

# U la Mulimo:

## Tshati ya zwine vha nga ita vha sa athu ya vhuongeloni

# Luṭingo lwa thuso ya Mafhungo a Mulimo

Iwa Western Cape, u thusa Afrika Tshipembe

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Yo bveledzwa nga: Senthara ya Mafhungo ya Mulimo ya Tygerberg  
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**Kha vha vhulunge tshathi iyi u itela uri vha divhe zwine vha nga ita musi ho vha na tshumiso ya mulimo.**

**Kwamani luṭingo lwa thuso ya mafhungo a mulimo ni tevhele nyendedzi dza dzilafho la khethekanyo dzo fhambanaho dzi re afho fhasi.**

### Kha u ṭanea hu tevhelaho :

Vha so ngo ṭanzisa muthu. Vha so ngo ṭanea muthu tshithu tsha u la kana u nwa.

Acetone  
Battery (Button)  
Benzina  
Camphorated Oil  
Carbon Tetrachloride Disinfectants  
Firelighters  
Insecticides  
Insect Repellents (Zwi fhelisa zwikhokhonono)  
Liniments (e.g. wintergreen)  
Metal Cleaners & Polishes  
Tshikwatula pholishi ya nala  
Pharafeni  
Pennde (Ole)  
Paint Removers (Solvent)  
Pesticides  
Piṭirolo  
Snail Bait  
Thinners  
Turpentine (Mineral)  
Varnish

### Kha u ṭanea hu tevhelaho:

Vha so ngo ṭanzisa muthu. Maḍi a nga ṭetshedzwa nga mulomo. Vha so ngo lingedza u dzikisa mulimo.

Ammonia	Fertilisers
Acid (Asidi)	Hair Colourants
Asidi ya Beṭiri (Maḍi a beṭiri )	Hair Perms
Bleach	Hair Straighteners
Caustic Soda	Hydrochloric Acid
Semennde	Hydrogen Peroxide
Tshikunakisa (bambelo)	Mothballs (Naphthalene)
Condy's crystals	Oven Cleaners (Mushonga wa u kunakisa oveni)
Detergents	Paint Removers (Caustic)
Zwiludi zwi tanzwaho phulethi	Potassium Permanganate
Tshisibe tsha phulethi (automatic)	Toilet Cleaners (Mushonga wa u kunakisa mabunga)
Drain Cleaners	Tshisibe tsha u kuvha
Dayi (Malabi kana mavhudzi)	Washing Soda
Tshiledisa malabi	Tshivhulaha tshene (Herbicides)
	Mushonga wa u kunakisa mafasiṭere (Ngilasi)

### Kha u ṭanea hu tevhelaho:

Vha so ngo ṭanzisa muthu. Maḍi maṭuku kana mafhi(hafu ya khaphu) a nga ṭetshedzwa nga mulomo.

Halwa  
Calamine lotion  
Cosmetics  
Deodorants  
Fluoride tablets (a ṭewe mafhi)  
Guḷuu (contact & other)  
Mercurochrome  
Tshipiriṭi  
ZwimelaPhefumu  
Zwimela  
Rat bait (e.g. Rattex)  
Shampoos  
Surgical spirits

### Kha u ṭanea hu tevhelaho:

Na musi u shumisa u tanza zwi sa tou vha maitele o ḍowealeho, zwi nga shumiswa kha mulwadze ane u kha ḍi vha o khwaṭha arali zwi tshi nga itwa hu sa athu fhela awara muthu o la mulimo. Izwi zwi nga swikelelwa nga u ṭanea ngilasi ya maḍi a dudelaho, ha tevhela u panga munwe u itela u ṭutula u ṭanza. Vha so ngo bvela phanḍa na maitele aya arali a sa khou vha shumela.

Aspirin  
Iron tablets  
Magovhampengo  
Paracetamol  
Philisi  
Tablets  
Iron containing Vitamins

U lunwa nga ṭowa, buvhi kana phame: Arali zwi tshi konadzea, kha vha lingedze u wana tshilumi vha kwame luṭingo lwa thuso ya mafhungo a **ḷimodza nahone vha ise mulwadze kiliniki/vhuongeloni nga u ṭavhanya.**

**KHA VHA VHEE MISHONGA YOṬHE, KHEMIKHALA DZA NḌUNI NA ZWIVHULAHA ZWIKHOKHONONO KULE NA HU SWIKELELWAHO NGA VHANA.** Arali tshithu tshimodzaho tsha kwamana na maṭo, vha so ngo lingedza u dzikisa, kha vha ṭambe maṭo nga vhulenda nga maḍi lwa minete dza 15-20 vha kone u isa muthu kiliniki/vhuongeloni ha tsini. Arali lukanda lwa kwamana na tshithu tshimodzaho, kha vha ṭambe nga tshisibe na maḍi. **Kha vha dzhie mushongo uyo na sambula yawo kana ḷimodza kana tshimela kana tsumbo yo teho vha ṭuwe nayo kiliniki kana vhuongeloni na mulwadze.**