

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
www.tist.org

English Version

TIST is an innovative, time - tested, afforestation program led by the participants.

COVID - 19. Stay Safe.

CORONAVIRUS DISEASE - 2019

What is Coronavirus Disease - 2019 (COVID-19)? COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China.



How is it spread?



Contact with an infected person with COVID-19 virus through coughing or sneezing



Contact with contaminated surfaces or articles with the COVID-19 virus

How can I protect myself and others?



Regularly wash hands with soap and water, or use an alcohol based hand sanitizer



Avoid close contact with people who have flu-like symptoms

Signs and symptoms



Fever



Cough



Shortness of breath



Body ache



Headache



Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow



Avoid handshaking hugging and kissing with people who have flu-like symptoms



Stay home and avoid travelling when you have flu-like symptoms

Protect yourself, family and community from COVID -19

Anyone arriving from a country or area reporting COVID -19 is advised to isolate themselves for 14 days.

From the Ministry of Health.

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TIST: As we continue praying against Corona Virus (COVID-19), let's take necessary precautions.

The world is facing a big health challenge following an outbreak of Corona Virus, now known as COVID-19. The World Health Organization (WHO) has since declared the spread of this virus as pandemic. This means this virus can spread anywhere in the world and can attack anyone.

We in TIST need to protect ourselves, our families and our communities. We are the leaders in our own right. Therefore, we should lead by example, in strictly adhering to precautionary measures announced by our Government and other health institutions including Ministry of Health and WHO.

This virus spreads when droplets from infected persons, through coughing or sneezing, get into contact with the next person or, you touch contaminated surfaces, or objects, or shaking hands, or body contact with infected person who already has the virus on his hands, or on his/her clothes.

The virus causes respiratory diseases that result in coughing and sneezing, headache, sore throat, high body temperatures (fever), diarrhea, and difficulty breathing, among other symptoms. To reduce the chances of spreading the virus,

the health experts from Government and WHO have advised the following precautionary measures.

1. Avoid handshakes completely.

Health Experts say, when an infected person coughs or sneezes, the virus is likely to settle in his/her hands. If an uninfected person shakes hands with such person, the virus is likely to be spread from the person to a healthy person. Therefore, one way to avoid this transmission is not to shake hands or come into contact with the next person. It is important to note that it takes several days when one person gets virus before the symptoms begin to show. This means, you cannot tell by just looking at a person that he/she has no virus on his/her hands. To protect yourself and your families and communities, avoid shaking hands.

2. Wash your hands with soap and running water or use sanitizers.

Health Experts say that this COVID-19 virus is killed by alcohol based sanitizers or soap and water. When you wash your hands regularly, you have a good chance of killing any virus that you may unknowingly come into contact with.



Health Experts insist that you should use running water with soap and thoroughly wash your hands well. You should take a minimum of 20 seconds washing your hands. Alcohol based sanitizers are also used to clean your hands

3. Keep social distance.

Keeping social distance means that the next person from where you are should be 2 meters away. Health experts believe that if the next person is 2 meters away, and is infected, chances of him sneezing and virus getting to you is reduced. This is very important. It also includes avoiding crowded places. Health experts say that if people maintain this distance of 2 meters apart, avoid handshakes, wash their hands, this can help stop the spread of this deadly virus sooner than later.

TIST program has suspended all Cluster meetings and GOCC meetings as a measure to reduce social contact. The Government is also advising people on suspending social gatherings such as weddings, chamas, etc.

4. If you feel unwell, and have flu like symptoms.

If you have flu like symptoms, the first thing you should do is to stay away from people. If you are sneezing or coughing, use your elbow to cover your mouth. Then, it is important to

go to the nearest health facility to get treated. If you had come into contact with someone who had already tested positive for corona virus, you're advised to completely isolate yourself and call the 719, or any other helplines provided by the Government, or your County Government. It is important to give very transparent and transparent information about your condition and persons you have come into contact with.

5. Stay at home. Travel when it's very necessary.

Since this virus is spread from one person to the other, minimizing travel means you have reduced chances of coming across an infected person out there. This means you won't infect your loved ones or spread the virus within your community.

6. Protect the elderly and persons with existing conditions.

Health experts believe that older people and people with existing conditions have weaker immune symptoms to fight any attack of virus or bacteria or any other germs in their bodies. It is therefore important to protect them fully against this COVID-19 virus. By observing all the above measures above, you will be protecting this category of people.



TIST: An opportunity to help TIST expand in new areas.

TIST Leadership Council is calling for expression of interest from Best Clusters to help in expansion. Since inception in 1999, TIST has continued to grow. In Kenya, TIST was started in 2005. Today, TIST Kenya has over 75,000 participants with over 10 million trees quantified. Our goal today is to reach and serve as many new farmers as possible in order to spread the benefits of TIST.

To qualify to become a BEST SMALL GROUP and hence get an opportunity to start TIST Clusters in new areas, here below is the criteria;

1. Your Small Group should have met the requirement of planting 1,000 trees every year. For instance, if your Small Group is one year old in TIST, it should have 1,000 and above trees; two years should have 2,000 and above trees; three years old should have 3,000 and above trees, four years old should have 4,000 and above trees. Those who are five years and above are required to have 5,000 trees and above.
2. Your Small Group should have a tree nursery and preferably a raised seed bed nursery.
3. 80% of Small Group members attending Cluster meetings every month.
4. Small Group trees quantified and receiving payments.
5. 50% of Small Group members practicing CF.
6. 50% of Small Group members using energy saving stoves.
7. Your Small Group should have passed an audit.
8. Your Small Group should be hold bi-weekly/weekly meetings.
9. Your Small Group members should be knowledgeable about TIST (a test to administered).

If you feel your SMALL GROUP does meet the above criteria and is willing to go and start TIST in new areas, please contact any member of Leadership Council or our contact person in this effort, Virginia Wairima - Telephone 0729654606. A review will be done to assure your Small Group meets the qualifications, and thereafter you will be asked to develop an Action Plan. A budget will be provided for your work. Please note, if your Small Group has not met the above qualifications, but you have a plan to reach the goals, please also call Virginia and register yourself.



TIST: Waste Management.

Waste is any material that is a byproduct of human activity and that may not have immediate value, which includes;

- Human excreta/waste.
- Domestic rubbish like leftover food.
- Wastepaper.
- Scrap metals, old batteries(dry cells).
- Polythene bags.
- Sewage sludge etc.

What Causes Rubbish Problems in your Community?

Waste is inevitable but is made more problematic by:

- Wasteful/inefficient use of resources.
- Lack of methods for reusing waste.
- Lack of waste disposal sites (Rubbish pits and latrines).
- Lack of knowledge about the dangers of waste management.

Problem Caused by Poor Waste Management.

- Litter of fields and compounds.

- Loss of beauty of the area.
- Pollution of water, air and soil - Disease outbreak.
- Blockage of drainage channels.
- Toxic poisoning and fumes from old batteries.
- Children and animals may be poisoned or injured if they pick up and play with old batteries or other rubbish.

What Can Your Small Group Do Help Solve the Problem?

- Reduce or minimize the generation of waste.
- Consider using solar powered products instead of those that use disposal batteries when possible.
- Reusing-use materials again where possible (plastic bags).
- Composting (save organic waste left over food and fodder) as natural fertilizer for use in gardening.
- Dig a rubbish pit in your compound.
- Remember only to burn paper and cards.
- Do not burn batteries as they can explode, put them into the pit latrine.



Hygiene & Sanitation: Hand washing.

Hand washing with soap is among the most effective and inexpensive ways to prevent diarrheal diseases and pneumonia, which together are responsible for the many child deaths in Kenya.

Hands often act as vectors that carry disease-causing pathogens from person to person, either through direct contact or indirectly via surfaces. Humans can spread bacteria by touching other people's hand, hair, nose, and face. Hands that have been in contact with human or animal feces, bodily fluids like nasal excretions, and contaminated foods or water can transport bacteria, viruses and parasites to unwitting hosts. Hand washing with soap works by interrupting the transmission of disease.

Washing hands with water alone is significantly less effective than washing hands with soap in terms of removing germs. Effective hand-washing with soap takes 8 - 15 seconds, followed by thorough rinsing with running water.

Critical times in hand washing with soap

Here are some critical times to clean your hands:

1. Before and after meals and snacks
2. Before caring for young children
3. After touching a public surface.
4. Before and after preparing food, especially raw meat, poultry, or seafood
5. After using the restroom
6. When hands are dirty
7. After touching animals
8. When you or someone around you is ill
9. ***During this time of COVID 19 outbreak, it is important to keep washing your hands more regularly.***

Awareness of hand washing with soap

Hand washing is likely to be especially important where people congregate (schools, offices, church, meetings), where ill or vulnerable people are concentrated (hospitals, nursing homes), where food is prepared and shared and in homes, especially where there are young children and vulnerable adults.

A simple facility for washing hands after visiting toilet

The simplest facility is just to have a small jerry can filled with water placed outside latrines. Soap should also be provided.

However, this method is not ideal as people have to touch the jerry can before and after washing their hands which can still spread germs. An alternative hand-washing facility can be made like this:

1. Make a simple wooden frame with a nail in the middle for a peg.
2. Make a soak pit for the waste water by digging a hole around the frame and filling it with stones. This will let the waste water drain away into the soil.
3. Get one big open container (a barrel or cut-open jerry-can) and fill it with water.
4. Find a smaller open container, like a cut-open water bottle.
5. Make a small hole in the bottom of this container and fix a handle to it.
6. Dip the small container into the larger one to fill it with water.
7. Hang the small container on the peg so that the water starts to drip through the hole like a tap.
8. Wash your hands with soap.

The advantage of this system is that you only touch the small container once to fill it with water.

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Inside: TIST: Tukiromba murimu jwa Corona Virus (Covid-19) juthira, nituthingatiire mantu jaria tukumenyithua. Page 2
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TIST: Tukiromba murimu jwa Corona Virus (Covid-19) juthira, nituthingatiire mantu jaria tukumenyithua.

