

**Moka kelenga oka 2 ota ke kuu likile nghene una oku kosha nawa eenyala doye:**



1) Tutika eenyala doye no meva oko kapomba (ile oo hadi moundini hava tulwa omeva oku likosha keenyala)



2) lixwa ofewa keenyala doye



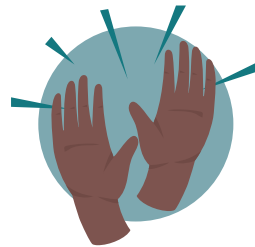
3) lifengela nawa ofewa keenyala doye, toshingi meni no kombada yee nyala adishe



4) Lifengela nawa ofewa pokati kominwe nominwe, koxulo yeenyala adishe, oshoyo kombada yominwe nopokati keke oshoyo kominwe edi dakula



5) Lifimuna nawa nomeva keenyala



6) Kukutika eenyala doye to shiningi noku lifefenga oshoyo oku linipa keenyala Kukutika eenyala doye to shiningi noku lifefenga oshoyo oku linipa keenyala

**Kouyelele uhapu inda mekwatafano na amwe omahangano taa landula:**

1. Ombelewa ya councilor woshikandjo hoololo
2. Ombelewa yeledo lodoropa
3. Ovanailonga voku yandja omauyelele moshiwana
4. Ovanambelwa voku yandja omauyelele oudjolowele moshiwana
5. Ouminsitry wonghalo nawa noundjolowele
6. Ouministry wo unamapya, omeva netulululo ledu.

**Okafo komauyelele kombinga yoku li WAPALEKA**



Moku longela kumwe oha tu dulu oku kelela etandavelo lomikifi, noku ka lekapo oukoshoki uli pamufika muwa momidingonoko detu!



## Alikana du lika ko malombwelo ngaashi taa landula:

### 1. Kaleka omudingonoko wetu wayela:

Eenele dambwalangadja odo hadi longifwa oku li kwafelela ngeenge oushitwe tawifana, odili danyika oshiponga. Oha di dulu oku tanda velififa eembuto doudu, noku etififa ovanhu va kwatwe komikifi osho tashi shidulu oku shunififa pedu efimano loukwatya wetu. Unganeke noku kufa ombinga moikonga oyo hai dulu oku holoka momudingonoko woye.

### 2. Oundjuwo vena eameno laaveshe:

Osha fimana kutya, keshe umwe mwa kwatelwa اونونا, ota longifa oudjuwo vena eameno. Pula omayele kovanambelewa velelo momudingonoko woye, opo va dimine omikalo nomilandu odo da tulwapo noda diminwa paveta.

### 3. Oshi nakuwanifwa sha keshe umwe:

Ovalumenhu novakainhu, اونونا no vakulupe, atu sheni otwa pumbwa oku longela kumwe opo tuka lekeni omaumbo nomaushiinda etu ayela.

### 4. Eenyala dayela, Onghalo ina oundjolowele:

Kosha eenyala doye alushe no fewa no meva, unene tuu manga i nolya ile konima yoku longifa okandjuwo. Ota shi kwafele oku kelela etandavelo lomikifi.

### 5. Yambidida oku tunga okandjuwo ponele oyo ya diminwa:

Ohatu tu omukumo ovanhu vatunge oundjuwo, molwaasho oshili epungulo lina ongushu nolina oshilonga moku kelela ovanhu veheli kwafelele keshe pamwe oshoyo oku kelela omikifi odo hadi dulu okwee ti fifwa koku hena oukoshoki.



### 6. Oku li kosha keenyala keshe pamwe:

Ngeenge ka pena okapomba, oto dulu oku longifa omukalo woundini hava tulwa omeva oku likosha keenyala, oshili omukalo upu nouli dingi moku likaleka wayela.

### 7. Nghene una oku ungaunga nomeva oo kaka:

Otuna oku kwa shilipaleka kutya, omeva akaka oo hadi moulikoshelo okwa ungaungwa nao nawa noukeka, naashi ota shi ningwa momukalo wo kufa omalambo oo atungwa nawa nomamanya.

### 8. Oku tuvikila nawa omeva:

Livangeka oku kaleka omeva mo mavela ile moikwatelwa ina ituvikwa oule wefimbo. Omeva otaa dulu oku ya eembuto doudu, noku kala ehena vali eameno lokunuwa.

### 9. Kelela omauvela:

Oku li kosha keenyala oha shi kelele omauyehame ngaashi o hepatitis, cholera no shimela osho hashi dulu oku kwatako keshe umwe momudingonoko (unene tuu اونونا, noo meme ovo veli hambata).

### 10. Oku dinda omeva odula:

Ngeenge owa hakele omeva odula, longifa eepela doku dindifa omeva ile waa fulukife omanga ino nwa opo ukwa shi lipaleke kutya, oku na eameno loku nuwa.

## Moka kelenga ko I oto ulikilwa kutya onaini una oku kosha eenyala doye:



Konima yoku longifa oka ndjuwo



Konima yoku dula okanona omulambo



Konima yoku dula okanona omulambo



Manga ino lya ile inopa okanona oikulya