

Kumbusho: Njia za kuosha unazoweza kuzitekeleza kwa urahisi

Unahifadhi vipi maji yako ya kunywa?

1. Jinsi ya kutibu maji ya kunywa



Jinsi gani unaosha mikono yako? Ni nyakati gani muhimu za kuosha mikono yako?

Watoto wadogo wanajisaidia wapi?

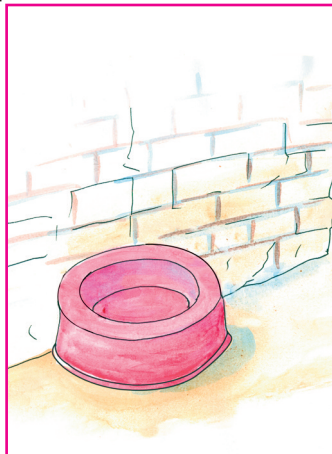
2. Njia sahihi za kuosha mikono

3. Jinsi ya kutupa kinyesi cha watoto kwa njia salama



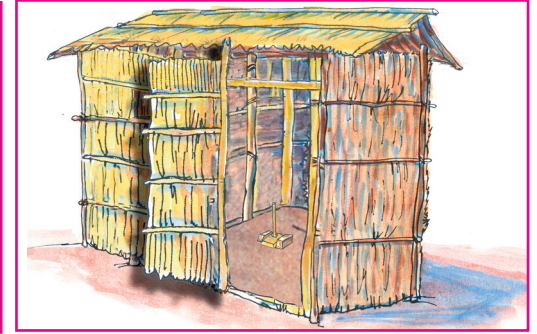
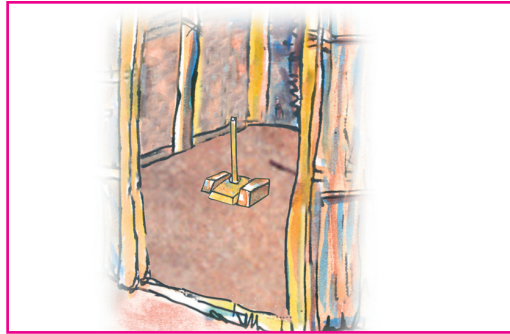
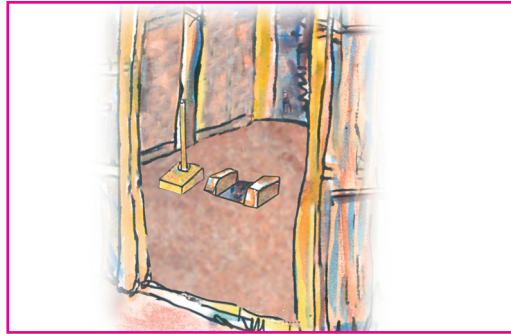
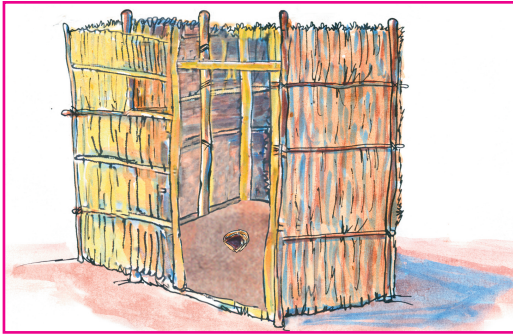
Osha mikono yako:

- Kabla ya kupika.
- Kabla ya kula.
- Baada ya kutumia choo.
- Baada ya kumnawisha mtoto.
- Kabla na baada ya kumhudumia mgonjwa.

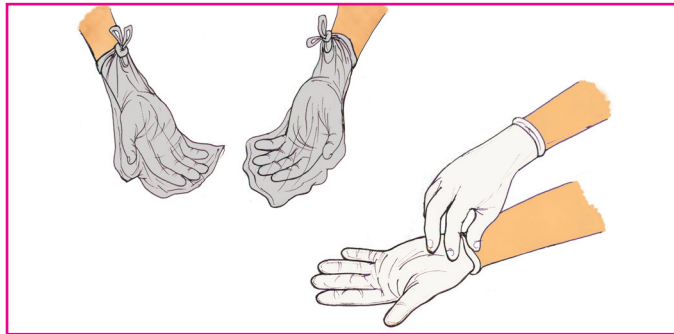
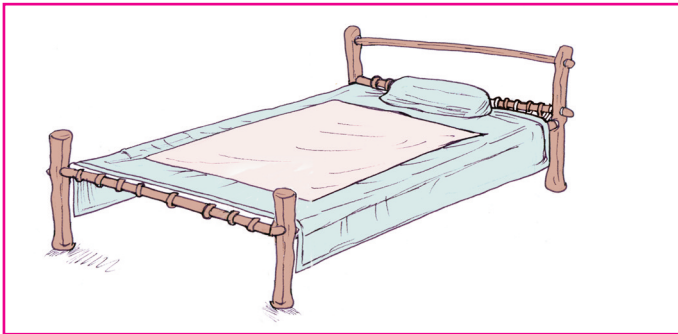


Ni jinsi gani unatupa kinyesi?

4. Unatupa wapi/vipi kinyesi cha watu wazima?



5. Njia salama ya kutupa kinyesi kwa mgonjwa aliyeko kitandani



Jinsi ya kuondokana na nguo zilizolowana kwa damu. Ni jinsi gani muhudumu anaweza kujikinga na damu akiwa anahudumia mgonjwa aliyethirika akiwa katika siku za hedhi

6. Jinsi ya kujizuia na kuhifadhi salama nguo zilizolowa na damu

