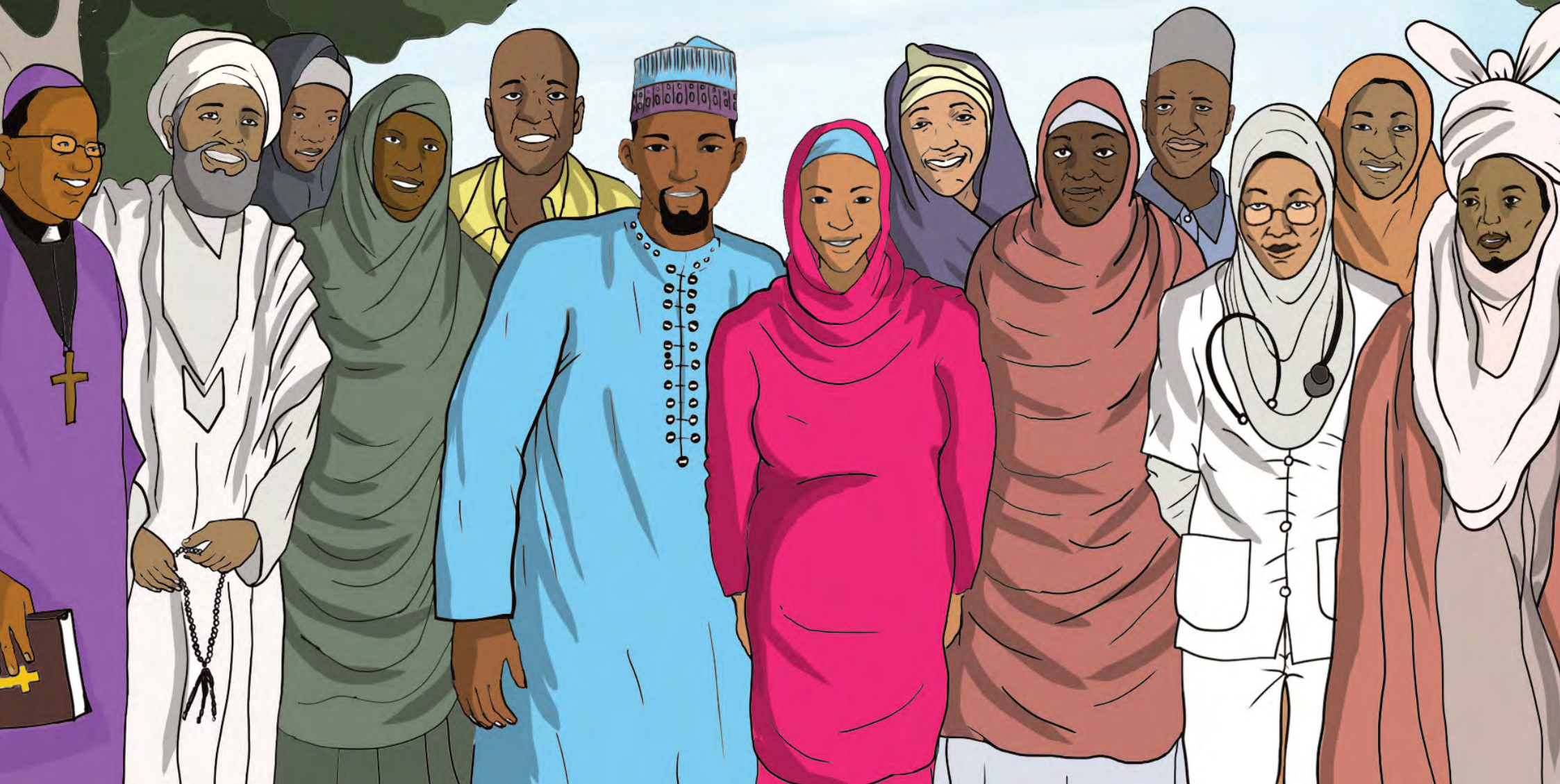


Jagoran Tattaunawa a Cikin Al'umma



Yanda za'ayi amfani da wannan Jagoran tattaunawa

Wannan jagoran tattaunawa ga masu wayar da kai, kwamitin cigaban mazaba/gunduma da sauran ma'aikatan sakai domin tattaunawa da al'umma alokacin da ake aiwatar da ayyukan wayar dakan al'umma. Misali: Ayukkan garuruwa masu nisa, Taron al'ummar gari, tarukan kasuwanni, da sauransu.

Ayyukan kashi na biyu na BA-N, masu wayar dakai zasu maida hankali ga halayyar lafiya daya wadda tafi damu al'umma a kowane lokacin da zasu gabatada aikin wayar dakai (wannan ya kunshi sauran darussan dake karkashin wannan darasi) dai-dai kun masu saurare.

Tambayoyin da mai wayar dakai ya keyi yanayinsu ne domin jagorantar masu sauraro wurin tattaunawa kuma masu wayardakai zasu sarrafasu ne yanda ya dace da tattaunawar.

A kowane zama, mai wayardakai zai gabatar da kansa da kuma kungiyar Breakthrough ACTION Nigeria kafin fara gabatar da aikinsa.

A karshen tattaunawar, masu wayarda kai zasu mai-maita darussan da aka tattuna a takaice tareda bada karfi akan matsalolin kiyon lafiyar da sukafi damun al'umma

Gabatarwa

Gaisuwa...(Barka da Asuba/Barka da Rana/Barka da Yamma).

Suna na

Ni ma'aikacin sa kai ne a cikin al'umma kuma mamba acikin kungiyar cigaban mazaba/gunduma da ke aiki da Karamar Hukumar [SUNA] tare da hadin gwiwar Shirin Breakthrough ACTION-Nigeria.

Shirin Breakthrough ACTION-Nigeria yana aiki da Jihohi da Kananan

Hukumomi domin inganta lafiyar iyaye mata da kananan yara.

Daya daga cikin ayyukan da kungiyar Breakthrough Action Nigeria keyi shi ne, kai ziyara ya zuwa kauyuka da garuruwa inda take tattaunawa da maza da mata akan abubuwan da zasu iya aiwatarwa da kansu, domin kyautata lafiyansu dama al'umma baki daya.

