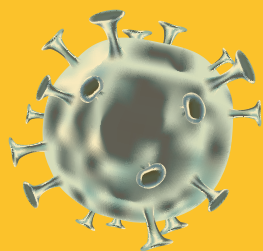
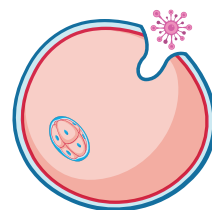


XANA XITSONGWATSO NGWANA I YINI?

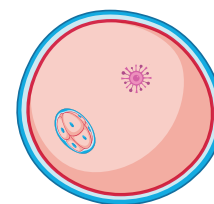


Xitsongwatsongwana i xiborisi lexisongo lexi xi kumekaka kun'wana na kun'wana naswona xi hanyaka hi ku ngenela masocha ya miri lama hanyaka. Endzhakukaswona masocha lama miri ya hundzuka masocha ya miri yo rhurhela lama xitsongwatsongwana lexi xi hanyaka endzeni ka wona. Endzhakukaswona ya hangalaka eka masocha ya miri lamantshwa emirini hinkwawo.

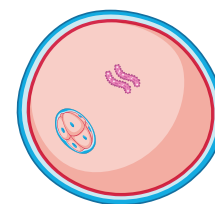
Switsongwatsongwana swi sirheleriwa hi 'timvhilopo' leti ti swi rhendzelaka. Swi nghena eka masocha ya miri hi ku tinamarheta eka tiphurotheni leti nga eka vuhandle bya socha ra miri. Namarheto lowu wu pfumelela xitsongwatsongwana ku nyokovela endzeni ka socha ra miri. Xikan'wekan'we loko xi ri endzeni ka socha ra miri, xitsongwatsongwana xi ya emahlweni xi tiandzisa.



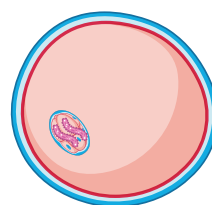
Xitsongwatsongwana xi nghena endzeni ka socha ra miri



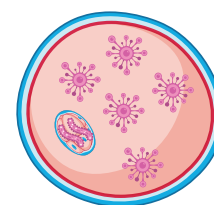
Michumu leyi nga endzeni ka socha ra miri yi sungula ku handzula nkuva wa le handle wa phurotheni wa xitsongwatsongwana.



Nyutlileyikiasidi leyi nga exikarhi ka xitsongwatsongwana ya humesiwa.



Nyutlileyiki yi nghena eka sisiteme yo endla tikhemikali ya socha ra miri.



Socha ra miri ri "honisa" swidingo swa rona n'wini swa tikhemikali kutani ri cincela ka ku endla switsongwatsongwana swintshwa.



Socha ra miri mikarhi yin'wana ra onhiwa eku endlekeni ka leswi. Swo tala swa switsongwatsongwana leswintshwa swa humesiwa ku tlueta vuvabyi eka masocha man'wana ya miri.

Xana Khoronavhayirasi yi hangalaka njhani?



- Ku khohlola kumbe ku entshemula na ku rhumela swinthonsana leswi hahaka emoyeni.



- Khumba. Loko munhu un'wana a ri na xitsongwatsongwana eswandleni swa yena, munhu un'wana wo karhi a khumba xivandla lexi endzhakunyana ka nkarhi a nga khomiwa hi xitsongwatsongwana lexi loko endzhakukaswona a khumba xikandza xa yena, mahlo, nhompfu kumbe nomu.



- Ku cincana marha.



- Ku tinamarheta eka swivandla swin'wana laha xi nga hanyaka ku ringana nkarhinyana.



- Hi ku hlangana ka le ekusuhisuihi (ehansi ka 1,5 wa timitara) kusuka munhu loyi a tluleriweke hi vuvabyi loyi a khohlolaka kumbe a entshemulaka kutani a rhumela swinthonsana emoyeni

Xana i mani loko a nga enxungetweni swinene?

Vanhu lava va nga na 60 wa malembe kumbe kutlula na vanhu lava nga na swiyimo swo fana na:

- HIV,
- TB,
- vuvabyi bya mbilu kumbe bya mahahu va le nxungetweni swinene wa COVID-19 yo tikisa.