

UNODA SHAMWARI? IVA SHAMWARI!

BHUKU RINOTIDZIDZISA KUCHENGETA MHUKA UYE NEKU DZIVIRIRA KURUMWA



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RURIMI RWEMBWA

IMBWA YANGU IRI KUNDIUDZA KUTI KUDII?



CHANGAMUDZA



KUFUNGIDZIRA



KUSHUNGURUDZIKA



ATYIKIDZIRA



YANE HASHA



KUSHAMWARIDZA



NDISIYA NDIRI
NDEGA



KUREZVA



KUFARA



YAKUVHIMA



TAMBA NENI



YAKUGADZIRA



YANENZARA



KUFARISA

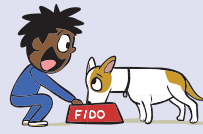
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lili

Vana izvi HAZVIITWE kana uchi tamba nembwa

Zvinyore, ingo funga kuti vanhu vanogara nevamwe sei

Usatore chikafu chevamwe.



Usafurusha imbwa kana ichidya.

Usabvuta zvevamwe.



Usabvuta zviri kutambiswa nebwa.

Usa isa chiso chako kune cheumwe.



Usa isa chiso chako kune chiso chembwa.

Usa furufusha vamwe kana vakarara.



Usa furusha mhuka kana dzaka zorora. Siya imbwa dzirere dzirere.

Usa shungurudza vamwe.



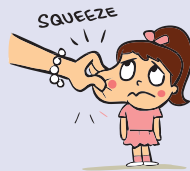
Usa dhonza muswe kana nzeve.

Usa kwire kana kutsika vamwe.



Usa tasva kana ku tsika tsika.

Usa tsunya vamwe.



Usa mbundira. Imbwa zhinji hadzizvi farire.

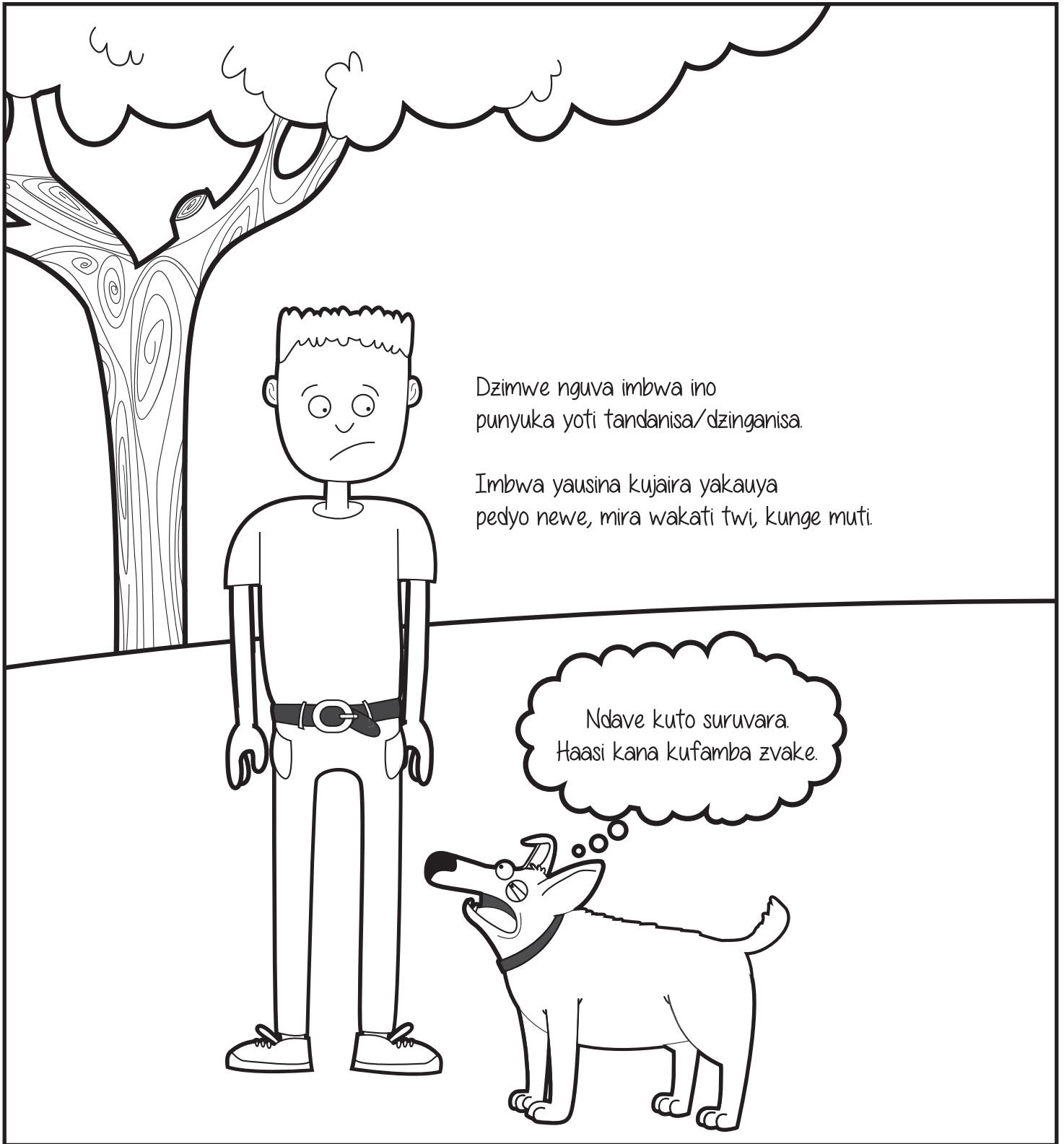
Usa shevedzere kana kuridza mhere.



