WASHText

| {Lesson: Healthy Home, Healthy Families} | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela! Kuhle ukuba nawe lapha e-WASHText!   Isifundo sanamuhla simayelana nokugcina ikhaya elinempilo enhle kanye nomndeni onempilo enhle.    Ukuhlala uhlanzekile futhi unempilo kuukuvikela izifweni eziningi ezingafuneki nezimbungulu, ezifana nesifo sohudo nezikelemu emanzini akho kanye nasekhaya lakho.  Sizofunda okwengeziwe ngalezi zinto nokuthi ungaligcina kanjani ikhaya lakho lihlanzekile.  Usukulungele ukufunda okwengeziwe? | Ikhaya Enempilo Enhle, Imindeni Enempilo Enhle |  |
| Okokuqala, ake sifunde ngesifo sohudo.  Isifo sohudo yilapho ugijimiswa isisu futhi uya endlini yangasese kathathu noma ngaphezulu ngosuku. Ngokuvamile kuwuphawu lokuthi umzimba wakho unesiphazamisi, ezinjenge-bacterial, amagciwane, noma i-parasitic infection.  Isifo sohudo singavinjelwa kodwa singaba sibi kakhulu, ikakhulukazi lapho umzimba ulahlekelwa amanzi amaningi.  Ungakwazi ukuvimbela isifo sohudo ngokukhumbula ukugeza izandla zakho ngensipho nokugcina ukudla kwakho namanzi kuhlanzekile njalo. Uzofunda okwengeziwe ngalezi zinto ezifundweni ezilandelayo. | ISIFO SOHUDO  Ukukhishwa isisu  Ukuya endlini yangasese kathathu noma ngaphezulu ngosuku  Uphawu lokutheleleka  Vimbela isifo sohudo ngokuthi:   1. Ukugeza izandla ngensipho njalo 2. Gcina ukudla kwakho namanzi kuhlanzekile | Animate words to text.  Add icons and illustrations |
| Okulandelayo, onoshobishobi emanzini akho. Lezi izikelemu ezincane ezingabonakali ezingadala isifo esaziwa nge-bilharzia noma i-schistosomiasis.  Ziholela ekuphathweni isisu, ukuqubuka, isifo sohudo, kanye negazi kwindle yakho. Abantu batheleleka uma bethinta namanzi anamagciwane.  Vimbela ukubhebhetheka kwalesi sifo ngokuphuza nokugeza ngamanzi ahlanzekile, futhi ungangcolisi imithombo yamanzi ngokuzikhulula ezindaweni ezivulekile noma emfudlaneni. | IZIKELEMU EMANZINI AKHO  Onoshobishobi izilwane ezincane ezingabonakali zingadala izifo.  Ukutheleleka kubangelwa ukuthinta amanzi anamagciwane  Vimbela onoshobishobi emanzini akho ngoku:   1. Phuza futhi ugeze ngamanzi ahlanzekile 2. Ungayingcolisi imithombo yamanzi | ^ |
| Ekugcineni, wena nomndeni wakho ningagula ngenxa yonoshobishobi ekhaya lakho.  Izimpethu ezenza ukudla kuvunde zibe umquba ziwusizo. Ezinye izikelemu zincane, azibonakali futhi ziyingozi.  Zingabangela isifo sohudo, ubuhlungu besisu, nokungondleki, phakathi kwezinye izimpawu.  Amaqanda alezi zikelemu atholakala endleni yomuntu engamboziwe engase idlulele ezinyaweni nasezandleni zakho.  Ukuze uvimbele lokhu, hlanza ikhaya lakho njalo, igceke nendlu yangasese. Ilahle njalo indle yezingane endlini yangasese, futhi ugeze izandla zakho njalo ngensipho.  Khumbula ukugcina ukudla namanzi akho kuhlanzekile. | ONOSHOBISHOBI EKHAYA LAKHO  Izikelemu eziyingozi ezinjenge-hookworms, roundworms, kanye ne-whipworms.  Amaqanda alezi zibungu akuyindle yomuntu  Vimbela izikelemu ekhaya lakho ngoku:   1. Hlanza ikhaya lakho, igceke kanye nendlu yangasese njalo 2. Faka indle yezingane endlini yangasese 3. Geza izandla zakho ngensipho njalo | ^ |
