



BEGA BONWEENWEE KA MOTSWEDI WA KOMPUTARA

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MOGALA WA RONA WA TSHOGANYETSO

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TIRELO YA TLHWATLHWATLASE

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AGENT ORANGE DESIGN



**BONWEENWEE MO
LEPHATENG LA MATLO**

RE IKARABELELA FELA MOBATHONG

Bonweenwee ke matshosetsi a a masisi mo go rona rotlhe ba ba ikaegileng ka maokelo a setshaba le dikliniki.

Seno ga se re ketefaelsetse fela go amogela kalafo e e maleba fa re le bokoa ebile re sa kgone go duela pipamolomo, mme bogolo fa matlole, melemo/ditlhare di utswiwa kgotsa di sa dirisiwe sentle ke badirelapuso, selo seno se tsoetsa baagi botlhe mathata.

Hloba luni lwemisebenzi yorhwaphilizo eyenza kube nzima kuthi ukuba sifumane ukhathalelo lwempilo olufanelekileyo?

Dituelo tsa ditirelo tse di sa duelelweng

Dituelo tse di seng kafa molaong tse di neelwang batlamedi ba ditirelo ba mafelo a tlhokomelobotsogo tse di fetang tlhwatlhwya semolao ya tirelo kgotsa ditirelo tse di tshwanetseng go amogelwa mahala.

Go rekisa diphatlhatrio tsa puso

Fa badirelapusobagolo ba ba nang le dithata ba batla tuelo mo baemeding ba puso go iponela kgotsa go boloka maemo a bone.

Go dira tiro ya bobedi

Baporofeshenale ba mafelo a tlhokomelobotsogo ba ba dirisang dipholisi tsa boikhutso ka mo go sa siamang kgotsa go dirisa mafelo a bone a tiro a poraefethe ka diura tsa tiro ya puso.

Dipipamolomo

Go soloftsa madi kgotsa go neela sengwe sa botlhokwa jaaka kananyo ya tirelo ya semmuso.

Bonweenwee jwa go bona dithoto/ditirelo

Bo akaretsa mefuta e mentsi ya tiriso e e sa siamang jaaka dipipamolomo, go bona tuelo e eseng kafa molaong, go kwala lenanetlhwatlhwya la tsietso, go rera ditlhwatlhwya mo sephiring gareng ga batlamedi ba ditirelo, go retelwelwa ke go tlhatlhoba dibuka tsa dikontereka, jalo le jalo.

Bogodu kgotsa go dirisa dithoto botlhwaswa

Bogodu kgotsa go dirisa thoto eseng kafa molaong jaaka melemo/ditlhare, sedirisiwa kgotsa dikoloi ka mabaka a poraefethe, go di dirisetsa mafelo a tiro a bongaka a poraefethe kgotsa go di hirisa.

Tsietso

E akaretsa go kwala lenanetlhwatlhwya la maaka, balwetse 'ba ba iseng ba etele dingaka' kgotsa ditirelo tse di sa dirwang (go kwalela balwetse melato ba tota ba sa tsheleng kgotsa ditirelo tse di sa dirwang), le go tsengwa ga matlole mo diakhaoteng tsa poraefethe.

Go dirisa matlole maswe

Badirelapuso, batlamedi ba mafelo a tlhokomelobotsogo kgotsa batho bangwe ba ba utswang kgotsa ba ka boomo ba fetisetsang matlole a bosetshaba go sele a a neng a abetswe ditirelo tsa mafelo a tlhokomelobotsogo.

Tlwaelo ya go hira ba losika ditiro

Ditshono tsa tiro di neelwa ditsalal le maloko a lelapa go ikaegilwe ka gore batho ba golagane le bomang go na le gore batho ba nne le bokgoni.

Co ntsha tettelelosemmuso ya lefelo la tlhokomelobotsogo ka seatla sa molema

Batho kgotsa dithophra ba rebola dithutego tsa baporofeshenale tsa mafelo a tlhokomelobotsogo ka ntlha ya dikgolagano tsa poraefethe kgotsa tsa sepolotiki le moporofeshenale kgotsa go amogela pipamolomo.

