



# Tindlela tekwesekela umngani longeva kahle etindlebeni!



- ✓ Nikanani ematfuba uma nikhuluma kute kutsi umngani wenu akhone kulanzenzindlela inkhulumo
- ✓ Buka umngani wakho uma ukhuluma — bnete babome kumoyitela kwakho
- ✓ Sita noma cela lusito, uma ngabe insitakuva noma insitakuva lefakiwe ayisebenti
- ✓ Bandzakanya umngani wakho ekudlaleni nalokwentiwa ngemacembu
- ✓ Ungalokotsi ucale noma uhlekise ngekungeva kahle etindlebeni noma tinsitakuva tasetindlebeni noma tinsitakuva letifakwako

Icashunwe ku- @World Health Organization, PPC/NMH/NSO 2025.2. Ihunyushwe yi-Palta Language Services, Lilunga Leforamu Yemhlaba Yetekuva Etindlebeni. Fundza lulwimitimphawu kute uchumane nalabo labalusebentisako

## Ngekunakekelwa nekwesekelwa umngani wakho angakwenta konkhe

