

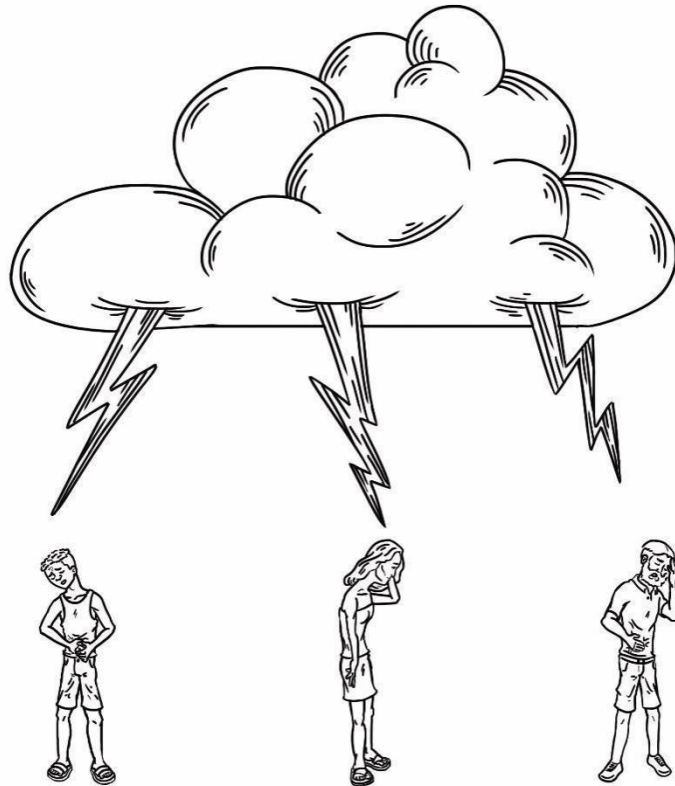
**TRUTH
CENTERED
TRANSFORMATION**

MODULE

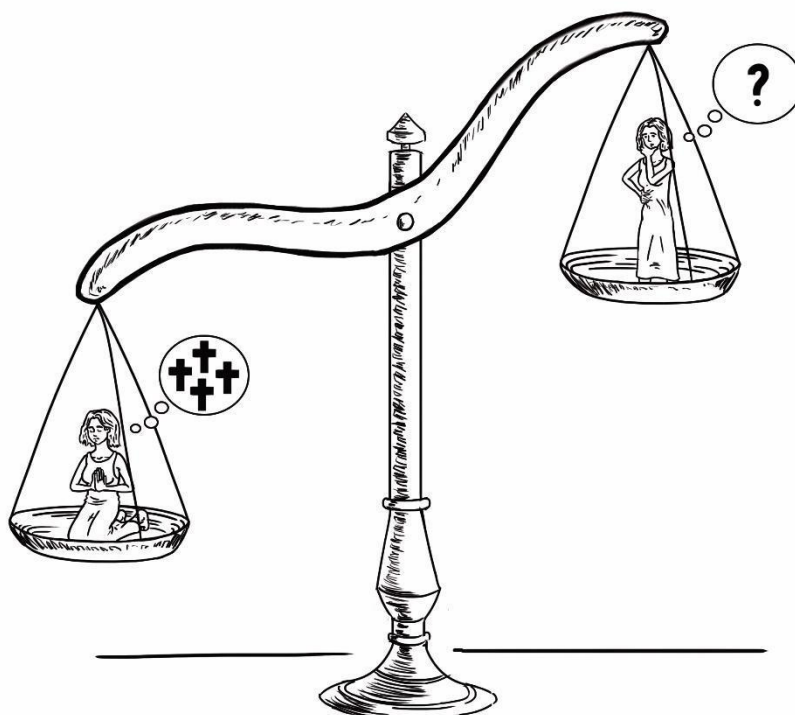


**EMAKHONO ETEMPHILO
INSITA TITFOMBE**

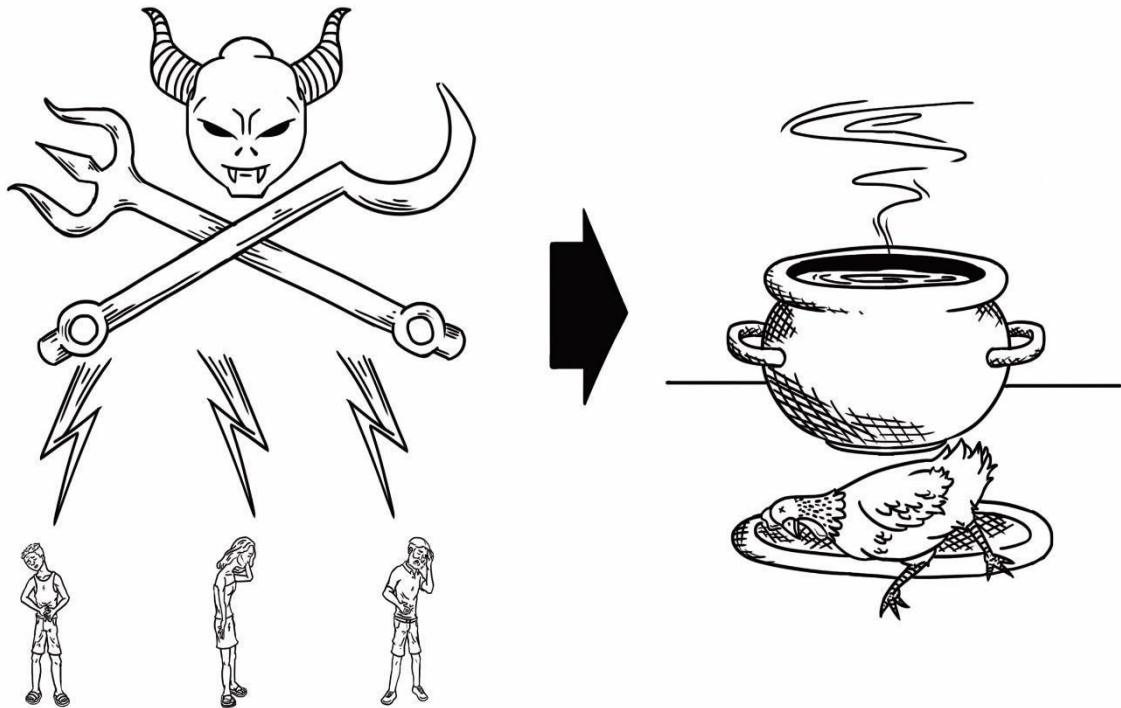
1. Tonkhe Tifo Tisijeziso lesivela KuNkhulunkhulu



2. Kube Besinekekholwa Lokunyenti Besingeke Sigule



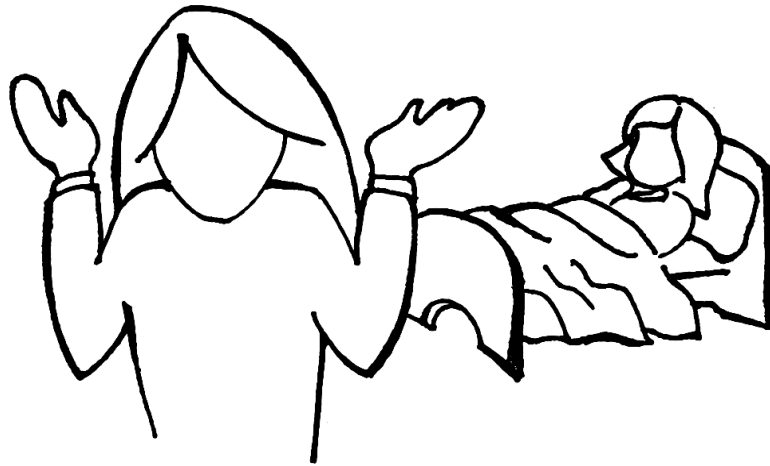
3. Kugula Kudalwa Yimimoya Lemibi, Ngako Kufanele Sente Imihlatjelo



