

Women doing their washing in a river in which two men urinate and defecate: preventing typhoid in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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HOMA YA MATUMBO HUUA!!!!

JKINGE NA FAMILIA YAKO



DALILI ZA UGONJWA HUU.

- ▶ Joto mwilini
- ▶ maumivu ya misuli
- ▶ uchovu
- ▶ maumivu ya tumbo
- ▶ kuhara
- ▶ kutapika
- ▶ kufura tumbo
- ▶ kuumwa na kichwa

JINSI YA KUZUIA . USAFI

- ▶ Kunywa maji yaliochemshwa
- ▶ Osha matunda vizuri kabla ya kula
- ▶ Hakikisha vyombo vya kupakulia ni safi
- ▶ Osha mikono kabla ya kula,
- ▶ Tumia choo kila mara
- ▶ Osha mikono baada ya kutumia choo
- ▶ Nenda hospitali mara moja endapo unahisi ugonjwa

KUMBUKA: Homa ya matumbo inaua lakini
inaweza kuzuiliwa, kwa maelezo
zaidi.....