Mata masu juna biyu su gaggauta zuwa awo kuma su sha maganin kariya daga zazzabin cizon sauro



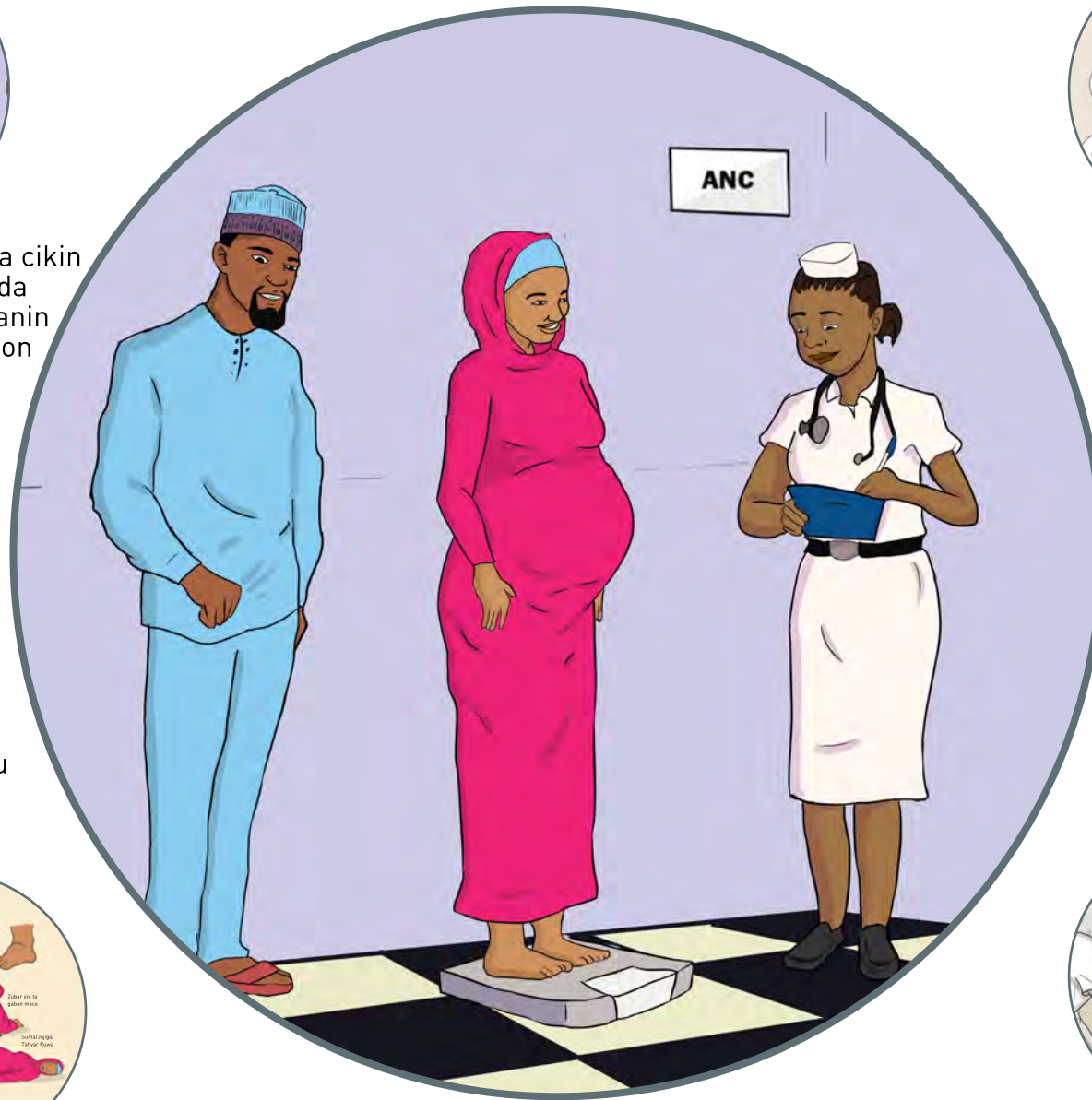
Mace mai juna biyu ta kwana cikin gidan sauro mai dauke da magani kuma tasha maganin kariya daga zazzabin cizon sauro wato (IPTp)



Cin Isasshen abinci mai inganci alokacin juna biyu



Gano alamomi masu hatsari lokacin juna biyu



Shiri domin haihuwa



Tattaunawar ma'aurata



Neman goyon bayan magidanta

Mata masu juna biyu su gaggauta zuwa awo kuma su sha maganin kariya daga zazzabin cizon sauro

Tambayoyi	Bayanai/Amsoshi
<p>Q1a. Ko kun saurari sako akan awun juna biyu?</p> <p>Q1b. ko zaku fada mana abubuwan da kuka koya a cikin sakon?</p> <p>Q1c. Mi yafi burgeku acikin sakon?</p>	<p>A saurari amsoshin da zasu bayar kuma a karfafa masu guiwa domin bayar da amsoshin da suka dace</p>
<p>Q2a. Wadanne matsaloli ne sukafi damun mata a lokacin da suke da juna biyu?</p> <p>Q2b. Wadanne hanyoyi ne zamubi domin gano wadannan matsaloli da kuma kare faruwarsu acikin lokaci?</p>	<p>A2a. Akwai matsaloli da yawa, amma kadan daga cikin wadanda kuka zayyana sun hada da:</p> <ul style="list-style-type: none"> • Karancin jini • Zubewar ciki • Jijjiga a lokacin juna biyu (Eclampsia) • Haihuwar jaririn da lokacin haihuwarshi bai yiba ko Haihuwar jariri dan karami • Mutuwar jajirin dake a cikin uwa <p>B2a. Fara zuwa awun ciki tunda farko da kuma kammala ziyarar awon cikin kafin haihuwa.</p>
<p>Q3. Me ya sa ake son mai dauke da juna-biyu ta je asibiti wajen awun ciki?</p> <p>A gagguta turawa zuwa asibiti</p> <p>Idan zai yiwu, akwai bukatar:</p> <ul style="list-style-type: none"> - Mace mai juna biyu da bata zuwa awon ciki. - Mace mai juna biyu da take da zazzabi ko daya daga cikin alamomi masu hatsari. <p>A rakata kowace mace mai juna biyu zuwa assibiti.</p>	<p>A3. Zuwa awon cikin yana baiwa mai juna biyu damar sanin lafiya da kuma girman juna biyun ta, Kowace mai juna biyu ya kamata taje awu akalla sau takwas kafin haihuwa. A wannan lokacin, zata koyi duk ababen da akeso tayi domin lafiyarta da kuma samun haihuwa cikin sauki. Wannan ya kunshi:</p> <ul style="list-style-type: none"> • Bacci a cikin gidan sauro mai magani domin kariya daga kamuwa da zazzabin cizon sauron, ta hanyar kaucewa cizon sauro. • Sha maganin IPTp domin kariya daga zazzabin cizon sauro • Samun abinci mai inganci tahanyar hada nau'ukan abinci hudu. • Gano alamomi masu rikitarwa kafin su zamo masu hatsari domin kare uwa da juna biyunta daga fadawa cikin hatsari • Shirin haihuwa domin tabbatar da haihuwa lafiya. • Ma'aurata su yanke shawara tare gameda juna biyu, lafiyar uwa data jaririnta. • Yakamata maza su tallafawa matansu da sauran iyalai alokacin haihuwa, tahanyar rakasu zuwa awon ciki. • Tattaunawar ma'aurata. Ma'aurata su yanke shawara tare gameda juna biyunsu, lafiyar uwa data jaririnta. • Tallafawar mazaje gameda abinda ya shafi juna biyu. Yakamata maza su rinka raka matansu wurin awon ciki.