4. Nkhulunkhulu Akanendzaba Nekugula



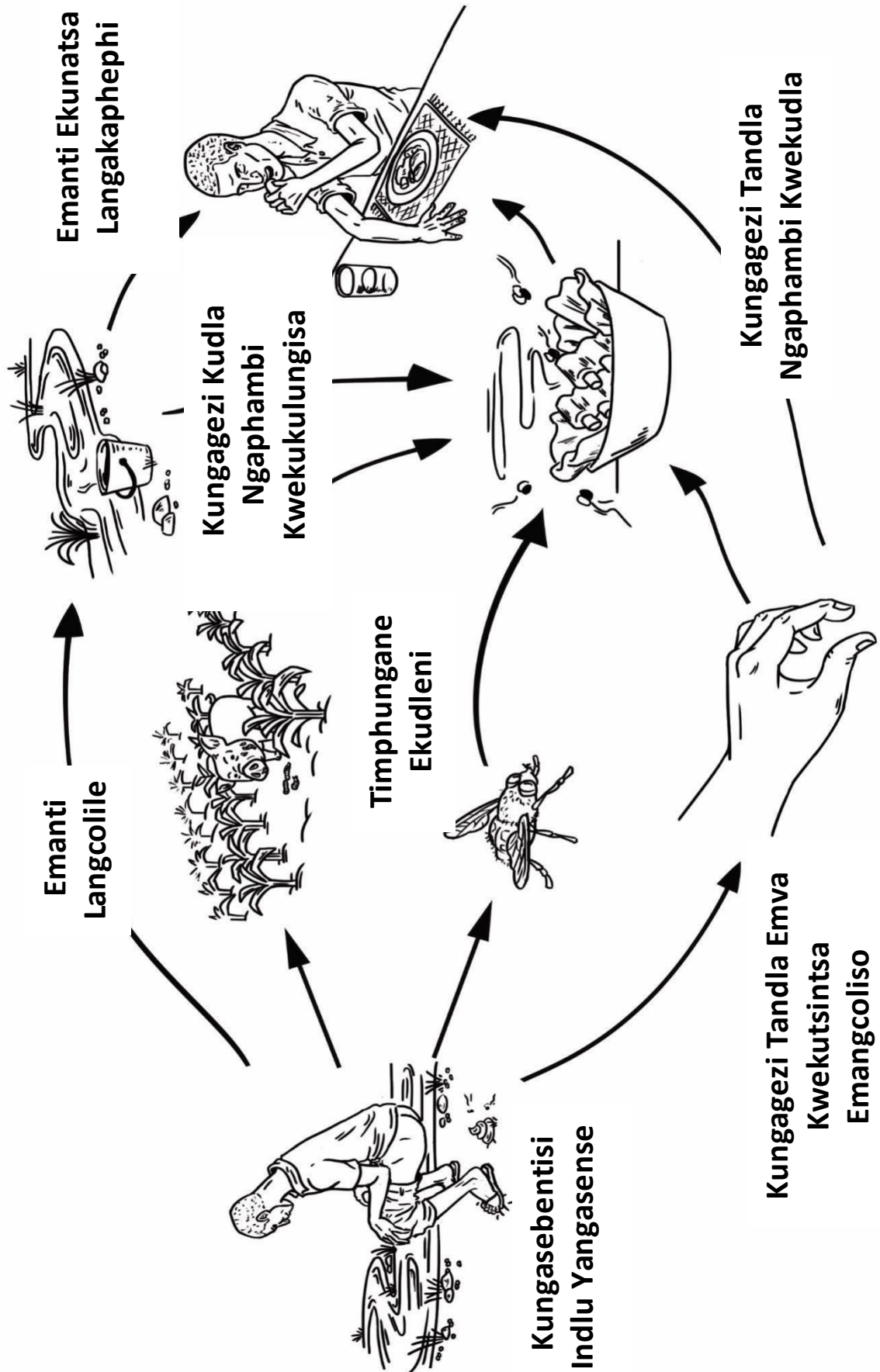
5. Akukho Lesingakwenta Kuvikela Kugula



6. Nasigula, Kufanele Nje Sithandaze Singayi KuDokotela

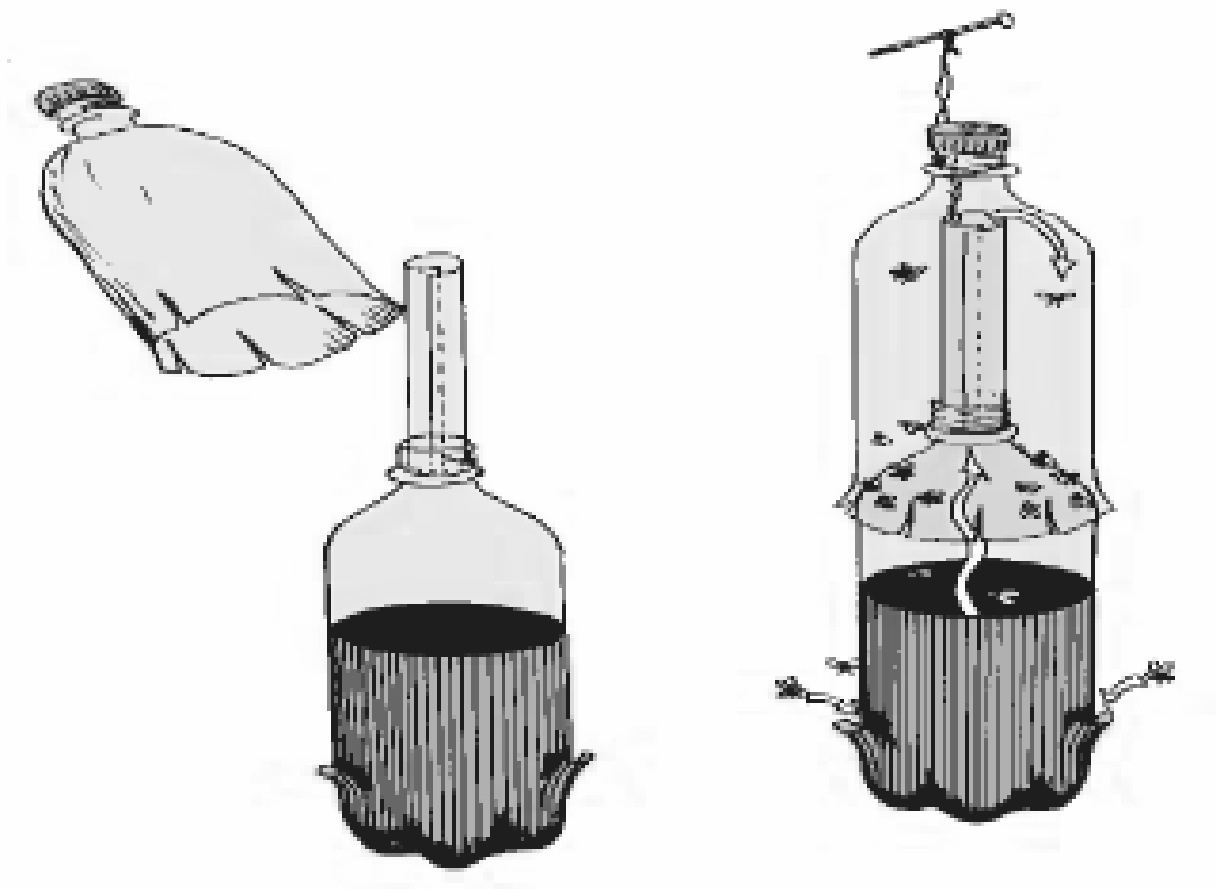


Tandza Kanjani Tifo



Sikwakha Njani Kwekubamba Timpfungane

1. Tsatsa libhodlela lepulasitiki, penda hhafu welingephansi lalo libemnyama bese ubhobosa timbhobo letincane tibe tintsatfu wentele kungena timpfungane.
2. Phindze ujube lelinye libhodlela hhafu. Yakha liphayiphi ngekujuba lenye incenye lengaphansi ulibeke emlonyeni welibhodlela lekucala.
3. Faka hhafu welingetulu kulelibhodlela lekucala.
4. Faka umcuba lomncane ngephansi bese ulengisa libhodlela ngephandle.



Impomphi Yetinyawo

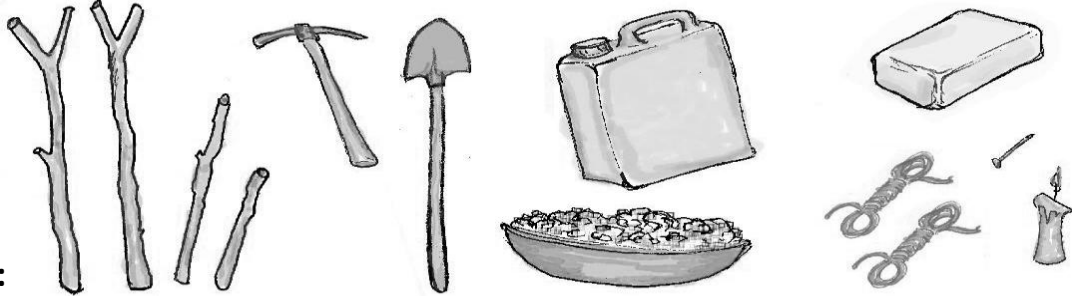


Yakha Yakho Impomphi Yetinyawo

Tinsita Letidzingekele:

(2)2m tindvuku temaphaca; (2)1m tindvuku leticondzile; Emathulusi ekugubha; Sigubhu semanti; Sihlabatsi; Insipho; Intsambo; Tipikili kanye nelikhandlela

Tinyatselo:



