

#### Outhouse.

Build the outhouse close enough to the house to use, but far enough away to not smell or bring flies.

Make the pit about 2 to 3 meters deep.

Put a raised floor over the pit that will drain the rain water away from the pit.

Have a lid that covers the pit and does not let the flies in or out.

Put ashes or lime in the pit each day to help kill the flies.

#### CHOO NJE YA NYUMBA

-Jenga choo mbali kidogo na nyumba.

- Funika choo ili kuzuia nzi na harufu mbaya

-Choo kiwe na urefu wa mita tatu (3)

-Tengeneza mfereji ili maji ya mvua yasiingie ndani ya shimo

-Funika choo ili kuzuia nzi kutoka au kuingia ovyo ovyo

-Weka majivu ndani ya choo ili uwuwe inzi.

# SIMPLE REMEDIES FOR BETTER HEALTH

# KISWAHILI ENGLISH



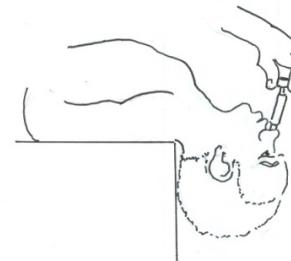
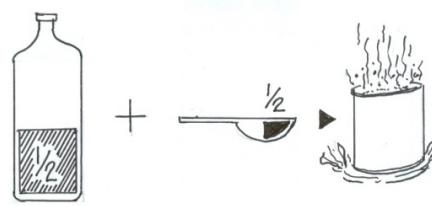
Wash many hands with very little water. Ten pair of hands can be washed with one cup of water.

1. Stack hands above one another with soap in top hands
2. Pour a little water in top hands and lather. Let soap suds pass down to hands below.
3. Rinse top hands with a little water and let soap and water go down to next pair.
4. Continue with each pair until all are clean.

#### KUNAWA MIKONO UKITUMIA MAJI KIDOGO

-Mikono ya watu 10 yaweza kuwa safi ukitumia kikombe kimoja.

- Watu hao wapange mikono kutoka juu kwenda chini
- Weka maji kidogo kwenye mikono iliyo juu ya yote
- Weka sabuni kwenye mikono hiyo na uitakatishe (sabuni itakate)
- Dondosha maji kidogokidogo mpaka mikono itakapo kuwa safi.
- Acha maji yadondokee kwenye mikono iliyo chini
- Endelea hivyo hivyo mpaka utakapofikia mkono wa mwisho



#### Wash out Nose Congestion Good for adults and children

Why? The mucous makes it easier to get a throat or ear infection

How to use it?

Hang the head upside down, towards the ground.

Fill each side of the nose with a dropper or small spoon and move the head back and forth several times.

Do this three times a day for one or two weeks

The solution goes down; the air goes up into the lungs. If the head is all the way down, the water cannot drown the person. This is good even for babies.

How to prepare:

Boil  $\frac{1}{2}$  liter of water with  $\frac{1}{2}$  teaspoon of salt. Let it cool, keep it in a clean, covered jar and it is ready to use.

#### KUTOA MSONGAMANO WA MAKAMASI PUANI

-Vizuri Kwa watu wakubwa na watoto.

\*KWA NINI

-Msongamano huo wa makamasi wasababisha vidonda ndani ya koo au ndani ya sikio.

\*NI MBINU GANI UTATUMIA?

-Lala machachali kwenye kitu na kichwa kininginie kwenda chini.

-Weka matone(drops) ya dawa puanu ukitumia sindano(siringe)

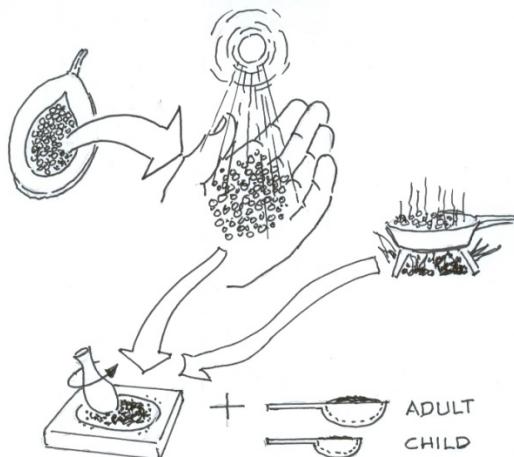
-Tingisha kichwa kwenda nyuma na mbere.

