

Chlorination and ANC/PNC Information Training

Instructions to FOs: Please read out this information at the end of Session 1 of the group training (whether on “Imagining the Future”, “Behavioral Activation”, or “Nature in Kenya”)

Chlorination

How to make water safe

Jinsi ya kufanya maji kuwa salama

Not all “drinking water” is safe, even when it is sold as “treated”. Only water properly treated with chlorine or boiled water is safe to drink.

Sio maji yote ya kunywa huwa “salama,” hata kama inauzwa kama ile “iliyotibiwa.” Maji tu yalitobiwa na klorini au kuchemshwa ndio slaama kunywa.

If you take unsafe water you and your family may get dangerous diseases like diarrhea, typhoid and cholera. Children are the most seriously affected by diarrhea: Children can quickly become dehydrated and very ill, and having diarrhea a lot can stop children from growing at a normal rate. But you can avoid one out of three times you or your children gets diarrhea simply by chlorinating your water with a product like WaterGuard, or chlorine from a dispenser.

Ukikunywa maji yasiyo salama basi wewe na familia yako mnaweza pata magonjwa hatari kama vile kuendesha, homa ya tumbo na kolera. Watoto ndio huadhirika sana na kuendesha: Watoto wanaweza kwa haraka kuisha maji mwilini na kugonjeka zaidi, na kuendesha sana utasababisha watoto kutokuwa kwa kasi iliyo ya kawaida. Lakini unaweza kinga mara moja kwa mara tatu watoto wako kuendesha kwa kuweka klorini ama bidhaa kamavile Waterguard, au klorini kutoka kwa dispenser.

Chlorinating in this way takes 30 minutes and makes it unnecessary to boil the water. 1 capful of WaterGuard makes 20 liters of water clean. If you keep the water covered and in a closed container with a lid, and don’t dip dirty cups back into the water, the drinking water can’t get re-contaminated. The smell of chlorine is not harmful and reduces over time. Chlorine is much cheaper than firewood for boiling. At some water points it is even available for free from a dispenser.

Kuweka klorini kwa maji kwa njia hii huchukua hadi dakika 30 na kwa hivyo hakuna haja ya kuchemsha maji. Kifuniko kimoja cha Waterguard hufanya lita 20 ya maji kuwa safi. Ukiweka maji mahali palipofunikwa na kifuniko, na kutotumbukiza vikombe vichafu kwa maji hayo, maji haya hayawezi kuchafuliwa tena. Harufu ya klorini haidhuru na hupungua muda unapoendelea. Klorini ni bei rahisi kuliko kutumia kuni kuchemsha. Kwa vituo vingine vya maji inapatikana bure kutoka kwa dispenser.

Ante-Natal/ Post-Natal Care

It is important that pregnant women are seen regularly by a doctor both before and after they give birth to be sure that both mother and baby are healthy. Before you give birth, you should see a doctor at least four times, starting as soon as you find out that you are pregnant. You should take iron and folic acid tablets every day while pregnant, eat an extra meal each day. eat a balanced diet with plenty of fruit and vegetables, and don't drink alcohol. You should also avoid heavy work and sleep under an insecticide-treated bednet.

Ni muhimu kuwa wanawake waja wazito waonwe kila mara na daktari hususan kabla na baada ya kujifungua kuhakikisha kuwa mama na mtoto wako na afya. Kabla ya kujifungua, unafaa kumwona daktari angalau mara nne, unapaswa kuanza tu mara unapogundua wewe ni mja mzito. Unafaa kunywa tembe za iron na folic acid kila siku unapokuwa mja mzito, kula mlo zaidi kila siku. Kula chakula bora kilicho na matunda mengi na mboga, na usinywe pombe. Haufai pia kuifanya kazi nzito na kulala ndani ya neti iliyotibiwa.

After you give birth, you should see the doctor another four times: in the first 24 hours after you give birth, 3 days later, after 1-2 weeks, and after 4-6 weeks. For the first six months, you should only give your baby breastmilk. While you're breastfeeding, eat an extra two meals each day. Keep your baby warm at all times. Complete all your baby's vaccinations, and return to the doctor so that your baby can be given Vitamin A capsules after six months, then deworming pills at 1yr old.

Baada ya kujifungua unafaa kumwona daktari mara nne zingine:Kwa masaa ishirini na nne ya kwanza baada ya kujifungua, siku tatu baadaye, na baada ya wiki 1-2, na baada ya wiki 4-6. Kwa miezi ya kwanza sita unafaa tu kumpaa mtoto maziwa ya mama pekee. Unaponyonyesha, kula mlo mbili Zaidi kila siku. Mweke mtoto kwenye joto kila mara. Hakikisha umekamilisha chanjo zote za mtoto, na urudi kwa daktari ili mtoto wako apewe capsules za Vitamin A baada ya miezi sita, kisha apewe tembe za kutoa minyoo akiwa na mwaka mmoja.