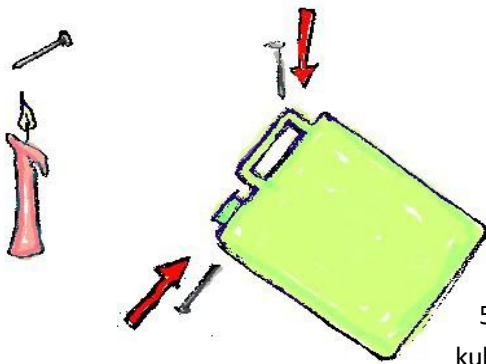
1. Gubha imigodzi lemibili 18in kushona phindze ube 2ft kukhweshelana



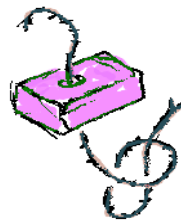
2. Faka tindvuku temaphaca, yenta siciniseko kutsi tiyalingana



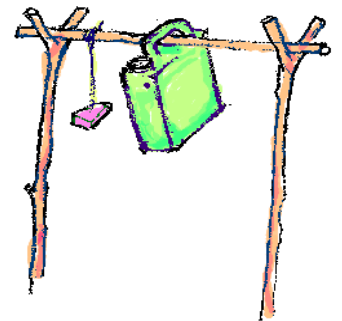
3. Gcwalisa ngemhlabatsi nematje, ungcingce kucine



4. Shisisa tipikili ubhobose timbobo kulesigubhu



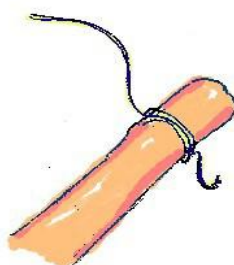
5. Bhola imbobo kulensipho ufake intsambo uyibophele khona



