

KHA VHA DI MAANDAFHADZE VHA TSHI ITELA U THOGOMELA NDEVHE NA U PFHA HAVHO

U khwaṭhisedza mutakalo wa u pfha zwavhuḍi vhutshiloni havho hoṭhe



1 Kha vha tsireledze nḍevhe dzavho

Volumu kha l vhe fhasi ha 60% arali l nṭhesa
Kha vha shumise zwi fhungudza phosho nḍevheni arali vhe fhethu hune havha na phosho yo kalulaho



2 Kha vha humbele tsho lingulula nḍevhe tsha

Dzitshetshe na vhana vha re zwikoloni
Muthu muṅwe na muṅwe ane a vha na miṅwaha ya u fhirisa 50



3 Kha vha ṭole nḍevhe dzavho

Kha vha shumise apu ya WHO hearWHO kha ṅwaha
Vha dalele dokotela arali ndingo dzavho dzi fhasi ha 50



4 Kha vha shumise zwishuswa zwa Thekholodzhi zwa u thusa

Tshithusedzi tsha u pfha kana zwiṅwe zwishumiswa, arali vho eletshedziwa, zwi nga khwinisa vhukoni ha u pfha zwavhuḍi

U foda na luambo lwa u shumisa zwanḍa zwi nga ita uri mafhungo manzhi a swikeleleye



5 Kha vha dzule vha khou ḍivha

Kha vha ḍi funze maitele a u ṭhogomela nḍevhe vha zwi paḍaladze vhadzulapo vhavho