Usa shevedzere, kuridza mhere kana kuita zvino nyaudza e.g. kuridza bhera, kana huta.

Poster adapted from resources available by Dr. Sophia Yin at www.drSophiaYin.com

Isa mavara!



KURIRITIRA MHUKA ZVAKANAKA

KODZERO SHANU (5)

Ikodzero yedu kuti mhuka yega yega inwana:



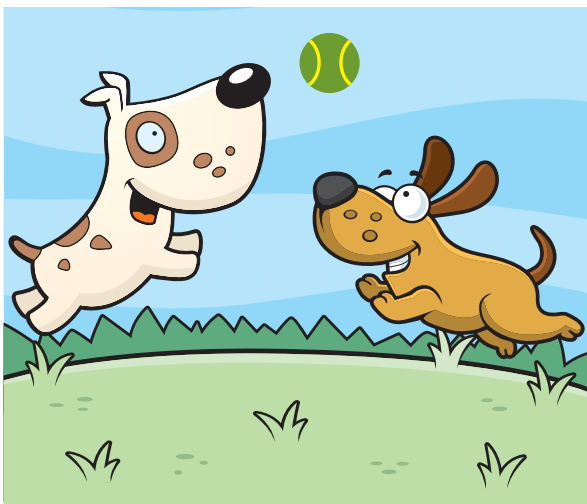
1. Chikafu chinovaka uye nemvura yakachena



