



KUANYISA

Butokwa bwa kuanyisa

- ♦ Kufukuza kukula ni kuyambula matuku – kutisa kuli mbututu ya minaitiye nikuba ni makete sakata
- ♦ Kuankufisa kuhula kwa booko – kutisa kuli mwana mina atalife
- ♦ Kufukuza kuli basali baba anyisa basike bafumane butuku bwa kensa – hamu anyisa nako yetelele silelezo nyiona iba yetelele

Muanyisezo sakata okona kubeleka hande:

- ♦ Hamu anyisa mwahala hola kasamulaho aku puluha, kusileleza mbututu kuyambula matuku
- ♦ Muzwelepili kuanyisa kalilimo zepeli kapa kufita
- ♦ Kuanyisa feela ki kwabutokwa mwalikweli zapili zesilezi. Kasamulaho alikweli zesilezi mukale kufa mbumbutu lico nikuzwelapili kuanyisa Kuanyisa hamukula:

Kuanyisa hamukula:

- ♦ Basali baba anyisa baba yambuzi kakokwani ka COVID-19, muzwelepili kuanyisa mi munge mihato ya silelezo: mutine masiki ni kutapa kwa mazoho nako kaufela.
- ♦ Banana babakula batokwa lika zamezi ni lico. Muanyise nako kaufela mi mubone kuli mwanana unwa hahulu nikuca hainyani lico zetiile.
- ♦ Kasamulaho akukula, limbututu kapa banana baswanela kuca lico zañambekelo mwalizazi kuli bakutelwe kibuima.
- ♦ Haiba mwana mina hafumanu buima kapa kiyo musisan i hahulu, mubuze mubeleki wa makete kuli amutatube mwendi ukula butuku bwa kusaca lico zelukela

**Matuku atisa kusa buyela hande
aswanasina COVID-19 hakoni
kuyambukela ka kuanyisa!**

Bupilo bwa makete sakata ni kuca lico zelukela ki kwa butokwa mwakutiisa masole amubili!



Nihakulicwalo, mabasi amañwi hakwanisi kuca lico zena ni makete sakata.

Ze kilinakozetata.

Lutokomele ni kutusa baba tokwa tuso, sihulu banana, basupali ni babana ni buanga ni buhole.

Lwakona kubona kuli buñata seba tahisize lituso zende, mi katengo ka NAFSAN kaka tahisa mañusa abutokwa falikepe la kona ili:

www.nafsan.org



@NAFSANamibia
#Covid19Nam
#Covid19andnutrition



Mi hape musakona kufumana mañusa abutokwa famakepe alatelela:

www.rightstart.com.na
www.facebook.com/rightstartnam

Nombolo ya kulizeza kuamana ni COVID-19: 0800 100 100

NAFSAN Ki katengo kaka kopanyize tutengo twa sicaba, baba cilaukile mwa lituto, tutengo twa kwamukunda ni batu baba ikemezi babana ni ciseho, mi kawela mwa katengo kalifasi mwakufelisa kuca lico zesiyo hande.

SiLozi

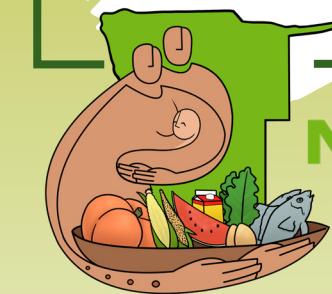
MAY 2020



Ministry of Health
and Social Services

LICO SAKATA NI PUKELEZO YA LICO KANAKO YA BWA COVID-19

MAÑUSA NI LITAELO



NAFSAN

Nutrition and Food Security
Alliance of Namibia

Kaswalisano ni:



unicef

UNAM
UNIVERSITY OF NAMIBIA

WFP
World Food Programme
wfp.org



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Zemulukela kueza

- ◆ Muce lico zeshelashelana, halalu kapa kufita
- ◆ Muce miloho ni miselo zazi ni zazi
- ◆ Muce manawa kapa nama kamita, mi muce hahulu litapi
- ◆ Musebelise hahulu lico zezwa fa bubeke, ni lico zena ni minuno
- ◆ Muambuke kusebelisa hahulu lizwai, mi musebelise feela leli bunolo



Buiketo bwa lico

Kutata kuli mufumane butuku bwa COVID-19 mwa lico, kono musakona kuyambula matuku amaňwi haiba lico halibakanywi hande. Mi kalulo yeo ikona kutisa kufokola kwa masole amubili.

