



Kuzamweka komavere

Uwa wakaramo mokuzamweka komavere

- ♦ Kusesupika kugwana uvera ntani kapi tokagura usimbu-kuninkisa mukeke goge akare mukanguki ntani nonkondo
- ♦ Kugava uwa mouruvi urugane nawa moomu ana kukura-kuninkisa mukeke goge/ munona akare gomuwaawa
- ♦ Kusesupika kugwana kangera monzina moomu tupu ono kuzuhwarera kuzamweka yimo nomukagu guna kusesupa

Kuzamweka komavere yimwe yomulyo novhura kudiva

- ♦ Kutamekera movili zimwe pokumona mukeke yipo asi mukeke gahagwana mukisi nkenye.
- ♦ Kuzamweka komavere monomvhura mbali ntani kupitaka ngoso.
- ♦ Kuzamwa mwasini mulyo unene mosiruwo somakwedi ntazimwe. Momakwedi ntazimwe, tameka nye kuretesapo nondja edi dina kara asi kuna kuliza nomasini gokuzamwa.

Kuzamweka komavere siruwo souvera ndi asi onokagura mukisi

- ♦ Ozinya vana kara asi kuna kara nokambumburu koCOVID-19, kuna kutwikira kuzamweka ntani kutura nye nonkambadaro moyirugana. Kudwara silipopereso kosipara ntani kulikuhwa komahoko
- ♦ Vanona vana kuvera vanapumbwa yomema gomanzi ntani nondja.
- ♦ Kuzamweka nkenye siruwo ntani kupulisira munona unwe rorunzi ntani nondja dononsesu, kulya posiruwo
- ♦ Konyima zokuvera, mukeke/vanona vahepa nye kugwana nondja dononzi nkenye ezuva yipo simpe ategwire mosiviya esi gakere naso
- ♦ Nsene mukeke goge ndi munona kapi ana kugwana siviha sendi ndi asi kuna kutongama unene, pura nye murugani goukanguki akonakone mukeke goge kouvera wokupira kugwana nondja ndi asi wonzara.

Mukisi ogu tuna kuhuyunga gokukagura apa ngesi COVID-19 kapi gwakara asi kugugwana nsene asi kuna kuzamweka komavere!

Eparu lyokukanguka meparu lyewa ntani nondja donongwa kuretesapo nonkondo morutu romuntu!



Yimo, vamwe vanamapata kapi tavavhuru kukara nonondja moomu vanadiharere donongwa doukanguki.

Oso yiso siruwo nye sosidigu unene.

Tukeverereni kumwe nokuvatera nkenye gumwe ana kara asi ana pumbwa mbatero, unene vanona, vakurupe ntani vava vakara asi kuparuka nourema.

Mukaro gomuwa kuna kububuka monoruwa ntani NAFSAN kuna kukambadara kugava mauyerere

moomu vana kuvhulira kupitira mowebite:

www.nafsan.org



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[#Covid19Nam](https://twitter.com/Covid19Nam)
[#Covid19andnutrition](https://twitter.com/Covid19andnutrition)



Ntani kuvhura kugwana mauyerere kupitira mo
www.rightstart.com.na
www.facebook.com/rightstartnam

COVID-19 Hotline: 0800 100 100

NAFSAN mbunga zomalipakerero moNamibia zonombunga dopaumwene, zelirongo,kwalikarera pwazene ntani novantu vazo pomundinda ntani kwalipakerera nonombunga domouzuni nositambo sokurwanesa nzara.

RuKwangali

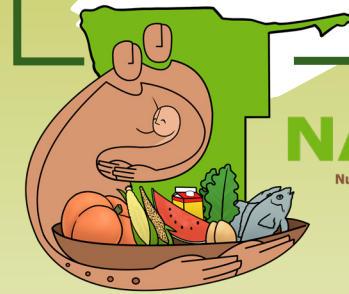
MAY 2020



Ministry of Health and Social Services

Yipameka rutu nokukunga nondja Nomosiruwo esi soCovid-19

NOMBUDI NELIKWAMO



NAFSAN
Nutrition and Food Security Alliance of Namibia

Eruganeno kumwe no:



Yininke norugana

- Wahepa kulya nondja dokulisiga siga ntani mezuva wahepa kulya rutatu
- Wahepa kulya nondja doyikunwakunwa ntani denyango nkenye ezuva
- Wahepa kulya makunde ndi nyama nkenye apa, ntani wahepa kulya rorunzi nomfi
- Ruganesa nondja dokukuna ntani nondja dakara novitamine ntani uwa wokugwedako
- Ruganesa mungwa gokukuvako ntani nsene ono rugana, ruganesa nkenyepa mungwa goiodised.



