LAFIYA BAI DAYA

LAFIYAR AL'UMMA

LAFIYAR DABBOBI

INGANTACCEN MUHALLI

Tsaftar Muhalli da Lafiyar Dabbobin mu Shine Lafiyar Mu

Jagoran Wayar da Kan Al'umma Game da Cututtuka Masu Yaduwa

Na Ma'aikatan sa kai

USAID FROM THE AMERICAN PEOPLE

Breakthrough ACTION FOR SOCIAL & BEHAVIOR CHANGE

Gabatarwa

Gaisuwa.

Sunana ____,
Ni ma'aikacin/ma'aikaciyar sakai ne/ce dake aiki a karkashin Sashen Kula da Lafiya na Karamar Hukumar ____________________________ da Hukumar Kula da Lafiya a Matakin Farko ta Jiha, tare da hadin gwiwar kungiyar Breakthrough ACTION Nigeria - Wacce ke kawo muku shirin nan na Albishirin Ku!

Manufofin wannan kungiya sune wayar da kai da kuma ilmantar da al'umma akan inganta lafiyar su.

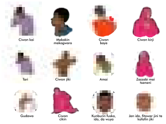
Daya daga cikin hanyoyin da take gudanar da ayyukanta shine ta hanyar tara al'umma don wayar musu da kai akan matakan kariya daga cutar Zazzabin Lassa. A kwanakin nan ansamu annobar cutar Zazzabin Lassa, a wannan karamar hukuma ta...

Zan so kubani lokacin ku domin tattaunawa game da wannan annoba, musamman hanyoyin kariya daga kamuwa da ita cutar.

Nagode

Jagoran wayar da kan al'umma game da Zazzabin Lassa

Daukar Matakin da ya Dace kan Lokaci ga Mai Zazzabin Lassa



Manufar wannan Sako:

- Wayar da kan al'umma game da alamomin zazzabin Lassa
- Fahimtar da al'umma hatsarin da ke tattare da zazzabin Lassa
- Sanar da al'umma cewa daukan mataki kan lokaci ka iya rage yawan mutuwa daga zazzabin Lassa.

Tambaya	Amsa
Kun taba jin wata cuta da ake kira zazzabin Lassa? *Idan sun taba ji, tambaye su alamomin ta.*	Zazzabin Lassa cuta ce da bera ke yadata zuwa mutane, sannan kuma mutane na iya yadata tsakanin su. Alamomin ta sun hada da zazzabi, ciwon jiki, amai, rashin karfin jiki, ciwon kai, gudawa, kunburin fuska, ciwon kirji, fitan jini ta hanci, da baki, ko ido, har da kurumta.
Zazzabin Lassa na kama da cututtuka da dama, ko kun san wani da ya kamu da wannan cuta? *Idan sun sani, tambayesu me ya faru da mutumin.* *Idan basu sani ba, tambayesu ko sun taba jin annobar cutar*	Kowa na cikin hatsarin kamuwa da cutar zazzabin Lassa, saboda an samu me cutar zazzbin Lassa a wannan yankin

KIRA: A hanzarta zuwa asibiti, da zarar an-fara ganin alamomin cutar zazzabin Lassa domin samun kulawa akan lokaci

Ciwon kai

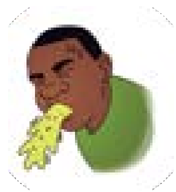
Makakin makogwaro

Ciwon baya

Ciwon kirji

Tari

Ciwon jiki



Amai

Zazzabi mai tsanani

Gudawa

Ciwon cikin

Kunburin fuska, ido, da wuya

Jan ido, fitowar jini ta kofofin jiki

Daukar Matakin da ya Dace kan Lokaci ga Mai Zazzabin Lassa

Manufar wannan Sako:

- Wayar da kan al'umma game da alamomin zazzabin Lassa
- Fahimtar da al'umma hatsarin da ke tattare da zazzabin Lassa
- Sanar da al'umma cewa daukan mataki kan lokaci ka iya rage yawan mutuwa daga zazzabin Lassa.

