

B. VITAMINI A

Guhabwa ikinini cya Vitamini A



Buri mwana agomba guhabwa ikinini cya Vitamini A rimwe mu mezi 6 kuva yujuje amezi atandatu kugeza ku myaka 5



Buri mubyeyi agomba guhabwa ikinini kimwe cya vitamini A atararenza ibyumweru 6 abyaye

VITAMINI A KU MWANA	Ukwezi	Umwaka
Dose 1		
Dose 2		
Dose 3		
Dose 4		
Dose 5		
Dose 6		
Dose 7		
Dose 8		
Dose 9		
Dose 10		

KWANDIKA KU IFISHI NO KUMENYESHA UMUBYEYI ITARIKI AZAGARUKIRAHU GUPIMISHA UMWANA NO KUMUHESHA IKININI CYA VITAMINI A

ICYITONDERWA

Umwana ugomba kwitabwaho cyane cyane ni:

- Uvukanye ibiro biri munsi ya 2 n'igice
- Utiyongera ibiro
- Ufite bakuru be barwaye bwaki
- Uvutse indahekana



- Uvutse impanga
- Uvutse akunira abandi bitabye imana umusubiriza
- Uvutse ari uwa 5 n'abamukunira

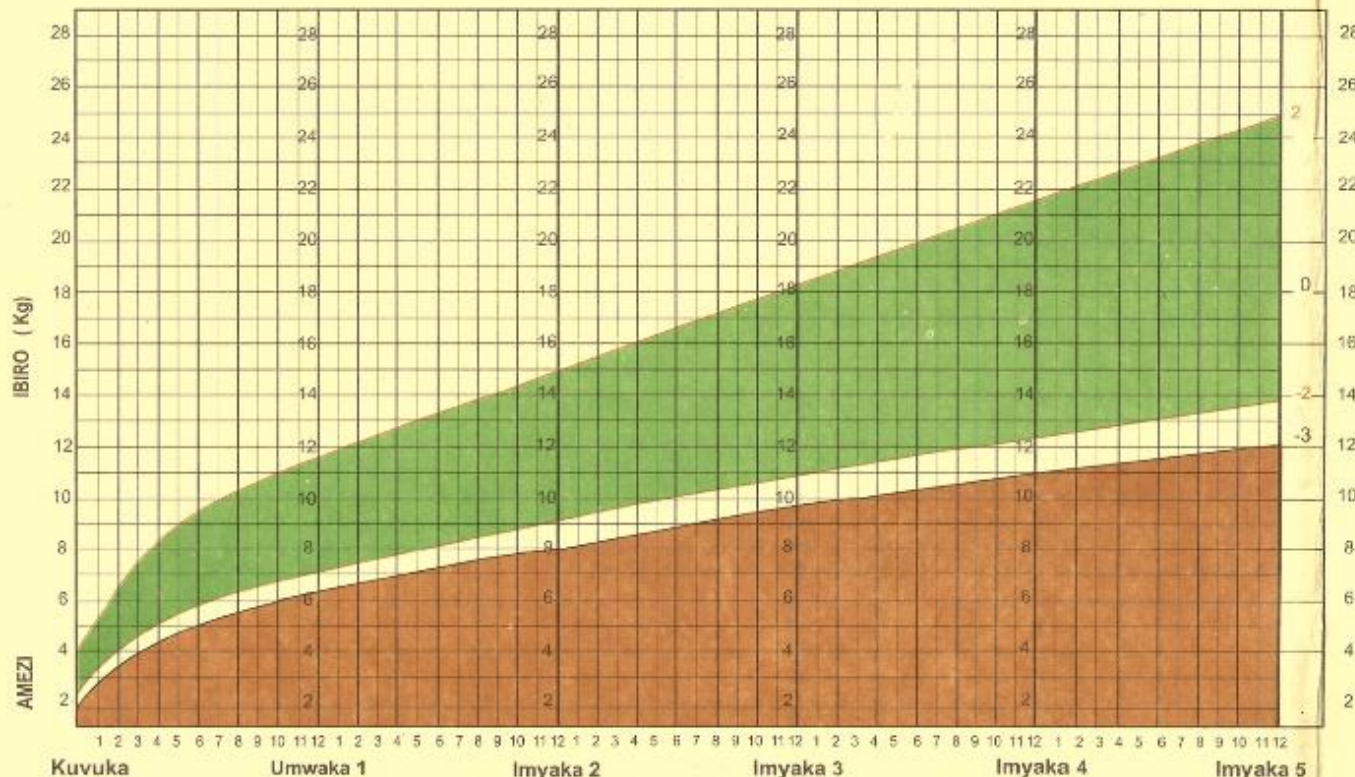


- Ufite umubyeyi umwe gusa
- Urwaye iseru, Kikorishi, impiewe
- Uvutse ikubagahu
- Urwaragurika



IBIRO BY'UMWANA W'UMUKOBWA UKURIKIJE IMYAKA

Kuva akivuka kugeza ku myaka itanu



Imyaka (Amezi n'imyaka amaze avutse)

C. IKININI CY' INZOKA ZO

Buri mwana wujuje amezi ikinini cy'inzoka buri mu yujuje imyaka 5

Umubyeyi ahabwa ikinini mu gihe kitarengeje ibyuma amaze kubyara

IKININI CY' INZOKA	Ukw
Dose 1	
Dose 2	
Dose 3	
Dose 4	
Dose 5	
Dose 6	
Dose 7	
Dose 8	
Dose 9	