



**MOTSWAKO WA
LETSHOLOLO**

"Motswako wa letshololo o busetsa botshelo"



“ Letshololo le bolaya ka go ntsha metsi le matswai mo mmeleng,
Nosa ngwana motswako wa letshololo le sengwe se se metsi fela
fa a simolola go tsholola.”

KETAPELE

Bolwetse jwa letshololo ke bongwe jwa malwetse a a tlwaelesegileng mo lefatsheng ka bophara. Mo Botswana, ke bongwe jwa malwetse a a bakang dintsho mo baneng ba ba dingwaga tse di kwa tlase ga botlhano. Bontsi jwa bana ba ba tlhokafalang ba bolawa ke letshololo e a bo e le ka ntlha ya gore ba latlhegetswe ke metsi le matswai mo mmeleng.

Motswako wa letshololo ke kalafi e e fiwang ngwana yo o amilweng ke letshololo ka go latlhegelwa ke metsi. Kalafi e, e akaretsa go busetsa metsi mo mmeleng o dirisa motswako wa letshololo le sengwe se se metsi le go tswelela o ntse o jesa ngwana, ga mmogo le go mo fa kotla ya Zinc Sulphate.

LETSHOLOLO KE ENG?

Ke fa ngwana a ithoma mantle a a metsi gararo kgotsa go feta mo letsatsing (dioura di le masome a mabedi le bone)

LETSHOLOLO LE BAKWA KE ENG?

Letshololo le bakwa ke megare e ngwana a e jang mo dijong kgotsa a e nwa mo metsing a a kgotlesesegileng. Gape le ka bakwa ke go tlhabela dikotla (mmopamo) le malwetse jaaka mmokwane, pneumonia, rotavirus le bolwetse jwa letshoroma.

LETSHOLOLO LE ANAMA JANG?

Letshololo le anamisiwa ke go nwa metsi le go ja dijo tse di kgotlesesegileng. Mogare o o mo mantleng o ka amana le diatla mme fa di sa tlhapiwa ka metsi a a phepha le molora di ka kgotlela dijo le metsi. Dintsi le mafele le tsone di ka anamisa letshololo ka go tsaya megare mo mantleng di a isa kwa dijong. Ka tsela e e ntseng jaana letshololo le tswa mo mothong go ya kwa go yo mongwe.

KE ENG LETSHOLOLO LE LE DIPHATSA?

Bodiphatsa jwa letshololo bo bakwa ke go latlhegelwa ke metsi ga mmele le go tlhabela dikotla.

- *Go latlhegelwa ke metsi a mmele*

Fa ngwana a tsholola o latlhegelwa ke metsi a mantsi le matswai a a botlhokwa a mmele, se se bo se ka baka loso.

- *Go latlhegelwa ke dikotla*

Fa gongwe ngwana o latlhegelwa ke keletso ya dijo kgotsa a je go le gonnye mme se se tsise mmopamo.

DIKAI TSA GO LATLHEGELWA KE METSI A MMELE?

O seka wa letlelela ngwana wa gago go tsena mo seemong se;

1. Go khidiega le go sula mowa (go gotlhomela)
2. Go tshabelwa ke lenyora kgotsa go palelwa ke go nwa, molomo o phaphaletse
3. Go swaba ga letlalo fa le gogwa
4. Go wela ga matlho
5. Go tlhoka dikeledi fa ngwana a lela
6. Go gotela
7. Go wela phogwana (mo maseeng)

THIBELO YA LETSHOLOLO

Dingwe tsa ditsetlana tse di ka dirwang go thibela letshololo

1. KAMUSO KA LEBELE FELA

Bana ba tshwanetse go amusiwa mashi a lebele fela mo dikgweding tsa ntlha tse thataro. Tswelela ka go amusa ngwana go fitlha a le dingwaga tse pedi le fa a setse a simolotse go ja dijo.

Morago ga dikgwedi tse thataro ngwana o simolola go fiwa dijo tse dingwe mme a tswelletse a amusiwa go fitlha mo dingwageng tse pedi.

Ngwana yo o amusiwang ga a tshabelwe ke letshololo. Mashi a lebele ke dijo tsa konokono tsa ngwana, a thusa go thibela le go emisa letshololo le malwetse a mangwe.



2. TIRISO YA METSI A A BABALESEGILENG EBILE A LE PHEPA

- Metsi a pompo a siametse bagolo, fa o a siela ngwana a bedise pele.
- Dirisa dilwana tse di phepa go gelela le go baya metsi ebile di khurumetswe.
- Tlhokomela tikologo ya pompo; se latlhele matlakala, se tlhatswetse dijana/diaparao, se tlhapologe le go sa ithomele gaufi le yone.

