



# QAPHELA

# ISIHUDO

## Kuyini isihudo?

Isihudo yikuyanga kathathu kumbe okudlula kathathu ngelanga ukhupha ingcekeza engamanzi.

## Isihudo simemetheka njani?

Isihudo simemetheka ngokuphangisa ngendlela ezilandelayo:

- Ukusebenzisa amanzi angavikelwanga, angcolileyo ekunatheni, ekuphekeni kumbe ekugeziseni izitsha.
- Ukungagezi izandla ngemva kokusebenzisa isambuzi langemva kokubamba ingcekeza yangaphandle kumbe amahlanzo womuntu ogulayo.
- Ukungagezi izandla ngemva kokubamba izitshubo ezingcolileyo.
- Ukungagezi izandla ungakabambi ukudla. Ukungagezi izandla ungakafunzi umntwana.
- Ukudla ukudla okuhlobileyo kumbe okungcolileyo ikakhulu okukekwahlalwa zimpukane.
- Ukudla ukudla kuphekwe kwangavuthwa.

## Ungavikela kanjani isihudo?

- Hlala uhlanzekile ngokugeza izandla ngamanzi ahlanzekileyo usebenzisa isepa loba umlotha ungakabambi ukudla, ungakafunzi umntwana, ngemva kokutshintsha umntwana isitshubo langemva kokusebenzisa isambuzi.
- Gezisa izithelo lemibhida ngamanzi ahlanzekileyo ungakudli sonke isikhathi.
- Pheka ukudla kuvuthwe njalo ukudle kusatshisa.
- Sebenzisa amanzi avikelekileyo/ahlanzekileyo ekunatheni, ekuphekeni lekugeziseni izitsha.
- Ukudla kumele kuhlale kusibekelwe ukuze uvikele impukane lengcekeza.
- Kumele wena lemuli yakho lisebenzise isambuzi sonke isikhathi. Bona ukuthi amaphumelo abantwana ahlwa lapho okufanele khona.

**AmaAquatabs** angasetshenziswa ukuhlambulula amanzi:

- Phosela iphilisi elilodwa emanzini angaba ngamatshumi amabili kusiya kumatshumi amabili lanhlano (20-25 litres).
- Yekela iphilisi lincibilike emanzini okwemizuzo engamatshumi amathathu (30 mins) lingakawanathi lawo manzi.
- Ungaginyi lelo philisi kufuze lincibilike ku 20-25 litres yamanzi.

**Qaphela:** AmaAquatabs ayisiwo wokwelapha isihudo. Ahlamvulula amanzi kuphela.

## Yiziphi izibonakaliso zesihudo?

Nanzi izibonakaliso:

- Ukuya ngaphandle kanengi ukhupha okungamanzi.
- Ukungakhwabithi ukudla.
- Ukuzwa usithi uhlanze.
- Ubuhlungu besisu.
- Ukutshisa umzimba.
- Ukuphela amanzi emzimbeni.

Isihudo asibulali. Okubulalayo yikophela amanzi emzimbeni okubangelwa yikulahlekelwa ngamanzi emzimbeni, kubangelwe yisihudo.

## Isihudo singelatshwa

- Ngemvakokuya ngaphandle, ophathekileyo kaphiwe amanzi awesawudo letshukela, itiyi, umhluzi loba amanzi ukwenzela ukubisela amanzi lemisoco alahlekileyo.
- Ebantwaneni abalenyanga eziyisithupha kusiyaphansi kumele baqhubeka ngokumunya kokuphela. Ebantwaneni abalenyanga eziyisithupha kusiyaphezulu kumele baqhubeka ngokumunya lokunatha amanzi etshukela lesawudo (SSS).
- Abantu abagulayo kumelebakhuthazwe ukuthi badle ukudla okwakha umzimba.
- Ebantwaneni, isihudo singaqhubeka okwedlula amalanga amahlanu, hambani eklinika

**IMPILO ELUNGISELELWEYO,  
YIMPILO EVIKELWEYO"**