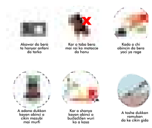
Tambaya	Amsa
Wane mataki mutum yakamata ya dauka da zaran ya fara jin alamomin cutar zazzabin Lassa	A hanzarta zuwa asibiti domin samun cikakken kulawa. Cutan zazzabin Lassa na iya kama sassan jiki irin su koda, kuma yana sa kurumta, ko sanadiyar mutuwa idan ba a hanzarta zuwa asibiti ba. Akwai magani na musamman domin kulawa da masu cutar zazzabin Lassa idan an hanzarta zuwa asibiti. Yayin da ake kulawa da mai dauke da alamomin zazzabin Lassa, a lura kar a taba amai, jini, ko yawun sa.
Ko kun san me zai faru idan ba a bada kulawa cikin hanzari ba ga wanda ya nuna alamomin zazzabin Lassa?	Rashin zuwa asibiti don samun kulawa cikin hanzari ga wanda ya nuna alamomin zazzabin Lassa, cutar zata tsananta har ta iya kai ga mutuwa. Yayin da zazzabin Lassa yayi tsanani, koda takan dai na aiki, akan kurumce, akan samu zuban ciki ko mutuwa. Ganin cewa zazzabi alama ce ta cututtuka da dama, a karfafa wa mutane gwiwar zuwa asibiti cikin hanzari domin samun kulawa.

Kira: A hanzar ta zuwa asibiti, da zarar an-fara jin alamomin cutar zazzabin Lassa domin a fara magani kan lokaci.

Domin karin bayani a kan zazzabin Lassa a kira 421 a layin airtel

ASIBITI

Matakan Kariya daga kamuwa da Zazzabin Lassa



Manufar wannan Sako:

Wayar da kan al'umma cewa taba kashin bera ko fitsari ko jinin sa na sa akamu da zazzabin Lassa.

Fahimtar da al'umma cewa nesanta bera daga gidajen mu, na rage hadarin yaduwar zazzabinLassa.

Sanar da al'umma muhimmancin kawar da mataccen bera ta hanyoyin da suka dace na rage yaduwar zazzabin Lassa.

Tambaya	**Amsa**
Ko kun san yadda bera ke yada zazzabin Lassa?	Beran da ke dauke da cutar Lassa na yadata ne, ta hanyar fitsari ko kashin sa. Muna iya kamuwa da cutar Lassa idan muka ci abinda bera yaci ya rage, ko muka taba mutaccen bera ba tare da anfani da leda ko safar hanu ba. Ana iya kamuwa da cutar, idan bera ya ciji mutum, ko aka shaki kurar dake dauke da kashin bera.
Ta wadanne hanyoyi zamu hana bera taba mana abinci? *Tambeyesu yadda suke adana abinci a gidajen su.* *Ta ya ya zamu adana abincin mu ba tare da janyo bera ba?*	A tabbatar da an rufe abinci da kyau saboda bera yakan shiga inda ake ajiye kayan abinci cikin sauki ta hanyar fasa mazubin. Shanya hatsi ko rogo a waje na janyo bera, don haka a dafa abinci da kyau Kafin aci.
Ta ya ya zamu hana bera shiga gidajen mu? *Tambayesu ko akwai wasu kafofi a gidajen mu da bera zai iya shiga?* *Bayan wadannan, ko akwai wasu hanyoyin da bera zai iya shiga gidajen mu?* *Basu dama su fadi hanyoyin da za'a hana bera shiga gidajen mu.*	• A tabbatar an toshe duk wata hanya da bera ka iya shiga gidajen mu. • A daina barin kofa a bude saboda bera na iya shigowa. • A sanya raga a kofa da taga don hana bera shiga.

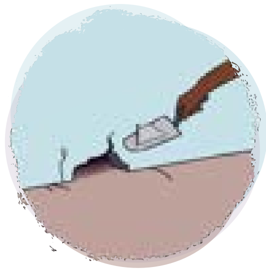
Akawar da bera
ta hanyar anfani
da tarko

Kar a taba bera
mai rai ko matacce
da hanu

Kada a chi
abincin da bera
yaci ya rage

A adana dukkan
kayan abinci a
cikin mazubi
mai murfi

Kar a shanya
kayan abinci a
buɗaɗɗen wuri
ko a kasa



A toshe dukkan
ramukan
da ke cikin gida

Matakan Kariya daga kamuwa da Zazzabin Lassa

Manufar wannan Sako:

Wayar da kan al'umma cewa taba kashin bera ko fitsari ko jinin sa na sa akamu da zazzabin Lassa.