6. Phanyeka sigubhu sinsipho bese ugcwalisa ngemanti



7. Intsambo lebophe indvuku yelunyawo yenyuse sihloko sayo lesinye sibophe sigubhu

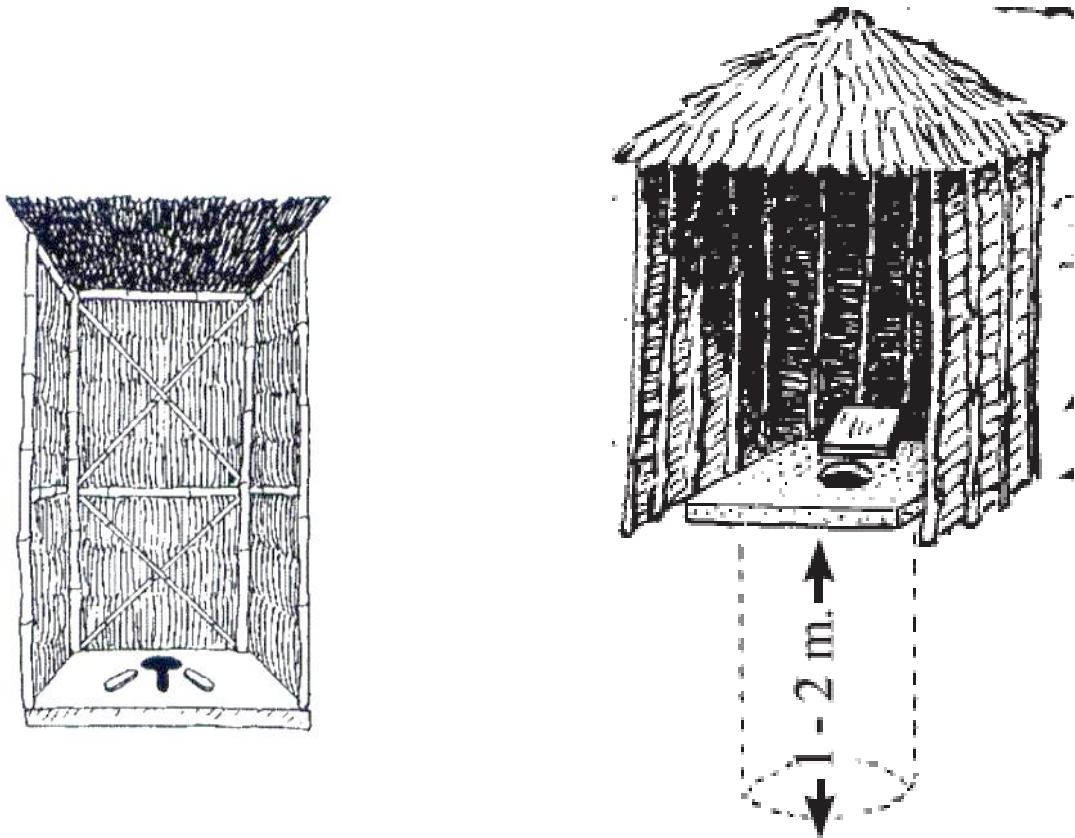


8. Ubophele indvuku lotayinyatsela ngelunyawo

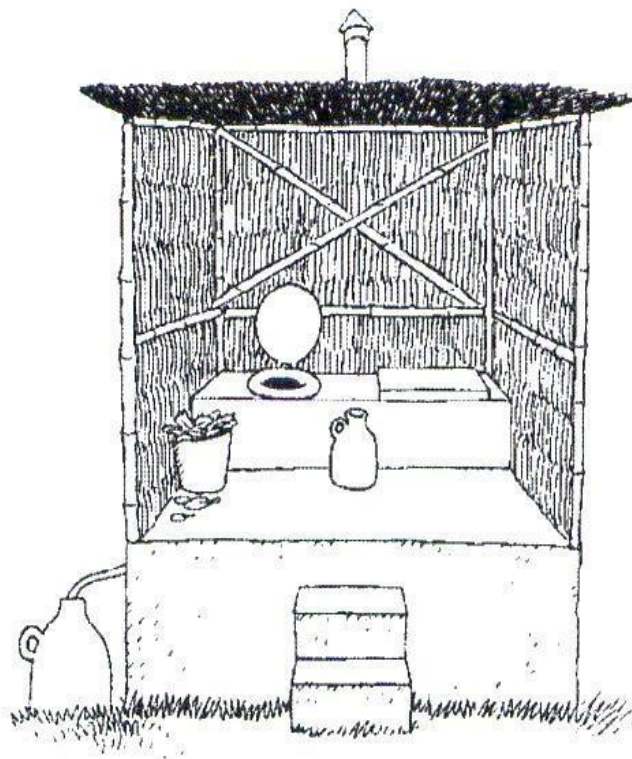


9. Beka ngephansi indishi yemanti letokhongetela

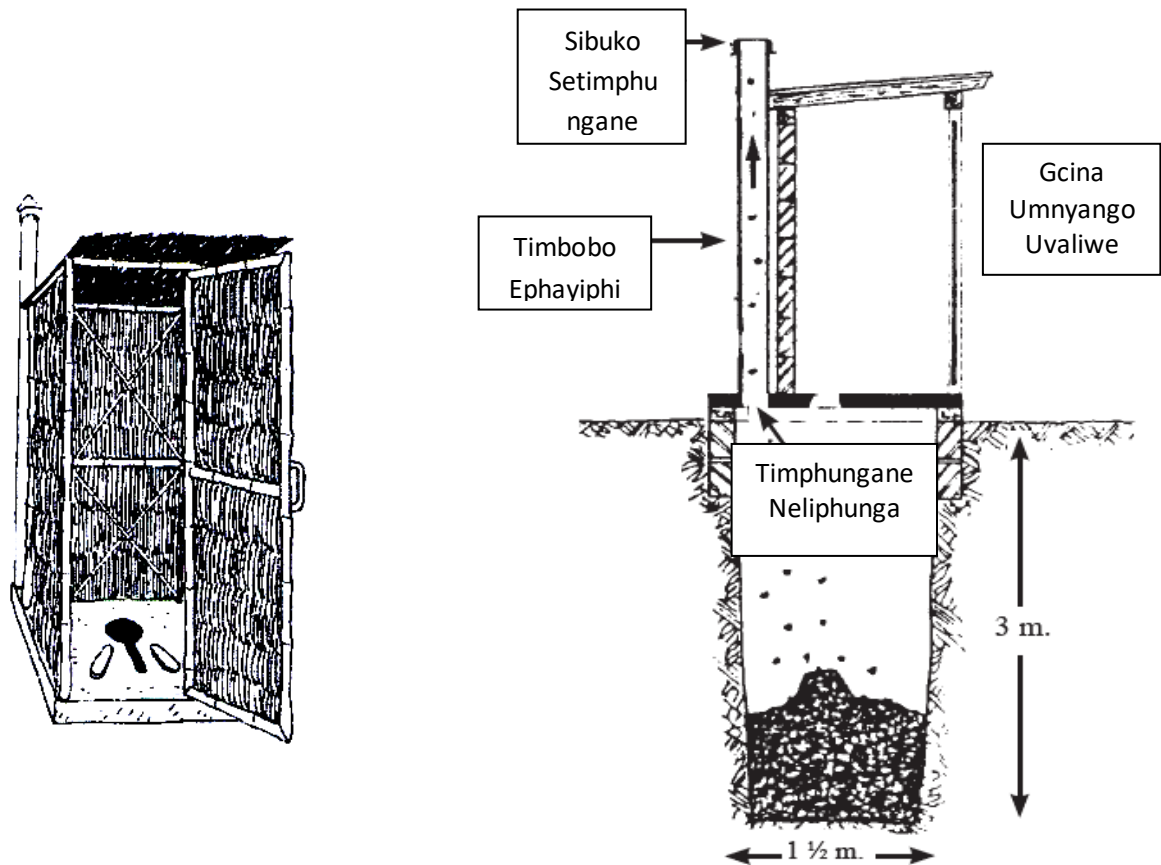
Indlu Yangasense Levalwako



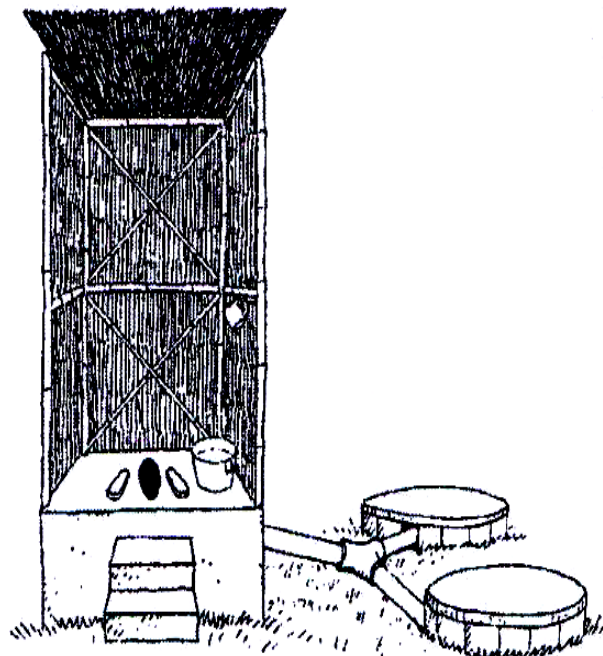
Leyehlukanisa Umchamo Nemangcoliso



IIndlu Yangasense Lenetimbobo Letitfutfukisiwe (VIP)



Indlu Yangasense Lebentisa Emanti

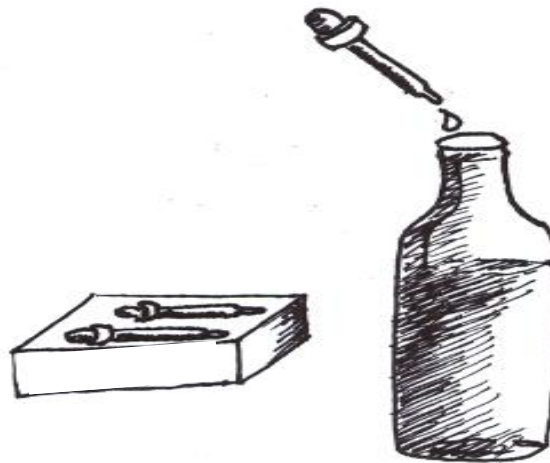


Uwahlanta Kanjani Emanti

Wabilise Emanti



Tsela iBleach



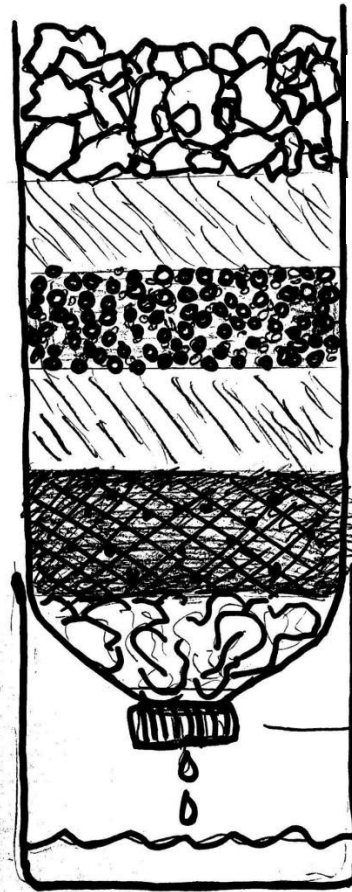
Uyisebentisa Kanjani iBleach Kuhlanta Emanti

Lendlela lena isebenta kahle emantini lafudvunyetwe elangeni.

1. Tsela ematfonsi lamabili (2) ebleach elitheni yinye (1) yemanti
2. Khuhlutisa uwayekele ubindze lokungenani imizuzu lengu 30 (1-2 emahora ng'kona kukahle).
3. Faka ematfonsi ebleach ngalokuphindziwe nangabe emanti abandza noma kungatsi amafu.
4. Lokungenani kungaphela imizuzu lengu 30, Lamanti kufanele anukise kwe chlorine kancane. Nangabe itseleke kakhulu ibleach, lokunuka kutawuba nemandla, lapho kubita kutsi wengete emanti.

Wasefe Emanti

Juba lingephansi lelibhodlela



Lukhetse, ematje lamancane

Sihlabatsi lesicolisakele

Sihlabatsi semfula noma
timabula

Sihlabatsi lesicolisakele

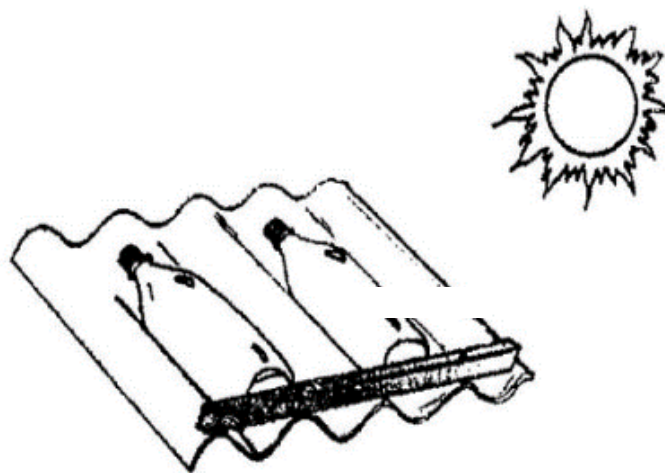
Imphuphu yelilahle

Imphahla noma sisefo
selikhofi

Bhola imbobo esidikiselweni

Ungasefa, bilisa emanti

Indlela yeTinswayi (SODIS)



Uyisebentisa Njani Indlela Yetinswayi (SODIS) Kuhlanta Emanti

Sinyatselo sekucala (1): Sebentisa libhodlela 1-2 wemalitha. Gezisisa libhodlela lihlobe nawulisebentisakwekucala



Sinyatselo sesibili (2): Tsela emanti abe ngu $\frac{3}{4}$



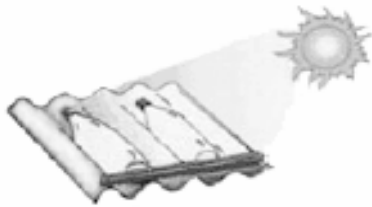
Sinyatselo sesitsatfu (3): Khuhlutisa libhodlela imizuzwana 20



Sinyatselo sesine (4): Nyalo gwalisa libhodlela ngemanti bese uvala ngesidikiselo



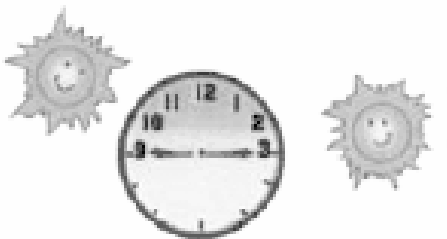
Sinyatselo sesihlanu (5): Beka emabhodlela ithayeleni