Nthiguru yonthe ni igukurukira thina ya ugima wa mwiri kuumania na kwija kwa murimu wa Corona Virus taju COVID-19. Gikundi kia ugima wa mwiri jakio (World Health Organization-WHO) nikianirite Murimu juu ni ugwati munene. Guku ni kuuga virus iji nociite guntu kunthe nthigurune na nocigwate muntu wonthe.

Batwi ndeene ya TIST nonkinya twimenyeere twi eene n family cietu na nkinyaa ntuura cietu. Turi atongereria. Kwogu nonkinya tutongeeria na kionereria gikiega tukithingatagira makinya jaria thirikali ikuejana amwe na ndwang'i cia ugima wa mwiri.

Virus iji irinekanirua riria muntu ajitwe agukorora kana kwathimura akuhi na antu bangi, gutonga into citongithitue ni muntu ena virus iji, kana gukethania na njara kana gutongithania mwiri na muntu ajitue ari n virus iji njara ciawe kana nkinya kiri nguo ciake.

Virus iji iretaga thina ya kibara ya kwathimura na gukorora, kwajua ni mutwe, thina mumero,

kwithirua na muthutira umunene, kwarua n thina ya gwikia miruke amwe na thina ingi.

Kunyihia gutamba kwa virus ataramu ba thirikali na WHO nibanenkanire matagaria jaja:

1. Tigana na nkethi cia njara buru.

Ataramu begie ugima bwa mwiri bariuga muntu ajitwi akeja kwathimura kana gukoora virus iji no ikare njara na agakethia muntu atiajitwe no agatwe ni virus. Kwogu njira imwe ya kwigitira ni gutiga gukethania na njara. Niwega kumenya niikujukia ntuku inyingi kuuma muntu agwatwa ni virus kumenyeka. Guku ni kuuga utiomba kumenya muntu arina virus riria umutegerete. Kwigitira amwe na famili yaku na ntuura yaku, iciebanirie na nkethi cia njara.

2. Thamba njara na cabuni na ruuji rugwita kana utumire Canitiza

Ataramu ba ugima wa mwiri bariuga virus cia COVID-19 ni igukua ni canitiza ina alchoho kana cabuni na ruuji. Gukara ukithambaga njara o kagita wina kanya ga kuraga virus iria umbu



kwithirwa ucemanitie nacio ona utikumenya. Ataramu nibakuinyiria ati nonkinya uthambe na ruuji rugwita na cabuni bweega. Tumira cekondi 20 ukithamba njara. Canitiza iri na alchoho no itumike kuthamba njara.

3. Ikara araja na muntu ungi.

Ikara araja na muntu ungi na mita 2. Ataramu ba ugima wa mwiri betikitie muntu ajitwe akeja gukoora kana kwathimura uri mita 2 utiomba kugwatwa ni virus. Untu bubu ni bwa bata. Tiga gwita guntu kuri na antu baingi. Ataramu bariuga gwikara na 2 mita muntu kiri ungi, kwaga nkthi jia njara, kuthamba njara guku no kurungamie gutamba kwa virus na mpuii.

Muradi wa TIST ni urangmitie micemanio ya Clasta na ya GOCC iri njira ya kwigwitira. Nkinya thirikari niyugite antu batigane n jiungana ta uiki, Ikundi na jiingi jionthe.

4. Niwajitwe, kana wina nchomaa.

Ukethirwa uri na jionereria iji, untu bwa mbere bwa kuthithia ni gwikara araja na antu.

Ukethirwa ugikororaga kana kwathimura, tumira njara yaku na ti ruii gukunika muromo. Ni untu bwa bata wite thibitari iria iri akuhi uthimwe. Ukethirwa niwacemanitie na muntu ari na Corona virus, ikara kuraja na antu bangi na uringi namba 719 kana namba ingi iria thirikali ya Nationa ona ya kaunti iejanite. Ni untu wa bata kuejana riboti iri na utheri igie ugima waku na antu baria ucemanitie nabo.

5. Ikara nja (muji) Ita aria no mwanka.

Niuntu virus iji iri tamba kuuma muntu gwita ki ungi, gukara nja nigukugitira gucemanian n muntu ari n virus. Kwogu utigwatithia nja yaku kana atuuri baku.

6. Gitira antu bakuru na baria bari na thina ya mwiri.

Ataramu ba ugima wa mwiri nibetikitie antu bakuru na baria bari na thina ya mwiri batina miiri iri na inya ya kurua na virus kana bacteria kana ona germs. Kwogu ni bwega kubagitira kiri COVID-19. Kuthingatira makinya jaja ni kuugitira antu baba.



TIST: Kaanya ka gutethia TIST gutamba ntura ingi.

Atongeria a TIST ba Leadership Council nibagucua clastas inthongi iria iri na wendi gutethia TIST gutamba ntuura ingi. Kuuma 1999 rira TIST yambiririe no itite mbere gukura. Aja Kenya Tist yambiririe 2005. Narua, TIST Kenya iri na nkuruki ya arimi 75,000 bari na miti nkuruki ya milion ikumi itari. Narua iji kioneki gia TIST nigukinyira arimi baingi baberu na kubatungata nikenda tuumba gutambia baita ya TIST.

Kuumba gutwika gakundi ga keega (BEST SMALL GROUP) nigua wone kaanya ga kwambirira TIST clasta kiri ntuura ingi, Nonkinya:-

1. Gakundi gaku kanini nonkinya kethirwe gakianda miti 1,000 oo mwanka. Guku ni kuuga, kethira gakundi gaku kari na mwanka jumwe kethirwe kari na miti 1,000 kethira kari na miaka 2 nomwanka kethirwe kari na miti 2,000, kethira kena miaka 3 kethirwe kena miti 3,000 na kethira ni miaka 4 miti ithirwe iri nkuruki ya 4,000 na kethira kena nkuruki ya miaka 5 miti nonkinya ithirwe iri nkuruki ya 5,000.
2. Gakundi ganku nonkinya kethirwe kari na nasari yukiritue.
3. 80% ya memba bagakuundi bethirwe betaga micemanio o mweri.

4. Miti ya gakundi ithirwe itaritwe na bakigwataga mbece.
5. Nusu ya amemba bethirwe bakithithagia urimi bubwega bwa CF.
6. Nusu ya amemba bethirwe bari na mariko ja kumenyeer nku.
7. Gakundi nonkinya gakuruke kegerio.
8. Gakundi nonkinya kethirwe gacemanagia jairi kiri mweri kana o kiumia.
9. Gakundi gaku kanini nonkinya kethirwe kaiji mantu ja maingi ja TIST (bakathithia kigerio).

Ukegua ati gakundi gaku ni kagukinyia mauntu jaja na nigakwenda kwambiriria muradi wa TIST guntu kugeni, Ringera mumemba wa Leadership council kana uringire Virginia Wairima 0729654606 uria urungamirite. Kugategerwa kwoneke ati clasta ni ikinyithitie mendikithia jaja, ucoke wonanie mubango jwa gwita ngugi iji. Ngarama ya ngugi yaku ikarungamirwa. Ririkana, kethira gakundi gaku gatikinyithitie mantu jaja, no uri na mubango jwa gukinyithia mendikithia nkinya ugwe noo uringire Virginia wiandikithie.



Kumenyera guta mati na ruko.

Mati ni gintu kionthe kiumanagia na ngugi iria muntu aitaga ntuku cionthe agatiga biria atikwenda na no bithirwe bitina gitumi orio. Into bibi nija

- Kioro kia Muntu.
- Into bia Nja ja irio biria bitigere.
- Maratasi.
- Maratasi ja Nylon/plastiki.
- Chuma na maiga ja tochi jamathiru.
- Sewage.

Ni mbi iretaga thina iji?

Mati kana Ruko ruru ni gintu tutiumba kwebera na nijathukagua nkuriki ni

- Kurega gutumira into bietu bwega.
- Kwaga njira injega cia gutumira into biria kairi.
- Kwaga gintu kana into bibiega bia gutera mati na ruko ruru.
- Kwaga umenyo na uume bwa ati ruko ruru ni ruruthuku na ruthukie uturo bwetu.

Guta mati na ruko ruru na njira iria itibui keretaa:

- Kwagia bieni na nja cietu uthongi.
- Kuthukia riera, ruuji na muthetu jwetu.

- Kureta mirimo ya mithemba.
- Kuinga mibaibo iria itejaga ruko.
- Sumu gutamba.

Twaana na nyomoo cietu biomba kugwatwa ni sumu iji kana kuringwa beta gutindania na ruoko ruru kana nyomoo cietu ciaria nyaki iji.

Natia Ikundi bietu bikomba gutetheria kuthiria thina iji.

- Kunyiya gutumira ruko.
- Gutumira into biria bigutumira mwanki jwa riuu jaju Solar antu agutumira biria bitumagira maiga ja guta jathira inya.
- Gutumira into bimwe kairi aria gukumbika ja maratai ja nailoni.
- Kuthithia mboleo na irio biria biatigara antu aguta.
- Kwinja kirinya gia guta mati njeku.
- Kurikana kwithia maratasi aki ja ti ja nylon na ukaithia maiga ja tochi nontu jomba gutunduka. Jaja jabwiri gutewa kiorone kia nthi.



Utheru: Kuthambia njara.

Kuthambia njara na sabuni ni njira imwe ya iria njega buru na iria itina goroya kueba miromo ya kuugia na ndimoni, iria amwe citumaga gukua kwa aana babaingi ndene ya Kenya.

Njara jaria maingi niikamataga tuginyo turia tutumaga antu baajua kuuma kiri muntu umwe gwita kiri uungi, rimwe gukurukira gutong'ana na ringi gukurukira gutonga aria bangi batongete. Antu nobatambie mirimo tunginyo tutu batonga njara, mutundu, nyiuru kana uthiu bwa antu bangi. Njara iria itongete kioro kia antu kana nyomoo, nduujia mwiri ta mamira na irio kana ruuji ruri na ruuko no rukamate bacteria, virusi natunginyo. Kuthambia njara na sabuni nikuritaga ngugi ya kunogokeria gukamatwa guku.

Kuthambia njara na ruuji ruunka ni kuritaga ngugi inkai mono nkuruki ya kuthambia na sabuni tugitaraga ngugi ya kurita tunginyo. Kuthambia njara gukwega ni kwa secondi inyanya gukinya ikumi na ithano, kuthingatite kuthamikura na ruuji rugwitika.