-Fanya hivyo mara3 kwa siku kwa muda wa wiki 1au 2.

#### KUTAYALISHA DAWA

-Chemsha nusu lita ya maji na uweke nusu ya kijiko cha chumvi.

-Yaweke kwenye gudulia safi, uyaache yapowe.Tumia yakiisha poa.



Treatment for dysentery, diarrhea with blood and cramps.  
You feel like you need to have a stool but can't, or finish and need to go a little bit again.

PaiPai, Papaya seeds dried (in the sun or on a pan over a low heat) and ground. The kernel /nut is much more effective than just the shell. Some pick out the kernels /nuts and mix them in other foods for small children.

Adults: 1 heaping tablespoon (15 grams) each day for 10 days.  
Children: 1 teaspoon (5 grams) each day for 10 days. About 1 gram of powder for each 10 kg weight.

Better to take with strong flavored liquid like tomato juice or pasty foods to mask bitter flavor. Take with meals.

Do not take if pregnant.

May be taken ground fresh, a handful of the person taking them. The flavor is much stronger when fresh.

#### KIPINDUPINDU, KUHARA DAMU NA UGUMU WA KUTOA HAJA KUBWA

-Cramps: Utajisikia kama wataka haja kubwa lakini haiji,ua wataka kumaliz lakini haumalizi.

-Kausha kwenye juu mbegu za papai..

-Saaga mbegu zilizo kauka mpaka upate unga.

-Chukua unga kidogo, changanya na chakula,wape watoto.

-Kama ni mtu muzima,mpe kijiko 1,kilasiku kwa mda wa siku10.

-Mpe mutoto nusu kijiko(5grams)kila siku kwa muda wa siku10.

-\*Kawaida mwenye kilo 10 ,anapewa gram1 ya unga.

\*Ni vizuri kutumia dawa hiyo ukila vizuri au ukinywa vinywaji kama jusi au supu nzitonzito.

\*Usiyitumie ukiwa mijamzito.

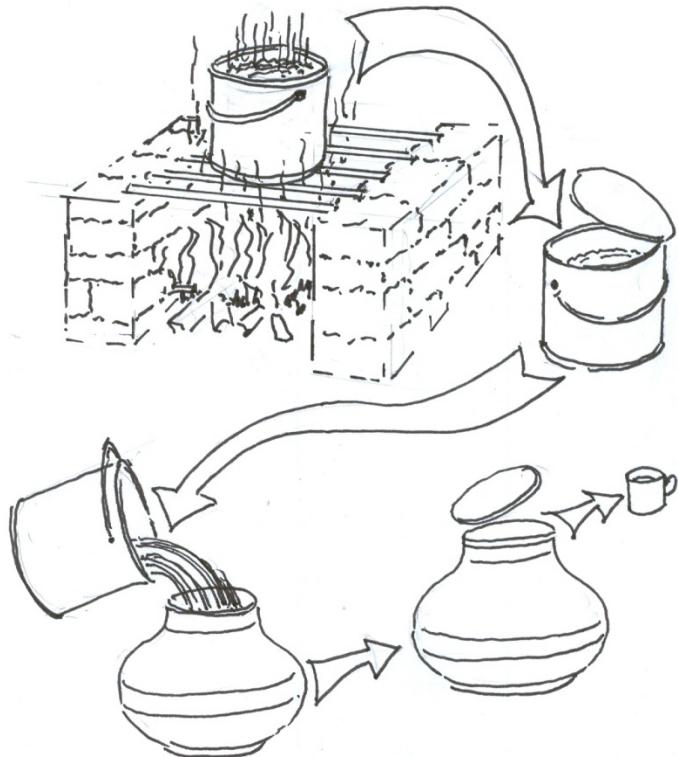


#### Brushing teeth.

Brush each tooth from the base to the tip five times.  
Do the same with the inside and outside of each tooth.  
Brush in a circle on the grinding part of each tooth.