Sinyatselo sesitfupha (6): Noma uwabeke eluphahleni lwemathayela



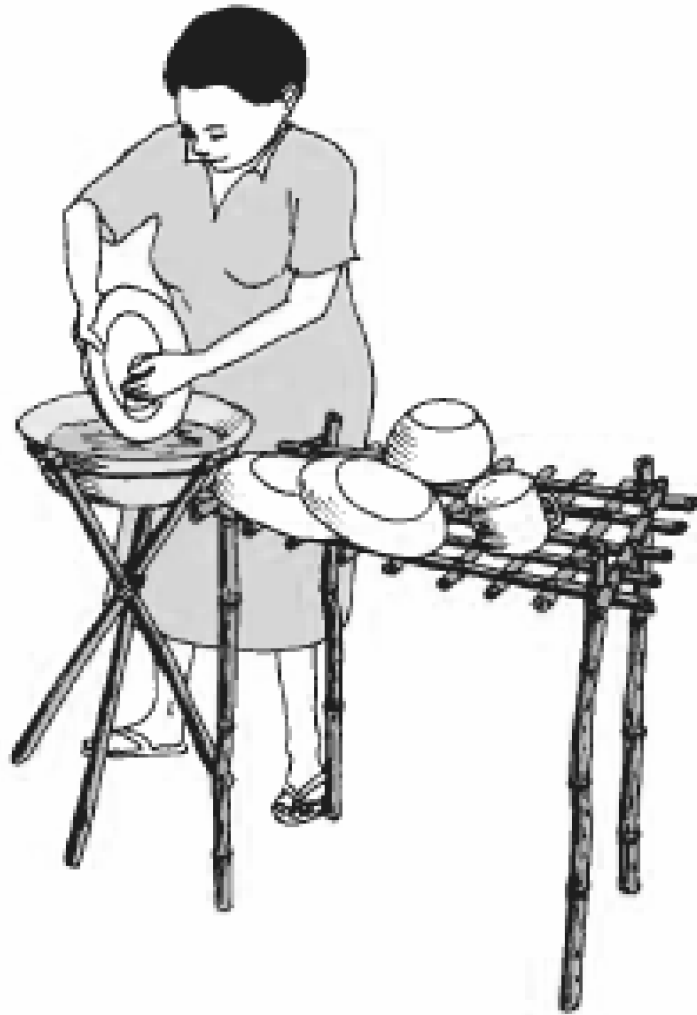
Sinyatselo sesikhombisa (7): Wayekele emabhodlela elangeni kusuka ekuseni kuze kube sent sambama lokungenani emahora lasitfupha



Sinyatselo sesiphohlango tep (8): Emanti etfu sekalungile futsi aphephile kunatfwa nangelilanga lelilandzelako noma mabili.



Litafula Lekomisa



Butsisa:

- 4 wetinfungo letinkhulu letina 'Y' ekugcineni; kufanele tibe tindze lokungenani ngangemkhono wakho budze tibe ngetulu kwesitfupha ngebukhulu.
- 4 wetintfungo letisemkhatsini bukhulu, tonkhe tilingane.
- 10-20 waletincama, tilingane tonkhe ngebudze.
- Halibhoma, emacembe abanana, licembe elusundvu, noma sekungaba yini lokuyindophi noma intsambo lonayo.

Kwakha:

1. Gubhela lutfungo loluna Y lucine emhlabatsini lo Y buke etulu. (Khumbula kukhetsa indzawo leselangeni lokushisa khona mbamba). Letintfungo atakhe lamakona lamane (4) esikwele noma lamatsatfu.
2. Beka ngetulu letintfungo letine (4) letisemkhatsini ngebukhulu kulabo Y kwakha luhlaka lalelitafula. Bophela emakota ndzawonye.
3. Beka leletincane tintfungo ngetulu utiphambatise bese uyatibophela ndzawonye.

Cinisekisa Kuhlanteka nekuHloba Kwemitimba Yetfu, Tindlu kanye Nemmango



**Geza Tandla Ngensipho Ngaphambi Kwekulungisa
Kudla Nekudla Kudla nasemuva kwekwenta
Umsebenti “lonemagciwane”**



Gcina Ummango Uhlantekile



Sebentisa Tindlu Tangasense



Sebentisa emanti lahlantekile ekunatseni, kuhlanta timphahla nekulungisa kudlawashing



Kulungisa kudla ngekuphepha



Umnyaka Wekucala Wekutfutfuka

Asengakatalwa



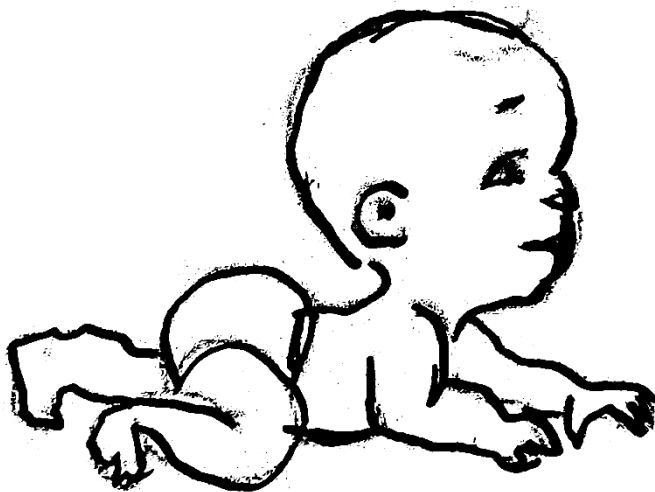
Nakatalwa



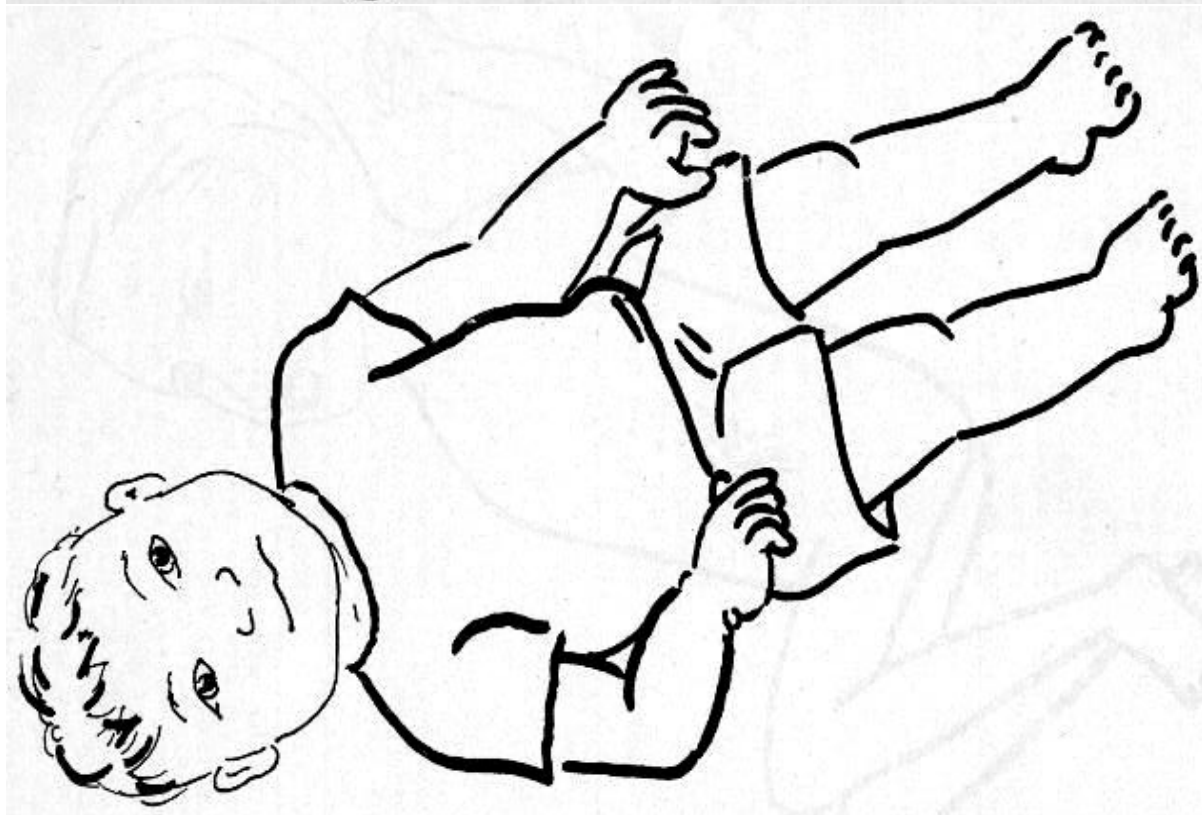
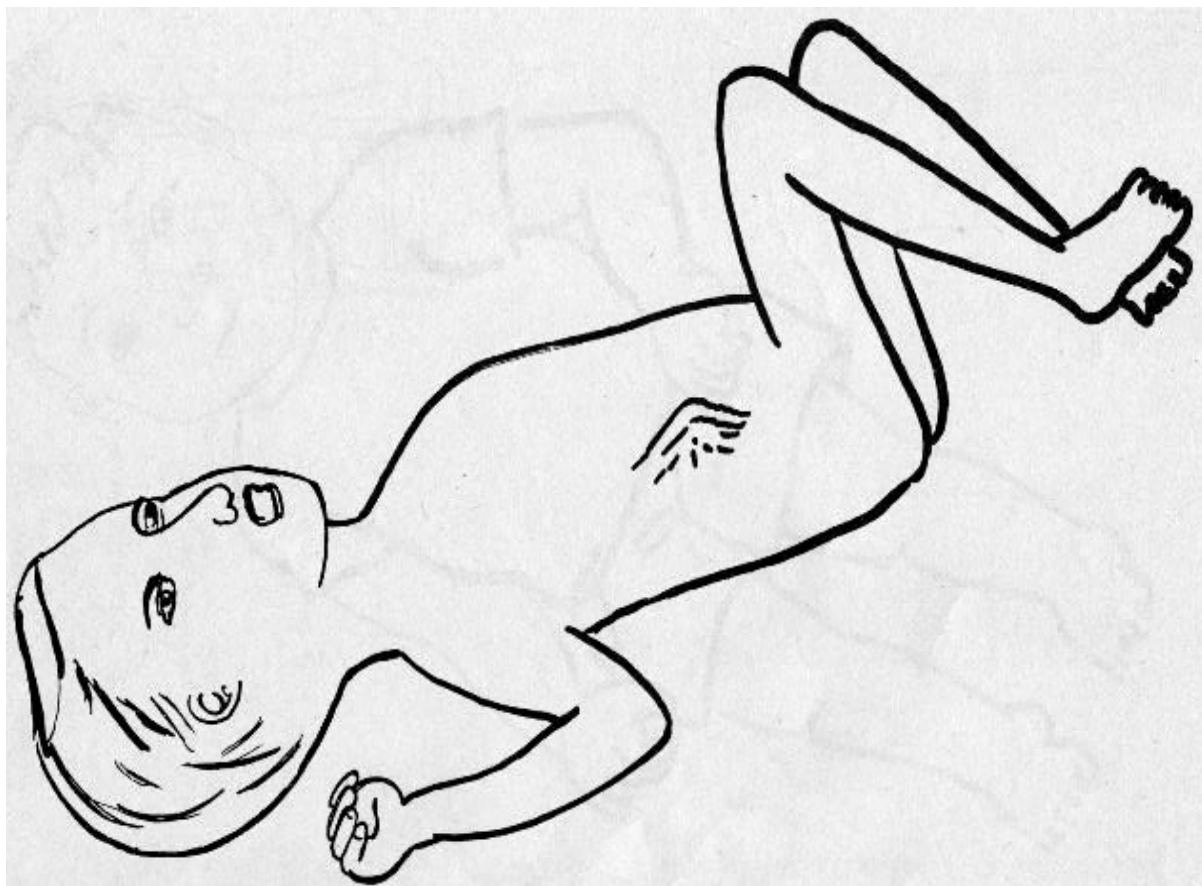
Nakuphel