Fahimtar da al'umma cewa nesanta bera daga gidajen mu, na rage hadarin yaduwar zazzabinLassa.

Sanar da al'umma muhimmancin kawar da mataccen bera ta hanyoyin da suka dace na rage yaduwar zazzabin Lassa.

Tambaya	Amsa
Wadanne Karin hanyoyi ne ke janyo beraye zuwa muhallin mu? *Tambayesu yadda suke zubar da ragowan abinci.*	Abin zuba shara wanda ke bude ko yacika makil, kan iya janyo bera a gidajen mu. Ako da yaushe ake rufe abin tara shara, kuma a zubar kafin ya cika. A tanadar da wajen zuba shara a cikin anguwnanni nesa da gidaje. A tsaftace wajen zuba sharan bisa tsari.
Me ya kamata mutum yayi idan ya kashe bera?	Ana iya kamuwa da zazzabin Lassa daga mutacce bera, a tabbatar an tona rami a binne shi. • A lura sosai wajen kawar da bera kar a taba da hanu • Ayi anfani da safar hanu ko leda da abun tono donmin binne bera. • A tabbatar an wanke hannu da ruwa da sabulu bayan an kawar da bera. • A wanke duk inda bera ya taba da sabulu ko toka.
Ta ya ya al'umma zata kare kai daga kamuwa da wannan cutar?	Rashin daukan matakan kariya na sanya mu cikin hatsarin kamuwa da Zazzabin Lassa. Idan anga mai dauke da alamomin zazzabin Lassa a karfafa masa gwiwar zuwa asibiti nan take ko kuma asanar da kungiyar WDC ko jami'in kula da cututtuka masu yaduwa domin a killace shi har sai anyi masa gwaji. Mu nuna kauna ta hanyar karfafa wa juna zuwa asibiti.

Kira: Aguji tarayya da Bera! Hanya mafi inganci don kawar da bazzabin Lassa itace hana bera kusantar gidajen mu da abincin mu kuma adaina taba bera da hanu koda yamutu. Haka kuma ayi anmfani da matakan kariya wajen kula da me zazzabin Lassa. A kira 421 a layin airtel don Karin bayani akan zazzabin Lassa.

A tsabtace muhalli a kowane lokaci

A yawaita wanke hannaye da sabulu da ruwa mai tsabta

A dafa dukkan abinci sosai kafin a ci

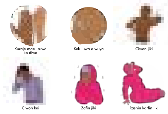
A dauki matakan kariya yayin kula da mai dauke da cutar

A zuba shara a cikin kwandon shara mai murfi

A daina yin jinya agida, a ziyar ci asibiti in ba lafiya

Jagoran wayar da kan al'umma game da cutar kyandar Biri (mpox)

Daukar Matakin da ya Dace kan Lokaci ga Mai Kyandar Biri (mpox)

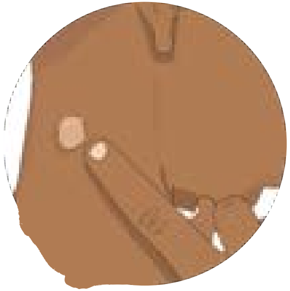


Manufar wannan Sako:

- Wayar da kan al'umma game alamomin kyandar biri
- Fahimtar da al'umma bukatar daukan matakin gaggawa wajen magance kyandar biri don dakile yaduwarta
- Sanar da al'umma cewa daukan matakin magance kyandar biri hanyace ta nuna kauna ga iyalai da alumma

