

BWAKULANGANYA NSEBA ZYA MATWI



ZYAKUCITA



Amubelesye twakusinkizya matwi muzyibaka muli zysisabila naa muli coongo



Amulange-lange kumvwa kwanu ciindi aciindi



Amusame zya kumugwasyilizya kumvwa ciindi aciindi, kufwumbwa mwaambilwa



Amubone ba dokotela naa mwabaa penzi lya matwi nokuba kumvwa

ZYAKUTACITA



Kubikka tusamu tubambidwe abuluba, mingwimba, tusanga, nokuba tubulo-bulo mumatwi eenu.



Kuyamba nokuba kucapa mumeenda aajisi tombe



Kucincana ma earphone nokuba twakusinkizya mumatwi



Kuswiilila zyintu zysisabila kapati nokuba nyimbo zysisabila



KULANGANYA KUMVWA AMATWI AABANTU BOONSE!
Atucizuzikizye

Adapted from @World Health Organization, WHO/UCN/NCD/SDR 23.1
Translated by Phionah Moyo courtesy of Beit Cure Hospital / CBM, Zambia.

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