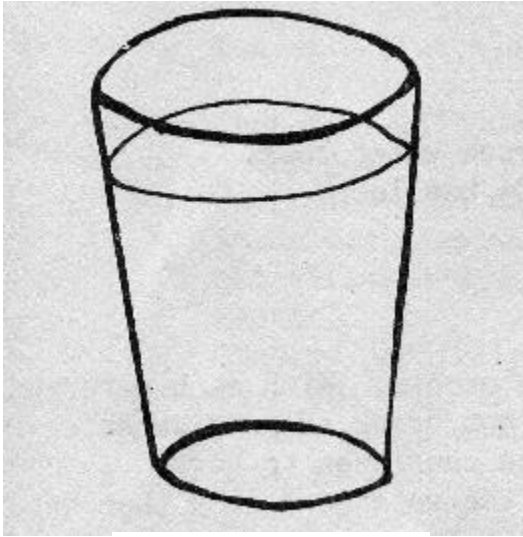
Etinyangen



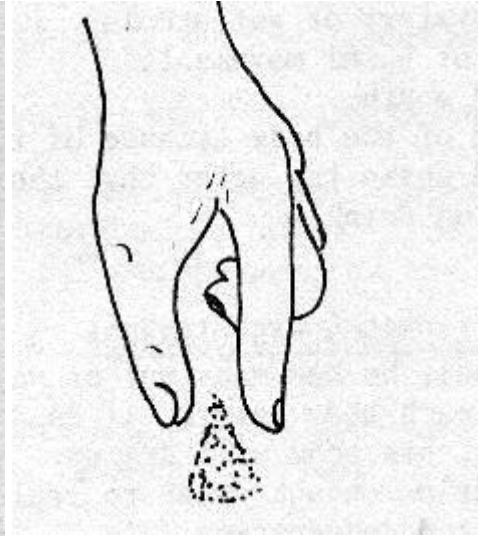
Bantfwana Lababili



Bantfwana Lababili Usakha Njani Sinatfo Sekubuyisa Emanti Emtimbeni (ORS)



Tsatsa ingilasi
yemanti

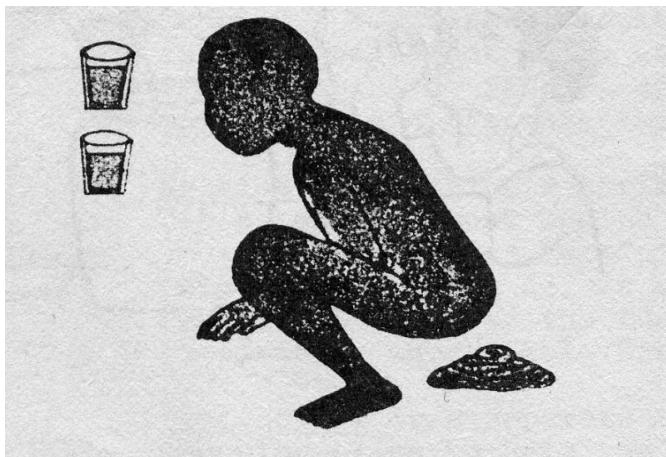


Faka 1-2 weluswayi
lolukha ngeminwe
lemibili



Faka shukela
ngesidikiselo se

Sidzinga Lesinganani Sinatfo Sekubuyisa Emanti Emtimbeni?



Labadzala: Natsa yinye noma
timbili tingilasi talamanti njalo
nawubuya kusheka.



Umntfwana: Natsa ingilasi
yinye yalamanti sonkhe
sikhatsi nawucedza.

KHUMBULA: UDZINGA LINANI LELILINGANAKO LELINGENAKO NALELO
LELIPHUMAKO.

Sitfombe Selinani Lekunatsa Emaphilisi

Ticondziso Yintfo Lebhalwe Encenyeni
Yemaphilisi Noma Ephepheni Lawo.

- Liphilisi linye (1) = linye
leligcwele liphilisi



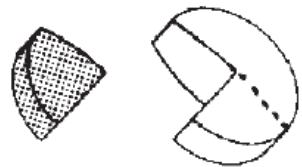
- HHafu weliphilisi $1/2$ = hhafu
weliphilisi