Magita jaria ubati kuthambia njara.

Aja ni magita jaria ubati kuthambia njara ciaku:

1. Mbele na nyuma ya kuria irio.
2. Mbele ya kumenyeera twana tutunini.
3. Nyuma ya gutonga antu gugutongangwa ni babaingi.
4. Mbele na nyuma ya kuthuranira irio , mono nyama itirugi, nguku kana irio bia iriene.
5. Nyuma ya gutumira kioro.
6. Riria njara cirina ruuko.
7. Warikia gutonga nyomoo.
8. Riria ugwe kana muntu uri akui nagwe aajitue.
9. **Kagita gaka kuri na mututhuko wa murimu wa COVID - 19, ni untu wa gitumi muno gwikara ukithambaga njara.**

Mantu jaria ubati kumega jegie kuthambia njara na sabuni.

Kuthambia njara kurina bata mono aria antu batirimanite (cukuru, ofisi, kanisene, micemanione), aria aajie kana baria bagwatangagwa ni mirimo bangei (cibitari, nja cia kumenyeera ajie), aria irio bithuranagirwa, bikagaanwa na nja, mono naria kurina aana babanini na antu babanene baria baajangagua.

Gantu ka kuthithia na uuthu gakuthambiria njara warikia kuuma kioro.

Gantu karia koothu buru ni kwithirwa urina kibuyu kiujuritie na ruuji giiki oome ya bioro. Sabuni niibati kwithirwa irio.

Indi-ri, njira iji itibui niuntu antu nibatongaga kibuyu mbele na nyuma ya kuthambia njara, untu buria bado bugatambia tunginyo. Ngantu kangi karia koomba kuthithua nit a uju:

1. Thithia karubao karina mucumari gatigati jwa kugwatia.
2. Thithia kirinya gia kunyua ruuji rwa ruuko, winje kirinya kithiurukirite karubao na ukiujurie na maiga. Bubu bugetikiria ruuji rwa ruuko rutonye muthetune.
3. Cua gikebekimwekiruguri gikinene (mukebe kana kibuyu kigiti) na ukiujurie na ruuji.
4. Cuaa gakebe kangi karuguri gakanini, ta chuba ya ruuji igiti.
5. Tura karinya rutere rwa nthi rwa gakebe gaka na wikira njara ya kugwata.
6. Tonyithia gakebe gakanini kiri gikinene na ukojurie na ruuji.
7. Curia gakebe gakanini mucumarine nikenda ruuji rwaambiria gwitikira karinyene ja tapu.
8. Thambia njara na sabuni.

Wega bwa njira iji ni ati ugatonga gakebe gakanini rimwe aki gukojuria na ruuji.

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From the Ministry of Health.

Inside: TIST: Otugithiaga na mbere na kuhoera murimu wa CoronaVirus (COVID-19), niwega tuthii na mbere na kwigitira. Page 2

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Utheru: Guthambia moko. Page 6



TIST: Otugithiaga na mbere na kuhoera murimu wa Corona Virus (COVID-19), niwega tuthii na mbere na kwigitira.

Thii yothe nigumiirwo ni murimu mugeni wa Corona virus uria uheto ritwa COVID-19. Ruhonge rwa ugima wa mwiri thii yothe World Health Organization (WHO) ni waniriire murimu uyu ta ugwati munene. Uuu ni kuuga ati murimiuyuniuthiiookunduguothenaunyite o mundu o wothe.

Ithuii twi TIST, nitukwenda wotumenyerere, natugitire family ciitu na andu a matura maitu. Ithuii turi atongoria na niwega tukorwo turi kionereria hari gutigirira nitwarumirira mitarata iria iigitwo ni thirikari ohamwe na ruhonge rwa ugima wa mwiri (Ministry of Health)

Murimu uyu utambaga riria mundu wina virus cia guaa ruta mata kana gikorora gukihitikira gwathimura na gukorora na mundu uria urihakuhi na ke atuike wakuhutia virus icio ingikororwo ni ciigwatiriire handu-ini o hothe nginya mooko, nguo-ini.

Virus cia murimu uyu niirehaga murimu wa mahuri na igatuma mundu akorore kana gwathimura, kurio ni mutwe, kugia na ironde numero, kuhuha mwiri, kuharwo, kuremwo ni kuhuhia na dariri inginyingi.

Kwigitira na murimu uyu na kunyihia gutherema kwaguo, ataramu a ugima wa mwiri kuuma thirkari-ini na WHO maraheana mataaro ta maya:

1. Kwagakugeithanianamooko.

Ataramu a ugima wa mwiri mekuuga ati riria mundu uria wina virus athimura na akorora, virus icio kaingi ni ciinyitagirira moko-ini make. Nake mundu utari virus icio mangigeithania, virus iria cuma mooka no itambe hari mundu utauma nacio na atuikewakurwara onake.

Kwoguo, njira imwe ya kugiria gutherema kwa murimu uyu ni kwaga kugeithania na kwaga kuhutania mwiri. Niwega kumenya ati mundu anyitwoni virus ici, oiyaga kahinda gathiku nyingi mbere onanitie ndariri ya murimu uyu. Uu ni kuuga ati ndungi menya mundu wina virus icio na kumurora na maitho. Kwoguo, kwigitira na kugitira family yaku na andu a itura ni kwaga kugeithania na mooko.

2. Thambia mooka maku na thabuni na maai maraitika kana utumire sanitizers.

Ataramu a ugima wa mwiri mekuuga ati COVID 19 ni yuragagwo ni sanitizers kana thabuni na maai. Hindi iria wethamba mooko kwamahinda maingi, niukoragwo na kamweke keega ga kuraga virus iria ingikorwo ikwigwatiriire uta kumenya. Ataramu augima wa mwiri makahinyiriria ati withambe na maai maraitika na thabuni gwakahinda gatanyihiire second 20. Ona sanitizers ninjega.



3. Kwa gukuhaniriria kuuma hari mundu nginya uria ungi.

Ataramu a ugima wa mwiri marauga andu maikire meter igiri kuuma hari mundu nginya uria ungi. Meekuga ati riria andu maraihaniriria na utiganu wa 2 meters, virus icio no ciage gukinyira mundu ucio ungi angikorwo hari na mundu wina virus icio kana muruaru. Magacoka makauga ni wega kwaga gukorwo kundu kwina andu aaingi. Ataramu a ugima wa mwiri makauga ati andu mangiraihaniriria na meter igiri, matige kugeithania na mooko, methambe mooko, murimu uyu nitukuutoria.

Program ya TIST niyambite kurugamia micemanio yothe ya Clusters na ya GOCC ta njira imwe ya kuhinyihia andu aaingi gukorwo me hamwe. Thirikari onayo niirera andu marugamie micemanio kana ciungano oociothe mangikorwo na cio.

4. Angikorwo nduraigua wega na winadariri ta cia homa.

Angikorwo wina ndariri ta cia homa, undu wambere gwika ni kwehera kuuma kuri andu aria angi. Ungikorwo ugiathimura kana gukorora, tumira kigikora giaku kwihumbira kanua. Niwega uthii thibitari iria iri hakuhi nawe niguo

ukarigitwo. Angikorwo niuhutanitie kana gukorwo hakuhi na mundu wina virus ici niwega wiige keherini na uhure namaba 719 kana o namba ooyothe iheanitwo ni thirikari nene na cia county. Niwega uheane uhoro kiumburo uria mwiri waku uraigua na andu aria ungikorwo ucamanitie nao.

5. Ikara Mucii. Thabari ciaku ikorwo no iria ciri na bata munene.

Tondu virus ino iratamba kuma mundu nginya uriaungi, niwega kunyihia thabari ciaku tondu no guo ukwigitira kunyitwo ni virus ici kuuma kuri andu aria menacio na kuunja. Waga kugwatio ona wendukugwatie andu aria magukonii na andu aa itura.

6. Gitiraandu aria akurunaandu aria makoretwonamirimuingi.

Ataramu a ugima wa mwiri marauga ati andu aria akuru na aria mena mirimu mithemba ingi matiri na hinya wa mwiri kuhurana na virus kana bacteria kana germs o ciothe ingiingira mii-ini yao. Nikwagiriire andu aya magitirwo biu kaimana kuuma COVID19. Mitaratara iyo twagweta hau iguru no yo makugitirwo nayo.



TIST: Kamweke ga gutheremia TIST icigonjeru.

TIST Leadership Council iri na ria niriria kuri Small Groups aria makwenda kugerio ikiro matuikie BEST SMALL GROUPS (BSG) nigetha maheo wira wakwambiriria TIST icigo-ini njeru. Kuuma riria TIST yambirie mwaka wa 1999, TIST ithiite na mbere na gukura. Guuku Kenya yambirie mwaka wa 2005. Umuthi TIST Kenya ni amemba makiria ya 75,000 na miti makiria ya million 10 iria mitare. Mworoto witu umuthi ni gutheremia TIST niguo ikinyire arimi aangi ouria kungihoteka ni getha ona magie na maciaro ma TIST.

Nigetha mutuikie BEST SMALL GROUP, na muheo wira wakwambiriria TIST icigo njeru, ino niyo mitaratara:

1. Small Group yanyu niyagiriirwo ikihingia uhandi wa miti oo ngiri imwe oo mwaka. Kwa ngerekano, angikorwo gikundi kianyu kina mwaka umwe TIST, mwagiriirwo ni gukorwo ma miti 1000. Angikorwo mwina miaka 2, mukoro na miti 2000. Angikorwo mwina miaka 3, mukoro na miti 3000. Angikorwo mwina miaka ina mukorwo na miti 4000. Aria mena miaka itano na makiria makorwo na miti 5000 namakiria.
2. Small Group niyagiriirwo nigukorwo na tuta ya miti na makiria ya raised seed bed.
3. Gicunji gia 80% kia amemba a Small Group yanyu makorwo ni mathiaga micemanio ya Cluster oomweri.

