati wandei
- Kuvana vane mwedzi mitanhatu rambai muchiyamwisa uye muchipa mvura ine munyu neshuga.
- Kurudzirai avo vanorwara kuramba vachidya zvekudya zvineutano (nutritious foods and fluids).
- Kana manyoka akanyanya chimbidzai kuenda nemwana kuchipatara kana kukiriniki.

**HUPENYU HWAKARONGEKA,
HUPENYU HWACHENGETEDZWA**