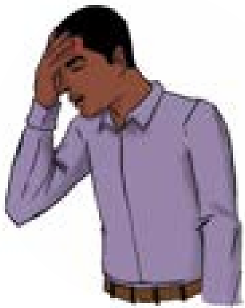
Tambaya	Amsa
Kun taba jin labarin wata cuta da ake kira kyandar biri (mpox)? *Idan sun taba ji tamabayesu alamominta da suka sani*	Kyandar biri (mpox) cutace da mutane ke dauka sakamakon cizo ko yaguni daga dabbobi kamar su bera, kurege da sauran namun daji Mutane ma suna iya yadata a tsakanin su.
Shin kun san alamomin cutan kyandar biri mpox)? *Idan sun sani tambayi alamomin ta* *Idan basu sani ba ,tambayesu ko sun taba jin labarin wadda ya kamu da ita a wannan yanki*	Babbar alamar cutar kyandar biri (mpox) itace fitowar kuraje a fuska, daga bisani su fito a sauran sassan jiki, musamman tafukan hannu da kafa. Galibi, kurajen suna kunshe da ruwa ko diwa. Yawanci mai cutar kyandar biri yana farawa ne da ciwon wuya. Sauran alamomin ta sun hada da zafin jiki, ciwon kai, gyanbo a cikin baki ko makogwaro, jan ido, ciwon baya, ciwon jiki da saurin gajiya.
Shin ko kun san yadda mutane ke kamuwa da cutar	Mutane na iya kamuwa da kyandar biri idan: • Suka taba dabba mai dauke da cutar kyandar biri (mpox) • Suka taba kuraje, ko yawu, ko jinin wanda ya kamu da cutan kyandar biri (mpox) • Mai cutar kyandar biri yayi tari ko atishawa a kusa da ku • An taba kaya, shinfidar gado da wasu wurare wanda me dauke da cutar (mpox) ya taba ko yayi amfani dashi. Muna iya yada cutar kyandar biri (mpox) tsakanin yan uwa da abokai. Saboda haka yazamo dole mu taimaka wa juna wajen daukan mataki cikin hanzari.

Kuraje masu ruwa ko diwa



Kaluluwa a wuya

Ciwon jiki



Ciwon kai

Zafin jiki

Rashin karfin jiki

Daukan matakin da yadace ga mai cutan Kyandar Biri (mpox)

Manufar wannan Sako:

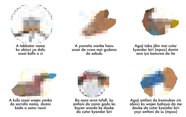
- Wayar da kan al'umma game da alamomin kyandar biri
- Fahimtar da al'umma kan cewar cutar kyandar biri nada matukar hadari.
- Fahimtar da al'umma cewa daukar matakin da yadace kan lokaci ka iya rage macemace daga kyandar biri

Tambaya	Amsa
Me yakamata mutum yayi idan yaga alamomin cutar kyandar biri (monkeypox)?	Idan ka lura da mai alamomin cutar kyandar biri (mpox) ka hanzarta zuwa asibiti mafi kusa domin magani. Yanada matukar amfani a hanzarta zuwa asibiti Saboda kar alamomin suyi tsanani kuma cutar ta kara yaduwa.
Ko kasan me zai faru idan ba a samu kulawa cikin hanzari ba wa me dauke da cutar kyandar biri (monkeypox)?	Wanda ke dauke da cutar kyandar biri na iya yada wa makusatan sa idan har be je asibiti ba a lokacin da ya fara ganin alamomim cutar. A tallafa wa masu dauke da alamomin cutar kyandar biri da su hanzarta zuwa asibiti.

Kira: A hanzar ta zuwa asibiti, da zarar an-fara jin alamomin cutar kyandar biri domin a fara magani kan lokaci.

ASIBITI

Matakan Kariya daga kamuwa da Kyandar Biri



Manufar wannan Sako:

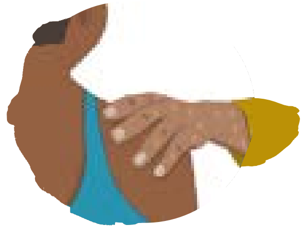
- A fahimtar da al'umma ababuwan da kan kara janyo yaduwar cutar kyandar biri (mpox).
- A ilimantar da al'umma gameda hanyoyin da zasubi wajen kare kansu daga kamuwa daga cutar kyandar biri (mpox).