4. Miti ya Small Group ikorwo iri mitare na mukorwo ni murihagwo.
5. Gicunji gia 50% a memba a Small Group makorwo na CF
6. Gicunjigia 50% a Small Group makorwo na riiko ria energy saving stoves.
7. Small Group ihituke audit.
8. Small Group ikorwo na micemanio ya ookiumia kana thutha wa ciumia igiri.
9. Small Group memba anyu makorwo na umenyo wa TIST. (Nimugeka kigeranio)

Ngikorwo ni ukuona gaku ndikanyu ni gagukinyia ikiro icio, na mwina wendi wa wira ucio wakwambiriria TIST icigo njeru, ni wega waranirie na mutongoria oo wothe wa Leadership Councili, kana waranirie na mundu uria uheto wira uyu Virginia Wairima - Telephone 0729654606. Niguthuthuria ikiro icio hari Small Group yanyu na mwahituka no budget yakuruta wira ucio mukaheo. Nimwega kunyita haha. No mukorwo Small Group yanyu ndikinyitie ikiro icio na mwina mutaratara wagucikinyikira, hurira Virginia Thimu ona inyui muigwo mubango-ini.



Gute Giko.

Giko ni kindu o giothe kimanaga na mawira ma mundu na ni;

- Mai ma mundu.
- Matigio ma irio.
- Maratathi mahuthiku.
- Cuma nguru na mahiga ma tochi makuru.
- Sewage.

Mathina ma giko marehagwo nikii micii-ini?

Giko gitingiithemeka no githukagio muno ni;

- Uhuthiri muuru wa ino.
- Kwaga njira cia kuhuthira indo nguru.
- Kwaga kundu gwa gute giko.
- Kwaga umenyo wa mogwati maria marehagwo ni giko.

Mathina maria marehagwo ni giko.

- Guitanga mahuti nja na kunina uthaka wayo.
- Guthukia riera, tiiri na maai.

- Kurehe mirimu.
- Kuhinga kuria maai ma giko mageraga.
- Guthukia riera makiria na mahiga makuru ma tochi.

Ciana kana nyamu nocikorwo ugwati-ini riria ciongania mahiga maya ma tochi na giko kingi.

Mungika atia muri gikundi guteithiria kunina thina uyu?

- Nyihia-i uteangi wa indo.
- Huthira-i hinya wa riuu handu ha mahiga ma tochi.
- Huthiraga-i indo nguru riria kwahoteka.
- Thondeka-i thumu na matigio ma irio.
- Enja irima ria giko gwaku.
- Ririkana gucina maratathi. Ndugacine mahiga ma tochi tondu nomarute mwaki, maikie kiro.



Utheru: Guthambia moko.

Guthambia moko na thabuni ni umwe wa maundu maria mahuthu ma kugitira mirimu ta kuharwo na pneumonia iria irehaga ikuu nyingi cia ciana Kenya.

Moko mahuthikaga gutambia mirimu kuma mundu kuri uria ungi kuhitukira kuhutania kana njira ingi. Andu nimatheremagia bacteria na kuhutania moko, njuiri, maniuru na uthiu. Moko maria mahutanitie na nyamu kana giko kia nyamu hamwe na irio ciri na giko nimatheremagia mirimu, viruses na tutambi. Guthambia moko na thabuni nigutumaga utheremu uyu uthire.

Guthambia moko na maai matheri gutinginina utheremu uyu biu ta riria wathambia na thabuni. Uthambia mwega wa moko na thabuni uhuthagira 8-15 seconds na thutha kuniarithia biu.

Ikiro cia bata ugithambia moo na thabuni

maya nimo mahinda maria ma bata wagiriirwo niguthambia moko.

1. Thutha wa kuria irio.
2. Thutha wa kunyita kundu kwa muingi.
3. Thutha wa kunyita ciana.
4. Thutha na mbere ya kuhariria irio na muno nyama.
5. Thutha wa kuhuthira kioro.
6. Riria moko mari na giko.
7. Thutha wa kunyita nyamu.
8. Riria wee kana mundu uri hakuhi nawe ari muruaru.
9. ***Mahinda maya ma murimu wa COVID 19, ni wega guikara ugithambaga moko mahinda maingi.***

Kumenyithania guthambia moko na thabuni.

Guthambia moko na thabuni nikwa bata muno na makiria kuria andu macemanitie(cukuru, ofisi, kanitha, micemania), kuria andu aruaru mari(thibitari, nursing home), kuria irio cirathondekerwo na makiria kuria kuri na ciana nini.

Njira ya naihenya ya githambia moko thutha wa kuhuthira kioro.

Njira iria huthu ni gukorwo na kibuyu kri na maai hakihia na kioro na uige thabuni hau. No ona kuri ouguo, njira ino ti nginyaniru tinu andu nomarinyita kibuyu njira iria ingitambia erms. Njira ingi na njega noithindekwo na njira ino:

1. Thondeka rubau rwega na uhuririre kamucumari.
2. Enja irima ria uitira maai.
3. Thondeka mukebe munene na uiyurie maai.
4. Etha mukebe ungi munini na uuture irima.
5. Tura karima kanini na-thi na na wikire kamuti.
6. Rikia mukebe munini hari uyu munene na uiyurie maai.
7. Cuuria mukebe munini rubau-ini ruria niguo maai mabiririe guitika.
8. Thambia moko maku na thabuni.

Weega wa njira ino ni ati unyitaga o mukebe uria munini o rimwe niguo wikire maai.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
www.tist.org

Kiswahili Version

TIST is an innovative, time - tested, afforestation program led by the participants.

COVID - 19. Jihadhali.

CORONAVIRUS DISEASE - 2019

What is Coronavirus Disease - 2019 (COVID-19)? COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China.



How is it spread?



Contact with an infected person with COVID-19 virus through coughing or sneezing



Contact with contaminated surfaces or articles with the COVID-19 virus

How can I protect myself and others?



Regularly wash hands with soap and water, or use an alcohol based hand sanitizer



Avoid close contact with people who have flu-like symptoms

Signs and symptoms



Fever



Cough



Shortness of breath



Body ache



Headache



Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow



Avoid handshaking hugging and kissing with people who have flu-like symptoms



Stay home and avoid travelling when you have flu-like symptoms

Protect yourself, family and community from COVID -19

Anyone arriving from a country or area reporting COVID -19 is advised to isolate themselves for 14 days.

From the Ministry of Health.

Inside: TIST: Tunapoendelea kuomba dhidi ya CoronaVirus (COVID-19), acheni tuchukue tahadhari muhimu. Uku. 2

TIST: Nafasi ya kusaidia TIST kupanuka katika maeneo mapya. Uku. 4

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TIST: Tunapoendelea kuomba dhidi ya Corona Virus (COVID-19), acheni tuchukue tahadhari muhimu.

Ulimwengu unakabiliwa na changamoto kubwa ya kiafya kufuatia kuzuka kwa CoronaVirus, ambayo sasa inajulikana kama COVID-19. Shirika la Afya Ulimwenguni (WHO) limetangaza kuenea kwa virusi hivi kama janga. Hii inamaanisha kuwa virusi hii inaweza kuenea popote ulimwenguni na inaweza kushambulia mtu yeyote.

Sisi katika TIST tunahitaji kujilinda, familia zetu na jamii zetu. Sisi ndio viongozi kwa haki yetu wenyewe. Kwa hivyo, tunapaswa kuongoza kwa mfano, kufuata kabisa hatua za tahadhari zilizotangazwa na Serikali yetu na taasisi zingine za afya pamoja na Wizara ya Afya na WHO.

Virusi hii huenea wakati matone kutoka kwa watu walioambukizwa, kupitia kukohoa au kupiga chafya, huwasiliana na mtu mwingine au, unagusa nyuso zilizo chafuliwa, au vitu, au mikono, au kugusana kwa mwili na mtu aliyambukizwa ambaye tayari ana virusi mikononi mwake, au kwenye nguo zake.

Virusi husababisha magonjwa ya kupumua ambayo husababisha kukohoa na kupiga chafya, maumivu ya kichwa, koo la kuoka, joto la juu la mwili (fever), kuhara, na ugumu wa kupumua, kati ya dalili zingine.

Ili kupunguza uwezekano wa kueneza virusi, wataalam wa afya kutoka Serikali na WHO wameshauri hatua zifuatazo za tahadhari.

1. Epuka kushikana (kusalimiana) mikono kabisa.

Wataalam wa kiafya wanasema, wakati mtu aliyeambukizwa anakohoa au kupiga chafya, virusi huweza kutulia mikononi mwake. Ikiwa mtu ambaye hajapatwa na virusi hizi akishikana mkono na mtu kama huyo, virusi vina uwezekano wa kusambazwa kutoka kwa mtu huyo kwenda kwa mtu mwenye afya. Kwa hivyo, njia moja ya kuzuia maambukizi haya ni kutoshikana mikono au kugusana na mtu mwingine. Ni muhimu kutambua kuwa inachukua siku kadhaa wakati mtu mmoja kupata virusi kabla ya dalili kuanza kuonyesha. Hii inamaanisha, huwezi kumwambia kwa kumtazama tu mtu kuwa ana au hana virusi mikononi mwake. Ili kujikinga na familia yako na jamii, epuka kushikana mikono.

2 Osha mikono yako na sabuni na maji au tumia sanitizer.

Wataalam wa kiafya wanasema kwamba virusi hivi vya COVID-19 vinauawa na sanitizers au sabuni na maji. Unapoosha mikono yako mara kwa mara, una nafasi nzuri ya kuua virusi yoyote ambayo unaweza kuwasiliana naye bila kujua. Wataalam wa Afya wanasisitiza kwamba unapaswa kutumia maji ya bomba na sabuni na safisha mikono yako vizuri. Unapaswa kuchukua sekunde 20 kuosha mikono yako. Sanitizer zinazotokana na pombe pia hutumiwa kusafisha mikono yako



3. Weka umbali kutoka mtu hadi mwingine.

Kuweka umbali wa mtu hadi mwingine inamaanisha kuwa mtu mwingine kutoka mahali ulipo anapaswa kuwa mita 2 mbili. Wataalam wa afya wanaamini kwamba ikiwa mtu wa pili yuko umbali wa mita 2, na ameambukizwa, nafasi za yeye kupiga chafya na virusi kukufikia hupunguzwa. Hii ni muhimu sana. Inajumuisha pia kuzuia maeneo yaliyojaa watu. Wataalam wa afya wanasema kwamba ikiwa watu watahifadhi umbali wa mita 2 kando, epuka kushikana mikono, kuosha mikono, hii inaweza kusaidia kumaliza kuenea kwa virusi hivi vikali.

