

# UNODA SHAMWARI? IVA SHAMWARI!

## BHUKU RINOTIDZIDZISA KUCHENGETA MHUKA UYE NEKU DZIVIRIRA KURUMWA



Developed by:

René Grobler, Amanda Klette,  
Netcare Trauma Division  
Daniel Stewart & Terence Scott  
Global Alliance for Rabies Control

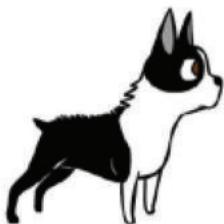


# RURIMI RWEMBWA

## IMBWA YANGU IRI KUNDIUUDZA KUTI KUDII?



CHANGAMUDZA



KUFUNGIDZIRA



KUSHUNGURUDZIKA



ATYIKIDZIRA



YANE HASHA



KUSHAMWARIDZA



NDISIYA NDIRI  
NDEGA



KUREZVA



KUFARA



YAKUVHIMA



TAMBA NENI



YAKUGADZIRA



YANENZARA



KUFARISA

© 2011 Lili Chin [www.doggiedrawings.net](http://www.doggiedrawings.net)

*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 kutambisa 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.

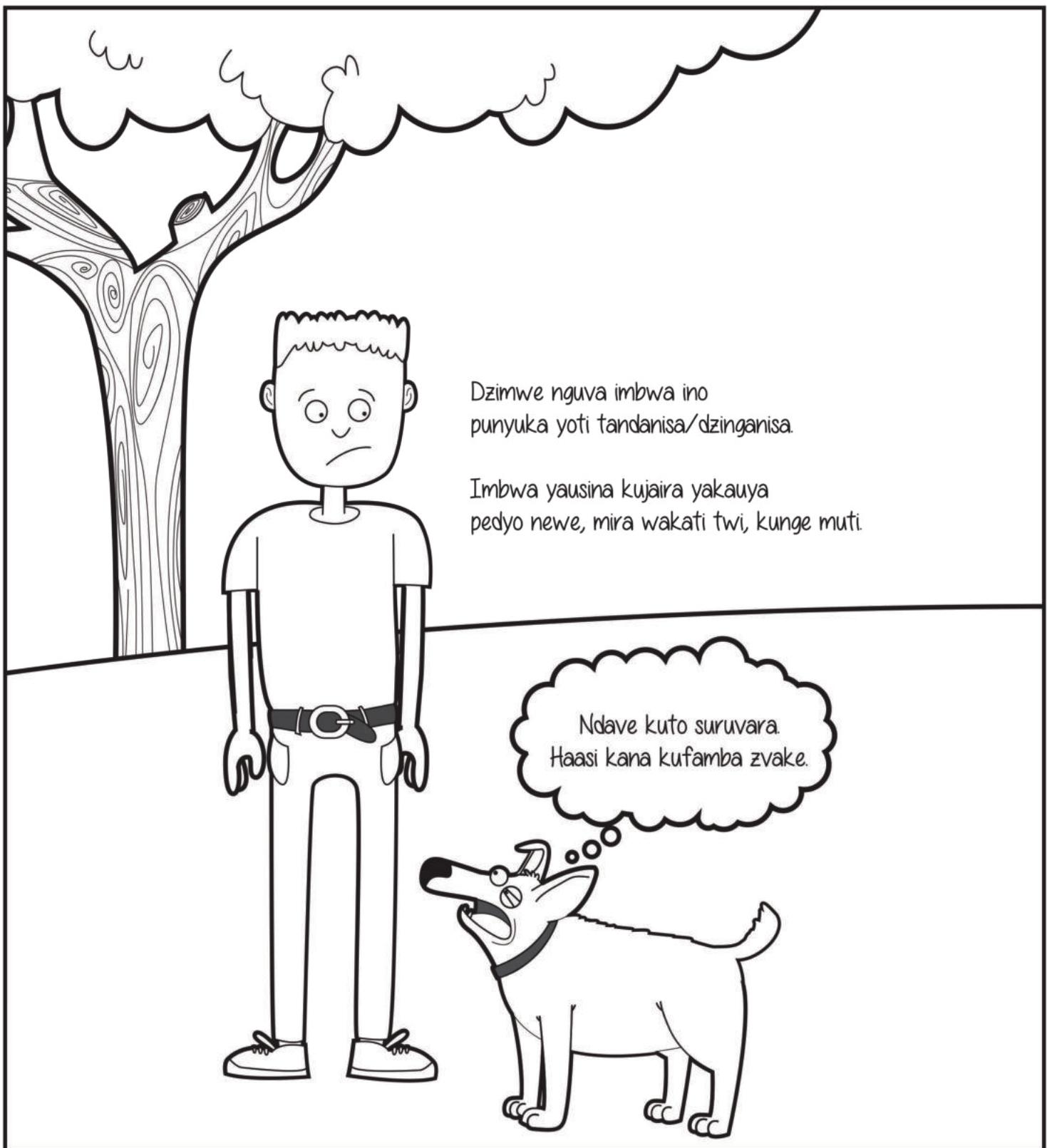
Usa shevedzere kana kuridza mhere.



