



# Iindlela zokusekela umngani ongezwako eendlebeni!



- ✓ **Khulumani ngokudlhegana** ukuze umnganakho akghone ukulandela ikulumo ekhulunywako
- ✓ **Mqale umnganakho** lokha nawukhulumako — akubone ukumomotheka kwakho
- ✓ **Siza namkha ubawe isizo** nangabe isisizakuzwa sakhe asisebenzi
- ✓ **Bandakanya umnganakho** emidlalweni eniyidlala ngeenqhema
- ✓ **Ungenzi ihlekisa** ngendaba ephathelene nokungezwa, iinsizakuzwa namkha ngemifakelwa
- ✓ **Funda ilimi lamatshwayo** ukuze ukghone ukukhuluma nalabo abalisebenzisako

Ithethwe ku-World Health Organization, PPC/NMH/NSO 2025.1. Itjhugululwe yi-Palta Language Services ilunga le-World Hearing Forum.

## Ngetjhejo nesekelo umnganakho angenza koke