Programu ya TIST imesimamisha mikutano yote ya Clusters na mikutano ya GOCC kama hatua ya kupunguza kukusanya watu karibu sana. Serikali pia inashauri watu juu ya kusimamisha mikusanyiko ya kijamii kama harusi, n.k.

4. Ikiwa unajihisi mgojwa, na uwe na dalili kama za homa.

Ikiwa una mafua kama dalili, jambo la kwanza unapaswa kufanya ni kukaa mbali na watu. Ikiwa unapiga chafya au kukohoa, tumia kiwiko chako kufunika mdomo wako. Halafu, ni muhimu kwenda kwenye kituo cha afya cha karibu ili

kutibiwa. Ikiwa ulikuwa umegusana na mtu ambaye tayari alikuwa na virusi vya corona, unashauriwa kujitenga kabisa na kupiga simu 719, au namba yoyote imetolewa na Serikali, au Serikali ya Kaunti yako. Ni muhimu kutoa habari wazi na wazi kwa hali yako na watu ambao umeshirikiana nao.

5. Kaa nyumbani. Kusafiri wakati inahitajika sana.

Kwa kuwa virusi hivi vinasambazwa kutoka kwa mtu mmoja kwenda kwa mtu mwingine, kupunguza kusafiri kunamaanisha umepunguza nafasi za kumkuta mtu aliyeambukizwa huko nje. Hii inamaanisha hautawaambukiza wapendwa wako au kueneza virusi ndani ya jamii yako.

6. Kinga wazee na watu wenye afya iliyozolota.

Wataalam wa afya wanaamini kuwa wazee na watu walio na ugonjwa mwingine wana dhaifu za kinga kupambana na shambulio lolote la virusi au bakteria au vijidudu vingine kwenye miili yao. Kwa hivyo ni muhimu kuwalinda kikamilifu dhidi ya virusi hivi vya COVID-19. Kwa kuzingatia hatua zote hapo juu, utakuwa ukilinda jamii hii ya watu.



TIST: Nafasi ya kusaidia TIST kupanuka katika maeneo mapya.

Baraza la Uongozi la TIST linatoa wito wa kutoka kwa vikundi bora kusaidia katika upanuzi. Tangu kuanzishwa mnamo 1999, TIST imeendelea kukua. Huku Kenya, TIST ilianzishwa mnamo 2005. Leo, TIST Kenya ina washiriki zaidi ya 75,000 na miti zaidi ya milioni 10 iliyohesabiwa. Lengo letu leo ni kufikia na kuwatumikia wakulima wengi wapya iwezekanavyo ili kueneza faida za TIST.

Ili kuhitimu kuwa **KIKUNDI BORA** na kwa hivyo upate fursa ya kuanzisha Vikundi vya TIST katika maeneo mapya, hapa hapa kuna vigezo;

1. Kikundi chako kidogo kinapaswa kukidhi mahitaji ya kupanda miti 1,000 kila mwaka. Kwa mfano, ikiwa kikundi chako kidogo ni cha mwaka mmoja katika TIST, kinapaswa kuwa na miti 1,000 na juu; miaka miwili inapaswa kuwa na miti 2,000 na juu; mwenye umri wa miaka mitatu anapaswa kuwa na miti 3,000 na juu, mwenye umri wa miaka nne anapaswa kuwa na 4,000 na miti ya juu. Wale ambao ni miaka mitano na zaidi wanahitajika kuwa na miti 5,000 na zaidi.
2. Kikundi chako kidogo kinapaswa kuwa na kitalu cha miti na ikiwezekana kitalu cha kitanda cha mbegu
3. Asilimia 80 ya washiriki wa Kikundi kidogo wawe wanaohudhuria mikutano ya Cluster kila mwezi

4. Kikundi chako kiwe kimepokea malipo ya miti kutoka kwa TIST
5. Asilimia 50 ya wanachama wa kikundi kidogo wanaofanya ukulima wa CF
6. Asilimia 50 ya wanachama wa Kikundi kidogo wakitumia majiko ya kuokoa nishati
7. Kikundi chako kidogo kinapaswa kupitisha ukaguzi
8. Kikundi chako kidogo kinapaswa kufanya mikutano ya wiki-mbili / wiki
9. Washiriki wa Kikundi chako Kidogo wanapaswa kuwa na ujuzi juu ya TIST (jaribio la kusimamiwa).

Ikiwa unahisi **KIKUNDI** chako kidogo kinafikia vigezo hapo juu na kiko tayari kwenda na kuanza TIST katika maeneo mapya, tafadhali wasiliana na mjumbe yeyote wa Baraza la Uongozi au mtu wetu wa mawasiliano katika juhudi hii, Virginia Wairima - Simu 0729654606. Mapitio yatafanywa kuwahakikishia kikundi yako inakidhi vigezo, na baadaye utaulizwa kuendeleza Mpango wa Utendaji. Bajeti itatolewa kwa kazi yako.

Tafadhali kumbuka, ikiwa kikundi chako kidogo hakijafikia vigezo za hapo juu, lakini unayo mpango wa kufikia malengo, tafadhali pia piga simu ya Virginia na ujisajili mwenyewe.



Usimamizi wa taka.

Taka ni kitu chochote kinachotokana na mazi za binadamu na yaweza kukosa utumizi wa mara moja, na ni pamoja na:

- Choo cha binadamu.
- Uchafu wa nyumba kama mabaki ya chakula.
- Makaratasi yasiyotumika.
- Mifuko ya mpira.
- Chuma, betri zimeisha (seli kavu).
- Maji taka sludge nk.

Ni nini husababisha shida za taka katika eneo lako?

Taka haiwezi kuepukika lakini yafanywa kuwa shida zaidi na:

- Matumizi mabaya ya rasilimali.
- Ukosefu wa njia za kutumia tena.
- Ukosefu wa mahali pa kutupa taka (mashimo ya taka, vyoo vya kuchimba).
- Ukosefu wa ujuzi wa hatari za usimamizi mbaya wa taka.

Usimamizi mbaya wa taka husababisha.

- Uchafuzi wa mashamba na viwanja, kupoteza urembo wa eneo hilo.
- Uchafuzi wa maji, hewa na udongo.

- Kuenea kwa magonjwa.
- Kufungana kwa paipu za kuondoa maji taka.
- Sumu na moshi mbaya kutokana na betri nzee

Watoto na wanyama yaweza kupata sumu au kuumizwa wakiokota na kucheza na mawe mazee na taka nyinginezo.

Kikundi kidogo chako chaweza kufanya nini kutatua shida hii?

- Kupunguza kutengeneza kwa taka.
- Fikiria kutumia vifaa vinavyotumia nishati kutokana na jua badala ya nishati inayotokana na betri inapowezekana.
- Kutumia tena – tumia vitu tena inapowezekana (mfano, mifuko ya mpira).
- Kutengeneza mbolea – weka uchafu unaozoa (mabaki ya chakula cha binadamu na cha mifugo) kama mbolea ya kutumia katika kulima.
- Chimba shimo la taka kiwanjani mwako.
- Kumbuka kuchoma makaratasi na kadi pekee. Usichome betri kwani yaweza kulipuka. Yaweke katika vyoo vya shimo.



Usafi : Kuosha mikono.

Kuosha mikono kwa sabuni ni njia moja iliyo katika njia bora na zenye gharama nafuu zaidi katika kuzuia magonjwa ya kuhara na nimonia, ambazo pamoja husababisha vifo vya watoto wengi katika Kenya.

Mikono mara nyingi hubeba vijidudu kutoka kwa mtu mmoja hadi kwa mwingine, kupitia kuguzana au kupitia kuguza mahali. Watu wanaweza kutambaza bacteria kupitia kuguza mikono, nywele, pua na nyuso za wengine. Mikono ambayo imeguza mavi ya mtu au mnyama, maji ya mwili kama makamasi na vyakula ama maji yaliyochafuka hubeba bacteria, virusi na vijidudu vinavyobeba magonjwa. Kuosha mikono kwa sabuni husaidia kupitia kuhinikiza uambukizaji wa ugonjwa.

Kuosha mikono kwa maji pekee husaidia kidogo kuliko kuosha kwa sabuni kwa upande wa kutoa vidudu. Uoshaji mikono ulio bora ni kwa sabuni na kwa muda wa sekunde nane kufika kumi na tano, kukifuatiliwa na kusuuza na maji yanayomwagika.

Wakati muhimu sana wa kuosha mikono kwa sabuni

Zifuatazo ni saa muhimu za kuosha mikono yako:

1. Kabla na baada ya kula vyakula na vitafunio.
2. Kabla ya kuwatunza watoto wadogo.
3. Baada ya kuguza maeneo ya umma.
4. Kabla na baada ya kutayarisha vyakula, sanasana nyama, kuku au vyakula vya kutoka baharini
5. Baada ya kutumia choo.
6. Wakati mikono ni chafu.
7. Baada ya kuguza wanyama.
8. Wakati wewe au mtu aliye karibu nawe ni mgonjwa.
9. **Wakatu huu wa janga hili la ugonjwa wa COVID 19, ni vizuri kunawa mikono mala mingi iwezekanavyo.**

Utambuzi wa uoshaji mikono kwa sabuni

Uoshaji mikono unawezekana kuwa muhimu zaidi wakati watu wanakutana (shuleni, maofisini, makanisani, mikutanoni), ambapo wagonjwa wapo (hospitalini, maskani ya ulezi), mahala chakula kinatayarishiwa na kugawanwa na manyumbani, sanasana walipo watoto wadogo na watu wazima wagonjwa.

