LABARI MAFI KYAU SHINE ANA IYA KIYAYE CIWON PNEUMONIA (HUHU).

TAMBAYAR ITACE TA YAYA??

03

Ta Hanyar wanke hannu da kyau a kowana lokaci bayan anyi amfani da toilet (bayan gida), kafin cin abinci, da kuma bayan hadewa da mutum Mara lafiya

04

Ta hanyar yin tari da kuma hatishawa cikin gwiwarka Amma ba a hannuwanku ba

05

Ta hanyar baiwa jarirai nono sosai a farkon watanni shida zasu Iya kiyaye su daga ciwon pneumonia.

06

Ta hanyar bawa yara abinci mai kyau mai gina jiki Wanda zai Iya taimaka ya yaki duk wani cutar da ke haifar da ciwon pneumonia

07

Ta hanyar guje wa gurbataccen Iska da ke tare da dafa abinci, ko hayakin taba ko kuma Kura.

08

Ta hanyar nisantar da yara daga mutane marasa lafiya musamman wadanda ke da tari, mura tare da hatishawa.

09

Ta hanyar samun yara alurar rigakafi. Akwai alurar rigakafi akan yawanci cututuka da ke haifar da ciwon huhu a asibiti ko wuraren kiwon lafiyarku mafi kusa.

10

Ta hanyar ganin likita idan Yara sun fara samun tari, zazzabi ko kuma numfashi mai Sauri.

TUNTUBE MU DON KARIN BAYANI VIA:

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01

Ciwon pneumonia (huhu) shine kamuwar da cutar huhu Wanda zai haifar da tari, zazzabi, numfashi mai Sauri.

DA A CE KUN SANI...

ABUBUWA GOMA(10) A KAN CIWON PNEUMONIA

02

Yana kashe yara fiye da kowana cuta. A nijeriya, Yara Na mutuwa a duk minti uku daga ciwon pneumonia