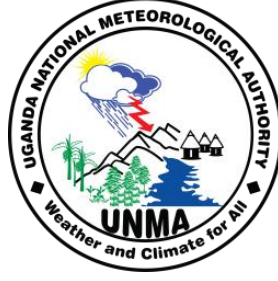


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UGANDA NATIONAL METEOROLOGICAL AUTHORITY

LUGWERE

OKUKUMANYISYA EMBELLA YONKENDI OKUZWA MUGWOKUNA PAKA MUGWOKUTANU MUBU VANJUBA YA UGANDA

AKATI MUBUVANJUBA

Pallisa, Budaka, Kibuku, Mbale, Sironko, Manafwa, Bududa, Kapchorwa, Kumi, Kaberamaido, Soroti, Serere, Amolatar, Butaleja, Bulambuli, Kween, Bukwo, Bukedea ne Ngora) districts

Onkendi yatandikile mubifo binu mugwokusatu nga guwaaku, elanga onkendi aliyo okuti ayaba kweyongela paka mugwokuna gwonagwona. Mugwokuna nga guwaku nogwokutanu nga gutandika ebifo binu byakufuna onkendi omubitililili. Onkendi onu yalekelawo mugwomukaga nga gutandika.

AMAGEZI ELI EBITONGOLE EBYENJAWULO

1. Ekitongole kyowulimi nemele

- Abalimi onkendi ejeyalwile okutuka batandike okukoma.
- Okukumbanya amaizi gokukozeza eyika, mundimilo, mubiina ebisolo emweginywa, nagokusukilila ebilime mukasana.
- Okukoma ebisale nokulongosa ebiliwo.
- Okutekawo ebintu ebiziza amaizi okutataganya abantu ababba kunsozi.

NGA WABAILEWO ELAADU

- Ebitongole byeyongele okukubiliza abantu okufuna ebyoma ebiziza elaadu nadala abamasomelo, abamadwalilo nomumaka.
- Abasomesya balino okufuba okuwona nti abaana beisomelo tibazenyela mubisawe obba okwegama mubisale nga onkendi amunyagala.

- Okwewala okukwata kubyoma munkendi welaadu kubanga ebyoma bikusa amasanyalaze gelaadu.
- Okuwulilizanga e lediyo gyomubyalo okubalawula kunkendi welaadu mubyalo byanyu.

2. Ekitongole kyebyenkulakulana,okukola nentambula.

Kisubilwa nti onkendi yaizilamu omuyaga namabale ekyaleta amaizi okwonona ebintu nokutyama mubifo ebimo.Binu anu niye ebyokukolebwa.

- Ebitongole byomubiwuga bilinokulongosa nokugogola emyala okwewala amaizi okutyama kungudo namaduka gomubiwuga.
- Enkiko gyomubyalo gilinokukumbanya abataka okukola “bulunji bwansi”

3. Ebyobulamu.

- Okulongosa nowuyonjo mumaka namasomelo kukubilizibwa.
- Okweyongela okulopa endwaile otti malaria, cholera, Bilharzia no Typhoid, nendwaile egindi otti Asthma eli ebitongole ebikwatiwaku.

Mukumalililya: Ekitongole ekye byobwile ekya Uganda kyeyongela okukutegeza kunchukachuka yebyobwile.