WASHText

| {Lesson: Healthy Home, Healthy Families} | | |
| --- | --- | --- |
| 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  Ukhishwa isisu  Ukuya endlini yangasese kathathu noma ngaphezulu ngosuku  Uphawu lokutheleleka  Vimbela isifo sohudo ngokuthi:   1. Ukugeze izandla ngensipho njalo 2. Gcine ukudla kwakho namanzi kuhlanzekile | Animate words to text.  Add icons and illustrations |
| Okulandelayo, izikelemu emanzini akho. Lezi izikelemu ezincane ezingabonakali ezingadala isifo esaziwa nge-bilharzia noma i-schistosomiasis.  Ziholela ekuphathweni isisu, ukuqubuka, isifo sohudo, kanye negazi endleni 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  Izikelemu ezincane ezingabonakali zingadala izifo.  Ukutheleleka kubangelwa ukuthinta amanzi anamagciwane  Vimbela izikelemu emanzini akho ngoku:   1. Phuza nogeza ngamanzi ahlanzekile 2. Ungayingcolisi imithombo yamanzi | ^ |
| Ekugcineni, wena nomndeni wakho ningagula ngenxa yezikelemu ezizungeze ikhaya lakho.  Izikelemu 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, lihlanze njalo ikhaya lakho, igceke nendlu yangasese. Ilahle njalo indle yezingane endlini yangasese, futhi ugeze izandla zakho njalo ngensipho.  Khumbula ukugcina ukudla kwakho namanzi kuhlanzekile. | IZIKELEMU 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 khona. | UWUGCINA KANJANI UMUZI WAKHO UHLANZEKILE?  Wuhlanze 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 ukuvakashela umtholampilo. Bangasiza! | BONANA NODOKOTELA WAKHO |  |
| Manje uyazi ukuthi ungagcina kanjani ikhaya lakho nomndeni kuphile saka. Prakthiza amacebiso owafundile namuhla. | Ikhaya Elinempilo Enhle, Imindeni Enempilo Enhle |  |

| {Lesson: Handwashing} | | |
| --- | --- | --- |
| 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 kunqanda amagciwane adala izifo ezifana nesifo sohudo kanye nomkhuhlane, ukuthi angadluleli komunye umuntu noma ukudleni 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 endle ezandleni, ikakhulukazi uma ungazange ugeze izandla zakho ngensipho. La magciwane ayasakazeka futhi angakugulisa lapho uthinta ubuso bakho, ikhala noma umlomo. | KUNGANI IBALULEKILE INSIPHO  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 ekuvimbeleni amagciwane ukuthi angasakazeki futhi kukusize kukugcine 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: Gcwalisa ngensipho  3️⃣: Hlikihla yonke indawo okungenani imizuzwana engu-20.  4️⃣: Hlambulula kahle  5️⃣: Yomisa | Sebenzisa isithombe sokugeza izandla |
| Manje, usunguchwepheshe wokugeza izandla! Wenze kahle! Cobelelana nomndeni wakho ngalawa macebiso ukuze uwusize uhlale unempilo. | Ukugeza izandla |  |