#### USAIFI WA MENO

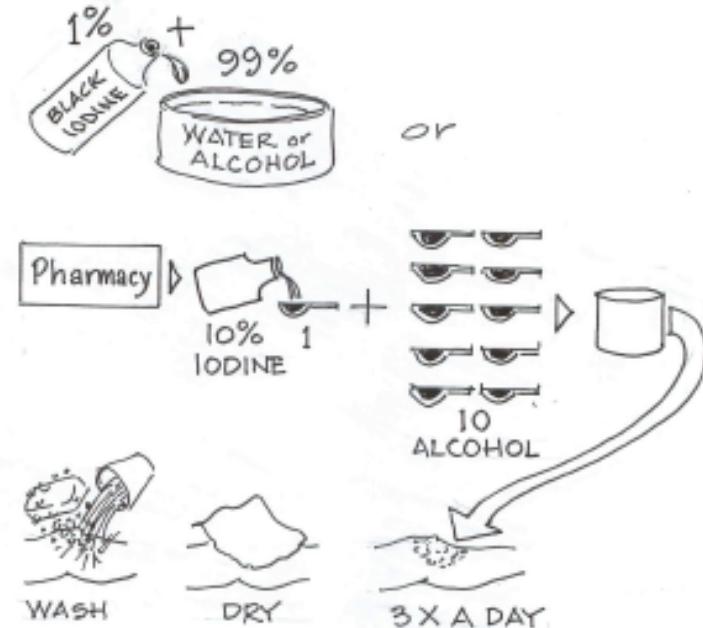
- Sugua kila jino kuanzia chini mpaka juu mara tano
- Fanya hivyo ndani na nje ya kila jino
- Sugua kwa kuzunguka sehemu inayotafunia kwa kila jino
- Sugua pia na ulimi



Boil water to keep from getting infections.  
Put a bucket or pot of water next to the fire while cooking food.  
Cover the bucket or pot and let it cool overnight.  
Pour it into a clean pot.  
Everyone drinks from the boiled water. It tastes different because it does not taste like infection.

#### KULINDA MAJI DHIDI YA UCHAFU NA BAKTERIA

Weka ndoo au mtungi wa maji karibu na jiko unapo pika  
- Funika chombo hicho na acha maji yapoe usiku kucha  
- Tumia kwa kunywa kesho yake

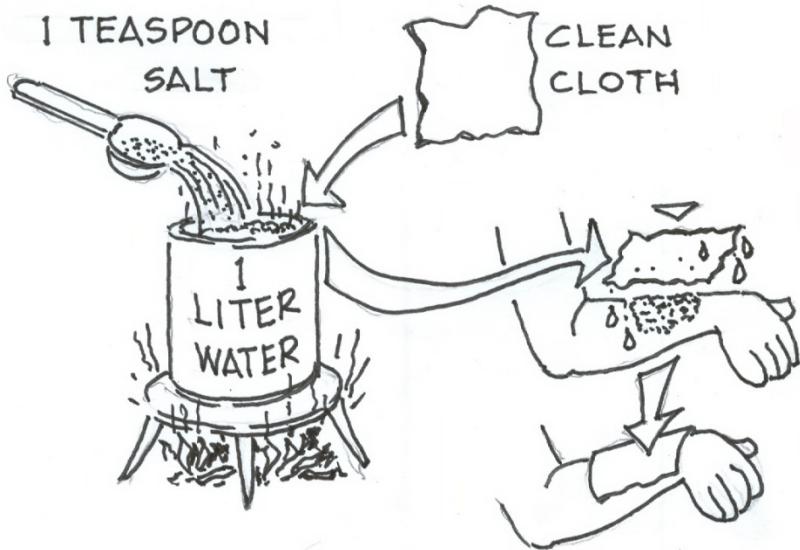


#### Skin fungus

1. Black iodine at 1% in alcohol or water
  - Can put 1 teaspoon 10% iodine from pharmacy in 10 teaspoons alcohol to prepare.
- Wash the area with soap and water. Dry it well.
- Apply three times each day until well and then for 5 days more.

#### Ngozi yaukungu,kuvu(fungus)

- Aidini nyeusi kwa kiasi cha 1% ya kileo (alcohol) au maji.
- Nunua katika duka la madawa(pharmacy)aidini..
- Weka ndani ya vijiko 10 vya kileo (alcohol) au maji,kijiko kimoja cha aiidini.
- Osha sehemu ya kuvu.Kausha na uweke dawa ulio tengeneza ,kutwa mara tatu na hivyo kwa muda wa siku tano.



