

ZIHLOMISE NGOKWAKHO NGOKUPHATHELENE NOKUNAKEKELA INDLEBE KANYE NOKUZWA

Qinisekisa impilo yokuzwa kahle impilo yakho yonke



1 Vikela ukwazi kwakho ukuzwa

Gcina amazinga omsindo ephansi kuka-60% ekugcineni

Sebenzisa ama-earplug ezindaweni ezinomsindo omkhulu

Cela ukuhlololwa ukuzwa ngokuphathelene nalokhu



2

Izinsana kanye nezingane ezineminyakayobudala yokuya

esikoleni Noma ubani ongaphezu kweminyaka yobudala

engama-50



3

Hlola ukwazi kwakho uqobo ukuzwa

Sebenzisa i- WHO hearWHO app minyaka yonke

Vakashela udokotela uma amaphuzu akho engaphansi

kwama-50



4

Sebenzisa ubuchwepheshe obusizayo

Insiza yokuzwa noma amanye amadivayisi, uma ucetshiswa, ukuthi kungenza kangcono ukwazi kwakho ukuzwa

Isihloko kanye nolimi lokukhuluma ngezandla ukuze wenze ulwazi lutholakale nakakhudlwana



5

Hlala unolwazi

Zifundise ngokwakho ngokuphathelene nomkhuba omuhle

wokunakekela indlebe Sabalalisa ukuqwashisa

emphakathini wangakini