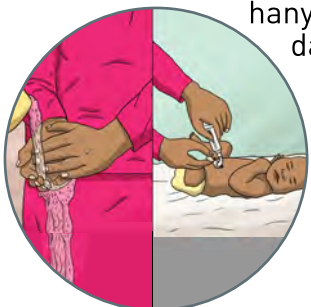
Mai juna biyu ta haihu a wajen kwararrun ma'aikatan kiyon lafiya a asibiti



Dumama jikin jariri ta hanyar hada jikinsa da na uwarsa



Kula da lafiyar uwa bayan haihuwa



Kulawa da lafiyar cibi tahanyar amfani da maganin (Chorhexadine)



Amfani da dabarun tazara bayan haihuwa domin samun tazarrar iyali



Yin rigakafi lokacin da aka haihu,



Tattaunawar ma'aurata



Fara bayar da nonon uwa da kuma bayar da nonon uwa zalla har na tsawon watanni shida,



Tallafawar magidanta



Mai juna biyu ta haihu a wajen kwararrun ma'aikatan kiyon lafiya a asibiti

Tambayoyi	Bayanai/Amsoshi
<p>Q1a. Ko kun saurari sako akan muhimmancin haihuwa wajen kwararrun jami'an lafiya masu karbar haihuwa</p> <p>Q1b. Ko zaku fada mana abinda kuka koya?</p> <p>Q1c. Me ya burgeku acikin wannan sakon?</p>	<p>A saurari amsoshin da zasu bayar kuma a karfafa masu guiwa domin bayar da amsoshin da suka dace</p>
<p>Q2. Me yasa yake da muhimmanci ga mai juna biyu ta haihu akarkashin kulawar kwararrun jami'an lafiya?</p>	<p>A2. Kowacce haihuwa tanada hatsari koda babu wata matsala alokacin juna biyu. Kwararren ma'aikacin kiyon lafiya shi ne wanda aka baiwa horo domin kula da mai juna biyu acikin assibiti domin a channe suke da kayan aiki na musamman domin kare lafiyar mai juna biyu da jaririnta.</p>
<p>A gagguta turawa zuwa asibiti</p> <ul style="list-style-type: none"> - Duk mai juna biyun da take da alamun nakuda. - Mace mai sabuwar haihuwa da take zubar jini mai tsanani bayan haihuwa koda tasha kwayun dakatar da jini wato (misoprostol). - Jajiri sabon haihuwa dabai karbi rigakafin farko ba. 	<ul style="list-style-type: none"> • Fata da Fata: Dazaran an haihu, sai a saka jariri a kirjin mahaifiyarshi kuma a rufeshi har tsawon awa daya, wannan zai taimakawa jaririn ya saba da yanayin waje kuma ya samu dimin da ya dace. • Kulawa da lafiyar cibi. Ashafa maganin Chlorhexidine ga cibiya domin kariya ga cutukka da Kuma saurin warkewa. • Riga-kafin da ake yiwa jarirai dazaran an haifesa yana inganta garkuwar jikinsu wurin fada da cuttutuka masu kisa da sauran illoli. Yana Kuma taimakawa yara su tashi cikin koshin lafiya da kuzari. • Bawa yara nonon uwa dazarar an haifesa dakuma basu nono zalla har tsawon wata shida: Matan da suka haihu ana bukatar su gaggauta baiwa jariransu nono acikin awa daya ta farko bayan haihuwa. Nonon uwa na farko yana dauke da dukkan sinadaran da jariri yake bukata kuma yana baiwa jariri kariya daga cututtuka. Uwaye suci gaba da baiwa jariransu nono har tsawon wata shida ba tare da sun hada da ruwa ko wani abinci ba. • Ziyarar bayan haihuwa naba ma'aikatan kiyon lafiya damar su duba lafiyar uwa da jaririnta kuma su tabbatar suna cikin koshin lafiya. Ana wannan ziyarar ne kwana 1 bayan haihuwa da kwana uku da sati 1 da kuma bayan sati 6 bayan haihuwa. • Yin tazarar bayan haihuwa yana taimakawa mace samun wani juna biyu bayan jikinta ya gama murmurewa daga wahalhalun juna biyun da ya gabata. Yakamata mace ta jinkirta akalla shekaru biyu bayan haihuwa kafin samun wani juna biyu. • Yakamata ma'aurata su yanke hukunci tare gameda haihuwa a asibiti a karkashin kulawar kwararrun ma'aikatan kiyon lafiya. • Yakamata maza su tallafawa matansu da sauran iyalai alokacin haihuwa, tahanyar kwantarmusu da hankali alokacin nakuda da haihuwa da kuma fara shayar da yaro nono. • Tattaunawar ma'aurata. Ma'aurata su yanke shawara gameda Shirin haihuwa asibiti a karkashin kulawar kwararrun ma'aikatan kiyon lafiya. • Tallafawar magidanta. Yakamata maza su taimakawa matansu tahanyar rakasu asibiti lokacin nakuda da haihuwa.

