



**Malailile aabelesyegwa  
nyika yoonse aakuswiilizya  
kuli kabotu**



## Ino kuswiilizya kuli kabotu ninzi?

Kuswiilizya kuli kabotu kujatikizya zilengwa zili kabotu zyakuswiilizya nyimbo naa cili coonse cilila munzila iikonzya kupa kuti matwi atafwi.  
Kuswiilizya kuli kabotu kulagwasya kuti matwi atafwi.

## Ino malailile nzi aabelesyegwa nyika yoonse aakuswiilizya kuli kabotu?

Mbunga iilanganya nseba nyika yoonse yabikka nzila zyakasolwa kale akubona kuti zilabeleka ncobeni kucesyia penzi lyakufwa matwi kubantu aabo ibaunka mumaanda aakulikondelezya muli zylila kapati. Eeci cacitwa akaambo kamweelwe mupati wabantu bafwide matwi akaambo kacoongo.

Kuli nzila 6 zikonzya kubelesyegwa amumasena mwakunywida makoko, mwakuzyanina alimwi amumasena aamapobwe.

## Ino nkaambo nzi ncokuyandika kutobela malailile aakuswiilizya kuli kabotu nomuba mumasena mucitilwa mapobwe?



Ikuti matwi afwa akaambo kacoongo, taakonzyi kupona alimwi pe

Bakubusi basika ku

**1.1 billion**

bali muntenda kapati yakufwa matwi nkaambo kakuswiilizya kapati nyimbo

Mweelwe wa

**40%**

wabantu bajisi myaka iili 12-35 balajanika kapati mumasena muli coongo kapati mbuli masena aakulikondelezya

## Zintu zili cisambomwe ziyandika kutobela ciindi capobwe naa kuli kondelezya

### 1. Mutaindilizyi kulizya cilimba naa nyimbo

Mutaindilizyi kulizya nyimbo amweelwe wa  $100\text{dB } L_{\text{Aeq}}$  kwamamineti aali 15\* amube masimpe kuti mulizya amweelwe uuli kabotu kutegwa bantu bakkomane.



100dB  $L_{\text{Aeq}}$  kwamamineti aali 15

### 2. Kulingula mweelwe mpocililila cilimba naa cakulizya canu

Amubelesye zibelesyo zibikkilizyidwe mucakulizyila canu kutegwa musale cibeela cilizya kabotu nyimbo amweelwe uuli kabotu.



### 3. Kubona kuti busena bulizyilwa bulibambidwe kabotu kutegwa coongo cinji kacitazwi anze akusabila bantu

Mweelede kubona masimpe kuti masena aazyanyimbo alibambidwe kabotu kutegwa nyimbo naa zintu ziomuswiilila kazilila bweelede kutali kupanga coongo.



\* $L_{\text{Aeq}}$  kwamamineti aali 15 Nkokuti kulizya buyo amweelwe wa 100dB kwamamineti aataindilili a 15

**Ino mbuti nzila zyakuswiilizya kuli kabotu mbozikonzya kubelesyegwa mumasena mwakucitila mapobwe azimwi?**

**Mfwulumende**

Ilakonzya kubikka milawo yalo iimvwilidi akubona kuti nzila zyakuswiilizya kuli kabotu zyatobelwa alimwi akumwaya mulumbe wakucenjezya bantu.

**Ino mbubotu nzi buliko mukutobela nzila zyakuswiilizya kuli kabotu mumasena aamapobwe naa kulikon-delezya?**

**Mfwulumende**

Nkaambo ikuti mwalanga, penzi lya-kufwa matwi nkolili nyika yoonse. Aboobo kutobela nzila zili kabotu cilakonzya kugwasya mfwulumende kucesya mali aabelesyegwa kulan-yanga bantu bacileka kumvwa matwi akupa kuti bantu bapone kabotu.

**Basimasena aakucitila mapobwe naa aakulikondelezya**

Beelede kutobela nzila zili kabotu cakulisungula.

**Basimasena aakucitila mapobwe naa aakulikondelezya**

Beelede kulemeka nseba yabantu kwiinda mukusumpula nzila zyakuswiilizya kuli kabotu ikutegwa bantu batafwi matwi akusowa mali manji kuyandaula busilisi.

**Zikolo ziyiisya baimbi naa bantu babeleka mulimo wakupanga nyimbo**

Beelede kubikkilizya cibeela caamba zyakuswiilizya kuli kabotu ciindi nobayiisya basicikolo.

**Basikuyiisya kujatizya nyimbo akupanga nyimbo alimwi abambi buyo basimapobwe balijatikizyidwe abalo**

Eeci cilakonzya kucesya penzi lyakufwa matwi akupa kuti bantu kababelekela mumasena aali kabotu.

**4. Kubona masimpe kuti mulilikwabilide kucoongo cili coonse**

Mweelede kubikka twakusinka matwi ikuti naa mubelekela mubusena muli coongo.



**5. Kubona kuti kuli busena buum-wine wii, nkomukonzya kuunka ci-indi aciindi kuzwa mubusena bujisi coongo**

Masena aaya aaumwine wii apa coolwe cakuti bantu bapumune kukumvwa coongo canyimbo mpoonya akukwabilila matwi aabo.



**6. Kuyiisya bantu makani aakuswiilizya kuli kabotu**

Bantu beelede kuzyiba nzila zibotu zyakutobela zyakuswiilizya kuli kabotu.



## Ino ncinzi ncomukonzya kucita mukukulwaizya kuswiilizya kuli kabotu?

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Mbunga zilanganya maumi aabantu zilijisi mulimo uuyandika kapati wakucenjezya bantu kujatikizya penzi lyakufwa matwi kwiinda mukukulwaizya bantu kutobela nzila zibotu zyakuswiilizya kweelana amilawo iibikkidwe amfwulumende kujatikizya masena muli coongo kapati mbuli mumapobwe.

# Amukwabilile matwi aanu, kuteywa atafwi Amuswiilizye Munzila Ili Kabotu

Adapted from @World Health Organization, WHO/UCN/NCD/SDR 21.1  
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