

Kulumbununa chachihya mujindondelo ja CHVs ha Iwola iwa musongo wa Covid-19

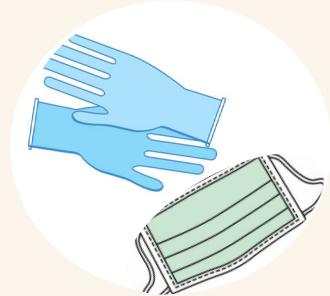
COVID – 19 kayechi nakukwata vanyike vavandende chikumako. Oloze vanyike vavandende vanahase kusoloka kuli vakakuhanan vitumbo mumembo CHVs na vinjikizo vyakulifwana na vya COVID-19.

Vosena vaka CHVs vatela kukavangiza wukafwo wuli hano heshi:

Kusana kanawa kumavoko na njapawu na meya.

Kulama tando yakwimana museteko yakuhetu muma mita avali kufuma kuli vanyike vavandende navaze vakakuvalama.

Vwala mahina akufwika kukanwa na kumazulu nge wuli nawo. Chikumanyi, kasa lihina chipwe mukwikilo (Lihina lyakuzezela chipwe lyakujingila mushingo) ku kanwa na mazulu ove.



Vwala wuvwalo wakumavoko alijina lya makilapusi.

Hula visemi wukalu wavinjikizo vanamono.

Kaha yove watela kumutala kanawa mwana.

► Wunamonoko vinjikizo vyavinene vya mashika?

Vinjikizo vyamusongo wama Shika

Awa akiko mashikashika akuhakilaho kamwe chipwe vyakufwana nge:

- Kuzyelela chipwe kuhwilila
- Kukana kulya chipwe kunwa
- Kutunya
- Kusaza vyosena

Nge kuli vinjikizo vyavinene vya mashika, kaha watela kuhana vitumbo vya RAS nge wuli navyakuvwala kumavoko.

Nge kawechi navyakuvwala kumavokoko (Makilapusi), kaha watela kunangula vatanga kanawa mwakuhanyina RAS.

Watela jino kupima musongo wama shika (Chipwe kulinga RDT).

► Nge kawamwene vinjikizo vyamashika amaneneko, kuliko vinjikizo vya COVID-19?

Vinjikizo vya COVID-19

Vinjikizo vyavula kusoloka muli vanyike evye:

- Kakoho kakahya kaze kakuhona kukuma
- Mashikashika

Nge mwana ali navinjikizo evi, vakiko navakakuvalama vatela kuvahandununa hembo makumbi likumi na awana.

Kakwechi vitumbo vyakuka musongo wa COVID 19 ko.

Vanyike vavandende vechikuyoyanga kanawa kumusongo wa COVID 19.

Nge mwana mwawana kukaluhwa mukuhwima, watela kuya washi kwakulikingila misongo kumijimba (Chipatela).

Nge kuli ETS mungalila, vakakwenda vatela kukafwa yize tanga.

► Nge kawamwene vinjikizo vya COVID – 19 ko, kaha watela kutala vinjikizo vya musongo wamutulo, jipachi nakuhona kuhwima kanawa.

Vinjikizo vya musongo wamutulo

Evi vikiko:

- Kuhwima washiwashi
- Kuhwima chakutulikila mutulo

Nge mwana ali navinjikizo vya musongo wamutulo, jipachi nakuhona kuhwima kanawa, watela kuvalweza vayenga nakutambula vitumbo kungalila kuze vechikukilanga (Chipatela). Watela kulweza wuze mukakulama kuzezamako.

Kusana kanawa kumavoko na njapawu na meya.