| Manje, ake sibheke amanye amacebiso okugcina ikhaya lakho lihlanzekile.  Okokuqala, Njalo qiniseka ukuthi uhlanza indlu yakho negceke. Indle yezingane kufanele ilahlwe endlini yangasese, futhi indle yezilwane kanye nodoti kufanele kususwe. Kuhle ngaso sonke isikhathi ukusebenzisa amanzi anensipho ukuze kuhlanze izindonga naphansi lapho ungakwazi ukufikelela khona. | ULIGCINA KANJANI IKHAYA LAKHO LIHLANZEKILE?  Lihlanze njalo  Sebenzisa insipho namanzi | ^ |
| Elinye icebiso lokugcina ikhaya lakho lihlanzekile ukususa isikhunta, izinambuzane namagundane endlini yakho ngokushanela, ukuwasha nokomisa izindawo ezinomswakamo njalo.  Vikela ukudla futhi ulahle udoti emgqonyeni kadoti - izimpukane ziyawuthanda udoti, ngakho-ke gcina lokhu kude nokudla kwakho!  Omiyane bayathanda ukuhlala emanzini anganyakazi, njengasezitsheni ezivulekile nasemachibini. Vala noma uchithe noma imaphi amanzi amile ekhaya lakho ukuze ugweme omiyane. | AMANYE AMACEBISO OKUGCINA IKHAYA LIHLANZEKILE  Shanela, ugeze futhi womise izindawo ezinomswakama njalo  Lahla udoti emgqonyeni kadoti  Vala noma uchithe amanzi amile |  |
| Okokugcina, kubalulekile ukubonana nodokotela wakho.  Uma uzizwa ungaphilile kahle, kubalulekile ukuya umtholampilo. Bangasiza! | BONANA NODOKOTELA WAKHO |  |
| Manje uyazi ukuthi ungagcina kanjani ikhaya lakho nomndeni bephile kahle. Prakthiza amacebiso owafundile namuhla. | Ikhaya Elinempilo Enhle, Imindeni Ephila Kahle |  |

| {isifundo: Ukwasha Izandla} | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona futhi! Kuhle ukukubona e-WASHText.  Isifundo sanamuhla sikhuluma ngokuthi uzigeza nini futhi kanjani izandla zakho.  Kungani sigeza izandla zethu? Ingabe kunendaba ukusebenzisa insipho? Kufanele sizigeze nini? Iyiphi indlela engcono kakhulu yokugeza izandla zethu?  Imibuzo ebalulekile lena! Masifunde okwengeziwe ndawonye! | Ukugeza izandla |  |
| Kukaningi sitshelwa ukuthi ukugeza izandla kubalulekile kodwa uyazi ukuthi kungani?  Ukugeza izandla ngensipho kungenye yezinto ezishibhile nezisebenzayo ongazenza ukuze uzivikele ekuguleni.  Ukugeza izandla ngensipho kuvikela amagciwane adala izifo ezifana nesifo sohudo kanye nomkhuhlane, ukuthi angadluleli komunye umuntu noma ekudleni nasemanzini akho. | KUNGANI SIGEZA IZANDLA  Kuyasivikela ekuguleni  Kuvimba ukuthelelana ngamagciwane |  |
| Okulandelayo, ungase ubuze ukuthi kungani insipho ibalulekile.  Nasi isizathu! Ukugeza izandla ngamanzi nje kuphela akwanele ukususa ukungcola zakho ezandleni ngemva kokuya endlini yangasese noma kokushintsha inabukeni.  Ngisho noma ngabe izandla zakho zibukeka zihlanzekile, usengaba namagciwane ezandleni, ikakhulukazi uma ungazange uzigeze izandla zakho ngensipho. La magciwane ayabhebhetheka futhi angakugulisa lapho uthinta ubuso bakho, ikhala noma umlomo. | KUNGANI INSIPHO IBALULEKILE  Amanzi awakwazi ukususa konke ukungcola, amagciwane noma indle |  |