- Liphilisi linye nehhafu $1 \frac{1}{2}$ =
liphilisi linye - nehhafuhalf

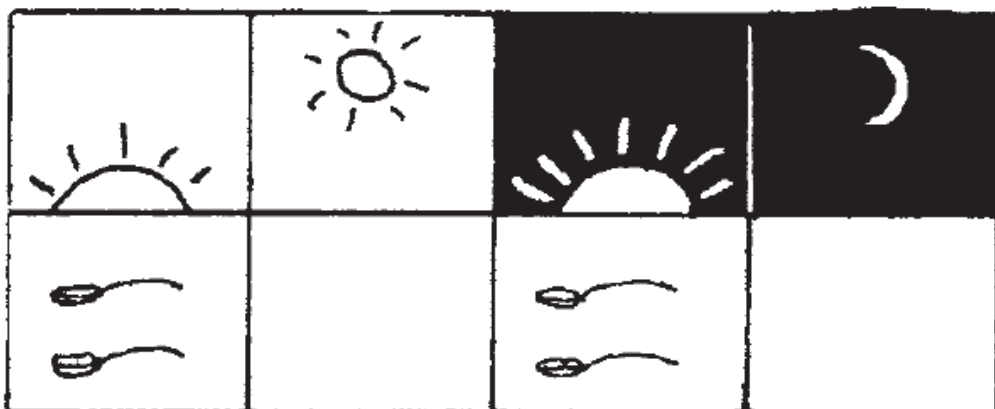
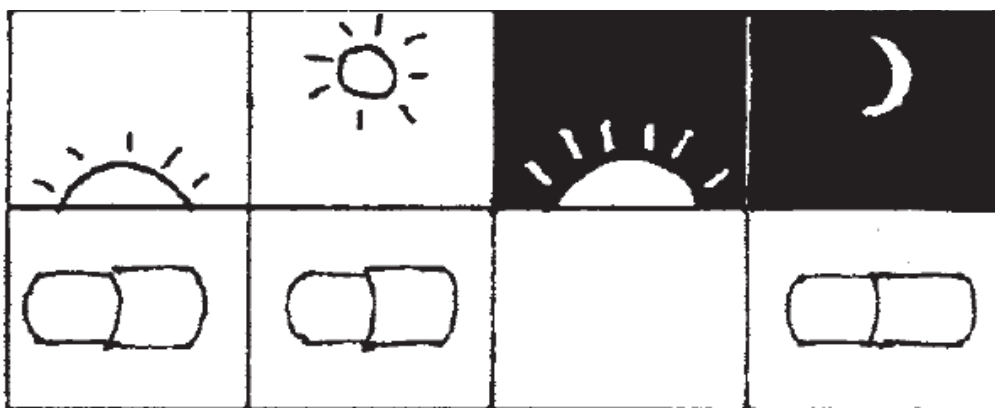
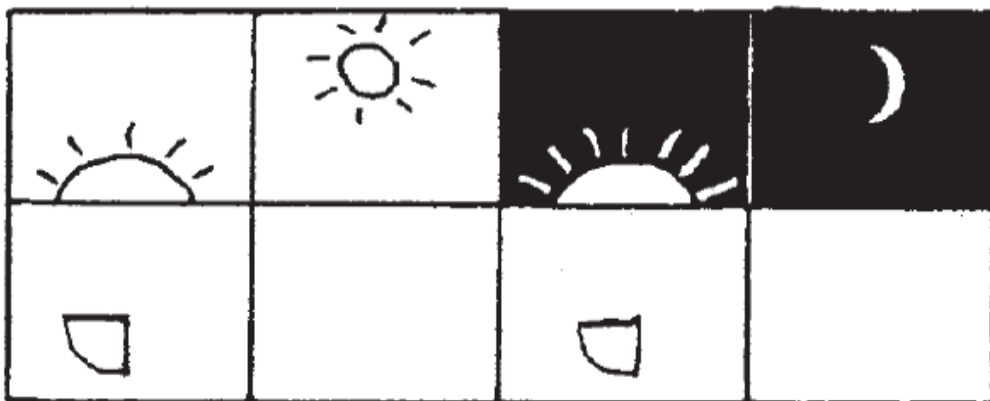
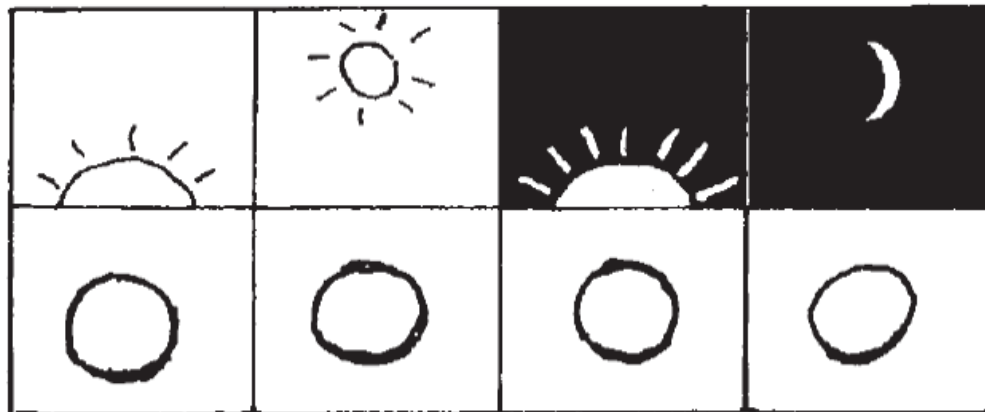


- Ikota yeliphilisi $1/4$ = ikotayinye,
noma kunye - kulokune
ephilisini

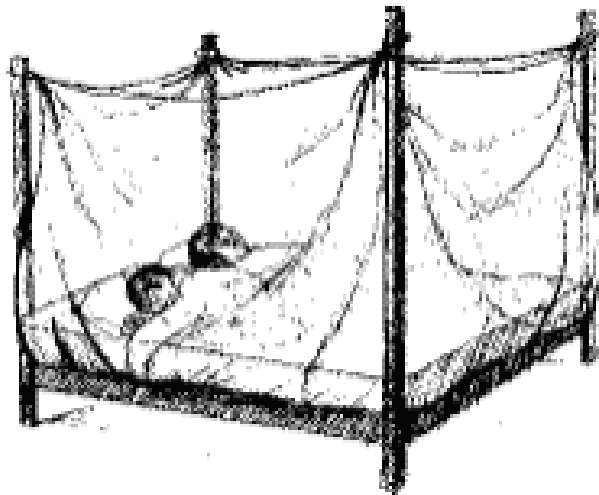
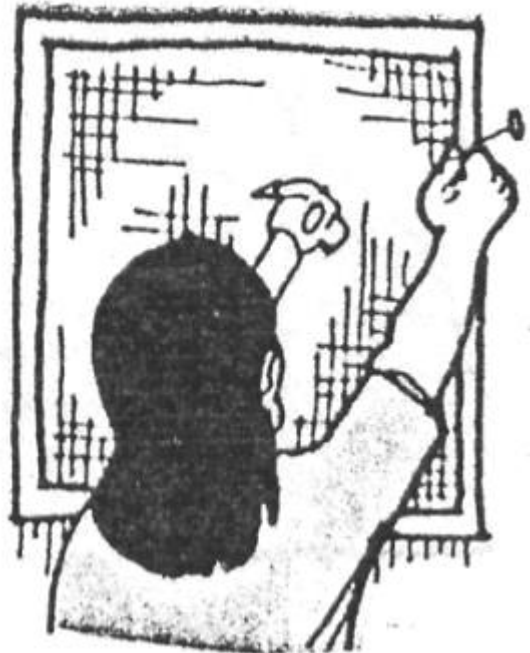
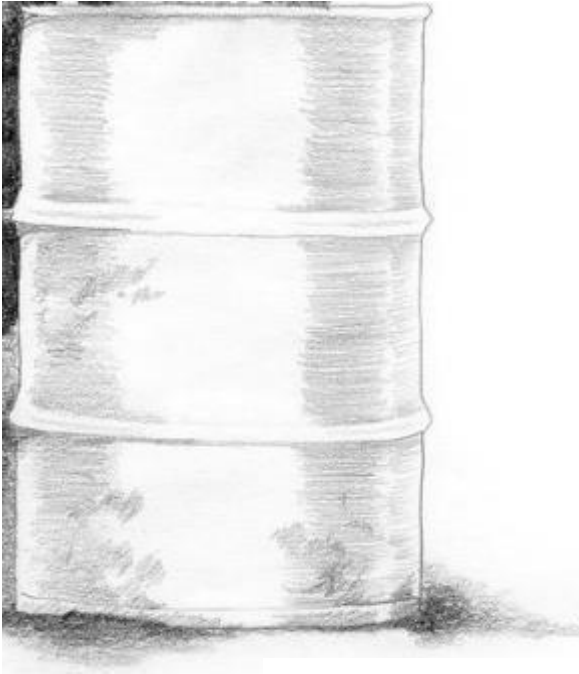


Nakisisa unikete emaphilisi ngelinani
lelibhaliwe.

Emakhadi Ekunatfwa Kwemaphilisi



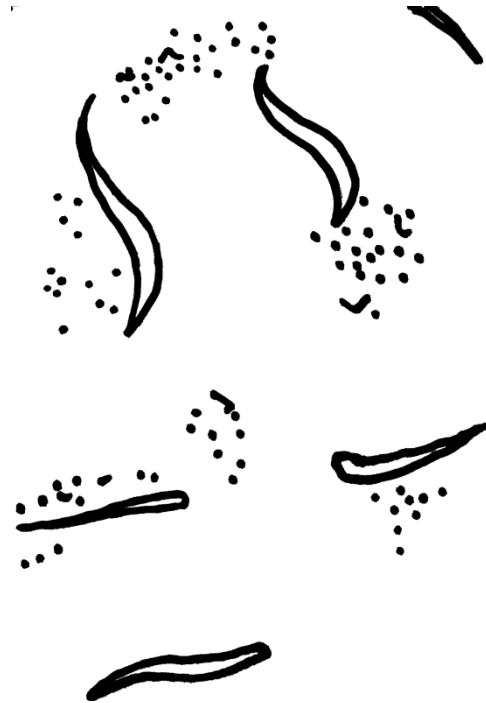
Malaleveva



Bomanyokane Labavamile

1. iPinworm

- Babukeka njengenalitsi lemhlophe noma umtiya futsi bayabonakala emangcolisweni.
- Babanga kuluma lokukhulu emlonyeni welingemuva lemuntfu.



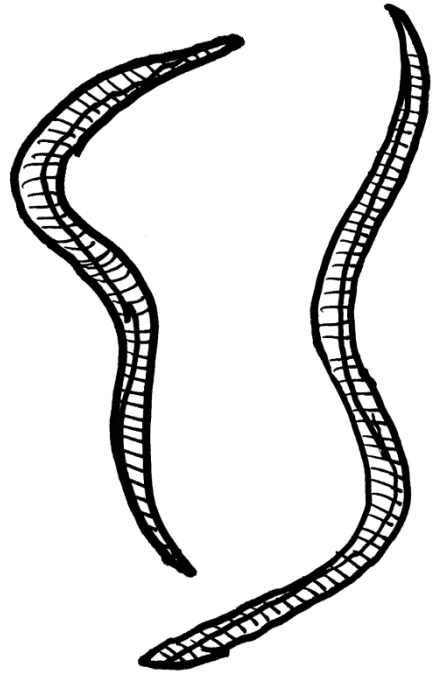
2. iHookworm

- Bancane kakhulu kubonakala emangcolisweni.
- Benta umuntfu ativele akhatsele kakhulu futsi abutsakatsaka. Babanga tinhlungu esiswini nemsheko. Umuntfu lonalabomanyikana laba uba netisini letihhwabile, tingalonails, kanye netimphama tetandla takhe.