Superficial skin infection or infected burns.

Boil 1 teaspoon of salt in 1 liter water:

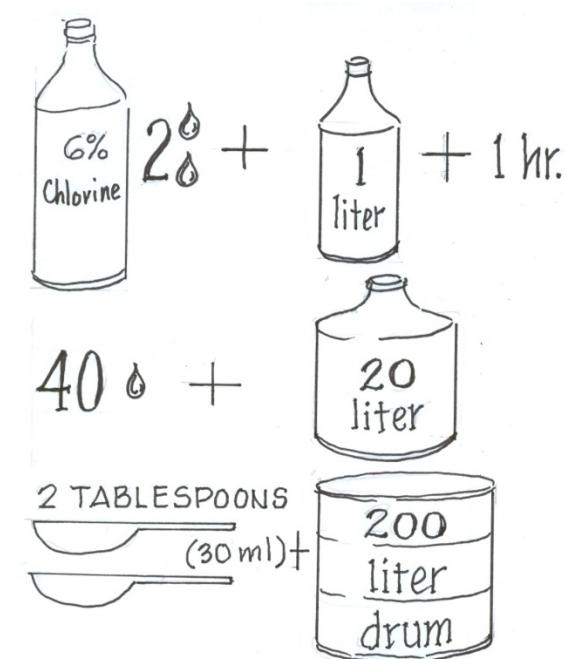
Moisten clean gauze or cloth and cover the infection. Change moistened cloth every hour, day and night until infection is clear.

You may wash and iron the cloths to kill the germs between treatments.

Many times the wound is clean in one or two days.

#### KUPONYA KIDONDA KILICHO NA USAA

- Chemsha lita 1 ya maji,weka ndani yake nusu kijiko ya chumvi.
- Tumia maji hayo kwa kuyaweka kwenye kitambaa safi.
- Weka kitambaa hicho kwenye kidonda.
- Badilisha kitambaa kila baada ya saa1 mpaka hapo kidonda kitakua wazi ,bila usaa.
- Unapashwa kuosha na kukausha kitambaa ili kuua uchafu au bakteria.
- Kawaida jeruhi huoshwa siku moja au mbili.



#### Cleaner water

Add 2 drops of 6% chlorine to each liter of water and let it set for 1 hour before drinking.

Add 40 drops to a 20 liter bottle

Add 2 tablespoons (30 ml) to a 200 liter drum.

#### KUTENGENEZA MAJI SAFI

- Chukua asilimia sita ya klorin

-Weka matone mawili ndani yamaji ya lita moja.

Acha dawa ichanganyike kwa maji kwa muda wa saa moja kabla kuitumia.

-Kama ni lita 20 za maji ,weka matone 40.

- Kama ni pipa la lita mia mbili (200), weka lm thelathini (30) au vijiko viwili (2) nya klorin.



**Low back pain**

1. Lie flat and push the low back flat on the floor. Hold and count to ten. Relax.  
Do again ten times.
2. Lie flat on back. Raise both knees to chest. Hold and count to ten. Relax.  
Do again ten times.
3. Sit up straight in chair. Hold back straight and head high.  
Bend forward at waist with back straight and head held back.  
Straighten up with back and head held high. Repeat 20 times.  
You can repeat this while at work during the day to help the back rest.

## MAUMIVU YA MGONGO

- Laza mgongo chini sawasawa

-Sukuma mgongo kwenda nyuma kama vile unajikuluta chini.

-Simamisha zoezi hilo na hesabu mpaka kumi.

-Pumzika alafu fanya tena zoezi hilo.

### 2.Laza mgongo chini

-Inua magoti ,yaweke kwenye kifua

-Simamisha zoezi hilo ,hesabu mpaka kumi.

-Pumzika alafu rudia zoezi hilo

3Kaa vizuri kwenye kiti .Mgongo usimame vizuri sawa na kiti.

