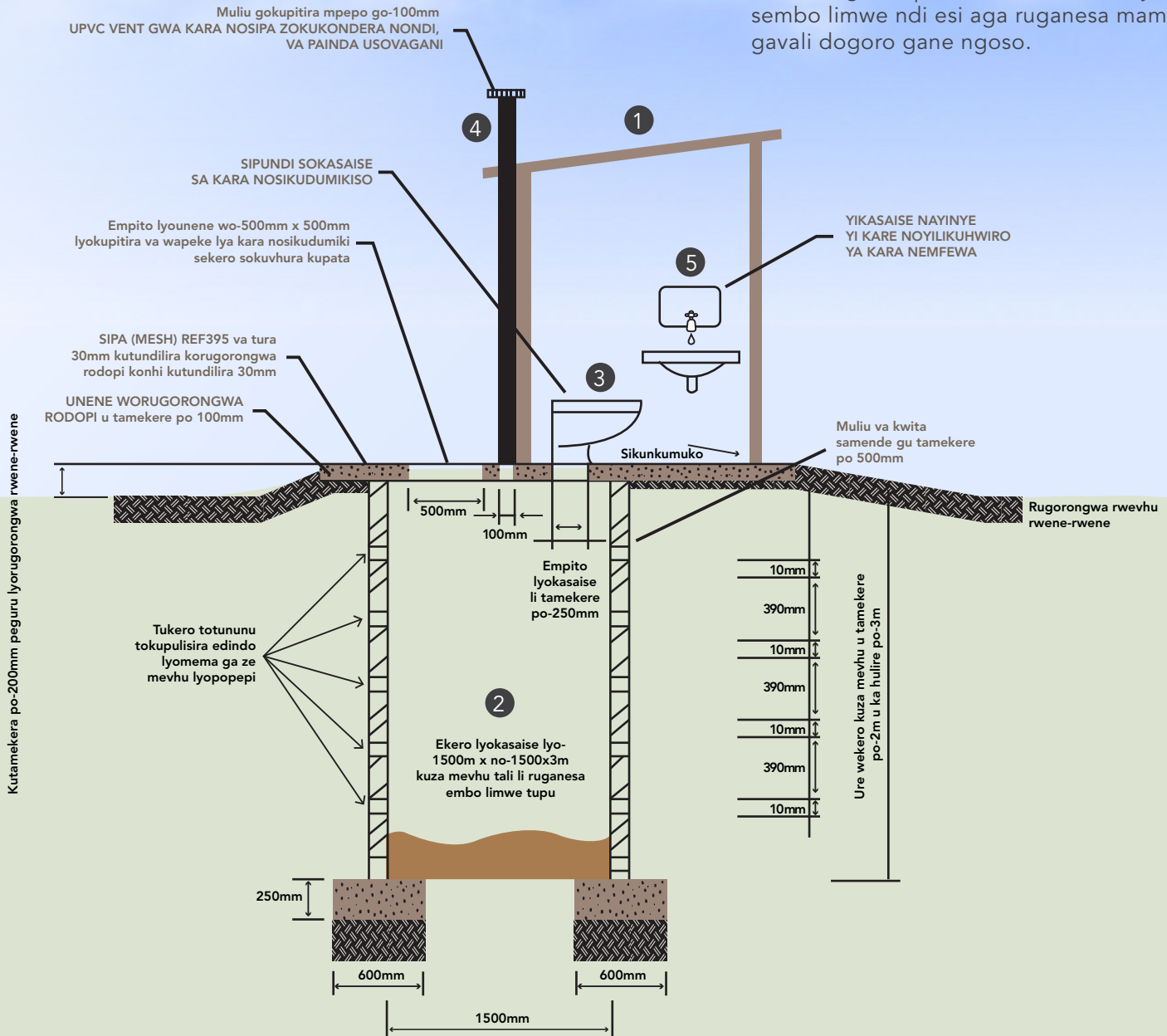




EFANEKO LYEKERO LYOKASAISE KOKUWAPERANOYIRUGANESO

Ngongendesokandano zohararasi pokaruwo aka yipo tu kandane elihano lyoUvera wEhuli (HEPATITE E), vatungimo navenye va kara monomukunda ya guma omu mwa dira kukara nongendeso domema gomadona ndi va dira kukara nonompito dokugwana yikasaise yompongani kuna ku va korangeda va sime nokutunga yikasaise yomakero yavene mokukwama nombuyukiso edi vana gava apa. Yikasaise kuvhura yi kare sembo limwe ndi esi aga ruganesa mambo gavali dogoro gane ngoso.



1 ETUNGO:

Etungo lyokasaise va faneka nokutungisa koyiruganeso yokuwapera yomomukunda

2 EKERO:

Ekeru li kare lyoure wokusika ko-1.9 m kuza mevhu ntani 1m dogoro 1.5 m monomatji (morupe rokuliudinga ndi rosikwakovhu)

3 POTO GOKASAISE:

Poto gokasaise ga hepa kukara nonswiko, nkenye apa a kare vana mu kudumike ntani ga ha hwilira mo munona (ekwatakaneso lyopoto nekero lya ha kara kupitakana 25 cm monomatji)

4 MUGENDOMPEPO:

Pa kare nomuliu doyipurasika ndi doyivera do-100mm mounene dokupitira mpepo edi va painda usovagani, keguru kwa kara ko sipa zokukondera nondi

5 KUKUHWAMA WOKO:

Yikasaise nayinnye ya hepa kukara noyininke yokulikhwira komawoko mwa kara mfewa, nekero omu aga pwagere mema mema gomadona ga tunde metungo lyokasaise

Mafanaiko gomatungo goyikasaise sa pulisira Sitata saVenduka po ge li momberewa zomukundahorowero gweni. Ninka o gwane etemwininofano ndi kopi zefanaiko eli nokusikisa mo yinakugwanesa va ndindira.



KUKANDANA UVERA WEHULI (HEPATITIS E)

Emyauko lyokambumburu koUvera wEhuli (koHepatitis E) kwa kara ko kutwikida monomvhura mbali dina tundu ko ntani kwa twikira kulihana mononkarapamwe detu. Kambumburu koUvera wEhuli (koHepatitis E) kwa ka hamesera komavegalikwafero gokudira kuwapa nani nokoyirugana yopamundindinda youkuhuki wokudira kuwpera. Ngongendesokandano zohararasi pokaruwo, yiruganakandano yitatu ya hepa kuyi rugana pontambo zomomambo nopontambo zopankarapamwe yipo tu hageke elihano lyoUvera wEhuli (Hepatitis E). Yiruganakandano eyi yitatu kwa yi pameka unene Sitata saVenduka noUminisiteli woUhaku noUkalinawa waNavenye.



1 KUDIVILISA ASI PA KARE MPITO ZOKUGWANA KASAISE KOPAPOPERO

Nkedi zimwe zopeke, wa hepa kudika kasaise kanyamoge kekero ndi ruganeseni kasaise kamwe one vamaparambo (*tara konyima zokapepapukururo*)

2 KARENI NOYILIKUHWIRO MAWOKO

Kuhwa mawoko goge nomfewa komema gana kupita komeho o tereke nokulya ntani konyima zokuruganesa kasaise, zokutjinda nomunyambo ndi makehe gomunona, konyima zokuzereso embo nokonyima zokuvatera muveli.



3 KUDIVILISA ASI O RUGANE NOMEMA PAPOPERO NOMO KUGA PUNGURA

Kuhwa nomfewa yipako komeho o ture mo mema. Tereka ndi dinda mema va pungura ure wokupitakana sivike simwe. Kudumika yipako nkenye apa.

