



## GO AMUSA

### Mosola wa go amusa:

- ◆ Go fokotsa makoa le bodiphatsa go go tsenwa ke megare
- ◆ dira gore lesea la gago le nne le mmele o o tekanetseng le o tiileng.
- ◆ Go nonontsha tlhologano
- ◆ Go fokotsa bodiphatsa jwa go tsenwa ke kankere mo go bomme
- ◆ Go amusa nako e telele, go fokotsa bodiphatsa

### Dintlha tsa go amusa go maduo a a siameng

- ◆ Simolola go amusa sebaka sa ura morago ga pelegi go sireletsa masea kgatlhanong le megare e e farologaneng
- ◆ Tswelera ka go amusa sebaka sa dingwaga tse pedi le go feta.
- ◆ Mashi a lebele ka bonosi, a siame mo dikgweding tsa ntlha tse thataro. Simolola go jesa ngwana dijo fa a le dikgwedi tse thataro, mmogo le go amusa.

### Go amusa o le mo bolwetsing

- ◆ Bomme ba ba amilweng ke COVID-19, ba tswelera ka go amusa le go tsaya dikgato tsa itshireletso: apara mask le go tlhapa diatla.
- ◆ Bana ba ba lwalang ba tlhoka go nwa dino tse dintsi le dijo.
- ◆ Amusa kgapetsakgapetsa mme nose ngwana dino tse dintsi, le go fa dijo tse dinnye, tse o mo difang gangwe le gape.
- ◆ Fa lesea kana ngwana wa gago a sa oketse mmele kana a bopama thata, kopa modiri wa botsogo go mo tlhatlhobela tlhalelo ya dikotla mo mmeleng.

**Bolwetsi jwa go hopela jo bo tshwanang le COVID-19 ga bo amane go tsena ka go amusa.**

**Botshelo jo bo itekanetseng le dijo tsa dikotla di bothokwa go tiisa masole a mmele**



Mme, malwapa mangwe ga a kgone go reka dijo tse di nang le dikotla.

Go boima malatsing ano.

A re, thuse le go tlhokomela ba ba tlhokang, bogolo jang bana, bagodi le batho ka bogole.

Re bona go tthagoga ga mananeo a itshimololelo a a siameng, mme mokgatlo wa NAFSAN, o tlaa aba metswedi e e farologaneng on websiteng ya o ne:

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



@NAFSANamibia  
#Covid19Nam  
#Covid19andnutrition



O ka bona tshedimoso e e bothokwa mo websiteng e,

[www.rightstart.com.na](http://www.rightstart.com.na)

[www.facebook.com/rightstartnam](https://www.facebook.com/rightstartnam)

**Nomere ya dinako tsa tshoganetso ya COVID-19: 0800 100 100**

NAFSAN ke mokgatlo wa Namibia wa kittano ya sechaba, dikolo, madirelo a a ikemetseng le batho ba ba ikemeseditseng, mme ke bontlha bongwe jwa mokgatlo wa boditshaba wa nyeletso lelhoko la dikotla.

SETSWANA

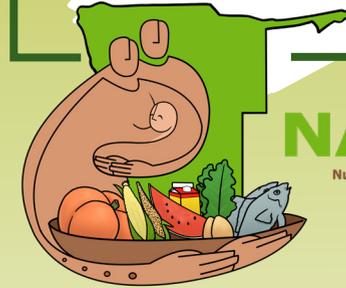
MAY 2020



Ministry of Health  
and Social Services

**Dikotla le tshireletso ya dijo ka nako ya go tthagoga ga COVID-19**

**TSHEDIMOSO LE DITAELO**



**NAFSAN**  
Nutrition and Food Security  
Alliance of Namibia

Ka tshwaragano le:



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## Tse o tshwaneng go di dira

- ♦ Ja dijo tse di farologaneng gararo ka letsatsi
- ♦ Ja merogo le maungo malatsi otlhe
- ♦ Ja dinawa kana nama kgapetsakgapetsa
- ♦ Dirisa dijo tsa lebelebele tse di nang le kitlo tse di godisang mmele
- ♦ Dirisa letswai ka sewelo, mme fa o le dirisa tlhopa matswai a a tswakantsweng fela



## Tshireletso ya dijo

Ga go kgonafale mo go kalo kalo go tsenwa ke COVID-19 go tsenwa mo dijong, mme o ka tsenwa ke malwetsi a mangwe fa dijo di sa tseewa sentle. Mo go ka baka koafalo ya masole a mmele.