Yininke novhura kulikandana

- Kukoka- kukugusa keharo lyokulya nondja ntani kudipaga mapunga ndi vakwayita woge womorutu kapi tavarugana
- Yikorwesa- kudipaga vakwayita woge womorutu ntani kukuninkisa okare noyimaliwa yoyisesu orande nondja donongwa doukanguki.
- Suka- zisiga ndi sesupika suka 'yikunwa varuganesa nosuka' ntani yimakagera yina vana vhangongo nosuka.
- Magadi unene- nkenye apa wahepa kuruganesa magadi gomasesu aga gakara asi goukanguki ntani magadi ngwendi sihonena sunflower, olive ntani gaga nye varuganesa konondongo.
- Mungwa gomunzi- unene ngwendi nondja edi dadivikwa ntani dina dokumakagera posiruwu nkenye.



Novitamine ntani nondja doukanguki degwedereroko

Vakwayita vetu womorutu kwapumbwa nondja donongwa yido unene dapumbwa morutu, nye kuvhura nye kugwedako dimwe ono kumona asi hepero divatere vakwayita woge womorutu:

- ♦ Wahepa kukara momutenye nominute 20 mosite seszuva momazuva gatatu mosivike yipo ogwana vitamin D.
- ♦ Wahepa kuruganesa vitamin vana kutumbura asi zanayinye ntani yikwa meno yikuvatere, eyi yakara asi kwakara novitamine nadinye ntani yikwa meno nayinye muna hamene; vitamin C, Zinc ntani Selenium.
- ♦ Nsene asi ove nomarutu gavali ndi kuna kuzamweka komavere, wahepa nye kuruganesa nonyanga vana vhangongo digwedeko mukumo ndi vitamin zakara asi azo zanayinye ntani yikwameno.
- ♦ Vanona wahepa kuruganesa vita mina zanayinye ntani yikwameno nayinye eyi yakara asi kwayitambesera vanona. Ntani nkenye apa wahepa kutara asi nondja dikare dina wapa ntani mukaro gomunwa unene kovanona, muna hamene:

6-59 makwedi = vitamine A, nkenye

makwedi ntazimwe 12-59 makwedi = gahadokora, nkenye makwedi ntazimwe. Kohi

zonomvhura 5 gahakara nezimo lyokupwagapwaga = Zinc zahepa kukarapo zipopere asi mokana kendi muna wapa.

- ♦ Pura murugani goukanguki/mudiviko Yuma asi ngapi nogwana nokuruganesa vitamine ntani nondja devatere korutu.

Wahepa kutura elikwamo lyoge lyonondja yipo varugani woge womorutu varugane:

Lya moukanguki!

Wahepa kunwa mema gomanzi!

Wahepa kukara melideuro rutu!

Mokulya nondja dina kanguka kuwapukurura hena uruvi woge

Ekeverero nondja

Kukara asi kapisi ureru ogwane kambumburu koCovid19 kutundilira konondja, nye kuvhura simpe kugwana mukisi peke nsene nondja kapi ono dikeverere nawa. Eyi kutwaredera nye vakwayita womorutu roge vapire kurugana nawa.

Apa kuna kukwamako nye nongendeseso edi novhura kuruganesa nsene kuna kuwapayika ndi kuna kulya nondja.

- 1) Wahepa nkenye apa kuzereso mawoko gge, nopo ono kuruganesa nondja noyiruganeso yizere
- 2) Wahepa kutura nondja pevango lina wapere komankenyena
- 3) Gaununa nondja dokupira kuterera nedi dokutereka
- 4) Nondja dokutereka nkenye apa digenye
- 5) Ruganesa nokukeverera mema ndi mema ogo wahepa kugakunga asi nkenye apa gakare gana zere opo nokuhwa yikwayikunwa yoge nsene asi toyili ayo yivihu.

Kukuhwa mawoko goge

Kukuhwa mawoko goge kuna kara asi situmbukira norugana nkenye apa yipo olipopere nokulikandana nyamoge novakweni opire kukagura uvera!

Kuhwa mawoko goge nomema nonsewa nkenye siruwo:

- ♦ Konyima nsene kuna kohora ndi kuna wesimusa
- ♦ Nsene kuna kutakamesa muveli
- ♦ Nsene kuna kuguma mukeke goge, komeho ndi konyima nsene tomutjindji nomunyambo dendi
- ♦ Konyima zokukadingura kasayise
- ♦ Komeho, siruwo sooso ndi konyima zokuwapayika nondja, ntani komeho zokulya
- ♦ Nkenye apa nsene kuna kutunda koyimuna ndi yimuna nayimwe ngoso yiruganeso
- ♦ Nsene ono mono asi mawoko goge gana nyata ndi ngakukute