| {Lesson: Safe Food and Water} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Siyakwamukela futhi ku-WASHText.  Isifundo sanamuhla besikhuluma ngokweseka impilo yomndeni wethu ngokudla nangamanzi aphephile.  Nawa amacebiso amahlanu okugcina ukudla kwakho namanzi kuphephile:  Thola amanzi aphephile uma ukwazi. Ahlanze uma ungakwazi  [pause]  Gcina amanzi evikelekile esitsheni  [pause]  Gcina isitsha sakho sihlanzekile  [pause]  Gcina indawo ophekela kuyo ihlanzekile  [pause]  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 ISIKHALA SAKHO SOKUPHEKA SIHLANZEKILE   HLUKANISA UKUDLA OKULUHLAZA NOKUPHEKIWE |  |
| Okokuqala, thola amanzi 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 kube yilapho ukungcola kuzika. 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, ematsha futhi engenawo amagciwane. | THOLA AMANZI APHEPHILE UKUWASEBENZISA UMA UNGAKWAZI. WAHLANZE UMA UNGAKWAZI UKUWATHOLA  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.  If you need to store water, make sure that it does not come into contact with hands, dirt or insects. Remember, hands, dirt, and insects can make drinking water unsafe.  Amanzi kufanele angcinwe ezitsheni ezihlanzekile futhi ezivalekile. There are many designs for water containers.  A safe water storage container is one that is strong and has a tightly fitting lid or cover, a stable base so it does not tip over, is durable so that it does not leak easily, and has a comfortable handle. 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 usikhuze noma usikhuhle isitsha sakho  Chitha amanzi futhi usiyakaze |  |
| Enye indawo ebalulekile okufanele uyigcine ihlanzekile yindawo ophekela kuyo.  Amagciwane amancane abangela izifo angasuka ezandleni zakho ezingagezwanga, emabhodini 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 yokugcina kulesi sifundo ukuhlukanisa ukudla okungaphekiwe nokuphekiwe.  Amagciwane abangela izifo angatholakala ekudleni okungaphekiwe (okunjengenyama, inkukhu, nokudla kwasolwandle).  Lokhu kungathelelea 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. | SEPARATE RAW AND COOKED FOOD  Wash your knife and cutting board  Store food in covered containers  Clean up leftover ingredients |  |
| There are many ways to keep your food and water safe. Share these tips with others in your family to help keep them safe and healthy. | Safe Food and Water |  |

| {Lesson: Clean Toilets} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hi, you're back on WASHText, fantastic!  Isifundo sanamuhla sikhuluma ngama-toilets. Keeping your toilet clean keeps germs away and stops the spread of disease. Besides, you don't want to be stepping on poo or urine while you are using the toilet. Keep it clean for you and your family  We have four tips to help you keep your toilet clean.  Masifunde kabanzi. | Clean Toilets |  |
| First, clean your toilet, the area around your toilet and the pathway to it every day.  Second, make sure you use soap to get rid of any urine stains or poo.  Third, it is important always to throw used toilet paper into the toilet.  Finally, make sure you check your toilet regularly. If something is broken, you should have it repaired as quickly as possible. | CLEAN DAILY  USE SOAP  USED TOILET PAPER IN THE TOILET  CHECK REGULARLY AND MAKE REPAIRS QUICKLY |  |
| These tips will help keep your toilet clean and safe for you and your family. Keep up the great work making your house a safe and healthy place to live! | Clean Toilets |  |

| {Lesson: Managing Rubbish} | | |
| --- | --- | --- |
| Script | On Slide Text | Animation Notes |
| Hello again. It is great to have you back on WASHText.  Isifundo sanamuhla sikhuluma ngokuthi singawucoca kanjani udoti ekhaya. There are many advantages to managing our rubbish that help to keep our houses and families safe and healthy.  Here are two tips to help you:  Manage solid rubbish and reduce the amount of rubbish you create.  Ready to dive in together? | Managing Rubbish |  |
| First, let’s learn more about managing solid rubbish.  How you get rid of solid rubbish depends on the type and amount of rubbish.  Paper, for example, can be recycled, reused or collected with your other rubbish.  Organic materials like vegetable peels or garden waste can be composted and used as fertiliser for trees and plants around your home. Plastic can be collected with your other rubbish or recycled.  It is very important to remember that you must not throw your solid rubbish in the toilet. | MANAGE SOLID RUBBISH  Paper: recycle, reuse, add to rubbish bin  Organic material: compost  Plastic: recycle, add to rubbish bin  DO NOT throw solid rubbish in the toilet | Image of waste uses, recycling of paper, plastic and composting of organic matter |
| Our last tip in this lesson is about how to reduce the amount of rubbish you create. Carry your own bag to the shops to avoid having to purchase a new plastic bag.This will save money too! Use reusable containers, like plastic or glass bottles, rather than buying new ones. Lastly, try to fix or repair things when they break instead of immediately throwing them away. | REDUCE THE AMOUNT OF RUBBISH YOU CREATE  Carry your own bag to the shops  Use reusable containers.  Try to fix or repair things |  |
| Now you know a lot about how to manage and reduce your solid rubbish. Share these tips with others in your family to help keep them safe and healthy. | Managing Rubbish |  |