Yara da manya su karbi cikakken riga-kafin da yakamata



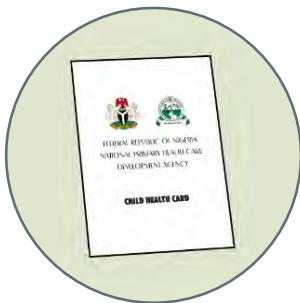
Tsarin rigakafi na koda yaushe



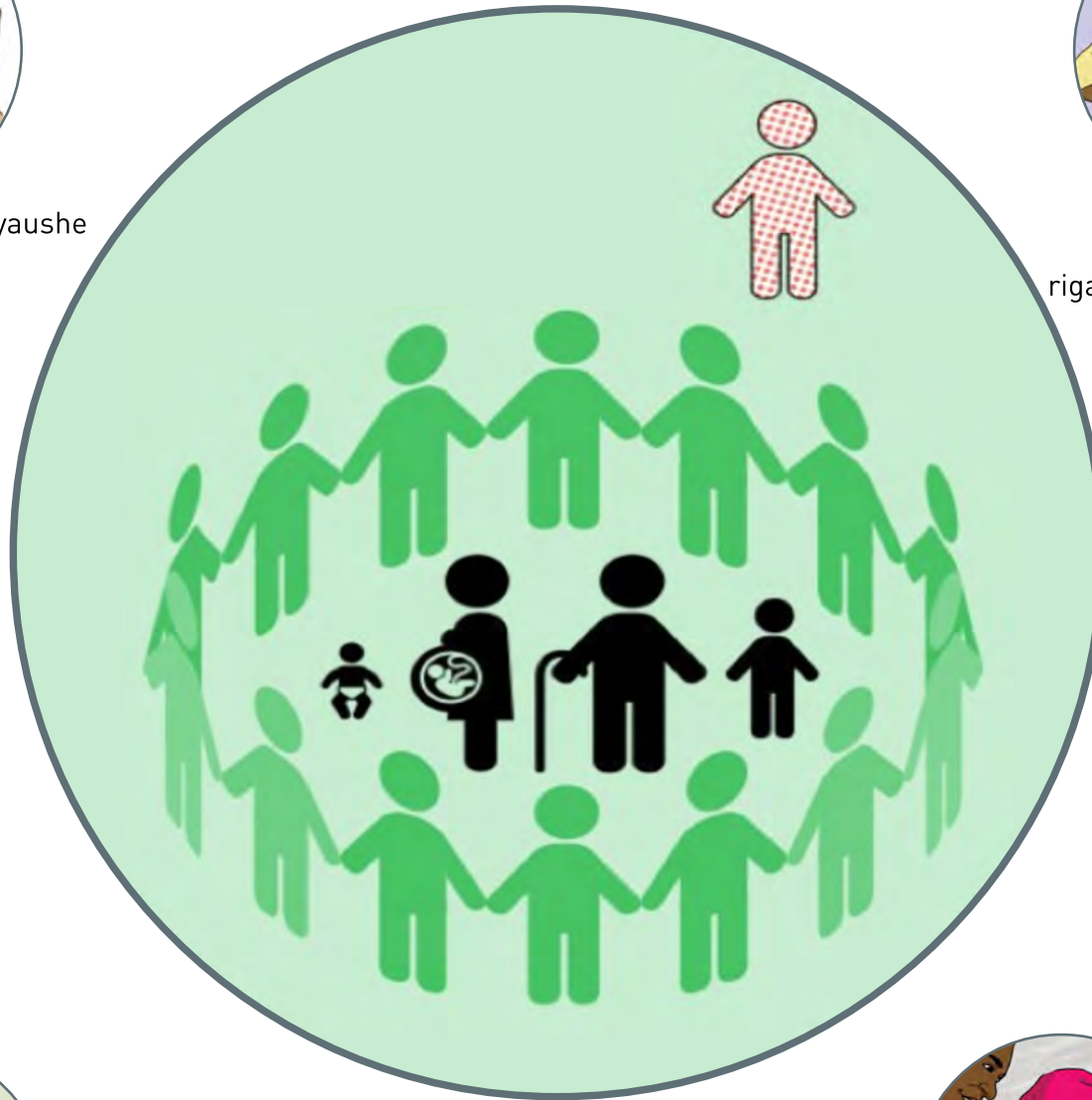
Tsarin rigakafi na koda yaushe



Rigakafin yara



Katin lafiyar yaro



Rigakafin manya – Uba yana karbar rigakafi alokacin kulawar bayan haihuwa



Rigakafin manya – Mace sabuwar haihuwa



Tattaunawar ma'aurata

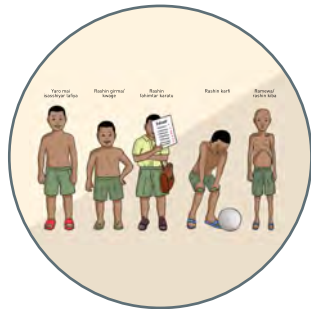


Tallafawar maza

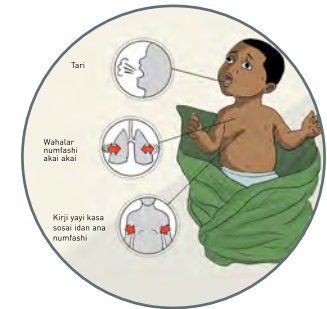
Yara da manya su karbi cikakken riga-kafin da yakamata

Tambayoyi	Bayanai/Amsoshi
<p>Q1a. Ko kun saurari sako akan rigakafin manya da yara a yau?</p> <p>Q1b. Ko zaku fada muna abinda kuka koya?</p> <p>Q1c. Me ya burgeku acikin wannan sakon?</p>	<p>A saurari amsoshin da zasu bayar kuma a karfafa masu guiwa domin bayar da amsoshin da suka dace</p>
<p>Q2a. Me yasa yake da muhimmanci ayiwa manya da yara rigakafi?</p> <p>A gagguta turawa zuwa asibiti</p> <ul style="list-style-type: none"> - Duk yaron da ba'a taba yiwa rigakafi ba ko bai cika tsarin Rigakafi dai-dai da shekarun shi ba. - Kowane mutun dan shekaru 18 ko sama da haka wanda bai karbi rigakafin Corona ba. 	<p>A2. Idan aka karbi rigakafi a kowane mataki na rayuwa, zai rage yaduwun cutuka da mace-macen dake faruwa sanadiyyar cutukan da ake iya karewa. (Misali ciyon Shan Inna, kyanda, da CORONA).</p> <p>Rigakafi yana inganta rayuwa ya kuma sanya manya da yara su kasance cikin koshin lafiya. Idan yara da manya suka samu riga-kafi sun samu kariya daga dukkan cutuka masu hatsari kuma wannan zai taimaka wajen kare yaduwun cutukan a cikin al'umma.</p> <p>Rigakafin bayada matsala kuma koda wanda akayiwa ya sami zazzabi. Wannan ya nuna maganin yana aiki</p> <ol style="list-style-type: none"> 1. Ana bukatar a kai yaro asibiti domin karbar riga-kafi dazarar an haifeshi, sai idan yakai sati 6 da idan yakai sati 10, sai idan yakai sati 14, sai idan yakai wata 6, sai wata 9, sai wata 12, sai wata 15, sai shekara 9 zuwa 13. 2. Katin lafiyar yaro yana nuna ainihin kwanan watan da yakamata a maida yaro asibiti da kuma riga-kafin da yakamata ya karba a kowane mataki. Iyaye su tabbatar sun tafi da katin yaro a asibiti a kowace ziraya. 3. Rigakafin CORONA bayada hatsari kuma yana da inganci wurin bada kariya daga cutar CORONA. Yakamata kowane mutun (Dan shekara 18 zuwa sama) ya karbi rigakafin CORONA, wannan ya kunshi mata masu juna biyu, masu shayarwa da tsofaffi. 4. Ma'aurata su yanke shaware tare akan riga-kafin yaransu da kuma wanda ya kamata su iyayen su karba 5. Tallafawar magidanta: Yanada muhimmaci magidanta su taimakawa matansu da saura iyalai domin tabbatar da sun karbi rigakafi tahanyar zuwa cibiyar kiyon lafiya tare da yara.

