

U la Mulimo:

Tshati ya zwine vha nga ita vha sa athu ya vhuongeloni

Luṭingo lwa thuso ya Mafhungo a Mulimo

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Kha vha vhulunge tshathi iyi u itela uri vha divhe zwine vha nga ita musi ho vha na tshumiso ya mulimo.

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

Kha u ṭanea hu tevhelaho :

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

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

Kha u ṭanea hu tevhelaho:

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

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

Kha u ṭanea hu tevhelaho:

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

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

Kha u ṭanea hu tevhelaho:

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

Aspirin
Iron tablets
Magovhampengo
Paracetamol
Philisi
Tablets
Iron containing Vitamins

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

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