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](http://www.drsophiayin.com)

# Isa mavara!



# KURIRITIRA MHUKA ZVAKANAKA

## KODZERO SHANU (5)

Ikodzero yedu kuti mhuka yega yega inowana:



**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 menu, 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 chinezvakakwana zvinovaka muviri zvinodzivirira hosha, 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 X  
Magirepushi X  
hanyanisi X  
Kofi X  
Gariki X  
chinghamu X  
Doro X



## 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 vanozo kwanisa kunetsa kuriritira



You're in safe hands

# 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 dzinorama kana dzichitya kana kuda kuzvidzivirira. Kuitira kuti tizvidzirire kurumwa nembwa, tinofanira kunzwisia:

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

Burikidza neku nzwisia 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, ZVIUMBÉ 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 kujaира kutamba nevanhu kuti dzizo kura kubatwa nevanhu uye dzisazo ruma. Izvi ndozvatonita 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 hasha kune dzimwe mhuka nevanhu. Imbwa hadzi dzinogona kuzo rwarakana 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-MUPENG**

## **CHII CHINONZI IMBWA-MUPENG?**

Chirwere chembwa-mupengo chinobata mhuka dzakawanda kunanya 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-MUPENG 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. Zvidzvivirire kurumwa kane nemhuka yipi zvayo.
2. Kana warumwa, geza chironda chacho nekuchimbidza nemvura uye ne sipo kwema mineti makumi nemashanu (15 minutes).
3. Udza munhu mukuru kuti warumwa, nekuti vanofanira kuenda newe kuchipatara kuti unobaiwa.