| Manje njengoba usukwazi lokhu, yini oyidingayo ukuze ugeze izandla zakho ngendlela efanele?  Kulula lokho! Okudingayo nje umpompi noma isitsha esinamanzi ahlanzekile nensipho. Insipho kufanele igcinwe eduze kukampompi.  Uma umpompi wakho ungaphandle, gcina insipho eduze ukuze ifinyeleleke kalula noma nini lapho udinga ukugeza izandla zakho.  Ukugcina insipho eduze kukampompi wakho kwenza ukugeza izandla kube lula ngemva kokusebenzisa indlu yangasese, kokushintsha inabukeni, noma kokusebenza engadini. | YINI OYIDINGAYO  Umpompi NOMA isitsha samanzi  insipho  Gcina insipho eduze kompompi wakho |  |
| Umbuzo wethu olandelayo uthi kunini lapho udinga ukugeza izandla zakho.  Lona ngumbuzo obalulekile. Ukuze uhlale unempilo enhle, kubaluleke kakhulu ukugeza izandla zakho ngensipho ngaphambi nangemuva kokupheka, ngaphambi kokudla, ngaphambi nangemva kokunakekela umuntu ogulayo nangemva kokuya endlini yangasese.  Kubalulekile ukugeza izandla zakho njalo ngemva kokushintsha inabukeni lomntwana. Indle yezingane ibukeka futhi inuka ngokwehlukile kunendle yabantu abadala kodwa isengakugulisa. Lokhu kuzosiza ukuvimbela ukubhebhetheka kwamagciwane futhi kukusiza ukukugcina unempilo enhle. | KUFANELE UZIGEZE NINI IZANDLA ZAKHO  ✅Ngaphambi nangemuva kokupheka  ✅Ngaphambi kokudla  ✅ Ngaphambi nangemuva kokunakekela umuntu ogulayo  ✅Ngemva kokusebenzisa indlu yangasese  ✅Ngemva kokushintsha inabukeni lengane. |  |
| Okulandelayo, ake sifunde ukugeza izandla ngendlela efanele!  Okokuqala, manzisa izandla zakho ngamanzi ahlanzekile.  Qiniseka ukuthi usebenzisa insipho eyanele ukugcoba izandla zakho.  Okulandelayo, hlikihla zonke izindawo zezandla zakho—ingemuva lezandla zakho, phakathi kweminwe, nangaphansi kwezinzipho—okungenani imizuzwana engu-20.  Uma lokhu usukwenziwe, yakaza kahle ngamanzi ahlanzekile. Ekugcineni, sula izandla zakho ngendwangu ehlanzekile noma ithawula. | Kumele uzigeze Kanjani Izandla  1️⃣: Mantisa izandla zakho  2️⃣: Gcoba insipho  3️⃣: Hlikihla yonke indawo okungenani imizuzwana engu-20.  4️⃣: Hlambulula kahle  5️⃣: Yomisa | Sebenzisa isithombe esitshengisa ukugezwa kwezandla |
| Manje, usunguchwepheshe wokugeza izandla! Wenze kahle! Cobelelana nomndeni wakho ngalawa macebiso ukuze uwusize uhlale unempilo. | Ukugeza izandla |  |

| {Isifundo: Ukudla namanzi aphephile} | | |
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| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi ku-WASHText.  Isifundo sanamuhla sikhuluma ngokweseka impilo yem[ndeni wethu ngokudla nangamanzi aphephile.  Nanka amacebiso amahlanu okugcina ukudla namanzi akho kuphephile:  Thola amanzi aphephile uma ukwazi. Ahlanze uma ungakwazi  [phumula kancane]  Gcina amanzi esitsheni esivalekayo ukuze avikeleke  [phumula kancane]  Gcina isitsha sakho samanzi sihlanzekile  [phumula kancane]  Gcina indawo ophekela kuyo ihlanzekile  [phumula kancane]  futhi Hlukanisa ukudla okuluhlaza nokuphekiwe.  Usukulungele ukuthi siqale? | Ukudla Okuphephile Namanzi  THOLA AMANZI APHEPHILE UMA UKWAZI. AHLANZE UMA UKWAZI'.  GCINA AMANZI EPHEPHILE ESITSHENI   GCINA ISITSHA SAKHO SIHLANZEKILE   GCINE INDAWO YOKU KUPHEKELA IHLANZEKILE   HLUKANISA UKUDLA OKULUHLAZA NOKUPHEKIWE |  |