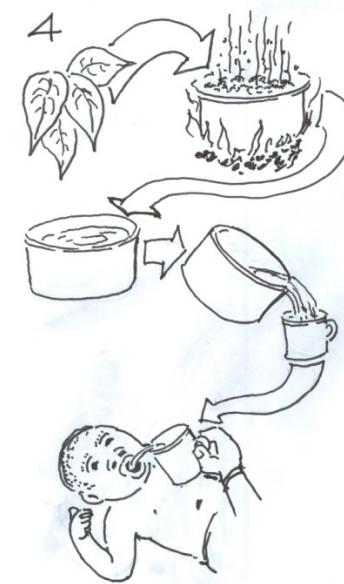
- Nyoosha kichwa kwenda nyuma

-Inama ,ukipeleka mgongo kwenda chini,

-Rudisha mgongo sawa na kiti ,na kichwa kikae sawa.

-Fanya zoezi hilo mala 20.

-Unaweza kufanya zoezi hilo ukiwa kazini ili upumzishe mgongo.



## Diarrea

Place 4 leaves of guava tree in 1 liter of boiling water and let it cool.

Give it every half hour until the diarrhea stops.

Kaopectate is also good. Give the child a teaspoon every time it has a diarrhea stool. Stop when there is no more diarrhea.

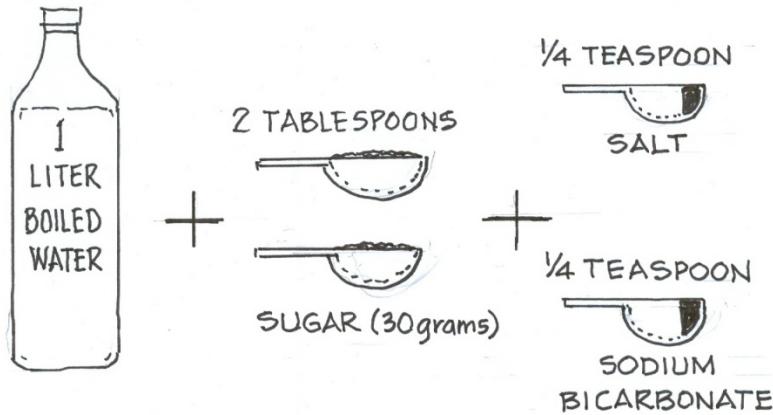
## UGONJWA WA KUHARA AU KUHARISHA

-Weka majani vijiko vinne (4) vya mpera ndani ya maji yaliyochemshwa

-Acha maji hayo yapoe

-Tumia maji hayo kwa kunywa kila baada ya nusu saa,mpaka hapo ugonjwa wa kuharisha utasimama.

-Kaopectate ni dawa ipatikanayo kwa mchanganyiko waKAYOLIN na



## GIVE YOUR CHILD A DRINK THAT CAN HELP DEHYDRATION

Drink for dehydration

1 liter of boiled water

2 tablespoons of sugar (30 grams)

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon sodium bicarbonate

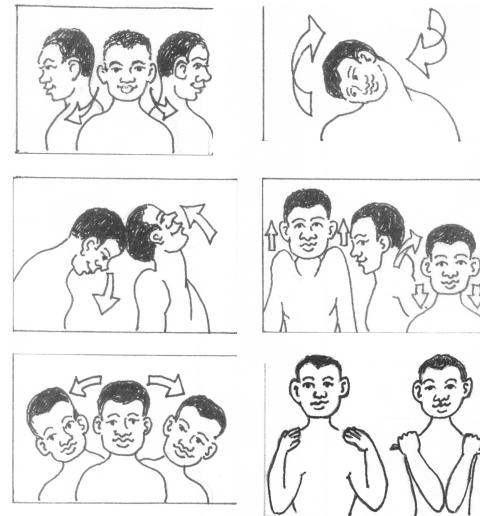
## KINYWAJI CHA UPUNGUFU WA MAJI

MWILINI

-Chemsha lita moja ya maji.

-Weka vijiko 2 vya sukari(30 grs) na nusu kijiko ya chumvi.

-Mpe mugonjwa kila baada ya dakika 15.



### Sore neck and Shoulders

Do each exercise 10 times three times every day.