Kituo cha kuosha mikono baada ya kwenda choo kilicho rahisi kutengeneza

Kituo rahisi zaidi ni kuwa ni kuwa na mkebe uliojaa maji nje ya choo. Sabuni yapaswa kuwepo. Hata hivyo, njia hii si nzuri sana kwani watu watahitaji kushika kibuyu kabla na baada ya kuosha mikono jambo ambalo bado litasambaza vidudu. Njia badala ya kuosha mikono ni kufanya kituo kama ifuatavyo:

1. Tengeza sura ya mbao iliyo na msumari katikati wa kushikilia pegi.
2. Tengeza shimo la kuchukua maji machafu kwa kuchimba shimo likizunguka sura na kulijaza mawe. Hili litaruhusu maji kuingia mchangani.
3. Chukua mkebe mkubwa uliofunguka juu (pipa au kibuyu kilichokatwa) na ukijaze maji.
4. Tafuta mkebe mdogo zaidi uliofunguka juu, kama chupa ya maji iliyokatwa.
5. Toboa shimo upande wa chini wa mkebe huu na huongeze mkono wa kuushika.
6. Ingiza mkebe mdogo kwa ule mkubwa ili kuujaza maji.
7. Tundika mkebe mdogo kwa pegi ili maji yaanze kutoka kidogo kidogo kupitia shimo kama kwa tapu ya maji.
8. Osha mikono yako kwa sabuni.

Ubora wa njia hii ni kuwa unaguza mkebe mdogo mara moja pekee kuujaza maji.

Mazingira Bora



TIST

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Kikamba Version

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COVID - 19. Ikala Wimusuviiku.

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What is Coronavirus Disease - 2019 (COVID-19)? COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China.



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Contact with an infected person with COVID-19 virus through coughing or sneezing



Contact with contaminated surfaces or articles with the COVID-19 virus

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Avoid handshaking hugging and kissing with people who have flu-like symptoms



Stay home and avoid travelling when you have flu-like symptoms

Signs and symptoms



Fever



Cough



Shortness of breath



Body ache



Headache

Protect yourself, family and community from COVID -19

Anyone arriving from a country or area reporting COVID -19 is advised to isolate themselves for 14 days.

From the Ministry of Health.

Inside: TIST: Tunendee na uvonyea ikua yii ya Corona Virus (COVID-19) twisuvie na kwosa matambya ala maile. Page 2

TIST: Ivuso ya utetheesya TIST kuthathaa na kuvika isioni nzau. Page 4

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Utheu na Kuthesya: Kuthamba Moko. Page 6



TIST: Tunendee na uvonyea ikua yii ya Corona Virus (COVID-19) twisuvie na kwosa matambya ala maile.

Ikonyo inya sya Nthi nisyithiitwe na ivinda yumu muno nundu wa uwau uu wa ikua ya CoronaVirus, yila yiitwa COVID -19. World Health Organization (WHO) nimatangaasie kana kunyaiika kwa uwau uu kwi yiulu, ila nikwasya kana uwau uu nutonya inyaiika nthi yonthe nanutonya ukwana mundu o w'othe. Ithi ma TIST nitwaile isuvia vamwe na misyi yitu na ndua. Twi atongoi kikwitu. Kwoou nitwaile utongosya na ngelekanio, kwakwosa matambya ala maile kwisuvia na na uwau uu otondu silikali yaitye kwisila kwa muvea wa uima wa mwii (Ministry of Health) na WHO.

Uwau uu winyaiikw'a ni mata kuma kwa mundu ula muwau kwa nzia ya kukooa kana kwathimua (kutiva), kukwatangana na mundu wina uwau uu, kwikwatila vandu vena uwau uu, kukethania, kana kuthengeania na mundu wina tulinyu twa uwau uu kuma ona nguani syake ila itonya ithiwa syina uwau uu.

Uwau uu wikwata nzia sya uveva na uiete kukooa na kwathimua, kwalw'a ni mutwe, kwimba kwa ngai sya miluku, uvyuvu mwingi mwiini, kuemwa ni kuveva, kwituaa na maundu angi.

Nikana tuole ivuso ya kunyaiika na kukwatania uwau uu silikali na WHO nimatutavitye kwike maundu aa:-

1. Kulea ukethania na kw'oko vyu.

Asomi ma uima wa mwii, yila mundu wina uwau uu wakooa kana kwathimua, tuklinyu twaw'o kaingi tukwamaa mokoni make. Yila mundu uu muwau wakooeea moko kana kwathimua naithi akethanie na mundu ungi kaingi vena ivuso ya usu wakethwa kukwatwa ni uwau uu. Kwoou ta nzia imwe ya kusia kukwatanw'a kwa uwau uu nuseo ngethi ya moko kuekwa vamwe na kuthengeania na mundu ula wivakuvi nundu ndwisi kana ena uwau uu. Nuseo kumanya kana uwau uu nukuaa mithenya uitwika mundu niwambiia kwoneka ena mawonanio maw'o. Kuu nikwasya kana ndutonya umanya kana mundu ena tulinyu twa uwau uu kana nimuwau uwau uu mithenuya mivuthu wa mukwata kwa kuisya. Kwoou nikana kwisuvia na kusuvia misyi yitu na mbaitu nonginya tuekane na ngethi sya moko.

2 Thamba moko na savuni na kana utumie sanitizers.

Atuika nthini wa uima wa mwii measya kana tulinyu twa COVID - 19 nitukuawa ni sanitizers syina uki kana savuni na kiw'u. yila wathamba moko kaingi niw'o wina ivuso inene ya kuaa kulinyu tuu tula utanya kwinthiwa ukomanie natw'o uteumanya. Atuika ma uima wa mwii



measya waile uthamba na savuni kiw'uni kiendede na uthamba nesa vala waile uina sekondi ta 20 uthamba moko. Ingi sanitizer syina uki ninzeo kwa kuthamba moko.

3. Kwikala mutaanisye

Kwikala andu mataanisye kuma mundu umwe kuthi ula ungi ta mita ili kana matambya eli. Ataalamu ma uima wa mwii measya vena mwanya wa matambya eli katikati wa mundu ula muwau na ule ute muwau ula muwau ativa kana kwathimua kana kukooa tulinyu tuu tukuma na mata tuitonya uvikia mundu usu ungi. Ingi niwaile kulea uvika kula andu mausuaniite. kuelea ukethania, kuthamba moko na savuni, kwikala mutaanisye nikuutetheesya kusiiia uwau uu kunyaiika.

Tayu nitwambite kuukamya mbumbano sya kila mwai sya ngwatanio nikana kwithiwa twisuvianite na kukwatania uwau uu. Ingi ni mwiao wumitw'e ni silikali kwamba kuungamia kukomania vamwe kwa andu, syama, alusi, makanisani na kula kungi andu makomanaa me aingi.

4. Ethiwa wi muwau na wiiw'a wina mawonanio ma ikua.

Edthiwa winamawonanio ta ma ikua ni useo wikale musyi vandu vate na andu. Nikana ethiwa nukwathimua kana kukooa makavikiwe. ingi

wakwatwa ni kukooa kunika munika na ithangu ya tissu yila utonya kwikya. Ingi ni useo uthi sivitali uthimwe na kuiitwa. Ethiwa nikukomana na kwikala unekalile na mundu wina uwau uu wa Corona witavw'a wivingie na kukuna na mba ino 719 ila niyoikukuetee utethyo kuma kwi silikali. Ni useo kunengane uvoo waw'o iulu wa undu wa mundu ula munakomanite kana kwikalania.

5. Kiw'u kiendete Ikala musyi. Ni useo kule utangatanga ethiwa ndina vata.

Nundu uwauu wikwatanwa na mundu kuthi ula ungi ni useo kuola miendele nikana kuola ivuso ya ukomana na mundu wina uwau uu. Kii nikwasya kana ndwithi ukwatya andu maku na kunyaiikya uwau uu.

6. Suviai ala akuu kukwatwa ni uwau uu.

Ataalamu ma uima wa mwii mena muikiio wa kana andu ala akuu miiyoo ndina vinya wa kukitana na uwau uu wa ikua ya Corona. Kwoou ni undu wa vata kwoo kwisiania na uwau uu wa COVID-19 Virus. Kwa nzia ila syalanitw'e vaa iulu kuatiiwa.



TIST: Ivuso ya utetheesya TIST kuthathaa na kuvika isioni nzau.

Utongoi wa kanzu ya TIST niendee kumya wito kwa ngwatanio ila nzeo syikwonania wendi wa kuthathaa.

Kuma mwambiioni mwaka wa 1999, TIST niyaendeeie kwiana. Thini wa Kenya, TIST yambiie mwaka wa 2005 umunthi, TIST Kenya yina memba mbee wa 75,000 ala mena miti mbee wa milioni ikumo (10m) ila mivitukithye. Mwolooto witu umuthi ni kuvikia na kuthukuma aimi angi eu undu vatonyeka na kunyaiikya useo wa TIST.

Kuvitukithwa kutwika kikundi kiseo na kwithiwa na ivuso ya kwambiia ngwatanio ya TIST isioni nzau vendekaa:-

1. Kikundi kyaile ithiwa kivikiite uvandi wa miti 1,000 kila mwaka. kwa ngelekanio ethiwa kikundi kyenyu kina mwaka umwe kuma kyalika TIST kyaile ithiwa na miti 1000 kana mingaingi. myaka ili kyaile ithiwa na 2000 na kwambata, myaka itatu maile ithiwa na miti ivitukite 3000, myaka ina yaile ithiwa na miti ivitukite 4000. Ala mena myaka itano maile ithiwa na miti 5000 kwambata.
2. Kikundi kyenyu kyaile ithiwa na kivuio na vatonyeka kivuio kya kitanda.

3. 80% ya kila memba wa kikundi kyeyu avikaa wumbano wa ngwaanio wa kila mwai.
4. Kikundi kivitukithye na kikwataa ndivi.
5. 50% ya memba maitumia maiko ma usuvia mwaki.
6. 50% ya memba maiima nima ya kusuvia (CF).
7. Kikundi kyenyu kyaile ithiwa kivitite ukunikili wa kinandu na masavu.
8. Kikundi kyenyu kyaile kwithiwa kiikomana kila kyumwa.
9. Kikundi kyenyu kyaile ithiwa kisi iulu wa undu Tist ithikumaa (vena mutiani).