Tambaya	Amsa
Ko kunsan yadda zaku kare kanku daga kamuwa da cutar kyandar biri (mpox)? *Tambaye su hanyoyin da zasu kare kansu.*	A rage mu'amala da mai dauke da cutar kyandar biri ko wanda ake zargin na dauke da ita, ko dabbobin da ka iya daukar cutar domin takaita yaduwar cutar. Adaina anfani da abubuwan cin abinci, kofi ko wajen bahaya, da mai cutar kyandar biri yayi anfani dasu. Idan har ya zamo dole ayi amfani da wajen bahaya tare da mai dauke da cutar, kamata yayi a wanke da sinadarin kashe kwayoyin cuta ko toka. Za a iya ware wa mai cutar kwanukan cin abinci kamar Kofi da faranti, kana ake wankewa aduk lokacin da yayi amfani dasu. Aguji amfani da tufafi, shinfidar gado da sauran su na mai dauke da cutar kyandar biri (mpox). A yawaita wanke hanu da sabulu ko toka a karkashin ruwa mai gudana musamman idan anyi mu'amula da mai cutar kyandar biri. A yawaita goge wuraren da ake yawan tabawa kamar hanun kofa, wayar hanu da sauransu da sinadarin kashe kwayoyin cuta. A wanke dukkan tufafi da kayan shinfidi da ake tunanin kwayoyin cutar ta yadu a kai. A sarrafa nama yadda ya dace, kana a dafa shi sosai kafin a ci.
Ta yaya al'umma zata hada kai domin kare kai?	Idan ana tunani wani na dauke da cutar kyandar biri a karfafa masa gwiwar zuwa asibiti nan take ko kuma asanar da kungiyar WDC ko jami'in kula da cututtuka masu yaduwa domin a killace shi har sai anyi masa gwaji. Mu nuna kauna ta hanyar karfafa wa juna zuwa asibiti.

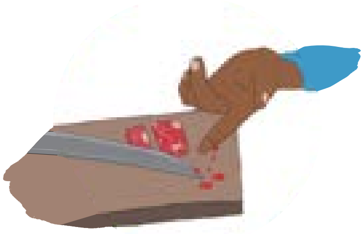
Kira: Yanada da muhimmanci a san alamomin cutar kyandar biri (mpox) a duk inda ake, sannan a tattauna alomomin ta a baiyene.

A tabbatar nama
ko abinci ya dafu
sosai kafin a ci

A yawaita wanke hanu
sosai da ruwa mai gudana
da sabulu

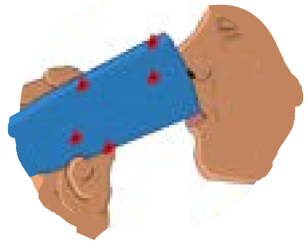


Aguji taba jikin mai cutar
kyandar biri (mpox) domin
ana iya kamuwa da ita



A kula sosai wajen yanka
da sarrafa nama, domin
kada a samu rauni

Ba ason aron tufafi, ko
amfani da zanin gado ko
kayan wanda ke dauke
da cutar kyandar biri



Aguji amfani da kwanukan cin
abinci ko wajen bahaya da me
dauke da cutar kyandar biri
yayi amfani da su (mpox)

Yadda Za a Rage Kyama Da Ake Nuna wa Mutanen Da Ke Dauke da Cuta

Yadda Za a Rage Kyama Da Ake Nuna wa Mutanen Da Ke Dauke da Cuta

Manufar wannan Sako:

- Fahimtar da al'umma cewan wanda ya warke ko yake kan magani ba zai yada cutar ba.
- Nuna tausayi ga wadanda su ka kamu da cuta mai yaduwa.
- Karfafawa wa masu dauke da cuta mai yaduwa domin sun kammala shan magani.

Tambaya	Amsa
Yaya al'ummar wannan yanki ke mu'amalantar masu dauke da cututtukan da ke yaduwa? *Tambayasu dalilan dayasa su ke mu'amalantar su haka?*	Mafi yawancin cututtuka, ana iya warkewa, saboda haka, a karfafa wa ma su dauke da cuta su yi gaggawan zuwa asibiti domin samun kulawa cikin lokaci. Da zaran sun fara jinya kar a kyamace su ko a tsangwame su. Wasu lokutan, rashin fahimtar cuta, yakansa al'umma su muzanta wa masu dauke da ita, saboda tsoro, amma da zaran mai dauke da cutar yana kan magani na wani lokaci ko in ya warke, ba zai yadata ba. Kamar yadda ciwon kai ke iya kama kowa, haka ma cututtuka masu yaduwa ke iya kama kowane mutum.
Me ka iya faruwa idan aka nuna kyama ko kunyata mai dauke da cuta mai yaduwa ko wa yan uwan sa?	Nuna kyama ko tozarta masu dauke da wata cuta na iya sa su boye cutar, ko nisantar jama'a ko jinkirta neman magani koma su daina shan maganin da suke kai. Yin haka na da illa ga al'umma, saboda wadanda ba su nemi kulawa ba, ko kuma ba su kammalla shan maganin ba, suna iya yada cutar ga sauran jama'a. Amma wandanda suka warke ba za su iya yada wannan cutar ba