1. Touch the chin to the right shoulder and then to the left shoulder.
2. Touch the chin to the chest and then move the head to look straight up.
3. Touch the right ear to the right shoulder and then the left ear to the left shoulder.
4. Make a circle with the head over the shoulders, first to the right and then to the left.
5. Raise both shoulders as high as possible and then move them back as far as possible. Then relax. Repeat 10 times.
6. Place each hand on its shoulder, and swing the elbows in and out like wings 10 times.

### KUUMWA KWA SHINGO NA MABEGA

Kila siku fanya mazoezi yafuatayo na utapona

Fanya kira siku mazoezi yafuatayo utapona

1.Fanya zoezi la kuweka kidevu kwenye bega la kulia kisha kushoto mara kumi.

2.Fanya zoezi la kuweka kidevu kwenye kifua na kuweka kichwa sawa mara kumi.

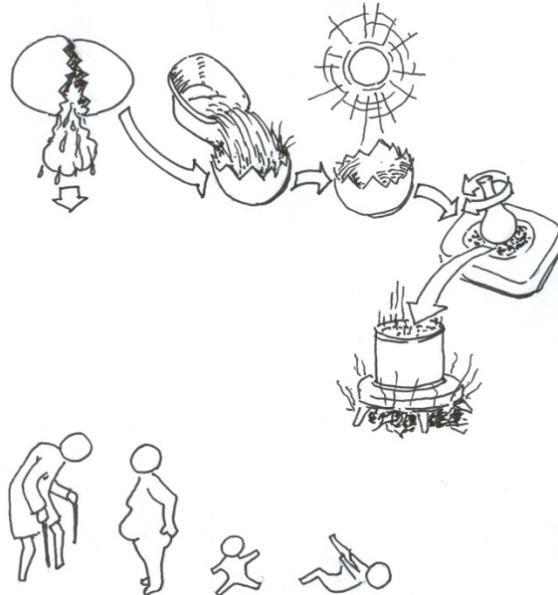
3.Fanya zoezi la kuweka sikio kwenye bega la kulia arafu kwenye bega la kushoto na hivyo mara kumi kila siku.

4.Zungurusha kichwa kwenda kulia kisha kwenda kushoto mara kumi.

5.Zungusha kichwa kwenda kulia kisha kwenda kushoto mara kumi

Inua na teremsha mabega yote, yapeleke mbele na nyuma kwa kasi iwezekenavyo, halafu pumzika kidogo, kisha rudia zoezi hilo mara kumi

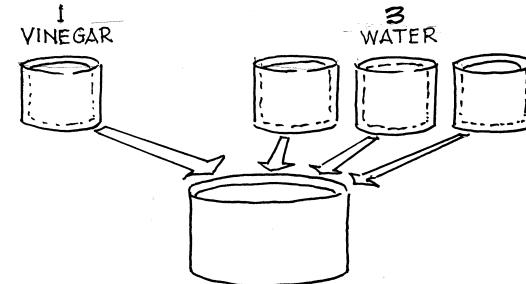
6.Weka kila mkono kwenye bega lake halafu bembea mara kumi



## Calcium for Strong Bones

1. Wash and let dry the egg shell
2. Grind it to a powder
3. Boil the powder in water or cook it in food.
4. Who should take it?
  - The older people
  - Pregnant women
  - Growing children
  - Growing children with leg cramps

- Kalisi au (kalisium) ukitumia mayayi ni dawa. Inaimalisha au huleta nguvu ndani ya mifupa.  
 - Osha halafu kausha ganda la yai kwenye juu au moto  
 - Saga mpaka liwe unga  
 - Koroga kwenye maji yaliyochemshwa au pika kwenye chakula.  
 Nani anaweza kutumia dawa hiyi:  
 \*Mtu mwenye umri mkubwa kama mzee.  
 \*Kina mama wajawazito  
 \*Watoto wachanga  
 \*Watoto wachanga wenye tatizo ya miguu.



## Head lice

For lice infestation:  
 Add 250 ml of vinegar to 750 ml of boiled water.  
 Apply to hair and head and leave all night. Wash hair the next morning.

## VITA DHIDI YA CHAWA KICHWANI

- Chemsha ml 750 za maji
- Weka ml 250 ya vinega
- Weka maji kichwani, hakikisha nywele zote zimeloana.
- Osha nywele kesho yake asubuhi.
- Fanya hivyo kila jioni mpaka hapo mayayi yatamalizika.