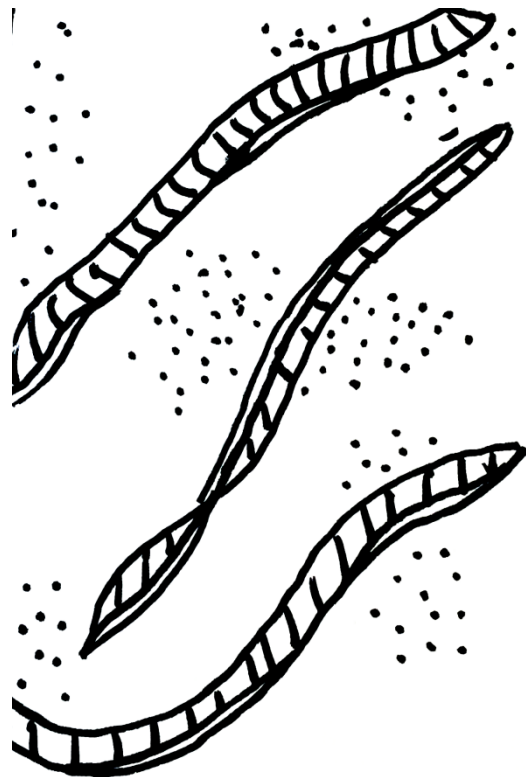
3. iRoundworms

- Bakhulu, bayindingilizi, babovu lokuhhwabile noma babe mhlophe badze ngangelunyawo lwemuntfu, babonakala melula emangcolisweni.
- Umuntfu lonaloluhlobo angativela abutsakatsaka futsi/noma alunywe aphindze abe netinhlungu esiswini akhwehlele.



4. iTapeworms

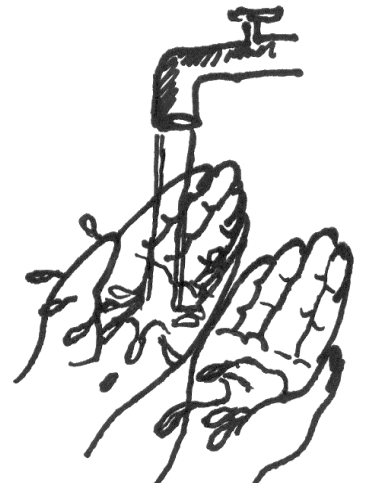
- Ematfunjini, lenhlobo lena ingakhula emamitha lambalwa budze, kepha emangcolisweni, babukeka baticebeleti, tincamu letimhlophe letingange lugalo lwemuno wemntfwana .
- Umuntfu lonalenhlobo yabomanyokane uma netinhlungu esiswini aphele emtimbeni.



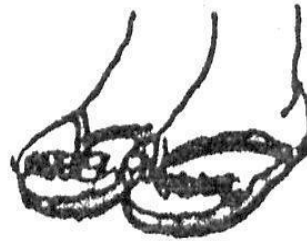
Kugwema Bomanyokane

Yini lesingayenta kugwema bomanyokane?

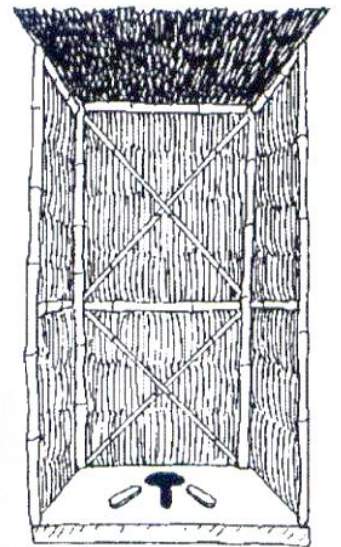
- geza tandla



- gwabela ticatfulo



- sebentisa indlu yangasense uphindze uyigcine ihlobile



- tifundzise kulungisa kudla ngekuphepha



- Natsa emanti lahlantekile (sebentisa tinswayi (SODIS), bilisa, noma usefe)

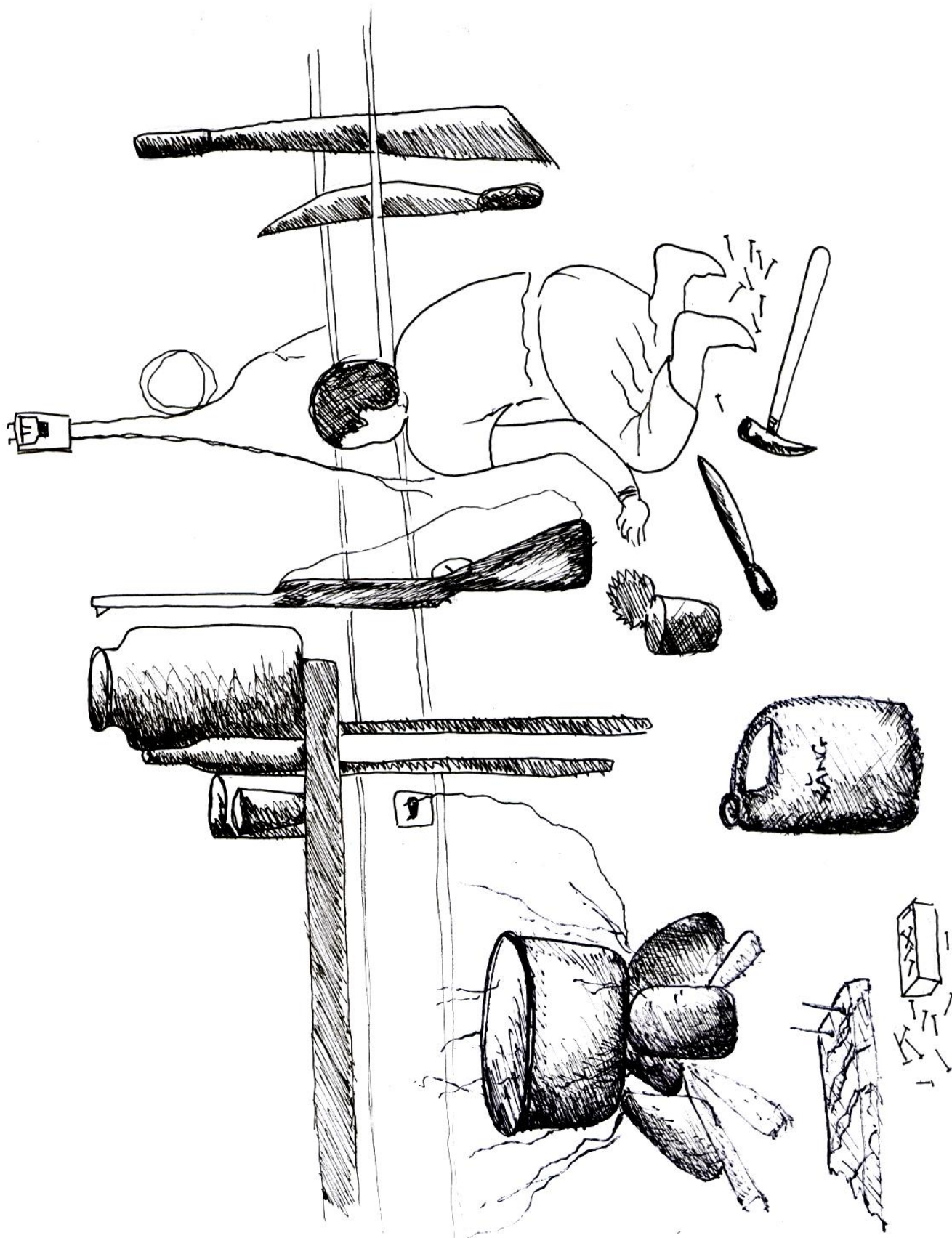
Timphawu Tesifuba Sengati

- Kukhwehlela lokutsatsa ngetulu kwenyanga yini (1), ikakhulu nawusandza kuvuka
- Kushisa kwemtimba lokusemhlatsini emini nasentsambama
- Kujuluka ebusuku
- Tinhlungu esifubeni noma etulu ngemuva
- Kungatsandzi kudla nekwehla emtimbeni
- Butsakatsaka (umuntfu losheshe akhatsale melula)
- Sikhumba semtimba lesiphaphatsekile
- Kukhwehlela ingati (imvamisa esigabeni sekugcina)
- Liphimbo lelikhulu lelihoshotako (sekuyingoti)

Timphawu Temakhata

- Likhala lelihushukako
- Kukhwehlela
- Umphimbo lobuhlungu
- Kuchachatela lokuncane
- Kutivela ukhatsele
- Emalunga labuhlungu

Tingoti Letingaba Khona



Kulunywa Yinyoka