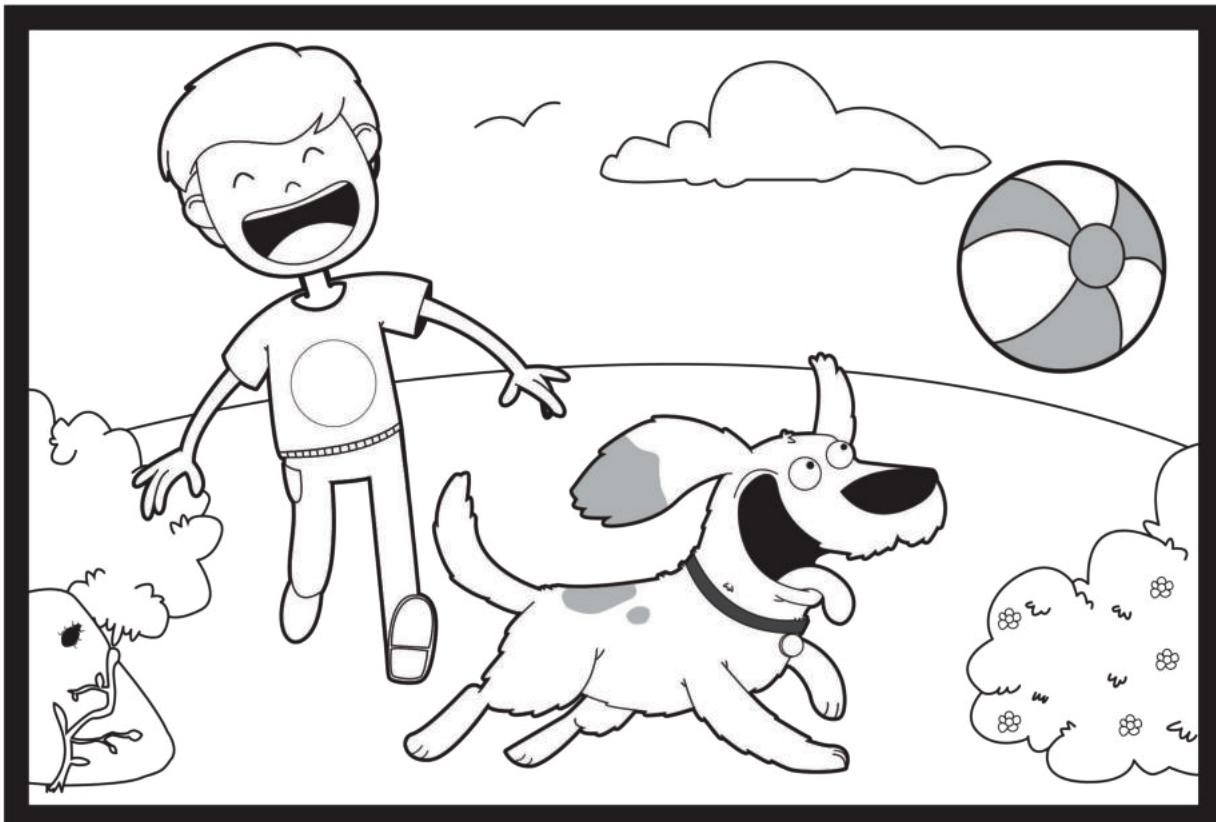
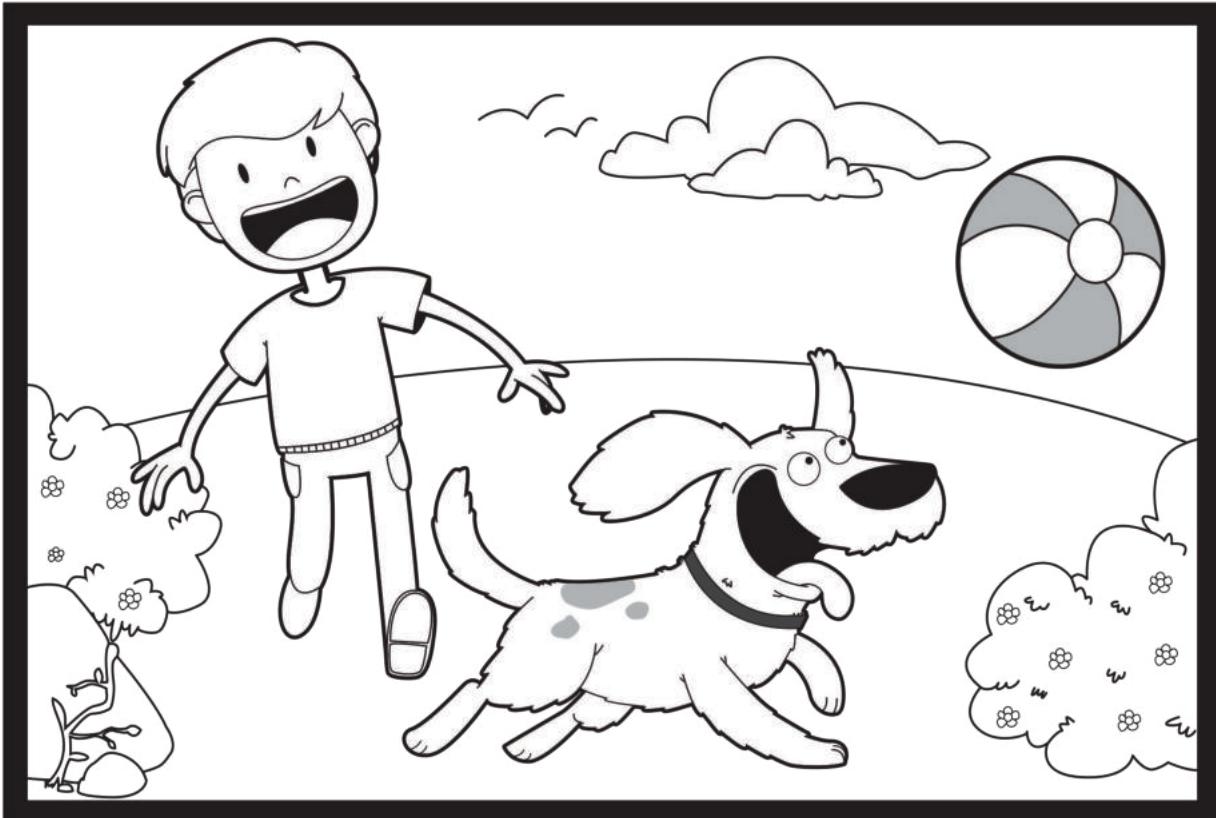
### **NOTE:**

