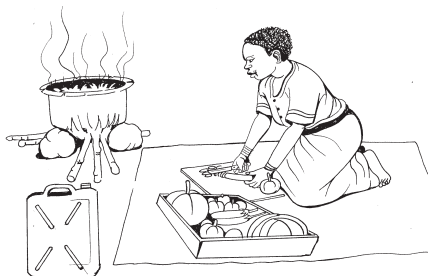


MAJIRA MUHIMU YA KUNAWA MIKONO

Kadi ya Nasaha



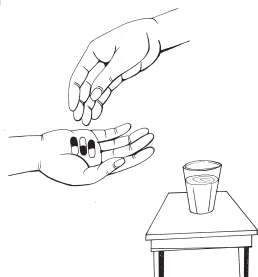
**Nawa mikono
ukitumia
sabuni
(majivu) ...**



Kabla ya kupika



**Kabla ya kula, kumlisha
mgonjwa au kunyonyesha
mtoto**



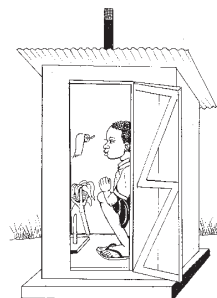
**Kabla ya kumpa mgonjwa/
kumeza dawa**



**Kabla ya kugusa giligili za mwili
kama vile damu, usaha, n.k.**



**Baada ya
kwenda choo**



**Baada ya
kumsafisha
mgonjwa
aliyekwenda
choo**



**Baada ya
mgonjwa
kujisafisha
mwenyewe**



**Baada ya
kusafisha
mtoto
aliyekwenda
choo**



**Baada ya
kugusa giligili
za mwili kama
vile damu,
usaha, n.k.**