Masu kula da yara su gaggauta neman agaji akan cutukan yara



Samarda abinci mai gina jiki ga yara: Alamomin Tamowa



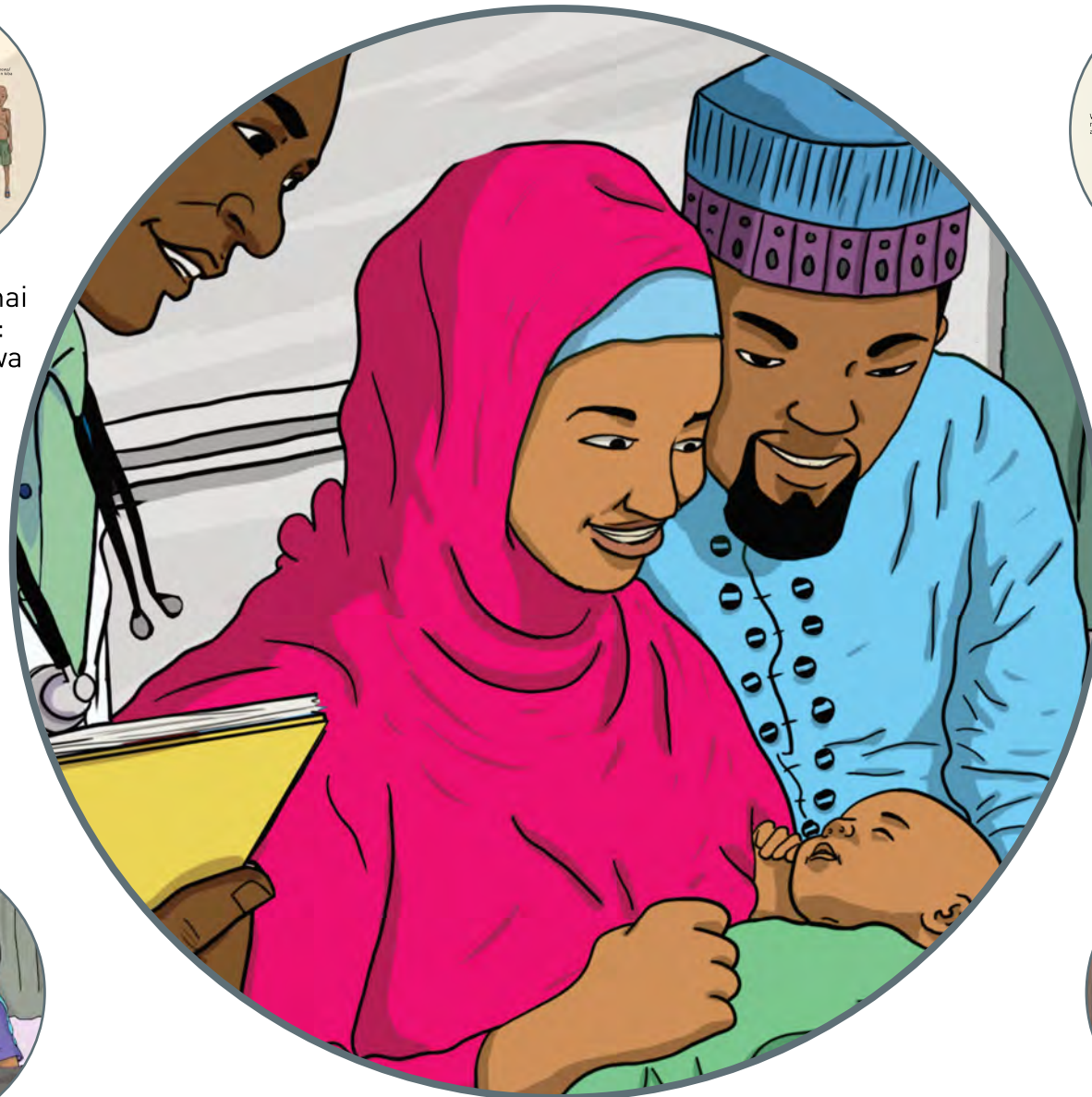
Alamomin cutar numfashi



Gwajin zazzabi da kuma bayar da magani dai-dai



Magance gudawa ta hanyar amfani da maganin ORS/Zinc



Tattaunawar ma'aurata



Tallafawar magidanta

Masu kula da yara su gaggauta neman agaji akan cutukan yara

Tambayoyi	Bayanai/Amsoshi
<p>Q1a. Ko kun saurari sako akan gaggauta neman agaji akan cutukan yara yau?</p> <p>Q1b. Ko zaku fada mana abinda kuka koya?</p> <p>Q1c. Me ya burgeku acikin wannan sakon?</p>	<p>A saurari amsoshin da zasu bayar kuma a karfafa masu guiwa domin bayar da amsoshin da suka dace</p>
<p>Q2a. Me yasa yake da muhimmanci ga masu kula da yara su gaggauta neman agaji akan cutukan yara?</p> <p>A gagguta turawa zuwa asibiti</p> <ul style="list-style-type: none"> - Duk yaron da akayiwa gwaji da ma'aunin tamowa na MUAC wanda ya nuna kalar JA - Duk yaron da yake da zazzabi - Duk yaron da yake tari ko matsalar numfashi - Duk yaron da yake gudawa mai tsanani 	<p>A2. Masu kula da yara su tabbatar da jarirai da kananan yara suna samun isasshen abinci mai inganci. Su nemawa yara taimakon gaggawa akan kowane rashin lafiya nan take kafin ya tsananta. Kadan daga cutukan da yakamata masu kula da yara su bawa muhimmanci sun hada da:</p> <ul style="list-style-type: none"> • Alamomin cutar tamowa. Idan yaro baya samun ingantaccen abinci mai gina jiki, yakan zamo marar jiki, wani lokaci ma har kasusuwan hakarkarinsa/awazu sukan nuna, damtsen sa sukan kasance sirara kuma 'yan gajeru ba kamar na tsaransa ba, yakan sami saurin gajiyar kuma yana yawan kuka, yakan yawaita laulayi kuma fatar jikinsa takan kasance a bushe kuma yakan samu wahalar fahimta da gane karatu. Ciwon tamoowa kan kai ga mutuwa idan ba a dauki matakin gaugawa ba. • Zazzabi. Ba kowane zazzabi ne Malaria ba. Akwai rashin lafiya da yawa dake zuwa da zazzabi, kamar mura, gudawa, ko ciyon kunne. Hanyar da za'a tabbatar da cutar zazzabin cizon sauro (malaria) itace ta hanyar gwaji da (RDT) ko awon jini na (Microscopy). Idan ya nuna akwai zazzabin cizon sauro wato (Maleriya), to sai ayi amfani da maganin (ACT) • Gudawa. Yaro yana rasa ruwan jikinsa a lokacin da yake gudawa musamman idan yana yinsa sau uku ko fiye da haka a yini. Gudawa nada hatsari ga yara 'yan kasa da shekara 5. A bawa yaro maganin ORS da kwayar Zinc da kuma nonon uwa idan har yanzu ana shayar da yaron. • Alamomin Cutar Mura: Idan yaro yana tari da sauri ko yana tari ba dai-dai ba tare da zazzabi. To zai iya kasancewa tarin Nimoniya ne wanda yake bukatar kulawar kwararren ma'aikacin lafiya. • Tattaunawar ma'aurata. Maza su tattauna da matansu domin tabbatar da yaransu na bacci cikin Gidan sauro mai magani a kowane dare, kuma su nemi taimakon da ya dace a assibiti a duk lokacin da yara suka kamu da wata matsala. • Tallafawar magidanta. Magidanta su tabbatar matansu na cin abinci mai inganci a lokacin da suke da juna biyu, su samawa yaransu abinci mai inganci kuma su tabbatar sun nemi taimakon ma'aikacin lafiya idan mata ko yara basu da lafiya ko idan suna da wata bukata.