Yadda Za a Rage Kyama Da Ake Nuna wa Mutanen Da Ke Dauke da Cuta

Manufar wannan Sako:

- Fahimtar da al'umma cewan wanda ya warke ko yake kan magani ba zai yada cutar ba.
- Nuna tausayi ga wadanda su ka kamu da cuta mai yaduwa.
- Karfafawa wa masu dauke da cuta mai yaduwa domin sun kammala shan magani.

Tambaya	Amsa
Tayaya za mu taimaka wa masu dauke da cuttutuka domin tafiyar da rayuwar su kamar yadda su ka saba? *Tambayesu yadda za a iya karfafa wa mutanen da suka warke ko wadanda suke kan magani.*	Yayin da mutane ke fama da rashin lafiya, ya na iya hana su zuwa aiki akai akai, rasa abokan su, da kuma fama da rashin kudi, da raguwar mu'amala. Kuma basa iya cin abinci yadda ya kama ta. Al'umma tana iya taimakawa wajen ziyartarsu domin jin cewar an damu dasu. Har ila yau, takuma taimaka wa kasuwancin su, ko sana'ar su ta yin musu ciniki. Su na iya musu gudumawar abinci ko kayan marmari domin su samu karin kuzari sannan su kara musu karfin gwiwa ta yadda zasu kammala shan magani.
Me al'umma za su iya yi domin tabbatar da sun kammalla shan magani. *Tambayesu karin wasu hanyoyi da al'umma zasu iya karfafa wa ma su dauke da cututtuka dake yaduwa domin kammala shan magani.*	Yayin da marar lafiya ke fama da jinya, tsawon lokacin shan magani da warkewa ya dangan tane da irin cutar. Masu kula da majinyata, da al'umma gaba daya, kan iya samun ilimi na mussamman da kwarewa wajen taimakawa wadanda ke fama da rashin lafiya yayin da suke murmurewa ta hanyar ziyartar su, da karfafa musu gwiwa domin su cigaba da shan magani. Yana da kyau yan uwan majinyata su san adadi da tsawon lakacin da dan uwansu zai sha magani kamar yadda aka rubuta. Mun gode da kasancewar ku al umma na kwarai.

Kira: **Idan kun san wadanda ke fama da cutar da a ke iya kamuwa da ita, ku tallafa mu su ku kara musu karfin gwiwa.**

Rigakafi Domin Kariya Daga Kamuwa da Cututtuka

Manufar wannan Sako:

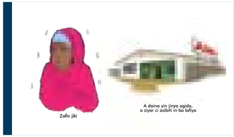
- Domin a samu karin masu karbar rigakafi.
- Domin a Samun karin amincewa da yin rigakafi.
- Sanar da al'umma wurin da zasuje ko lambar daza a kira domin yin rigakafi.
- Sanar da al'umma ingantatun hanyoyin yin rigakafi.

Tambaya	Amsa
Shin akwai wasu hanyoyin da za mu iya kare kan mu da daukacin al'umma?	Rigakafi na daya daga cikin hanyoyin da zamu kare kawunan mu da al'ummar mu. Ta hakane, yara da manya zasu samu kariya daga cututtukan da ake musu rigakafi kamar cutar sankarau, da Korona wanda galibinsu kyauta ne.
Kun samu kariya daga cutar Korona da sauran cuttutuka?	Ana samun maganin rigakafi koda yaushe a asibiti mafi kusa da ku. Ya na da muhimmanci ku tsara lokacin da za ku je asibiti domin karbar rigakafin Korona domin kare kan ku, iyalen ku da sauran al'umma. Ga mai bukata, zan iya ba da katin turawa asibiti domin samun rigakafin Korona kyauta.

