OKUKOLA PAADI OKUVA MU BYAYI

Olupapula oluliko Ebyokusomesa abantu

1 Sala ebyayi

Sala ebyayi nga buli kimu kya mita eziri wakati wa 1 ne 1.5 ku makya oba akawungeezi nga bigonvu. (Bwe kiba ekikalu kimenyekamenyeka).

Ebyayi (2) eby'okungulu ebitayitamu mazzi

Enjoka (2) ez'ebyayi ezitayitamu mazzi

2 Longoosa ekyayi

Yisa akagoye akalimu amazzi ku kyayi oggyeko obukyafu.

3 Tereeza ekyayi:

Ekyayi kitereeze kibeere nga tekyefunyizza.

Okutereeza ekyayi

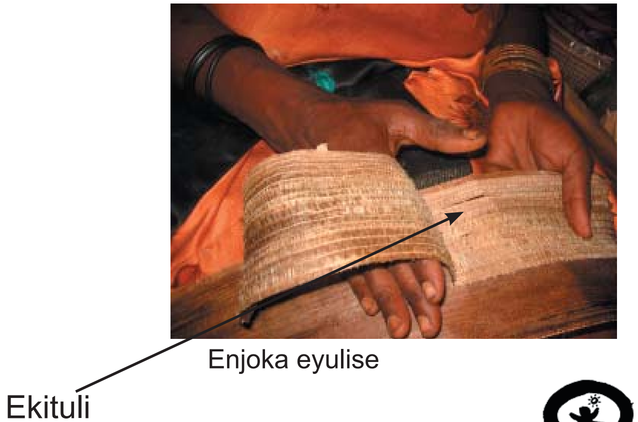
4 Yuzaamu enjoka:

Yuzaamu n'obwegendereza ekitundu ky'enjoka nga kino kye kitundu ky'oteeka ku mubiri.

Okuyuzaamu enjoka

WEETEGEREZE: ENJOKA EYULISE

Singa enjoka eyulika wakati oba tosobola kugikozesa. Singa eyulika ku busongezo busaleko kasita kiba ng'ekitundu ekisigad-dewo kikumala okukozesa.



Enjoka eyulise

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THE REPUBLIC OF UGANDA
Ministry of Health

Plan
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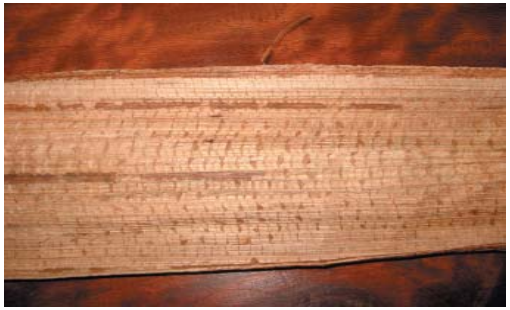
5 EKYAYI MU MBEERA GYE KIKOZESEBWAMU:

Ekitundu ky'ekyayi ekitayitamu mazzi ekimanyiddwa nga enjoka bwe kimala okuyuzibwa mu kyayi, olwo kiba kisobola okweyambisibwa. Kino kye kitundu ky'oteeka ku mubiri.



Ekyayi nga kiyubuddwamu ekitundu ky'enjoka

6 Enkozesa y'ekyayi:

Funa akawuzi oba ekyayi okyesibe mu kiwato. Bw'omala teeka ekyayi wakati w'amagulu okitwale okiyise mu luwuzi oba mu kyayi kyewasibye mu kiwato. (laba ekifaananyi wammanga) Osobola okugatta enjoka zonna z'owulira nga zijja kukolera bulungi. Obuwanvu bwazo businziira ku bunene bwo.

Ekyayi nga kisibiddwa mu kiwato

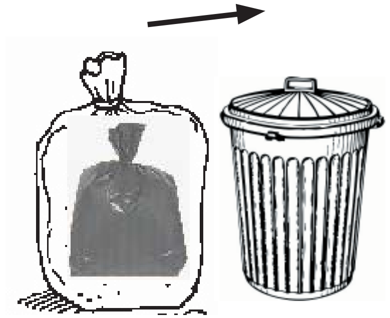
Yuza katini ekyayi gyekikoma enjuyi zombi okisibe ku musipi

7 Okusuula ebyayi ebimaze okukozesebwa

Suula paadi z'ebyayi ezimaze okukozesebwa nga weeyambisa engeri zino wammanga:

Mu <u>bibuga:</u>

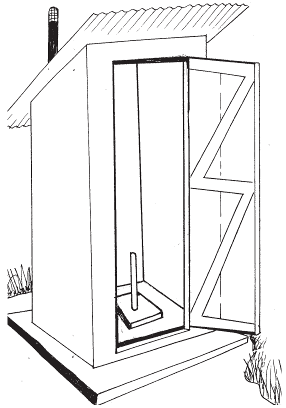
1) Byokye (eno y'enkola esinga okuba ennungi)



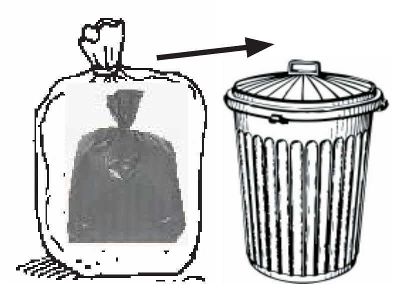
2) Sibako bulungi ebyayi bino obisuule ku kasasiro

Mu <u>byalo</u>:

1) Byokye (eno y'enkola esinga okuba ennungi)



2) Bisuule mu kaabuyonjo



3) Sibako bulungi ebyayi bino obisuule ku kasasiro