2. Pekugara pakanaka



3. Kurapiswa kana yarwara kana kukuvara

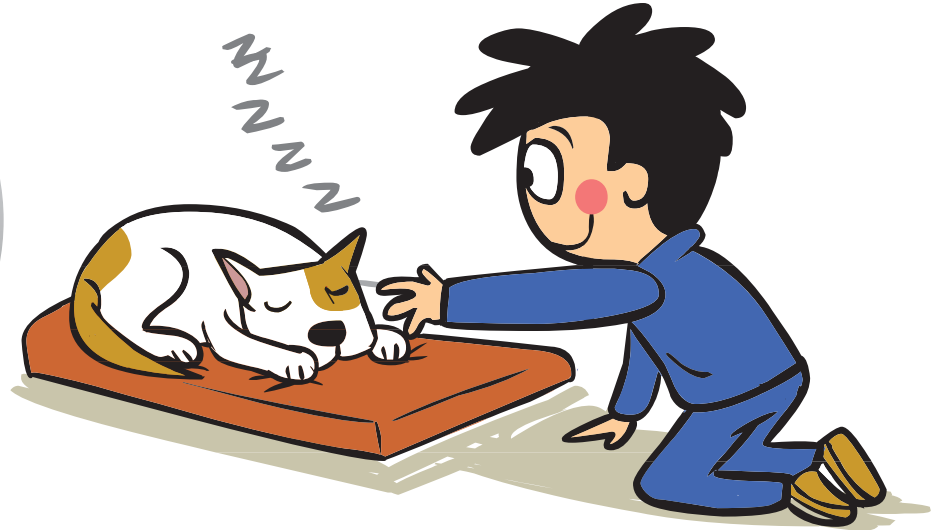


4. Dzimwe shamwari dzakagwinya dzekutamba nadzo



5. Mufaro! Tinofanirwa kuona kuti mhuka dzedu hadzisi kutya kana kusurukirwa/kutsamwa

USAFA WAKA MUTSA IMBWA IRERE



Iva nemufaro uye uchi vaka hushamwari nembwa yako!

Ibasa hombe uye chipo kuva nemhuka yaunoshamwaridzana nayo. Mhuka yako inhengo yemumhuri menyu, zvakangofanana kuva nehanzvadzi kana mukoma. Shamwaridzana nemhuka yako uye uchitaura nayo! Imbwa dzinogona kuva shamwari dzako dzepamoyo uye dzinogona kupfimbika zvinhu pamoyo!

Ratidza ruremekedzo kumhuka yese, sekuremekedza kwaunoita mukoma, hanzvadzi, vabereki kana mudzidzisi wako.

Kana zvichikwanisika, tsvaga chikoro chembwa chinofundisa imbwa kuteerera murairo wakasiyana siyana.

Kana uchida shamwari, iva shamwari!



CHIKAFU CHINOVAKA MUVIRI NEMVURA YAKACHENA

Mhuka dzese, zvakangofanana nesu, dzinoda chikafu chinezvakanakwana zvinovaka muviri zvinodzivirira hoshha, zvinovaka nhengo dzemuviri uye nezvose zvino zvakanaka zvatoinawana muchikafu chedu.

Chikafu chatinofanira uye ne chisingafanire kupihwa kuimbwa:

HONGU

Nyama yakabikwa
zvakanaka ✓
Nyama yehuku ✓
Hove ✓
Vegetables ✓
Hupfu yakasiyana ✓
Mbambaira ✓

KWETE

Machokoreti ✗
Magirepusi ✗
hanyanisi ✗
Kofi ✗
Gariki ✗
chinghamu ✗
Doro ✗



ZVINODIWA KUCHENGETEDZA UTANO

Mhuka dzese dzinogona kurwara, asi tino kwanisa kuzvidzivirira!



Mhuka dzinoda: **Kubaiswa gore rega rega**
Mapiritsi anouraya makonye emudumbu
mwedzi mitatu wega wega
Kuonekwa nachiremba wemhuka kamwe chete
kana kakawanda pagore

Kuronga mhuri burikidza nekutenwa. Izvi zvinodzivirira kuzvarwa kwevana vakawanda vanocho kwanisa kunetsa kuriritira