Maza da mata suyi amfani da dabarun tazarar haihuwa na zamani domin samun tazarar iyali



Iyaye mata zasu sami isasshen lokacin hutawa kuma su murmure daga wahalhalun haihuwa kafin sake samun wani juna biyu



Ma'aurata su nemi tazarar bayan haihuwa domin samun tazarar iyali



Iyaye mata zasu sami damar ci gaba da neman ilimi



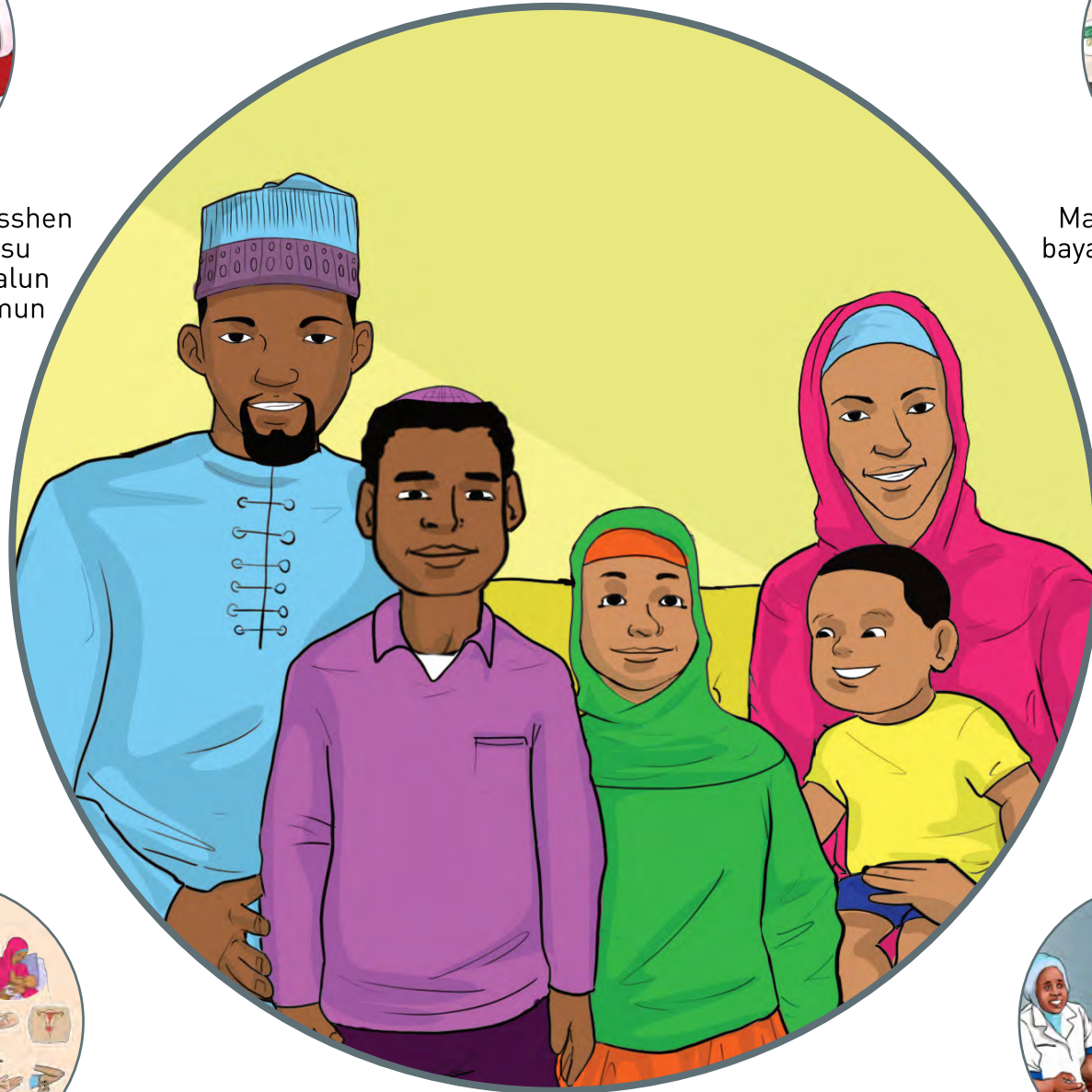
Tattaunawar ma'aurata



Hanyoyin tazarar haihuwa



Tallafawar magidanta



Maza da mata suyi amfani da dabarun tazarar haihuwa na zamani domin samun tazarar iyali