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!

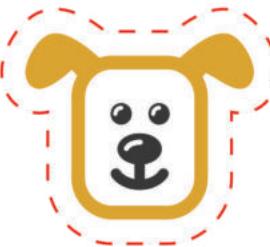
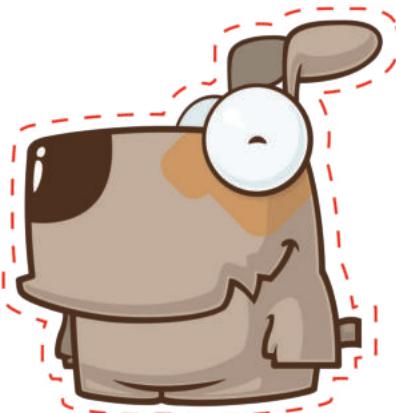
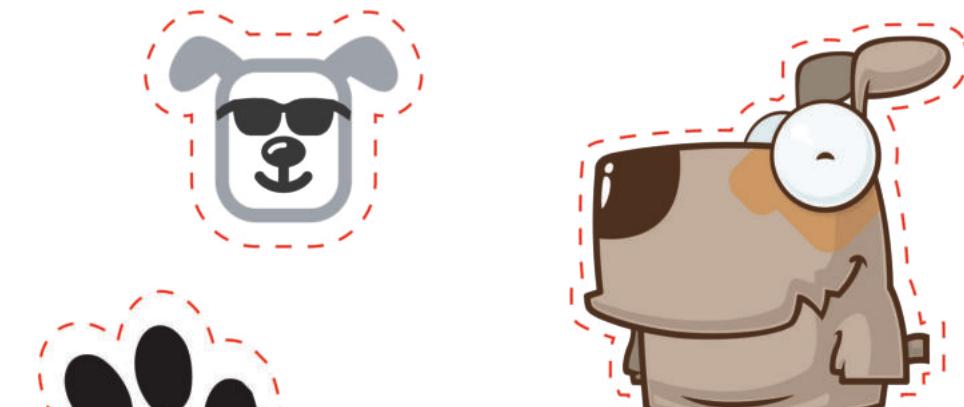
## How to avoid being bitten by a dog!

- ✗ 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

I   
MY DOG



You're in safe hands



# 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.



You're in safe hands