TSVAGA MAZWI AKANYOREWA

B	K	D	K	U	T	A	M	B	A	X	M	L	P	K
P	U	I	M	B	W	A	S	D	H	F	A	O	I	U
B	M	J	M	N	T	I	O	R	K	P	T	T	T	F
K	H	X	U	B	Q	Y	D	K	U	R	O	P	B	A
U	A	U	B	H	A	R	D	F	F	X	Y	V	M	M
H	N	I	U	O	W	U	Z	W	E	D	I	O	P	B
U	Y	W	W	N	B	D	Y	I	M	B	H	O	R	A
K	A	A	O	Z	V	O	T	G	E	O	R	E	W	Y
U	I	L	X	O	V	B	N	M	R	M	U	S	W	E
R	M	B	W	A	N	A	N	A	E	L	T	T	H	B
A	S	D	F	H	F	J	H	K	K	B	E	A	R	S
K	U	F	E	M	E	D	Z	A	X	M	H	U	R	I
K	U	S	I	R	I	R	I	K	A	V	R	L	E	W
T	O	K	U	B	H	A	B	H	A	D	Z	I	R	A
M	B	A	V	A	F	U	R	C	B	A	N	D	I	H

- BHORA**
- KUHUKURA**
- BHONZO**
- IMBWA**
- KUSIRIRIKA**
- MHURI**
- MBAVA**
- BANDI**
- RUDO**
- KUFEMEREKA**
- KUBHABHADZIRA**
- KUTAMBA**
- MBWANANA**
- KUMHANYA**
- KUFEMEDZA**
- MUSWE**
- MATOYI**
- KUFAMBA**



DZIVIRIRO INO KUNDA MUSHONGA

“DZIVIRIRA KURUMWA ZVISATI ZVAITIKA”

Imbwa hadzizive kuti kukuruma hakuna kunaka. Kazhinji imbwa dzinoruma kana dzichitya kana kuda kuzvidzivirira. Kuitira kuti tizvidzirire kurumwa nembwa, tinofanira kunzwisisa:

- Imbwa zvadziri kunzwa
- Kusvika pane imbwa zvisina njodzi
- Nguva yakanaka kana isina kunaka kusvika panembwa kana kutamba nembwa

Burikidza neku nzwisisa mararamiro embwa uye neku dzivirira njodzi, tinokwanisa kuzvidzivirira kurumwa nembwa.

ZVINO RATIDZA NJODZI

- KUOMESA MUTEZO
- KUOMESA MUSWE
- KUISA NZEVE KUMASHURE
- KUDZOKA SHURE
- KURIRIMA
- YAKABUDITSA MAZINO
- KURUMA
- KUDZVOKORA
- KUSIMUDZA MVERE



ZVAUNOITA ✓

- ISA MAOKO AKO KUMATIVI
- WOMIRA KUTI TWI



USAITE ✗

- KUMHANYA UCHITIZA IMBWA
- KURIDZA MHERE UCHI VHUNDUKA
- KUITARISA MUMAZISO

WAKARUMWA

- KUZVIDHONZA KANA WARUMWA
- MIRA WAKADARO
- WAKADONHA, ZVIUMBE KUNGE BHORA UCHIUNZA MAKUMBO NEMAOKO AKO PAMWE CHETE



KUDZIVIRIRA KURUMWA

Tinozvidzvirira sei kuti tisa rumwe nembwa?

Imbwa dzatinoziva:

Kana mbwanana dzichiri diki, tinofanira kutamba nadzo zvakanaka uye tichiongorora kuti hadzisi kutya vanhu. Mbwanana dzinofanira kujaira kutamba nevanhu kuti dzizo kura kubatwa nevanhu uye dzisazo ruma. Izvi ndozvatoita kuti tiwirirane nemhuka dzedu.

Munhu wese ane imbwa anofanirwa kudzidza kutaura nembwa dzake, kuti vago kwanisa kudzivirira njodzi uye kuti vazokwanisa kudzidzisa imbwa dzavo tsika dzakanaka pane vanhu.

Tenesa imbwa yako. Imbwa hono dzisina kutenwa dzinogona kuzoita hashu kune dzimwe mhuka nevanhu. Imbwa hadzi dzinogona kuzo rwara kana dzisina kubiswa chibereko. Kusa tenesa imbwa dzedu kune njodzi kuvanhu uye nedzimwe imbwa.