Kira: Ku kare kan ku da makusantan ku. A ziyarci asibiti mafi kusa domin karbar rigakafi. Domin karin bayani ku na iya kiran 7722

Tunatarwa: *Ku ba da katin turawa asibiti ga wanda ke son karbar rigakafi a asibiti mafi kusa. Kuma a saurari jita-jita yayin da ake tattaunawa, a rubuta a kan takkadar M&E.*

Daukan Matakin da Yadace ga mai Dauke da Cuta



Manufar wannan Sako:

- Fahimtar da al'umma alamomin cututtuka masu yaduwa.
- Kara fahimtar da al'umma muhimmancin daukar matakin da yadace da zaran anga alamun cuta musamman zazzabi.

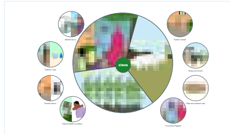
Tambaya	Amsa
Ko zaku iya bamu misalai na cututtukan da aka fi samu a wannan yanki? A saurara ko zasu ambaci zazzabin Lassa, shawara, da kyandar biri (monkeypox) etc musamman da sunayen da akafi sanin su	Zazzabin cizon sauro, amai da gudawa, pneumonia, typhoid, zawo, tarin fuka, zazzabin shawara, da shartuwa
Wadan ne alamomi aka fi gani? *Tambaye su tasu fahimtar game da alamomin*	Wasu daga cikin alamomin sun hada da zafin jiki, zawo, rashin karfin jiki, ciwon kai, ciwon jiki, ciwon makogwaro da tari Wadan nan alamomin na rashin lafiya.
Me zaku iya gayama wanda ya nuna alamomin cuta me yaduwa?	Kasan cewar alamomin cututtuka suna kama da juna, yana da muhimmanci a ziyarci asibiti cikin hanzari domin samun kulawa. Idan an fara jin zazzabi, jiki na kokarin kawar da kwayar cutar ce, sai ayi hanzarin zuwa asibiti don samun kulawa.