Tambayoyi	Bayanai/Amsoshi
<p>Q1a. Ko kun saurari sako akan amfani da dabarun tazarar haihuwa a yau?</p> <p>Q1b. Ko zaku fadi abinda kuka koya a cikin wannan sakon</p> <p>Q1c. Me ya burgeku a cikin sakon?</p>	<p>A saurari amsoshin da zasu bayar kuma a karfafa masu guiwa domin bayar da amsoshin da suka dace</p>
<p>Q2a. Me yasa yake da muhimmanci ga maza da mata suyi amfani da dabarun tazarar haihuwa?</p> <p>A gagguta turawa zuwa asibiti</p> <ul style="list-style-type: none"> - Mace sabuwar haihuwa, ma'aurata da sauran mata wadanda basa da juna biyu a halin yanzu na bukatar bayarda tazara tsakanin yaransu. 	<p>A2. Lafiyar mace tafi inganta idan ta samu juna biyu a lokacin da jikinta zai iya jure ma canje-chanjen juna biyu a lokacin da take tsakanin shekaru 18 zuwa 35. Idan mace ta haihu, lafiyarta tafi inganta idan ta samu wani juna biyu bayan da jikinta ya gama murmurewa daga waharhalun juna biyun da ya gabata. zaifi kyau ga mace da yaronta idan ta samu hutun akalla shekara biyu kafin samun wani juna biyu.</p> <ul style="list-style-type: none"> • Amfanin tazarar haihuwa: Idan iyali suka bada tazara tsakanin yaransu, Uba, mata, yara da sauran al'umma duka zasu amfana. Zasu kara samun lokaci, tattalin arzikinsu zai kara bunkasa kuma yara zasufi samun damar rayuwa. • Hanyoyin tazarar haihuwa: Akwai hanyoyin tazarar haihuwa da dama wanda ma'aurata zasu iya amfani dasu wurin takaita ko kaucewa samun juna biyu a mata kai daban-daban. Wadannan hanyoyi basu da hatsari, suna da inganci kuma ana iya dakatar dasu domin cigaba da samun haihuwa in banda hanya ta din-din-din. • Bada tazara bayan haihuwa: Uwa na iya samun juna biyu kafin jikinta ya gama murmurewa bayan ta haihu. Zata iya samun matsala da juna biyun saboda bata karasa samun lafiya ba. Kuma zata fuskanci kalu-bale wurin shayarda jaririnta nono da kuma kulawa dashi idan ta sake samun juna biyu cikin shekaru biyu bayan haihuwar data gabata. Yakamata Uwa da mijinta su tattauna da ma'aikacin kiyon lafiya akan hanyoyin tazarar haihuwar da ya dace dasu. • Tattaunawar ma'aurata. Ya dace Ma'aurata su amince gameda adadin yaran da suke bukatar haihuwa, da kuma lokcin da suke sonsu, sannan su tattauna akan hanyoyin da ake dasu da wanda ya dace dasu. • Tallafawar magidanta. Miji ya taimakawa matarshi wurin yanke shawara akan yanda ya kamata su bada tazara tsakanin yaransu da kuma wace hanya zasuyi amfani dashi.

A kodayaushe iyalai su rinka cin ingantacce kuma wadataccen nau'o'in abinci iri dabam-dabam



Cin ingantaccen abinci yayin da macce ke da juna biyu



Cin ingantaccen abinci a tsakanin iyalai



Cin ingantaccen abinci yayin da macce ke shayarwa



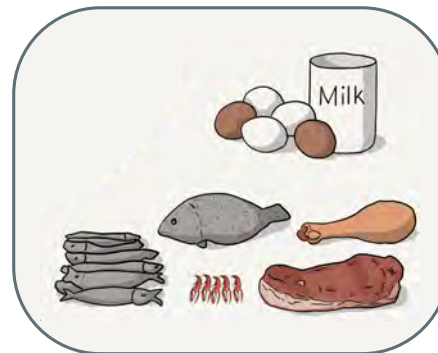
Tattaunawa tsakanin ma'aurata



Baiwa jarirai da kananan yara ingantaccen abinci



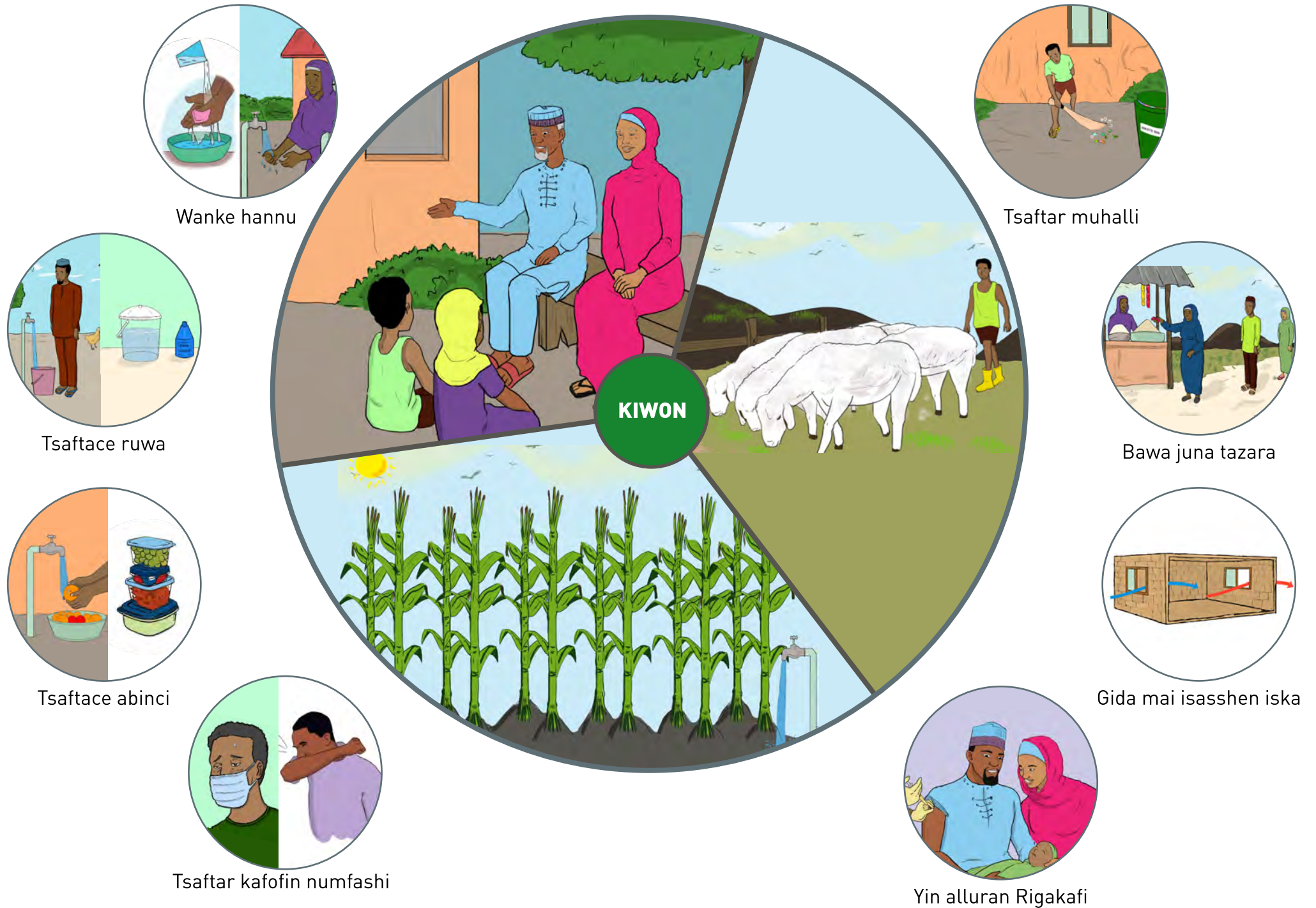
Tallafawa mata wajen harkokin gida



A kodayaushe iyalai su rinka cin ingantacce kuma wadataccen nau'o'in abinci iri dabam-dabam