Likaliketalizoho zemulukela kueza hala buiketo bwa lico, hamutateha ni kuca lico:

- 1) Mukenise mazoho, libyana za mwandu ni bulilo nako kaufela.
- 2) Mubone kuli lico zamina libulukwa moku swanela.
- 3) Mukauhanye lico zetatehilwe kuzesika tatehwa.
- 4) Mutatehe lico kufitela libuzwa.
- 5) Musebelise mezi akena kapa 'alafilwe ili kuli mukone kusebelisa kwa kutapisa miselo ni miloho, sihulu haiba liciwa lili butala.

Zemusaswaneli kueza

Kuzuba	kuzwisa minuno mi kufokolisa maswafu ni masole amubili
Bucwala	bufokolisa masole amubili mi hape butisa kuli musike mwaba ni masheleňi amaňata akuleka lico..
Swikili	muambuke kapa mufukuze lino zena ni swikili ni tuco nyana totuna ni swikili.
Mafula amaňata	musebelise mafula alikan, kamutala musebelise mafula apalisa ya lizazi, oli ni mafula azwa fa ndongo..
Lizwai leli ňata	sihulu mwalico zebuzwa kapili nituco nyana totuna ni lizwai



Kutapa kwa mazoho

Kutapa kwa mazoho kuzwelapili kuba muhato wa butokwa wakunga, hala silelezo yamina ni babaňwi kwa matuku.

Mutape kwa mazoho kamulola kalinako zelatelela:

- ◆ Kasamulaho akuhotola ni kuitimula
- ◆ Hamu babalela baba kula
- ◆ Pili musika swala kale mbututu, ni kasamulaho akucinca matebela
- ◆ Kasamulaho akusebelisa simbuzi
- ◆ Pili, hamunze ni hamufeza kulukisa lico, ni pili musikaca kale
- ◆ Kasamulaho akuswala lifolofolo kapa zeňwi zemasila
- ◆ Hamubona kuli mazoho amina amasila

Zeňwi zaku ekeza fakuca lico zena ni mununo

Masole amubili wa luna atokwa minuno ni lico sakata zeshelashelana, kono musakona kueza zeňwi kutusa masole amubili wa mina.

- ◆ Munge nako yelikana mizuzu yemashumi amabeli yakuina mwalizazi, halalu mwa viki ili kuli mufumane vitameni D.
- ◆ Musebelise ze ekeza kwa minuno kaufela kazazi.
- ◆ Haiba muitwezi kapa mwa anyisa, muce lico ze ekeza mali mwa mubili, kapa lico zeňwi zetusa kumatafaza mubili.
- ◆ Banana baswanelia kuca kazazi zetusa kumatafaza mubili zelukiselizwe banana. Mi hape mubone kuli mueza zetusa kumatafaza mibili yamwana mina zecwale ka:

Hala likweli ze 6-59 = Mununo wa A, kasamulaho alikweli zesilezi.

Hala likweli ze 12-59 = Silelezo kwa tukokwani, kasamulaho alikweli zesilezi.

Mwatasa lilimo zeketalizoho baba kula musululo = Mufumane zetusa kufelisa musululo

- ◆ Mubuze mubeleki wa makete kuli mukona kufumana cwaňi zekona kuekeza fa minuno yeo

Mubone kuli lico zemuca licwaňi kuli mube ni masole atiile:

Muce lico za makete sakata!

Munwe mezi amaňata!

Mumatafaze mubuli wa mina!

Lico zena ni makete litusa kuhulisa makete amunahano.