Imbwa dzatisinga zive:

Imbwa yakamhanya yaka kunanga, mira waka nyarara. Siya imbwa iku funidze painobva pauri - unofanira kufamba zvishoma nezvishoma wakanyarara uchienda kwaisiri kuenda.

Usasvika pedo kune imbwa yausinga zive. Izvi zvinosanganisira imbwa dzakasungirirwa kana dziri kuseri kwe fenzi.

Usadenha, tandanisa kana kupostera zvinhu kuimbwa. Usa furufusha imbwa dziri kudya, dzakarara kana dziri kuyamwisa.

Ziva nharaunda yaunogara uye nembwa dzinogara imomo. Iva shamwari nembwa uye uchidzipa mukana wekufaranuka.

Usa rova, kukava kana kushevedzera kuimbwa uye tambira kure nembwa dzirikuita zvisinga nzwisisike.

IMBWA-MUPENGO

CHII CHINONZI IMBWA-MUPENGO?

Chirwere chembwa-mupengo chinobata mhuka dzakawanda kunyanya imbwa. Chirwere ichi chinenge chiri mumate nerutwe rwemhuka dzinohosha yacho, hosha yacho inopinda mumiviri memhuka uye nevanhu mushure mekunge varumwa kana kunanzviwa pane zvironda.

Tinokwanisa kudzivirira chirwere ichi chinouraya burikidza neku baisa imbwa dzedu nemushonga unodzivirira chirwere chembwa-mupengo.



Usa rumwa.



Usa nhoga imbwa dzausinga zive.



Dzivirira kunanzviwa kana kumariwa.

CHIRWERE CHEMBWA-MUPENGO CHINO RAPIKA HERE?

Tinofanira kuzama kudzivirira imbwa-mupengo burikidza nekubaisa! Kana zvinoratidzira kubatwa nehosha zvakuwoneka, hazvicha rapike.

Nhano nhatu dziri nyore mukudzivirira chirwere chembwa mupengo:

1. Zvidzivirire kurumwa kane nemhuka yipi zvayo.
2. Kana warumwa, geza chironda chacho nekuchimbida nemvura uye ne sipo kwema mineti makumi nemashanu (15 minutes).
3. Udza munhu mukuru kuti warumwa, nekuti vanofanira kuenda newe kuchipatara kuti unobaiwa.