### Fa go latela dintlha tse tlhano tsa tshireletso ya dijo tse o tshwanetseng go di ela tlhoko fa o apaya kana o ja dijo:

- 1) Tlhapa diatla, maswana le dithipa le go phephatsa tafole kana fa o apeelang teng.
- 2) Tlhomamisa gore seemo sa mogote le bothito sa dijo tsa gago se siame.
- 3) Kgaoganya dijo tse di boduleng le tse di sa butswang.
- 4) Apaya dijo gore di butswa sentle.
- 5) Dirisa metsi a a phepha kana tlhomamisa gore metsi a teng a siamentse go tlhatswa maungo le merogo.

## Tse o tshwanetseng go di thiba

Go goga - go tlosa dikotla mme go koafatsa makgwahwa a gago le masole a mmele

Bojalwa - bo koafatsa masole a mmile le go fetsa madi a o tshwanetseng go reka ka one dijo tsa dikotla

Sukuri - tlogela kana fokotsa go nwa dinno le di snack tse di botshe

Mafura a mantsi - Dirisa mafura a mannye le dioli tse di nang le boiketekanelo jwa mmele, sekai - sunflower, olive le peanut oil

Letswai le lentsi- a a mo dijong tse di tumileng tse di apewang ka bonako le disnack tse di letswai le lentsi



## Go tlhapa diatla

**Go tlhapa diatla go tswela ka go nna ngwe ya dikgato tse di botlhokwa go itshireletsa le go sireletsa ba bangwe kगतलhanong le malwetsi.**

Tlhapa diatla ka metsi le molora

- ♦ Fa o sena go gotlholala le go ithimola.
- ♦ Fa o tlhokomela balwetsi.
- ♦ Pele o kgoma lesea, le pele kana morago ga go tseta lesea.
- ♦ Morago ga go dirisa ntlwana ya boiteketo.
- ♦ Pele, le ka nako ya go apaya le morago ga go ja.
- ♦ Fa o sena go tshwara diphologolo le boloko jwa tsone.
- ♦ Fa o bona diatla tsa gago di le leswe.

## Dikotla tsa divitamin le mineral

**Masole a rona a mmele a tlhoka dikotla tse dintsi le dijo tse di farologaneng tse di nang le dikotla, mme le gone o tlhoka go aba kemo nokeng go masole a mmele**

- ♦ Aramela letsatsi sebaka sa metsotso ele masome a mabedi, malatsi ale mararo ka beke go amogela VITAMID D.
- ♦ Oketsa dikotla tse di farologaneng tsa VITAMIN le mineral, tse di akaretsang mefutafuta ya tsone jaaka, VITAMIN C, Zinc & Selenium.
- ♦ Fa o le moimana kana o amusa, nwa dipilisi tse di nang le Iron folic acid, kana divitamin tsa mefutafuta le diminerals.
- ♦ Bana ba ka nwa kana go tsaya dikotla tsa mefutafuta tsa vitamin tse di diretsweng bana.

Dikgwedi tse thataro go ya go dikgwedi tse masome a matlhano le boherabongwe. Vitamin A, dikgwedi dingwe le dingwe tse thataro.

Dikgwedi tse di lesome le bobedi go ya go dikgwedi tse masome a matlhano le boherabongwe – go bolaya diboko, dikgwedi dingwe le dingwe tse thataro.

Ka fa tlase ga dingwaga tse tlhano ka motabogo = dikotla tsa zinc le metsi a a busetsang metsi mo mmeleng.

- ♦ Botsa modiri wa botsogo le moitseanape gore o ka bona kae divitamin le dimineral tse.

**Beela kwa pele dijo tsa gago tsa dikotla go masole a a tiileng a mmele:**

**Ja dijo tse di itekanetseng!  
Nwa metsi a mantsi!  
Itapolose mmele!**

**Dijo tse di itekanetseng di ka tokafatsa botsogo jwa gago jwa tlhalogano**