| Okokuqala, thola amanzi phephile uma ungakwazi. Wahlanze uma ungakwazi. Amanzi ungawathola emithonjeni eminingi. Amanzi aphephe kakhulu ngokuvamile aphuma empompini.  Amanzi aphuma emifudlaneni engavikelwe, emithonjeni evulekile njengechibi, nemithombo embiwe akuhlali kuphephile ukuwasebenzisa. Lawa manzi angaba nezimbungulu, izimuncagazi noma indle yezilwane noma yabantu kuwo futhi sesifundile ukuthi lokhu kungasigulisa.  Uma ukhathazekile ngezinga lenhlanzeko lamanzi akho, ukuwabilisa kungawenza aphephe ukwazi ukuwaphuza nokupheka ngawo. Nazi izinyathelo ongazithatha:  Okokuqala, vumela amanzi ahlale isikhathi esithile kuze kuzike ukungcola. Okulandelayo, wathele ebhodweni noma eketelani bese uyawabilisa okungenani imizuzu eyi-10 ukuze uqiniseke ukuthi wonke amagciwane afile ngaphambi kokuwasebenzisa.  Okokugcina, qiniseka ukuthi lawo manzi uwaphuza phakathi namahora angu-24. Lokhu kusiza ukuwagcina ehlanzekile, emasha futhi engenawo amagciwane. | THOLA AMANZI APHEPHILE UKUWASEBENZISA UMA UNGAKWAZI. WAHLANZE UMA UNGAKWAZI UKUKWENZA  Thola amanzi emthonjeni ophephile  Ukuqinisekisa ukuthi amanzi aphephile, wabilise:   1. Thela amanzi ebhodweni noma eketeleni 2. Wabilise okungenani imizuzu engu-10 3. Wasebenzise emahoreni angu-24 |  |
| Icebiso lethu lesibili ukugcina amanzi ephephile esitsheni.  Uma udinga ukuwagcina amanzi, qiniseka ukuthi awathintwa izandla, ukungcola noma izinambuzane. Khumbula, izandla, ukungcola, nezinambuzane kungenza amanzi okuphuza angaphephi ukuwaphuza.  Amanzi kufanele angcinwe ezitsheni ezihlanzekile futhi ezivalekile. Kunezinhlobonhlobo zezitsha zamanzi.  Isitsha sokugcina amanzi esiphephile yileso esiqinile futhi esinesivalo esibamba kahle noma ikhava, esinesisekelo esizinzile ukuze singachithi, esihlala isikhathi eside ukuze singavuzi kalula, futhi sinesibambo okungebuhlungu ukusibamba. Okokugcina, ungakhohlwa ukuthi kufanele kube lula ukuhlanzeka. | GCINA AMANZI EPHEPHILE ESITSHENI  Gwema ukuwathinta ngezandla, kungene ukungcola noma izinambuzane  Gcina amanzi ezitsheni ezihlanzekile nezivaliwe  Isitsha esifanele:   1. Esiqinile futhi esinesivalo esiqine noma into yokumboza 2. Esinesisekelo esinganyakazi 3. Esingavuzi 4. Okungebuhlungu ukusibamba 5. Okulula ukusihlanza |  |
| Kubaluleke kakhulu ukugcina isitsha sakho sihlanzekile lapho usisebenzisela ukugcina amanzi. Nansi indlela engcono kakhulu yokukwenza lokhu.  Okokuqala, geza izandla zakho njengoba ufunde esifundweni esidlule.  Okulandelayo, thela amanzi ahlanzekile nanensipho esitsheni. Sivale ushukushe isitsha sakho umzuzu owodwa noma, uma ukwazi, khuhla ingaphakathi laso.  Uma usuqedile, wachithe amanzi anensipho bese uhlanza isitsha ngamanzi angenayo insipho. | GCINA ISITSHA SAKHO SIHLANZEKILE  Geza izandla zakho  Thela emanzi ahlanzekile nanensipho  Sivale bese usishukuze noma usikhuhle isitsha sakho  Chitha amanzi futhi usiyakaze |  |