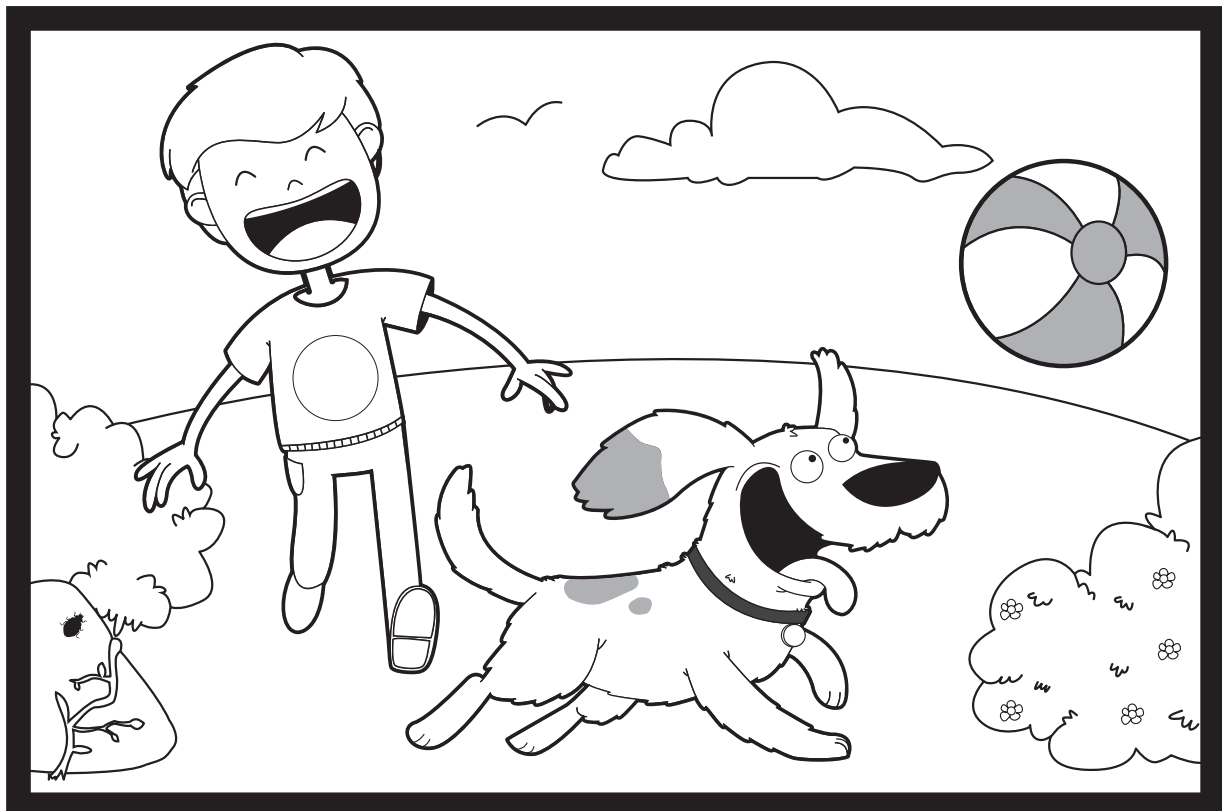
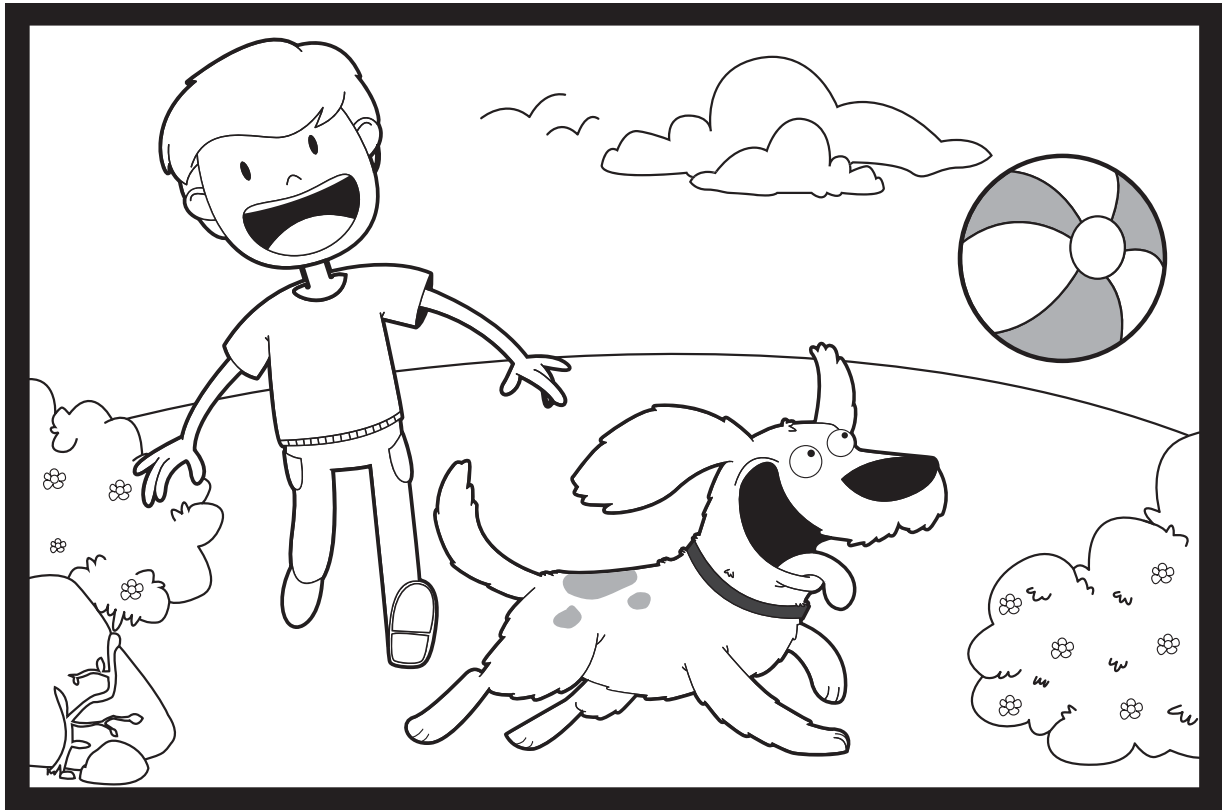
NOTE:

