

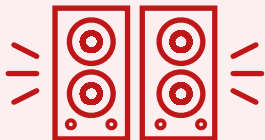


Sena mulizyi kuti akati kabantu bobilo, omwe ulalangilwa kucileka kumvwa kabotu matwi akaambo kacoongo?

Sena andinywe inga camucitikila eeci?

Kutegwa mumvwe zinji, amubale makani aaya kutegwa muzyibe bwakulikwabilila





Zintu zililisya kapati zilajaya matwi

Listening to loud sounds
Kuswiilizya zintu zilila kapati zilakonzya kujaya maseelo aapa kumvwa mumatwi. Eeci cilakonzya kupa kuti muleke kumvwa naa kumvwa kube kuli cilila mumatwi ciindi coonse naa kuti tinnitus.



Mulakonzya kuba mutenda yakucileka kumvwa matwi ikuti naa:

- mubelekela mubusena muli coongo
- kuswiilizya nyimbo kubelesya twakubikka mumatwi naa kuti ma hedifoni
- Kujanika mumasina mulila zilimba kapati mbuli mumaanda aakunywida makoko, mumaanda aakuzyanina naa mumasena mwakunyanyaasyila mubili.



Ikuti muntu wacileka kumvwa matwi akaambo kacoongo, nkokuti kwamana, tacimvwi kabili

Kuleka kumvwa akaambo kacoongo takukwe bujoleke pe. Bantu batamvwi kabotu matwi balakonzya kugwasyilizyigwa kumvwa kwiinda mukubelesya tuncini tugwasyilizya kumvwa.



Pele ikuti muntu waleka kumvwa akaambo kacoongo, takonzyi kutalika kumvwa alimwi

Kulikwabilila kwiinda mukuswiilizya naa kumvwa zintu zilila bweelede cilayandika. Ikuti kamuswiilizya zintu zililisya kapati, nkokuti amatwi asyoonto syoonto alatalika kuleka kumvwa kabotu. Kujola volyumu ansi kulagwasya kukwabilila matwi, mulakonzya kuswiilizya kwaciindi cilamfwu kakunyina kujaya matwi.

Amutobele nzila eezyi zibotu kapati

1



Amujole volyumu ansi

Amusing'e cilimba canu naa cakulizya canu **volyumu yamweelwe utaindilila a 60%** Amubelesye twakuswiilizyiza twamumatwi tuli kabotu **itutasabili**.

3



Amucesye ciindi cakujanika mumasena muli coongo kapati

Ikuti naa muli mubusena bwacoongo kapati, ciindi aciindi **amuzwe abusena aawo kwaciindi cili mbocibede** nomuya mujokele.

Amucesye ciindi cakubelesya cakulizya naa cakulizya fooni ciindi aciindi.

2



Amulikwabilile kunyimbo zililisa kapati

Amubikke **zyakusinka mumatwi** ciindi nomuli mumasena muli coongo kapati.

Amukkalile alamfwu-lamfwu amasipika aacilimba.

4



Amulingule mbomuswiiliza

Amubelesye tubelesyo tumwi twakugwasya kubona naa mulajanika kapati mumasena muli coongo.

Amubelesye **zibeela** zya ncomulizyiza zili kabotu.

Amube masimpe kuti:

Mwakutobela kucenjeza kuli koonse

Amubandike abadokota ikuti naa:

- mwatalika kumvwa cilila mumatwi,
- mulijisi buyumuyumu kumvwa cilila cili coonse naa kwaalilwa kukwabana kabotu amuntu ciindi nomubandika.

Ciindi aciindi kamuunka kucibbadela kuyakubona matwi aanu naa ali kabotu

- Amulilingule nobeni kwiinda mukubelesya ka apu kakuti **hearWHO**.
- Amujane lugwasyo kuzwa kuli basyaazibwene ikuti naa mwaalilwa kubona zitondezyo zili zyoonse.



**Amukwabilile matwi aanu
Ikuti matwi afwa akaambo kacoongo,
nkokuti camana, taakwe kumvwa kabili.**

Amuswiilizye Munzila Ili Kabotu

Adapted from @World Health Organization,
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