| Enye indawo ebalulekile okufanele uyigcine ihlanzekile yindawo ophekela kuyo.  Amagciwane amancane abangela izifo asuka ezandleni zakho ezingagezwanga, ebhodini lokuqobela, ezingubeni, nasezitsheni. Yingakho kubalulekile ukuzigcina zihlanzekile. Nansi indlela ongakwenza ngayo lokhu.  Okokuqala, geza izandla zakho ngensipho ngaphambi kokuthinta ukudla nalapho upheka.  Okulandelayo, geza izandla zakho ngemva kokuya endlini yangasese. Bese, uhlanza indawo ophekela kuyo kanye nezinto ozisebenzisayo ngaso sonke isikhathi.  Qiniseka ukuthi ugcina izimbungulu, amagundane, nezinye izilwane kude nendawo okuphekelwa kuyo. Kumboze njalo ukudla uma kungenzeka.  Okokugcina, khumbula ukugeza izithelo nemifino yakho ngamanzi ahlanzekile ngaphambi kokuzisebenzisa. | GCINA INDAWO OKUPHEKELA KUYO IHLANZEKILE  ✅Geza izandla zakho  ✅Hlanza indawo ophekela kuyo kanye nezitsha ngaso sonke isikhathi  ✅ Gcina izilwane zikude  ✅Mboza ukudla  ✅Geza izithelo nemifino |  |
| Icebiso lethu lokugcina kulesi sifundo ukuhlukanisa ukudla okungaphekiwe nokuphekiwe.  Amagciwane abangela izifo angatholakala ekudleni okungaphekiwe (okunjengenyama, inkukhu, nokudla kwasolwandle).  Lokhu kungathelela okunye ukudla lapho ulungisa noma ukugcina ukudla. Ukwehlukanisa ukudla okungaphekiwe kokuphekiwe kubalulekile.  Qinisekisa ukuthi uyawuwasha ummese wakho nebhodi loqoba ngemva kokuqoba inyama eluhlaza, inkukhu, noma inhlanzi ngaphambi kokukusebenzisela ukusika okunye ukudla.  Ungagcina ukudla ezitsheni ezimboziwe uma ungakwazi. Lokhu kuzokugcina kuphephile ezinambuzaneni, emagundaneni, emswakameni, nasekuboleni, futhi kuqande ukuxubana kokudla okungaphekiwe kokuphekiwe. Qinisekisa ukuthi uhlanza noma yiziphi izithako uma usuqedile, ikakhulukazi inyama eluhlaza. | HLUKANISA UKUDLA OKUNGAPHEKIWE KOKUPHEKIWE  Geza ummese nebhodi lokuqobela  Gcina ukudla ezitsheni ezivalekayo  Hlanza izithako eziyimvuthuluka |  |
| Ziningi izindlela zokugcina ukudla kwakho namanzi kuphephile. Tshela abanye ngalamacebiso njengomndeni wakho ukuze ubagcine bephephile futhi benempilo enhle. | Ukudla Okuphephile Namanzi |  |

| {Isifundo: indlu yangasese hlanzekile} | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona, ubuyile ku-WASHText, kumnandi!  Isifundo sanamuhla sikhuluma ngezindlu zangasese. Ukugcina indlu yakho yangasese ihlanzekile kugcina amagciwane ekude futhi kunqande ukubhebhetheka kwezifo. Ngaphandle nje kwalokho, awufuni ukunyathela indle noma umchamo ngenkathi usebenzisa indlu yangasese. Ligcine lihlanzekile uzenzela wena nomndeni wakho  Sinamacebiso amane angakusiza ugcine indlu yakho yangasese ihlanzekile.  Masifunde kabanzi. | Izindlu Zangasese Ezihlanzekile |  |
