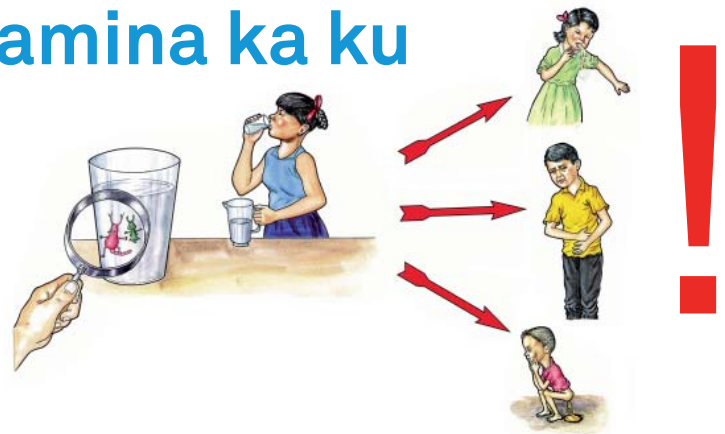


# Musileze bupilo bwamina ka ku alafa mezi!

Mukwa waku alafa mezi, kakuitusisa matasesli a lizazi-ubunolo kuu alafisa mezi a kun`wa.

Ni mukwa wa SODIS mwa kona kusileleza matuku a swana inge a misululo ye cwale ka diarrhea, cholera kamba thyphoid.



1



Munge botela ye belele. Munamutule sipepa se sin`ozwi, sesilamani fa botela. Botela iswanela kukena, yesika shwa kamba kupunyeha, ye belela, ye bonisa mwahali, yesa lumelezi muluti hape ye si yetuna.



2



A mu taze botela ka mezi mi mu kwaeze ni si kwaekwaezo kaku sitiisa.



Njii mezi a kambile ni masukuluti mu a sefe.

3



A mubeye botela fa lizazi, ka kusasana ku isa mazibwana ka liola ze kuma fa hola liketalizohoka hola ilinwi.

Kanako ye, matasesli a lizazi a bulayanga tu maikolokuwawa a tisa musululo obizwa diarrhea. Haiba lihalimu liapezwe ki malu, fohe muyanehe mezi falizazi ka mazazi a tatamana a mabeli.

4

Mi mezi kanako ye salukile mi a swanela kun`wiwa.

Mezi aalafilwe a swanela ku bulukiwamwa botela kuli a silelezwe kwa ku tampakana masila kamba maikulo kuwawa.



Ba World Health Organisation (WHO), UNICEF, Red Cross ni ba ba nyatezi ku tiiseza mukwa wa kualafa mezi a kun`wa kaku itusisa SODIS mwa linaha ze sa botanile.

**eawag**  
aquatic research

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