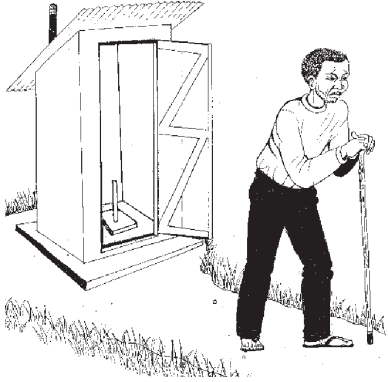


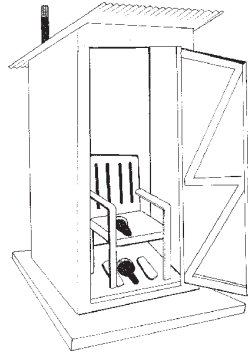
VITU VYA KUFANYA KUHUSU CHOO KIKUBWA

Kadi ya Nasaha

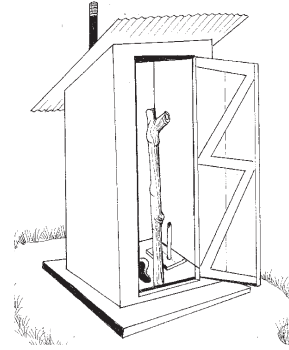
MGONJWA DHAIFU LAKINI AMBAYE ANAWEZA KUTEMBEA



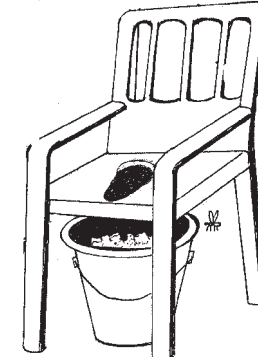
Tumia fimbo ya matembezi.



Kata tundu katika kiti ili kumsaidia mgonjwa dhaifu kutumia choo.



Weka nguzo (au vipete katika ukuta) chooni ili kumsaidia mgonjwa dhaifu kuchutama au kusimama.

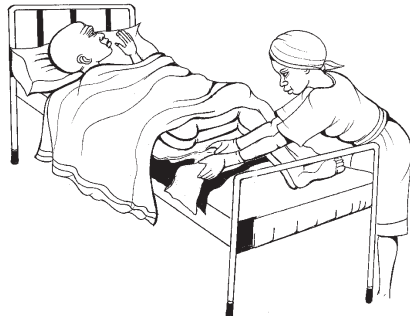


Weka ndoo chini ya kiti chenye tundu kwa matumizi ndani ya nyumba



Weka vitu vyote vinavyotumiwa katika kunawa mikono karibu na mahali mgonjwa anapokwenda choo.

MGONJWA ASIYETOKA KITANDANI



Weka shuka la mpira pamoja na kitambaa juu ya mpira huo chini ya nyonga za mgonjwa. Badilisha shuka wakati linapochafuliwa.



Tumia poti (chombo).



Weka maji, sabuni (au majivu) na vitambaa safi karibu na kitanda cha mgonjwa.