| Okokuqala, hlanza indlu yakho yangasese, indawo eyizungezile kanye nendlela eya endlini yangasese nsuku zonke.  Okwesibili, qiniseka ukuthi usebenzisa insipho ukuze ukhiphe wonke amabala omchamo noma endle.  Okwesithathu, kubalulekile njalo ukuphonsa ithishu esetshenzisiwe endlini yangasese.  Okokugcina, qiniseka ukuthi uhlola indlu yakho yangasese njalo. Uma okuthile kuphukile, kufanele ukulungise ngokushesha. | HLANZA NSUKU ZONKE  SEBENZISA INSIPHO  ITHISHU ESEBENZILE ENDLINI YANGASESE  HLOLA NJALO FUTHI ULUNGISE NGOKUSHESHA |  |
| Lawa macebiso azosiza ukugcina indlu yakho yangasese ihlanzekile futhi iphephile kuwe nomndeni wakho. Qhubeka nomsebenzi omuhle wokwenza ikhaya lakho libe indawo ephephile neline mpilo enhle yokuhlala! | Izindlu Zangasese Ezihlanzekile |  |

| {Isifundo: Ukuphatha udoti} | | |
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| Script | On Slide Text | Animation Notes |
| Sawubona futhi. Kuhle ukuphinde sibe nawe ku-WASHText.  Isifundo sanamuhla sikhuluma ngokuthi singawucoca kanjani udoti ekhaya. Ziningi izinzuzo zokuphatha kahle udoti wethu kusiza ukugcina izindlu nemindeni yethu iphephile futhi inempilo enhle.  Nawa amacebiso amabili angakusiza:  Lawula udoti oqinile futhi wehlise inani lemfucuza oyenzayo.  Ukulungele ukuthi siqale ndawonye? | Ukuphatha Kahle Udoti |  |
| Okokuqala, ake sifunde kabanzi mayelana nokuphatha kahle udoti oqinile.  Ukuthi uwususa kanjani udoti oqinile kuncike ohlotsheni lwawo kanye nokuthi ungakanani ubuningi.  Amaphepha ngokwesibonelo, angagaywa kabusha, aphinde asetshenziswe noma aqoqwe kanye nomunye udoti wakho.  Izinto ezemvelo ezinjengamakhasi emifino noma imfucumfucu yasengadini ingavundisa futhi isetshenziswe njengomanyolo wezihlahla nezitshalo ezizungeze ikhaya lakho. Upulasitiki ungaqoqwa kanye nomunye udoti wakho noma ugaywe kabusha.  Kubaluleke kakhulu ukukhumbula ukuthi akufanele ulahle udoti wakho oqinile endlini yangasese. | LAWULA UDOTI  Amaphepha: asebenzisele enye into, wasebenzise kabusha, uwafake emgqonyeni kadoti  Izinto zemvelo: umquba  Upulasitiki: usebenzisele enye into, ufake emgqonyeni kadoti  UNGALAHLI udoti oqinile endlini yangasese | Isithombe sokusetshenziswa kukadoti, ukugaywa kabusha kwephepha, uplasitiki kanye nokwenza umquba wezinto |
| Icebiso lethu lokugcina kulesi sifundo limayelana nendlela yokunciphisa udoti owenzayo. Ziphathele esakho isikhwama sokufaka izinto uye naso ezitolo ukuze ugweme ukuthenga isikhwama sepulasitiki esisha. Lokhu kuzokonga nemali! Sebenzisa izitsha ezisebenziseka kabusha, njengamabhodlela apulasitiki noma engilazi, kunokuthenga amasha. Okokugcina, zama ukulungisa izinto lapho zilimala esikhundleni sokuzilahla ngokushesha. | NCIPHISA INANI LIKADOTI OWENZAYO  Phatha isikhwama sakho uma uya ezitolo  Sebenzisa izitsha ezisebenziseka kabusha.  Zama ukuzilungisela izinto |  |
| Manje usuwazi okuningi mayelana nendlela yokuphatha nokunciphisa udoti wakho oqinile. Tshela abanye ngalamacebiso emndenini wakho ukuze ubagcine bephephile futhi benempilo enhle. | Ukuphatha Udoti |  |