Tambayoyi	Bayanai/Amsoshi
<p>Q1a. Ko kun saurari sako akan bukatar jarirai da yara yan kasa da shekara biyar su rinka cin nau'o'in abinci daban-daban mai inganci?</p> <p>Q1b. Ko zaku fadi abinda kuka koya acikin wannan sakon?</p> <p>Q1c. Me ya burgeku acikin wannan sakon?</p>	<p>A saurari amsoshin da zasu bayar kuma a karfafa masu guiwa domin bayar da amsoshin da suka dace</p>
<p>Q2a. Me yasa yake da muhimmanci ga jarirai da yaran kasa da shekaru biyar su rinka cin nau'o'in abinci mai inganci?</p> <p>A gagguta turawa zuwa asibiti</p> <ul style="list-style-type: none"> - Mace sabuwar haihuwa, ma'aurata da sauran matan da basu da juna biyu a halin yanzu suna bukatar amfani da dabarun tazarar haihuwa domin bada tazara tsakanin yaransu - Yaron da aka yiwa gwaji da ma'aunin gwajin Tamowa (MUAC) kuma ya nuna kalar JA 	<p>A2.. Mace mai juna biyu da mace mai sabuwar haihuwa da yara da maigida yakamata suci nau'o'in abinci daga dangogi hudu (4): Dangin Dabbobi (Nama, Kwai, da madara) domin gina jiki. 2. Dangin hatsi (Kwaya, da saiwa) domin samun karfi. 3. Dangin masu bawo (Wake, Waken suya, ridi, gyada) domin gina jiki. 4. Dangin 'ya'-yan itace da ganye domin gina garkuwar jiki.</p> <ul style="list-style-type: none"> • Isasshen abinci mai inganci alokacin juna biyu. A lokacin juna biyu anason mace ta rika cin nama, kifi, ganye (kamar zogale), dandin madara, wake (wanda ya kunshi waken soya, da farin wake), gyada da dankali. • Isasshen abinci mai inganci ga mace sabuwar haihuwa. Yakamata mace sabuwar haihuwa ta rinka cin nama sosai, da kifi, ganye (kamar zogale), dangin madara, (wanda ya kunshi waken soya, da farin wake), gyada da dankali. domin ta murmure sosai daga haihuwar da tayi ta kuma samar da isasshen ruwan nono. Mace mai shayarwa na bukatar cin nau'o'in abinci, karin shan ruwa da kuma cin abinci sau uku da karin kwalama sau biyu a rana. • Isasshen abinci mai inganci ga jarirai da kananan yara. Yaran da basu kai wata shida ba na bukatar nonon uwa zallah kawai. Bayan wata shida, za'a basu kunu mai kauri wanda ya kunshi karin sanadarai 2 zuwa 3 kamar kifi, kwai, 'ya'-yan itace, gyada, da man Ja, Wannan zai samar da abinci mai inganci kari da ruwan nono. Alokacin da yaro yake kara girma, yanayin abincinshi da ingancinshi zai canza lokaci bayan lokaci. • Isasshen abinci mai inganci ga iyali. Yakamata Uba da sauran iyali suci nau'o'in abinci daban-daban mai inganci. Za'a iya hada abincin iyali mai inganci a tukunya daya. • Tattaunawar ma'aurata. Miji da mata su tattuna domin cimma matsaya akan abincin da yakamata su shirya ma iyalinsu. • Tallafawar magidanta. Mai gida ya tallafawa Uwa, yara da sauran iyali domin samu da kuma cin lafiyayyen abinci mai inganci.

Magidanta da sauran daidaiƙun jama'a su rinka kula da tsaftar humalli data jiki domin kariya daga yaduwar cutuka



Magidanta da sauran daidaikeun jama'a su rinka kula da tsafar humalli data jiki domin kariya daga yaduwar cutuka

Tambayoyi	Bayanai/Amsoshi
<p>Q1a. Ko kun saurari bayani akan kula da tsafar muhalli data jiki domin kariya daga cutuka a yau?</p> <p>Q1b. Ko zaku fadi abinda kuka koya acikin wannan sakon?</p> <p>Q1c. Me ya burgeku acikin wannan sakon?</p>	<p>A saurari amsoshin da zasu bayar kuma a karfafa masu guiwa domin bayar da amsoshin da suka dace</p>
<p>QA2. Wadanne hanyoyi ne ya dace mai gida da iyalansa subi domin tabbatar da ingantacciyar tsafar domin samun kariya daga cutuka?</p> <p>A gagguta turawa zuwa asibiti</p> <ul style="list-style-type: none"> - Duk wanda yake da zazzabi - Duk wanda ya kamu da rashin lafiya sanadiyyar haduwa da wani marar lafiyar 	<p>A2. Kyakkyawar tsafar jiki da muhalli na taimakawa wajen kare mutun da sauran al'umma daga cutuka. A'umma na iya kare kansu daga cutuka ta hanyar aiwatar da wadannan abubuwa:</p> <ul style="list-style-type: none"> • Wanke hannu: A wanke hannu da sabulu koda yaushe a karkashin ruwa mai gudana musamman kafin da bayan girki, kafin da bayan cin abinci, bayan fitowa daga bayan gida, ko mu'mala da marar lafiya. • Tsafar ruwa: Ayi amfani da ruwan da aka tace ko aka tafasa. A ajiye ruwa masu tsafar a cikin mazubi mai marufi. • Tsafar abinci: A wanke dukkan kayan girki sosai a karkashin ruwa mai gudana kafin girki. A dafa abinci sosai kafin aci. A ajiye kayayyakin abinci a ruffaffen mazubi domin kariya daga gurbacewar kwari ko dabbobi. • Tsafar numfashi: Domin kaucema yaduwar kwayoyin cuta da hanyar numfashi, a sanya takunkumi fuska da hanci, a sanya guiwar hannu ayayin da ake tari ko ayi amfani da tissue kuma a wanke hannu bayan an gama. • Bada tazara: Idan ana tari ko akwai kurajen jiki, a bada taraza tsakani domin kariya daga yaduwar cutar. • Tsafar muhalli: A rinka sharewa da kuma sanya maganin kwari a muhalli akoda yaushe domin rage hatsarin yaduwar cutuka. • Rigakafi: Ayiwa yara da manya rigakafin cutuka masu yaduwa domin basu kariya daga kowadanne cutuka masu hatsari.