3. GO NNA PHEPA MO MMELENG LE MO GAE

3.1 Go tlhapa diatla



Tlhapa diatla ka metsi a a phepa le molora pele ga o baakanya dijo, o apaya le o jesa ngwana. Tlhapa diatla gape o sena go etela ntlwana ya boithomelo le o sena go tlhoma ngwana. Bana le bone a ba tlhapisuwe diatla.

3.2 Go tshwara Dijo

- Tlhapa diatla ka metsi a a phepa le molora pele ga o tshwara dijo.
- Apeela fa go leng phepa, o bo o dirise dijana le dipitsa tse di phepa.
- Tshola o bo o jesa ngwana dijo di santse di le bothitho
- Khurumela dijo go itsa go kgotlwa ke lerole le ditshidinyana.
- Tlhatlha maungo le merogo pele ga o a ja kana o a apaya
- Baya dijo tse di sa apeiwang le tse di apeilwang ka go farologana.

3.3 Tiriso ya ntlwana ya boiticketso/boithomelo

- Aga matlwana a boiticketso kgakajana le fa go gelewang metsi teng, (*dimitara di ka nna lesome go katologana*)
- Netefatsa gore matlwana a boiticketso a nna a le phepa ka nako tsotlhe.
- Dirisa ntlwana ya boithomelo ka nako tsotlhe le go latlhela mantle a bana mo go yone.

3.4 Go latlha matlakala

Baya matlakala fa go babalesegileng fa o santse o letile ba khansale go tla go a tsaya. Netefatsa gore ga o a baye go bapa le fa go gelewang metsi teng.

4. MOKENTO WA ITSHIRELETSO

Kenta ngwana go ya ka lenaneo la mekento ya bana go mo sireletsa bogolo mo malwetseng a a tshwanang le Mmokwane le Rotavirus ka gantsi e le one a kgonang go baka letshololo. **Ngwana yo o sa fiwang mekento o nna mo diphatseng tsa go tsenwa ke Mmokwane le Letshololo.**

a) Mokento wa mmokwane

Mogare wa Mmokwane o kgona go baka letshololo, ka jalo kenta ngwana wa gago fa a na le dikgwedi di le borobabongwe le di le lesome le boferabobedi le ka nako ya letsholo la go kentela Mmokwane.

b) Mokento wa Rotavirus

Rotavirus ke mogare o o bakang letshololo le le diphatsa le go feta mo baneng ba dingwaga tse di ko tlase ga botlhano. Kentisa ngwana wa gago fa a na le dikgwedi tse pedi le tse tharo.

Elatlhoko: Fa o na le ngwana wa dingwaga tse di kwa tlase ga botlhano netefatsa gore o nna o na le motswako wa letshololo le kotla ya Zinc Sulphate. Di fe ngwana fela fa letshololo le simolola mme ka bofelo o mo tlabogisetse kwa kokelong e e gaufi.

Fa o sena motswako wa letshololo le kotla ya Zinc di kope mo kokelwaneng e e gaufi.

KALAFI YA LETSHOLOLO MO GAE

Fela fa letshololo le simolola:

- ***Siela ngwana metsi kgapetsa kgapetsa go feta jaaka gale.***

Mo siele motswako wa letshololo le dino tse di tswang mo dijong tse di mo lwapeng, jaaka kgodu ya rice kana ya setampa.

Elatlhoko; o seka wa siela ngwana tee kana dino tsididi ka gore di na le sukiri e e ka okeletsang ngwana letshololo.

- ***Mo neele kotla ya Zinc Sulphate***

Kotla e, e botlhokwa mo itshireletsong ya mmele, e fokotsa nako e letshololo le neng le ka e tsaya mo ngwaneng, gape e fokotsa bogale jwa letshololo.

Kotla ya Zinc Sulphate le motswako wa letshololo di fiwa bana ba ba nang le letshololo ba ba kwa tlase ga dingwaga tse tlhano

• **Tswelela ka go jesa ngwana go feta jaaka gale**

- **Go fa ngwana kgapetsa kgapetsa go thusa gore a fole ka bonako**

- Fa ngwana e le yo o anyang lebele kana a a nwa ka kopi mo amuse kgapetsakgapetsa.
- Fa e le ngwana yo o setseng a a ja dijo mo fe go le gonnye kgapetsakgapetsa morago ga letshololo go thibela gore a seka a tloga a bopama.
- Fa ngwana dijo tse di ritilweng gore di kgone go feta sentle.
- Dijo tse di latelang di siametse ngwana yo o nang le letshololo ebile dingwe tsa tsone di na le kotla ya Zinc: yoghurt, rice, ditapole, mae, borotho jo bosweu, bogobe jwa mabele, maungo, matute a maungo, merogo e e apeesegileng, nama ya koko, nama ya kgomo le banana.
- Morago ga letshololo le sena go ema; jesa ngwana go feta jaaka fa o ntse o mo jesa go mothusa go busetsa dikotla tse di mo latlhegetseng le gore a boelwe ke nonofo le mmele.



