

Tswayo Dza Shishi Dza Tsevhho Kha Mme O Vhifhaho Muvhilini



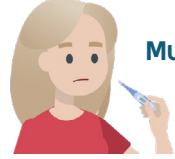
Thoho ine ya dzulela u rema kana ine ya tou nana nga u ya ha tshifhinga



Dzungu kana u noka



U humbula nga ha u dihvhadza kana u huvhadza nwana wanu



Mufhiso



Tshanduko kha ndila ine na vhoona ngayo



U kundelwa u fema



Tshithavhi kha khaa kana u divhitha ha mbilu nga u tshanyanya



U zwimba ho kalulaho ha zwanda zwanu kana tshifhatawu



Vhutungu vhufulwane vhu sa fheli kha thumbu



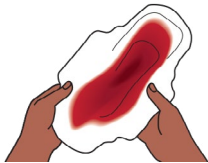
U silingwa ho kalulaho na u tanza (hu si u fana na u silingwa lune wa tanza musi wo vhfifha muvhilini)



U sa tsha pfala utsukunyea ha nwana kana u ongolowa



U zwimba, u tswukuluwa kana u vhavha ha milenzhe yanu



U bva malofha kha tshirado tsha mbeu kana u bva ludi nga murahu ha uvhifha muvhilini



U bva malofha kha tshirado tsha mbeu kana u bva ludi tshifhinganani tsha uvhifha muvhilini



U neta ho kalulaho



SCAN ME

Arali ni na dziñwe dza dzenedzi tsumbadwadze tshifhinganani tsha u vhfifha muvhilini kana nga murahu, kwamani mushumeli wanu wa zwa mutakalo uri ni wane thuso nga tshihaḁu.

Arali ni sa koni u kwama mushumeli wanu wa mutakalo, ni ye lufherani lwa vhuimo ha shishi. Ni songo hangwa u amba uri no vhfifha muvhilini kana uri no vha no vhfifha muvhilini nwaḁa wo fhelaho.

GUDANI ZWO ENGEDZEAHO KHA

<https://obgynsafety.org/urgent-maternal-warning-signs/>

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