

NAMIBIA OTA NDJENYE UNENE: ENDJENYO LYUUYUNI WODIGILII SELSIUS 1.5 OTALI TI NGIINI KUTSE?

Odigilii selsius 1.5 oyindji unene kuNamibia

Uupyu muuyuni owa ya pombanda nodigilii selsius 1 okuza pomathimbo gonale. Aaleli muuyuni oya tsu kumwe ya ngambeke epupyallo muuyuni li kale koho yoodigilii selsius 2, unene tuu odigilii selsius 1.5.

Uupyu moNamibia owa tegelelwa wu ye pombanda unene shi vulithe oshiyelekitho muuyuni. Pandjele ndjoka omiku tadhi andjakana, ondjele yuupyu muuyuni otape ya yi pitilile oohalate selesiusa/oodigilii selesiusa 1.5 muule woomvula omulongo tu uka.

Namibia okwa pumbwa okukutha onkatu ngashingeyi yokwiigilila omalunduluko taga endebele monkalo yombepo moshitopolwa nelunduluko lyonkalo yombepo.

Namibia ota yamukula ngiini?

Namibia okwa tota po Omulandu gopaShigwana kElunduluko lyOnkalo yOmbepo nokukonga omaigililo osho wo onkatu dhokuhwepopaleka mOndunge yElunduluko lyOnkalo yOmbepo yopaShigwana nEtulo mlilonga, osho wo Egwedhelopo lyOkwiitula mo lyopaShigwana.



Shoka shi na okutegelelwa

Egwopevi lyomuloka komvula oshilongo ashihe

Egwopevi lyomuloka neyopombanda lyuukukutu netanuthomo lyiitopolwa mbyoka ya kukuta otali etitha ekanitho lyevi ewanawa, iimeno niimuna.

Iponga yuukolele tayi yi pombanda nomikithi

Eyo pombanda lyuupyu nelunduluko lyomathimbo gomiloka otali lundulula ehokokopo lyomikithi. Malaria okwa tegelelwa a shune pevi moNamibia, oshoka oonkalo dha kukuta otadhi shonopaleke oshikako shetaandelo lyoomwe. Eyopombanda lyuupyu otali etitha wo etaandelo momahala omape.

Eyopombanda enene miiningwanima yonkalombepo

Omafundja noshikukuta otaga ka holoka olundji noga kindja, notaga ka nwetha mo ehokokopo lyomeya, lyiikulya noonkalamwenyo dhaantu. Enyateko lyoonzo dhomeya okuza kefundja nenge koshikukuta otali etitha okolela nohepatitis E.

Eyo pombanda lyuupyu pashitopolwa nekuthikuthi lyomundjenye

Iitopolwa mbyono ya kukuta otayi ka mona eyopombanda enene lyuupyu, uundjenye owundji osho wo eshonopalo lyomeya tali kwata ko iimeno noonkalamwenyo dhaantu. Omakuthikuthi guupyu otaga ningi omale go ohaga holoka olundji, taga ningitha unene aantu ya kale iihakanwa yuupyu yo aankundi kedhengo lyuupyu neloloko.

Ekanitho tali yi pombanda lyomaludhi gopashitopolwa netanut-homo lyiitopolwa yomombuga

Okwa tengenekwa opelesenda 30 dhomaludhi gontumba taga ka kana, netanuthomo lyombuga nevi lyiihwa otali ka pingena po evi lyomwiidhi. Enwethomo lyuunshitwe otali kwata ko emuno lyiimuna (omolweshonopalo lyomaulithilo), omanyutu, niilonga yomatalelopo.

Oto vulu kuninga ngiini?



Konga uyelele wu na sha netengeneke lyonkalo yombepo opo wu kwashilipaleke iilongadhalwa yoye yuunafalama, ngoye wu igilile elunduluko lyonkalo yombepo.



Lundulula uunafaalama woye wu kwatele mo iimeno mbyono ihayi ningithwa kefundja nokoshikukuta, omaludhi giimuna mbyoka hayi igilile uupyu, ngoye to kambadhala ngaa wu mone iyemo kiilongadhalwa yaa shi yuunafaalama.



Tula miilonga ekwatonawa lyevi nomeya, okupitila mekwatonawa lyuunamapya nuuniimuna, lyomakuti, etekelo lyiimeno newiliko lyompumbwe yomeya.



Tula miilonga ewiliko lyoonkatu dhomaulithilo gevi; ngaashi eshonopaleko lyiihwa, yanda endumbalelo lyiimuna, okukuna omiti, omwiidhi gwiikulya yiiimuna nokuyanda endumbalelo lyiimuna mehala limwe.



Pungula oombuto dha hupa po niikulya yiiimuna wu longithe pomathimbo giikako yeteyo eshona.



Kutha ombinga meteyo lya kondololwa lyomaludhi gopashitopolwa ngaashi omagungu, oohi dhomomeya ga yela opo ku kwatelwe po omaludhi ga yooloka ngaka.



Topoleni iilokolomwa nokuya kumwe nenge wu tote po oongundu dhomayambidhidho dhaakalimo ngaashi omalongelokumwe, oongundu dhokwiyumbila nokupungula oshimaliwa.



Tula miilonga onkatu dhokwiigamena kuupyu nokomikithi hadhi endele pamwe nomeya. Oshiholelwa longitha oonete dhoomwe nokunwa omeya ogendji.