Kira: A ziyarci asibiti cikin hanzari da zaran anji alamun cuta mai yaduwa

Zafin jiki

A daina yin jinya agida,
a ziyar ci asibiti in ba lafiya

Tsaftar Jiki da Muhalli

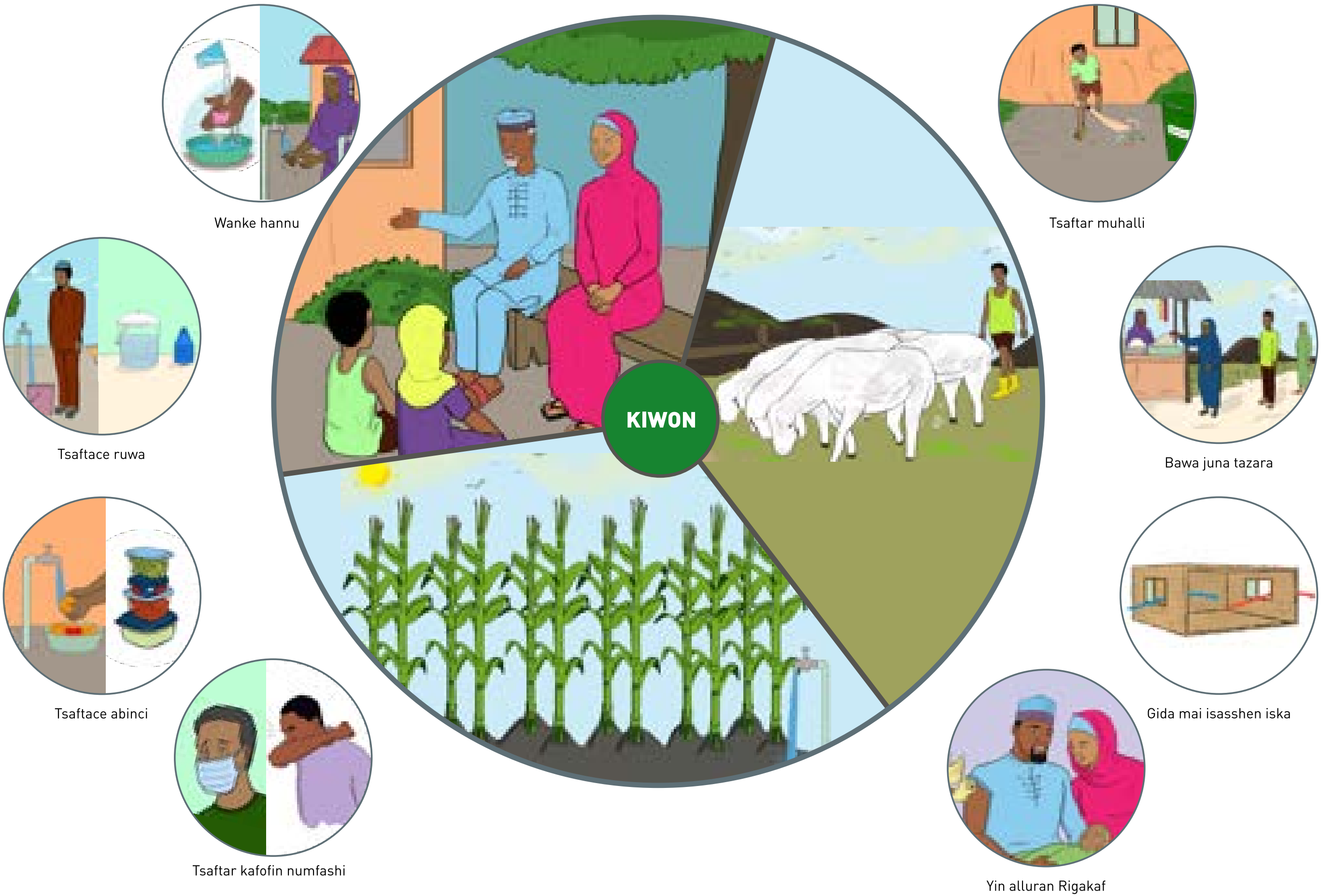


Manufar wannan Sako:

Fahimtar da al'umma cewa tsaftar jiki da muhalli na iya kare yaduwar cututtuka.

Tambaya	Amsa
Wadan ne matakai zamu dauka domin kare kawunan mu, iyalan mu, dabbobin mu da ma al'umma gaba daya daga cututtuka masu yaduwa?	Tsaftace jiki da muhalli, yana kare mu da iyalan mu daga cututtuka masu yaduwa. Gawasu dabi'u da akeso mu aiwatar domin samun kariya daga cututtuka masu yaduwa: • Yawaita wanke hanu da sabulu ko toka da ruwa mai gudana musamman kafin da bayan dafa abinci, cin abinci, bayan fitowa daga ban daki, taba dabbobi da marar lafiya. • Ayi anfani da ruwan da aka tafasa ko aka sa sinadarin kashe kwayoyin cuta. Ake adana ruwan a mazubi mai marfi. • A wanke dukkan kayan abinci da ruwa mai gudana kafin ayi amfani dashi. • Adafa abinci da kyau kafin aci. • A adana kayan abinci a mazubi da iska bazai shiga ba don gudun kada kwari ko sauran dabbobi su lalata shi misali Bera. Ayi amfani da takunkumin fuska sa'annan ayi attishawa ko tari a cikin gwiwar hanu tare da wanke hannu take yayin da bamu da lafiya ko muna tare da marar lafiya • Ayayin da ake tari ko aka ga kuraje ajiki, ake bada tazara domin gudun yada wa jama'an dasuke kusa. Aguji taba matatciya ko dabbar da bata da lafiya. A kebance wajen kiwo da yanka dabbobi. • A yawaita shara da tsaftace muhalli har da tiken dabbobi domin gudun yaduwar cututtuka. • Ayiwa mutane da dabbobi rigakafi bisa tsarin kasa domin kauce wa yaduwar cututtuka masu yaduwa. Domin kare kan mu da makusanta mu daga cututtuka masu yaduwa. • Zubar da shara tare da biso ta hanyar dayace ka iya kare lafiyarmu da al'umar mu

Kira: Samun ingantacciyar lafiyar al'umma nauyi ne da yarataya akan kowa. Yawaita tsaftar jiki da muhalli, hakan bazai samu ba har sai al'umma ta rungumi akidar tsaftar jiki da muhalli.


KIWON
Wanke hannu
Tsaftace ruwa
Tsaftace abinci
Tsaftar kafofin numfashi
Tsaftar muhalli
Bawa juna tazara
Gida mai isasshen iska
Yin alluran Rigakaf

Notes

Notes

Mu Hada Kai,
Don Inganta Lafiyar Mu!