Kana usinga kwanise kuwana munhu mukuru anoenda newe, enda neshamwari yako nekuti zvinenge zvakakosha kuti uwane rubatsiro.



Spot the differences!

(there are 13)





RABIES PREVENTION!



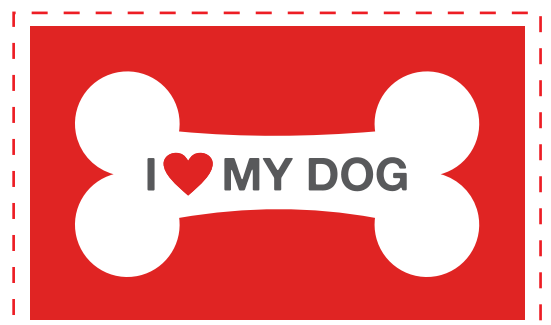
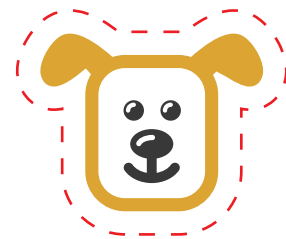
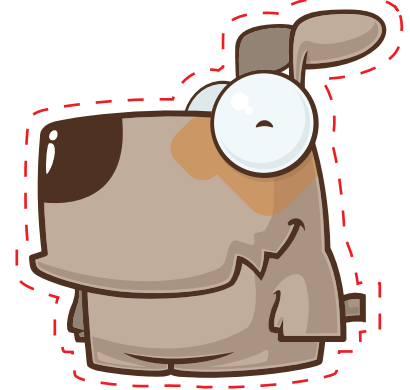
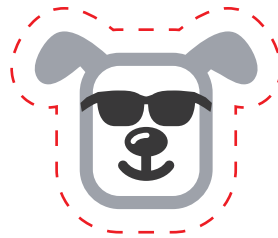
If you are bitten by a dog - wash the wound and go to your clinic!

How to avoid being bitten by a dog!

- ✗ Keep away from dogs you DON'T KNOW!
- ✗ Keep away from dogs that are behaving strangely - they may bite!
- ✗ Don't chase, hit, kick or shout at dogs!
- ✗ Don't interfere with dogs which are eating, sleeping or have puppies!



Concept by: D. Stewart Rabies Project. Designed by: D. Cooke Department of Agriculture, Environmental Affairs & Rural Development: Veterinary Epidemiology Section 033 3476267



MAKOROKOTO

This certificate is awarded to:

nekuti ndinoziva kuzvidzivirira pane imbwa!

Ndinovimbisa kuti:

- **Ndichabvunza nguva dzose ndisati ndabhabhadzira imbwa**
- **Chiso chako ngachigare kure kwechiso chembwa**
- **“Ita semuti” kana “Kuva sedombo” kana pane imbwa yauya pedyo newe**
- **Usafurusha imbwa iri kuzvidyira, yakarara kana ine vana vayo.**



