



# Ku Iwisana Na Mukhuhlwana Hi Ri Swin'we

(Mokhuhlwana wa ntolovelo, H1N1 na yi n'wana)

## ① Hlamba



Hlamba mavoko swinene hi xisibi na mati

## ② Sevela



Sivela ku tshinelela vanhu lava khomhlolaka na ku entshemula

## ③ Pfala



Pfala nomo wa wean loko u khohlola kumbe ku entshemula

## ④ Tshama



Tshama ekaya loko u vabya. U nga yi exikolweni kumbe entirhweni ku fikela oko u antswa

## ⑤ Moya Wo Tenga



Ku kuma moya wo tenga endlwini, pfula timbati na mafasitere minkarhi hinkwayo

## ⑥ Ku Hlayisa Muvambyi



Ku hlayisa muvambyi u fanele ku va endhawini ya yena a ri yexe. U fanele ku va a ri na munhu wun'we loyi a n'wi hlayisaka. Muvambyi u fanele ku kambiwa nkarhi na nkarhi

## ⑦ Ku anwisa Vhana



Vamanana hambi loko va vabya van a mfaneko yak u mamisa vana va vona

## ⑧ Ku Antswa



Vanhu lava va nga na swikombiso swa ku vabya mukhuhlwana, va fanele ku nwa swihalaki swo tala na ku tshama va ri karhi va kufumela

## ⑨ Vanhu lava nga Khombyeni ra ku khomiwa hi mukhuhlwana



Vanhu lava nga mavabyi yo fana na vuvabyi bya mbilu, mahawu, chukela, HIV/AIDS kumbe vamanana lava tikeke, va fanele ku kombela ku yisiwa eka lava tshungulaka

## ⑩ Lava



Kombela ku pfuniwa loko ku ri na swikombiso leswi landzelaka:

- ku vava exifuweni
  - ku hlanta, ku hela matimba na ku twa ku hisa swinene
- “Ku hundzuka ka nhlonge kumbe ku hela matimba.



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