Ethiwa nukwiw'a kana kikundi kyenyu nikikite maundu aa othe na kina wendi wa kwambiia TIST isioni nzau, kwa ndaia neenania na utongoi wa kazu wa TIST na Virginia Wairima - Tel: 0729654606. Niveumwa kinandu kya mbesa nundu wa wia usu. Manya uu, ethiwa kikundi kyenyu kivikiie mawalanio aa tuneene vaa iulu lakini mwina mwolooto wa kumavikia kwanaia kunia Virginia na kwiyaandikithya.



Kwithiwa na ukumu iulu wa takataka / mavuti.

Takataka ni kyothe kila kyumanaa ta utialo wa mawiko ma mundu na kitena vaita kwake, na ithi nita:-

- Mai ma mundu.
- Kiko kuma ikoni ta matialyo ma liu.
- Mathangu.
- Mathangu ma nailoni.
- Syuma nguu, mavia ma tosi.
- Kiko kuma kambunini.

Nikya kietae nthina wa mavuti nthini wa mbai yenyu?

Takataka no muvaka no utwikaa nthina:-

- Ethiwa vai nzia nzeo ya kutumia syindu.
- Ethiwa vai nzia nzeo ya kuutumia ingi.
- Ethiwa vaina vandu va kwikya ta maima, syoo.
- Ethiwa andu maina umanyi iulu wa mathina ala maetawe ni kiko/takata/mavuti.

Mathina ala maumanaa na nzia nthuku sya kuvea takataka.

- Kuthokoany'a iwanza na kuveta wanake wasyo.

- Kuthokoany'a kiw'u, nzeve na muthanga.

- Kuete uwau.

- Kulinda nzia sya kuveta kiw'u.

- Kutwika muisyo kwa kumya sumu ta kuma maviani ma tosi makuu.

Syana na indo nitonya kukwata ni sumu uyu kana kuumia ethiwa ikathauka na mavia ma tosi makuu kana mavuti/takataka ungi.

Nata kakundi kenyu katonya kwika kuola nthina uyu?

- Kuola nzia ila ietae takataka/mavuti kwa kutumia syindu nesa.

- Kutumia syindu ila iutumia mwaki wa sua vandu va mavia ma tosi ethiwa nivatonyeka.

- Kutumia ingi kila kitanangikaa kwa mituki ta mathangu ma nailoni.

- Kwinza maima ma kwikia kiko/mavuti ta liu ula watala na mavuti kuma muundani na kusevya vuu.

- Inza yiima ya kiko kwaku na kyoo.

- Lilikana kuvivya mathangu na ti mavia ma tosi nundu no mavulike. Mavia mekie kyooni kya iima.



Utheu na Kuthesya: Kuthamba Moko.

Kuthamba moko na savuni ni nzia imwe itethiawa na ngalama ya kusiiia uwau wa kwituuu na kyambo ila ni imwe kati wa mowau ala moaa syana thini wa nthi ya Kenya.

Moko kaingi nimo tusamu kana germs ila ietae uwau syisilaa kuma munduni umwe kuthi ula ungi kana kuma vandu mundu weekwatila. Andu ni unyaiikya bacteria kwa kukwata kw'oko kwa mundu ungi kana swii, iny'uu kana uthyu. Moko ala makwata mai ma mundu kana nyamu, kiw'u kuma mwiini ta kimia ni uthokoany'a liu kana kiw'u kila kitonya uwasya andu angi. Kuthamba moko na savuni nikusuviaa kunyaaika kwa bacteria kana tusamu tula tuetae uwau munduni.

Kuthamba moko vate savuni kunyumasya bacteria kana virus syothe mokoni, indi wathamba na savuni vandu va sekondi ta 15 na kwithambukya nikuvetaa tusamu tuu.

Ivinda yavata ya kuthamba moko na savuni.

1. Mbee na itina wa kuya liu kana matunda.
2. Mbee wa kukwata mwana.
3. Itina wa kwikwatila vandu vatumiawa ni andu aingi.
4. mbee na itina wa kuseuvya liu munamuno nyama, nguku kana makuyu.
5. Itina wa kutumia kyoo.
6. Yila moko mena kiko.
7. Itina wa ukwata nyamu.
8. Yila we kana umwe wenyu ni muwau.
9. **Ivinda yii ya murimu wa COVID 19, niundu wa vata kuthamba moko mavinda maingi.**

Kumanya na kumanyithany'a iulu wa kuthamba moko na savuni.

Kuthamba moko kaingi nikwaile vala andu aingi makomaniaa ta sukulu, kanisa, mbumbano, Vala andu awau kana matonya ukwatwa ni uwau kwa mituki mai ta masivitali vala liu ukuuwa na kuawa na misiyini munamuno vala ve syana nini na andu aima mii yo itena vinya wa kukita mowau.

Vandu vaseuvitwe va kuthambia moko itina wa utumia kyoo kwa ngalama ninini

Nzia ila yi laisi vyyu nikwosa katoma kwikia kiw'u na kwia nza wa kyoo vamwe na savuni. Onakau nzia ino ti nzeo nundu mundu nonginya akwate katoma kaa mbee wa kuthamba na itina undu ula utonya utuma germs iendee na kunyaiika. Kindu kya uthamba moko nikitonya useuvya uyu

1. Seuvya vulemu ya uvwau yina musumaa kati ta kikuli.
2. Seuvya iima ya ulika kiw'u kula kyathamba moko na yiima yiu uyususya mavia nikana kiw'u kilike muthangani.
3. Mantha itoma yime ikunue kana utile katoma na uyususya kiw'u.
4. Mantha suva munini uu na utila.
5. Seuvya iima inini yila itomani vaaya ungu na uyukia kwoko.
6. Inda ula suva yila itomani yikiw'u wusue.
7. Isilya ula suva kila kikulini withie kiw'u kyambiia uma ta muvelekini.
8. Thamba moko na savuni.

Useo umwe wa nzia ino ni kana ukwataa kasuva kaa katue oimwe yila ukwikia kiw'u.

Mazingira Bora



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Kipsigis Version

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From the Ministry of Health.

Inside: TIST: Ingetesetai kesoe kekirinden Kutikab Korona (COVID-19), ongeib kokwoutik che nyolunot. *Page 2*

TIST: Kelchin kibaraa TIST en emotinwek che lelach. *Page 4*

TIST: Ribeetab tagatageek. *Page 5*

Tililinda ak Sanitation: Kounet'ab eunek. *Page 6*



TIST: Ingetesetai kesoe kekirinden Kutikab Korona (COVID-19), ongeib kokwoutik che nyolunot.

Mi ng'oiyondit neo ng'wony komugul kosipkee ak mong'unetab Kutikab Korono, ne

inguni konayaat kou COVID-19. Kokotee Kibangengeitab Ng'wony nebo Tililindo kole kutichu ko miondo nebo aseenet neo missing'. En noton ko kutichu ko cheimuche koyaaktage en ng'wony ako imuche konam chi age tugul. Echeek en TIST ko nyolu keribgee, korikchook ak nganasokiok. Ki kandoik en imanda nyoon. Kou noton, ko nyolu kiborun kandoinatet ne mie, kisiib tuguk tugl chenyolunot kou ole kimwaita serikalit ak kibagengeisiekab tililindo koboto Usara nebo Tililindo ak Kibangengeitab Ng'wony nebo Tililindo.

Kutiani kinomtogee yoon komong' ng'ulek chebo chito yon kalaal anan koiriony ak kochut bortab chito age anan ko yon kenam ole kotiny kutichoton anan ko yon kokatge ak chito anan ko yon kotinygee ak chito netindo kutichoton en eunyin anan ko inguroikchik.

Kutichu koibu mionwokikab kabuset che konu ting'oek che kiloole ak kirionye, amebik metit, mokwek ak koetu maat en borto (eseet),bendi moet, ak kouitu kabuset, ak koborunoik alak.

Asi komakimuch kepcheiten kutichu, ko mwoe ng'amotik kbun Serikalit ak Kibangengeitab

Ng'wony nebo Tililindo kole nyolu keib kokwoutik cheisibu:

I. **Bakach kokotietab eut.**

Mwoe ng'amotikab tililindo kole, olon kalal ana koriony chito nemioni, komuch kotebeen kutik eunyin. Yon kaikatge chito ne momioni ak chi neu non, komuche konam kutik chito ne kamakomioni. Kou noton, oret agenge nekimuche komakinamtage ko kebakach kokotiet nebo eut anan ko matitiny chitoage. Bo komonut kenai kele ibe betusiek che chang' komomong' koborunoik chebo miondo yon kanam chito. Noton koboru kole memuche inai chito ingot indo kutik en euniny yon kegeer kityo. Asi kimuch keribge ak korikchok ak kokwotinekiok, ko kebakach kokotietab eut.

I. **Iun eut iboisien sabunit ak beek cherondogee anan ko kerichekab tililindo (sanitizers).**

Mwoe ng'amotikab tililindo kole kutikab COVID-19 kimuche kebaren kerichekab tililindo chekikureen sanitizers anan ko sabunit ak beek. Yon keun eut en abokora, inai ile itinye kamuket neo ibar kutikab korona che imuche koketiiny komeenai.



Mwoe ng'amotikab tililindo kole nyolu iboisien beek cherondogee ak sabunit iunen eut komie. Nyolu iboisien sekondisiek che moregunen 20 iune eut.

Kimuche kora keboisien sanitizers kiun eut.

2. Matorikiyee ak biik.

Yon maorikiyine ak bik ko kokile nyolu imii keldo oeng' kong'eteen chito ne orupe gee.

Ibwote ng'amotikab tililindo kole yon imii keldo oeng' kong'eten olemi chito ne orupegee ako tynye miondo, ko inda irionye ko maimuche koiityin kutik. Inoni kobo komonuut. Monyolu kora iwe olemi biik chehcng'. Mwoe ng'amotikab tililindo kole yon kotebi biik keldo oeng' kong'eteen olemi chito age, ak kebakach kokotietab eut, ak kiun eut komie, ko ni kimuche kitonosi komaletagee kutichu yaachen missing' en kasarta ne nwach missing'.