"BEGA BONWEENWEE EBILE O LWELE
PUSO E E NA LENG MAIKARABELO."

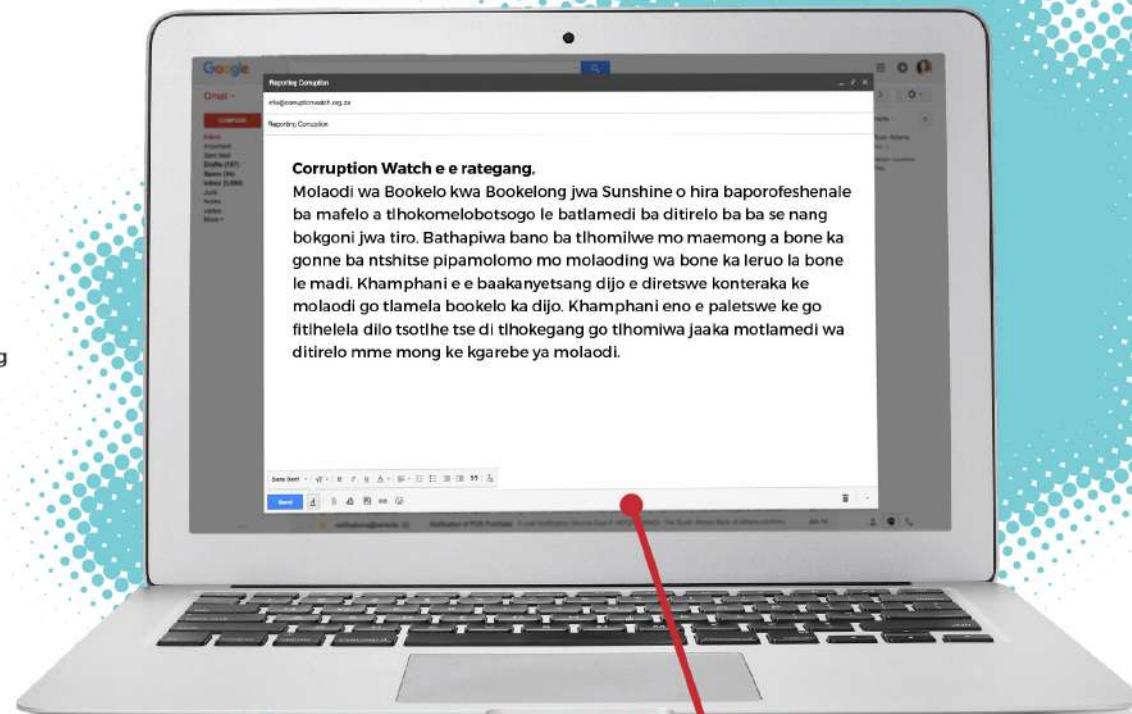
Go neela lefelo la tlhokomelobotsogo sethifikheti ka seatla sa molema

Badirelapuso ba ba neelang badirisi ba lefelo la tlhokomelobotsogo sethifikheti se se sa tshwanelang ka ntlha ya dikgolagano tsa poraefethe kgotsa tsa sepolotiki kgotsa go amogela pipamolomo.

Go neela lefelo la tlhokomelobotsogo sethifikheti sa thapiso ka seatla sa molema

Badirelapuso ba ba neelang lefelo la tlhokomelobotsogo sethifikheti sa thapiso se se sa tshwanelang ka ntlha ya dikgolagano tsa poraefethe kgotsa tsa sepolotiki le beng ba koletshe kgotsa go amogela pipamolomo.

Re rotloetsa baagi botlhe ba Afrika Borwa go dirisa ditshanele tseno go bega bonweenwee:



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Ditshanele tse dingwe di kwa morago ga tsebe eno.

