

## OKUYAMUTHA KONTULO



Uawanawa wokuyamutha kontulo

- ♦ Okushunitha pevi uuwehame osho wo ompito yokukwatwa komikithi – okukoleka nokukaleka omumoye a kale nuundjolowe
- ♦ Ohaku kwa thele uuluwi wu koke nawa– tashi etitha omumoye a kale omunandunge
- ♦ Otaku shunitha pevi ompito yokukwatwa kokaankela moomeme- Sho to yamutha ethimbo ele, ompito yokukwatwa kokaankela otayi shuna pevi

Uwanawa wokuyamutha kontulo mboka tawu vala iizemo kamana:

- ♦ Okutameka okuyamutha muule wowili yimwe konima yokupulumutha ohaku gamene okanona komikithi odhindji dha yooloka
- ♦ Tsikila okuyamutha natango uule woomvula mbali nenge dhi vule po
- ♦ Omahini gokontulo ogo dhingi moomwedhi hamano dhopetameko. Momwedhi omuthiamano, tameka okugandja iikulya yilwe pamwe nomahini gokontulo.

Okuyamutha kontulo pethimbo lyuuwehame nenge lyomikithi:

- ♦ Oomeme mboka ya kwatwa komukithi gwoCOVID-19, tsikileni okuyamutha ne tamu kutha oonkatu dhokukeelela omikithi: okuzala uumaska nokwiiyoga koonyala
- ♦ Uunona tawu ehama owa pumbwa iikunguluki oyindji niikulya. Yamutheni olundji, uunona nawu nwe unene wo tawu li kashona, tawu li iikando oyindji.
- ♦ Konima yuuwehame, uunona owa pumbwa okulya iikulya ya gwedhwa po esiku kehe opo wu gwedhe ko koshihiya shoka ya kanitha.
- ♦ Ngele omumoye ita gwedha ko kolatu nenge a kanitha oshivihi oshindji unene, pula omuniilonga guuhaku a konaakone okanona ngele oke na omanyutu.

Omikithi dhokiifudhitho ngaashi  
COVID-19 ihadhi taambathanwa  
okupitila momahini gokontulo!

Onkalo yuundjolowele osho wo iipalutha yomondjila iinima ya simana ngele tashi ya kenkondopeko lyaakwiita yolutu!



Ashike, oofamili dhimwe kadhi na oonzo dhokwiinyangela iipalutha yi na uukolele.

Ngaka omathimbo omadhigu.

Natu yambidhidheni nokukala nonkwanaamboka ye li mompumbwe, unene tuu aanona, aakulupe, osho wo mboka taya lumbu nuulema.

Otu wete nale iiyetwa po iiwanawa oyindji tayi fululuka, naNAFSAN ota gandja oonzo dhuuyelele dha yooloka kepandja lye lyopaintaneta lyo:

[www.nafsan.org](http://www.nafsan.org)



@NAFSANamibia  
#Covid19Nam  
#Covid19andnutrition



Oto mono wo uuyelete wu na oshilonga ko  
[www.rightstart.com.na](http://www.rightstart.com.na)  
[www.facebook.com/rightstartnam](http://www.facebook.com/rightstartnam)

Onomola yomakwatathano gopangodhi yoCOVID-19: 0800 100 100

NAFSAN ehangano tali longele kumwe nomahangano ge na sha nuuwanawa woshigwana, elongo, omahangano gopaumwene osho wo oo handimwe, nolyi li oshitolpolwa shongongahangano ndjoka tayi lalakanene okukandula po omanyutu muuyuni.

OSHIWAMBO

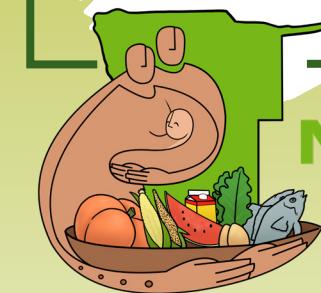
MAY 2020



Ministry of Health  
and Social Services

likulya yongushu  
molatu negameno  
lyayo pethimbo  
lyo COVID-19

UYELELE  
NOMILANDU



NAFSAN

Nutrition and Food Security  
Alliance of Namibia

Opamwe no:



unicef

UNAM  
UNIVERSITY OF NAMIBIA

WFP  
World Food Programme



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## Shoka wu na OKUNINGA

- ♦ Lya iikulya ya yooloka, lya wo iikando itatu mesiku
- ♦ Lya iikwamboga niiyimati esiku kehe
- ♦ Lya omakunde nonyama olundji, lya wo oohi
- ♦ Longitha iikulya mbyoka yi na oomuma inaadhi mamulwa niikulya mbyoka yi na oovitamine osho woiitungithi ya gwedhwa mo
- ♦ Ino longitha omongwa ogundji, nuuna to longitha omongwa, longitha ngoka gu na itungithi ya gwedhwa po (iodised salt)



## EGAMENO LYIILKULYA

Hanuupu naanaa to vulu okukwatwa ko COVID-19 tayi zi miikulya, ashike nando ongawo natango oto vulu okukwatwa komikithi dhilwe ngele iikulya inayi kwatwa nuukeka. Shika otashi vulu okunkundipaleka aakwiita yoye yolutu.