Kokotonosi kibagengeitab TIST tuyosiek tugul ak tuyosiekab GOCC ko kokwoutiet ne kiistoengee rikinetab gee. Mwochin biik serikalit kora kole nyolu kitonosi basetabgee nebo biik kou yon mi kotunisiet, chamaisiek, ak alak.

3. Angotigas koya borto ak itindoi koborunoik cheu ting'oeek.

Ango itinye koborunoik cheu ting'oeek, ko kiit netai ne nyolu iyai ko itabangee en ole momi biik. Angot irionye anan ilaal, ituch kutiit iboisien

kulkultang'ung'. Ako nebo komonutiet koi we sipitaliit ne negit kinyain. Angot ko kootuye ak chito ne kokechigil kotindo kutikab korona, ko nyolu itabaangee katugul ak ibir simoit kwo 719, anan ko lainisiek alak che kokoo serikalit ana serikalitab county. Bo komonut ikoite logoiweek chebo iman ako chititotin akobo oleu bortong'ung' ak biik che kootuye tugul.

4. Ibuur en gaa. Ui banda ne nyolunot kityo.

Amun wendi kutichu kong'eteen chito akoi chito, ko nyolu kebakach bonweek che mobo komonut amun inoni ko kekirinde kayaktaetab kutichu kong'eteen chito ne tindo en oreet. Ko ni ko memuche iibu kutichu akoi kong'ung' anan ko kokweng'ung'.

5. Orib biik cheosen ak chetinye mokororoon borwekchuak.

Iyoni ng'omotikab tililindo kole biik cheosen ak che mokororoon borwekchuak ko mokimeen borwekchuak amun moimuche koter mionwokik anan koter kutik cheibu mionwokik. Nyolu keriiib komanam Kutikab Korona. Yon kokikiriib tuguchu tugul kimuche keriiib bichuton.



TIST: Kelchin kibaraa TIST en emotinwek che lelach.

Konu kurseet Kandoinatetab Kansil nebo TIST en Kurupisiek Che Mengechen Che bo Barak koko gee sikotoreet kibaraa TIST. Kong'eteen kin ketoo en kenyitab 1999, kokikotestai TIST koeet. En Kenya, ko kikitoo TIST en kenyitab 2005. En ra kotindo TIST biik 75,000 ak ketiik million 10 che kikiit. Tokyinenyon bo gee ko kenyorun temik che lelach nda imukogse asi kimuch ketes boroteet neibu TIST.

Asi kimuch keik KURUPIT NE MING'IN NEBO BARAK ak kenyor kamuget kinam Kuripit ne Ming'in nebo TIST, ko nyolu tuguk cheisibu:

1. Kuruping'ung' ne Ming'in ko nyolu komin ketik 1000 en kenyit age tugul. En korogut, ko angot ko Kuruping'ung' ne Ming'in kobo kenyit agenge en TIST, ko nyolu komin ketik 1000 en kenyit; kenyitab oeng' ko nyolu kotinye ketik 2000 ak kebab arak; che kikotar kenyisiek sosmok ko nyolu kotinye ketiik 3000 ak barak, kenyisiek ang'wan ko ketik 4000 ak barak. Chebo kenyisiek mut ko nyolu kotinye ketiik 5000 ak kebab arak.
2. Kuruping'ung' ne Ming'in ko nyolu kotinye betitab ketiik, ako nda imukogse ko betit netinye kitokit.
3. 80% en membaekab Kurupit ne Ming'in ko nyolu kobendi tuyosiek en arawet age tugul.

4. Nyolu ko kikiit ketiikab Kurupit ne Ming'in ako nyoru libabet.
5. 50% en membaekab Kurupit ne Ming'in ko nyolu koboisien temisietab ribetab itondab emet.
6. 50% en membaekab Kurupit ne Ming'in ko nyolu koboisien sigiri neribe maat.
7. Kurupit ne Ming'in ko nyolu ko kikosiir chigilisietab ole kikiboisien rabisiek.
8. Nyolu koyoe Kurupit ne Ming'in tuyosiek konyilagegngge anan ko oeng' en wikit.
9. Membaekab Kurupit ne Ming'in ko nyolu kotindo naet akobo TIST (tiemutik che kikoону).

Angot ibwate ile nyoru Kuruping'ung' ne Ming'in tuguchu tugul ako iyoni koba konaam TIST en emootinwek che lelach, ko kaikai nyorun ana iityi kandoinateb Kansil nebo TIST ana ko chi ne kinyoru en kokwoutuini, Virginia Wairima - nambaitab simoit 0729-654-606. Kiyoe chigilisiet kimuktechi Kurupit ne Ming'in koityi mokutichu, ak kou noton kemwochin kochob Tetutietab Boisiet. Kichobe budget nebo boisionikwok. Kaikiai nai ile, angot ko monyor Kurupng'un ne Ming'in mokutichu, kobaten tindo panganeet koityi mokutichu, kaikai birchin simoit Vurginia ak isir gee.



TIST: Ribeetab tagatageek.

Tagatagek ko tuguk che mong'u en boisionikab kimugulmet ako che momi tuguk che kimuche keita en konegit, choto ko boto:

- Amitwokik che mondo en borweab biik.
- Tagagtek che ng'etu en amitwokik.
- kartasisiek.
- Karnok, betirisiek che yosen.
- Takolkolisiek.
- Tagatagek che mong'u en kab ng'atat, ak alak.

Ne neibu koimutikab tagatagek en Kokweng'wong'?

Mokimuche keistoenggee tagatagek ako tuguk che weche missing' ko chu:

- Oret ne mokimuche keboisien tuguk komie.
- Beteetab ole kimuche keboisyoito tuguk che mokimoche.
- Rorunetab keringonikab tagatagek ak ole kiyeteen gee.
- Rorunetab naetab ng'oiyondit nebo ribeetab tagatagek.

Koimutik che ibu oret ne mokimuche kerib tagatagek.

- Saratik en biusiek ak samg.
- Beteetab kororindab emet.
- Komuritetab beek, koristoak ng'ung'unyek – mong'unetab mionwokik.
- Timokse ole bune beek.
- Mong'u simeteet (sumu) ak iyeet ne ya en betirisiek.
- Imuche kotiiny simeteet (sumu) lagok ak tiong'ik anan kikooteen angot kocher ak kourereneen betirisiek che yosen anan ko tagatagek.

Ne neimuche koyai Kuruping'ung' ne Ming'in koistoenggee koimutichu?

- Ichuchuch yaetab mong'unetab/tagatagek.
- Boisien tuguk che imuche koboisien sola kosiir che boisien betirisiek nda imukogse.
- Boisien tuguk che yosen angot komukak (kou seleleisiek).
- Boisien ketureek ak sogek che kikonunyo itoldoleen kabungusiek.
- Bal keringetab saratik en koreng'ung'.
- Ibwat ibeel kartasisiek ak kadisiek.
- Mat ibeel betirisiek amun imuche kotilso, torchin keringet



Tililinda ak Sanitation: Kounet 'ab eunek.

Kounet 'ab eunek keboishen subunit ko agenge en oratinwek che nyumnyumen che kimuche keistoen miandab diarrheal ak pneumonia, che alak en mionwogik che kigore meoshek 'ab logok en Kenya.

Eunek ko ole bune pathogens koibe mionwogik koba borwekchok, kongeten chito age agoi age, yon kagigat 'ge anan kenam inat. Bik komuche koib bacteria agoi chito age yo kotuyo eunek, sumek, serunek ak togochik. Eunek che kagotiny tuguk 'ab tyong'ik anan ko chebo chito, bek chebo borwek aka k chemiten serunek, ak omitwogik che contaminated anan ko bek komuche koibot bacteria, viruses ak parasites koit borwek 'ab bik. kounet 'ab eut kobore tyong'ichuton.

Kounet 'ab yet ak bek icheget komoyome kobar tyong'ichuton agoi ketesta subunit. Kounet ne kararan nebo eut kotore saaishek 8 - 15 seconds, agityo kerinsen ak bek icheget.

Saishek che mogchinge kounet 'ab eut.

Ichochu ko saaishek che mogchinge kounet 'ab eut:

1. Kotomo keomishe ak yon kageomishe.
2. Kotomo kebai lagwet.
3. Yon kaginam inatushek.
4. Yon kimoche kechob omitwogik ak yo kagochobok sansana banyek ak ingogenik ak chebo oinoshek.
5. Yon kageboishen toilet.
6. Yon muren eunek.
7. Yon kogitiny tyong'ik
8. Yon imyoni anan komiyoni chi age.
9. **En kasaribo mong'unetab COVID-19, ko bo komonutiet iun eut en abokora.**

Konet 'ab bik agobo kounet 'ab eunek.

Kounet 'ab eut kobo maana sanasan en ole chang bik congregate (sugulishek, offices, kanisoshek, tuyoshek), ole mitenbik chmyondos kou (sibitalishek, nursing homes), ole kichoben omitwogik en korigchok, sanasan ole miten logok ak bik che yechen.

Kit negimuche keboishen kiunen eut yon kagebunu toilet.

Facility initon ne mingin ko itinye jerry can ne kaginyit bek water agityo kinde pi en latrines. sapunit kora konyolu kebishen.

Lakini, oranitn komakararan angamun tinye bik jerry can yon iune eunek agityo kosibtot germs. Kit age ne kimuche keboishen kiunen eunek kechobe kou ni:

1. Chob frame nebo bogoinik netinye kipchumariat en kwenet nekingobunen.
2. Chob ole pune bek yon kagiundo en ng'weny ole negit ak frame inoton ak kinyit ak koiwe. inoniton kotoreti bek koba ng'weny.
3. Cheng' container newo (jerry can ne kakiti koyatag) agityo inyit ak bek.
4. Cheng' container age neming', neu chuboit ne tilat.
5. Chob konda ne kiten en chupointon ak inkoig handle.
6. Irogten chuponoton koram bek chemi en newo.
7. Agityo ingopu chupoit ne ming'in en kipchumaryandanikan, itendenunen bek konyigan.
8. lunen anyun eut bechuton ak iboishen sapunit.

Uzuri nebo oraniton ko, kitinye chupoit ne mingin mara ang'enge kityo asikobwa bek.