RANGARIRA

- Bayisa mwana majekiseni ose okudzivirira zvirwere

- Ipa mwana mukaka waamai chete chete kwemwedzi mitanhatu yekutanga, uye kupa mwana kumwe kudya kwemhuri paanosvitsa mwedzi mitanhatu

- Yamwisa mwana kwemakore maviri kana kupfuura
- Ona kuti mwana wese apihwa Vitamin A pamwedzi mitanhatu yekutanga uye mushure memwedzi mitanhatu yega yega, kusvikira ave nemakore mashanu
- Kana mwana asingagoni kunwa, achipisa muviri, asingagoni kufema zvakanaka kana kuyamwa mukaka endai naye kukiriniki nokukurumidza.

Produced by the Ministry of Health and Child Welfare
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PRIMARY HEALTH CARE • A HEALTHY NATION • MINISTRY OF HEALTH & CHILD WELFARE ZIMBABWE

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MCHIP Maternal and Child Health Integrated Program

ZVAMUNOFANIRA KUZIVA NEZVEMANYOKA

MUVANA VADIKI VARI PASI PEMAKORE MASHANU

Chii chinonzi manyoka ?

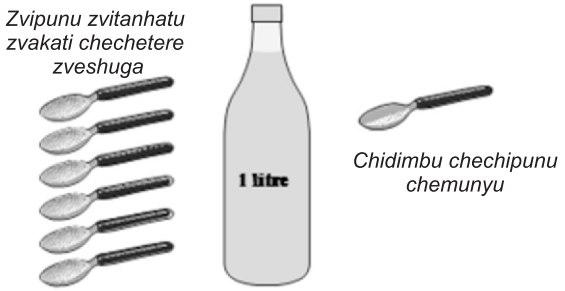
Manyoka kuita tsvina yakaita mvura - mvura kanokwana katatu kana kudarika pazuva rimwe chete.

Mwana ava panjodzi yemanyoka anoonekwa sei?

- kutadza kunwa mvura kana kuyamwa
- kudonha nhova
- kurutsa nguva nenguva
- kupinda mukati kwemaziso
- mwana haatambi kana kurezva , muviri wake unorukutika

**Kana waona izvi mhanya nemwana kukiriniki

Ndezvipi zvandingaita kana mwana arwara nemanyoka?



- Pima mvura yakavhaidzwa mubhodhoro re 1 litre
- Pima zvipunu zvitanhatu zvakati chechetere (6 level teaspoons) zveshuga
- Pima chipunu chimwe nepakati (1/2 level teaspoon) yemunyu
- Sanganisa zvitatu izvi (1 litre yemvura, shuga nemunyu)
- Ipa mwana nguva dzose paanenge ane manyoka

Unogonawo kushandisa ORS mu 1 litre ye mvura

** Izvi zvinodzorera mvura iri kurasika pese paari kuita manyoka.

Enda nemwana kuchipatara kuti andopiwa mapiritsi anonzi Zinc.
(Zinc inobatsira kuderedza ukasha hwemanyoka nemazuva achatorwa nemwana achirwara manyoka).
Ipa mwana mapiritsi sekurairwa kwawaitwa namukoti.

NGWARIRA KUTI

Mwana arikuyamwa arambe achiyamwiswa chero manyoka ari kunyanyisa.
Mwana anemanyoka anoda kupiwa kudya nezvekunwa zvinowaka muviri kakawanda pazuva.

Ndingadzivirira manyoka sei?

1. Kushandisa zvimbudzi nguva dzose

2. Geza maoko nemvura yekuchururudza nesipo kana dota nguva dzose :
- Kana wapedza kushandisa chimbudzi
- Uchida kudya kana kubika chikafu
- Wabva kubatsira murwere
- Wachinja mwana azviitira/mutambo

3. Shandisa mvura yakachena nguva dzose (yakavidzwa kana yakaiswa mushonga).
4. Bika chikafu chichiibva,uye chodyiwa chichipisa.