### Mpaka otapu landula omikalo ntano dhokukaleka iikulya ya gamenwa uuna to teleke:

- 1) Kaleke iikaha yoye, oombiga nombanda yiitaafula niipundi ya yela.
- 2) Kaleka iikulya pehala pe na onkalo yombepo tayi opalele.
- 3) Ikalekela iikulya ya pya naambyoka inaayi pya.
- 4) Iikulya nayi telekwe nawa
- 5) Longitha omeya ga yela nawa okuyoga iikwamboga niiyimati, unene tuu ngele tayi liwa iiyihu.

## Linima mbyoka wu na OKUYANDA

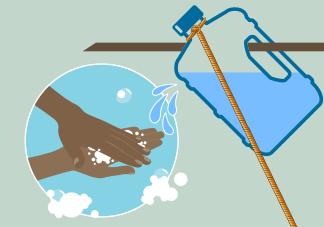
Okuhila omakaya – Ohaku kutha po itungithi nokunkundi paleka omapunga osho wo aakwiita yolutu yoye

Ilikolitha – Ohayi nkundipaleke aakwiita yolutu, yo tayi ku thigi wo waa na iimaliwa yokulanda iikulya yi na uundjolowele

Osuuka- Ikaleka kokuleniiinamunate yi na osuuka osho wo iikulya yilwe iiyote

Omagadhi ogendji unene – Longitha ashike omagadhi ngoka ge na uundjolowele, ngaashi, Sunflower, olive nopeanut oil

Omongwa gwa pitilila – ngaashi iikulya oyindji mbyoka hatu landa nale ya pya osho wo yilwe yi na omongwa ogindji



## OKWIYOGA KOONYALA

Okwiyyoga koonyala oko omukalo gumwe gwa simana ngele tashi ya koku igamena nokugamena ooyakweni komikithi.

Yoga iikaha yoye nomeya gothewa omathimbo ngaka:

- ♦ Konima yokukolola nokuteshima
- ♦ Uuna to takamitha aamvu
- ♦ Manga inoo guma okanona koye okashona, osho wo manga inoo zaleka umunambo nokonima yoku gu zaleka
- ♦ Konima yokulongitha okandjugo
- ♦ Manga inoo guma iikulya, sho to teleke na manga inoo lya
- ♦ Konima wa ninga ekwataatathano niinamwenyo osho wo iikwaekelwahi yilwe
- ♦ Uuna wa mona iikaha yoye ya nigila

## OOVITAMINE NIITUNGITHI IIKWAWO YA GWEDHWA PO

Aakwiita yetu yolutu oya pumbwa itungithi oyindji onkene iikulya yi na itungithi oyo dhingi, nonande ongawo, oto vulu natango okupa aakwiita yolutu eyambidhidho lya gwedhwa po.

- ♦ Kala ominate dha thika po 20 esiku kehe wa ontela omutenya omasiku gatatu moshiwieke ovo wu mone oVitamin D.
- ♦ Gwedha po oovitamine niitungithi yilwe, ndhoka dhi na oovitamine niitungithi ayihe, mwa kwatelwa Vitamin C, Zinc noSelenium.
- ♦ Ngele owu na etegelelo nenge to yamutha, kutha 'iron folic acid' esiku kehe nenge omuti ngoka gu na oovitamine adhihe.
- ♦ Uunona otawu vulu okukutha oovitamine dhowina dha nuninwa uunona.
- ♦ Mwa kwatelwa:  
Uunona woomwedhi 6-59= Vitamine A, kehe omwedhi omuthamano  
Uunona woomwedhi 12-59 = Okukutha mo uupuka, kehe omwedhi omuthamano  
Uunona wu li kohi yoomvula 5 wu na oshimela=likwanyama osho wo omeyagozololola
- ♦ Pula ekwatho komuniilonga guuhaku kutya oovitamine ndhika ohadhi monika peni.

Kotokela okulya koye opo wu nkondopeke aakwiita yoye yolutu:

**Lya iikulya yin a uundjolowele!**  
**Nwa omeya ogendji!**  
**Ninga omadhewo!**

Okulya iikulya yin a ongushu otaku kwathele uundjolowele woye womomadhilaadhilo.