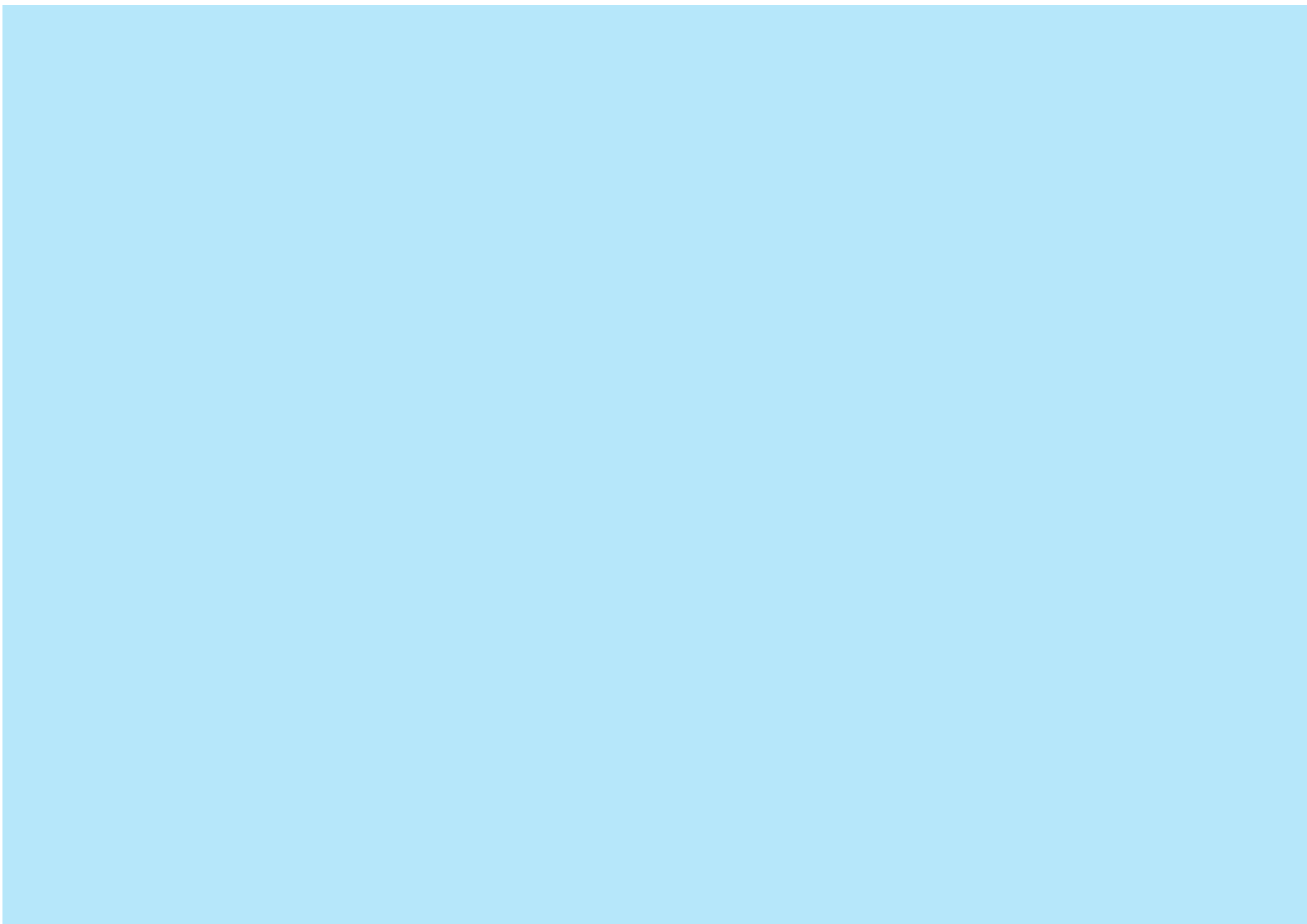
BUSETSA NGWANA KWA KOKELONG FA A SUPA TSE DI LATELANG:

- Fa a sa nne botoka
- Fa a ithoma mantle a a nang le madi
- Fa a akgwa phetelela
- Fa a palelwa ke go nwa, kgotsa go ja sengwe le sengwe
- Fa a simolwa go gotela

Le fa ngwana a ka nna botoka morago ga go lekolwa ke ba bongaka, gakologelwa go mmusetša kwa kokelong go ya go tlhatlhojwa ka nako e ba botsogo ba rileng o mmuse ka yone.

Elatlhoko

O seka wa reka melemo ya letshololo kwa chemisiting (chemist) o sa laelwa ke ba bongaka.



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