

# Omwana Thrive

Neonatal Health Guide Part IV: Hygiene



Rose Academies

# Good hygiene helps prevent disease.

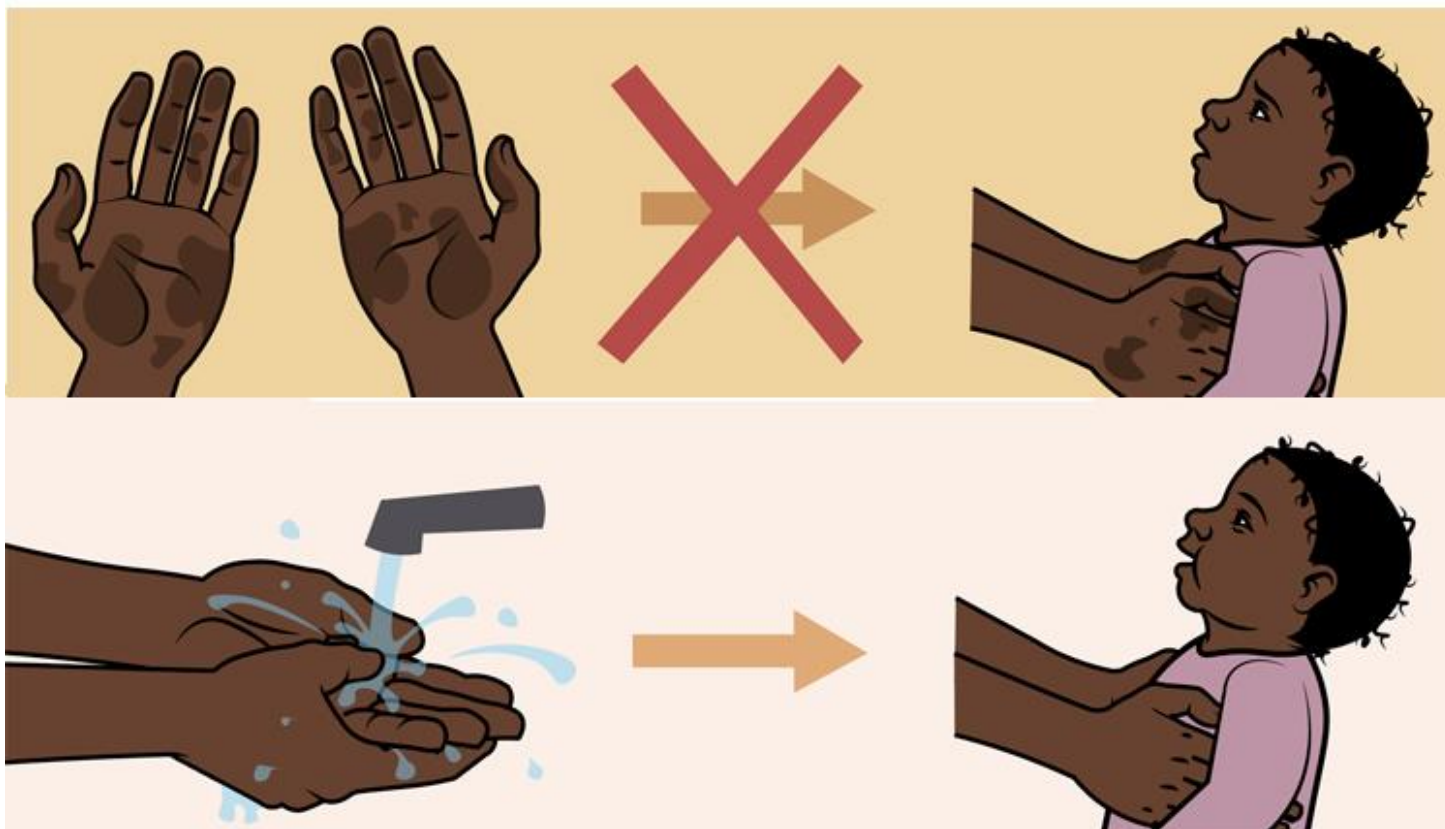
Always wash your hands before handling your baby to keep baby healthy and to prevent spreading disease.



**Naaba'nga mungalo nga tonaba kwaata ku'mwaana okewala okusansanya obulwadde nokwekuuma nga olimulamu bulunji**

# Washing hands keeps baby healthy

When mom is clean, baby stays healthy.



**Maama waaba muyonjo, no'mwana abeela mulamu nga yeyagaza**

# Wash hands before handling baby.

Mom washes her hands after work to keep baby clean.



Fubba okulaba nga onaaba mungalo bulilwomaliliza okola emilimu'gyo nga tonakwaata kumwana okusobola okumukuuma nga muyonjo

# Washing hands keeps baby healthy

Washing your hands after using the toilet keeps baby healthy and prevents baby from getting sick.



**Naaba mungalo nga omaze okukozesa kabuyonjo okusobola okuuma omwana nga takwaatibwa ndwade.**



# Care of newborns

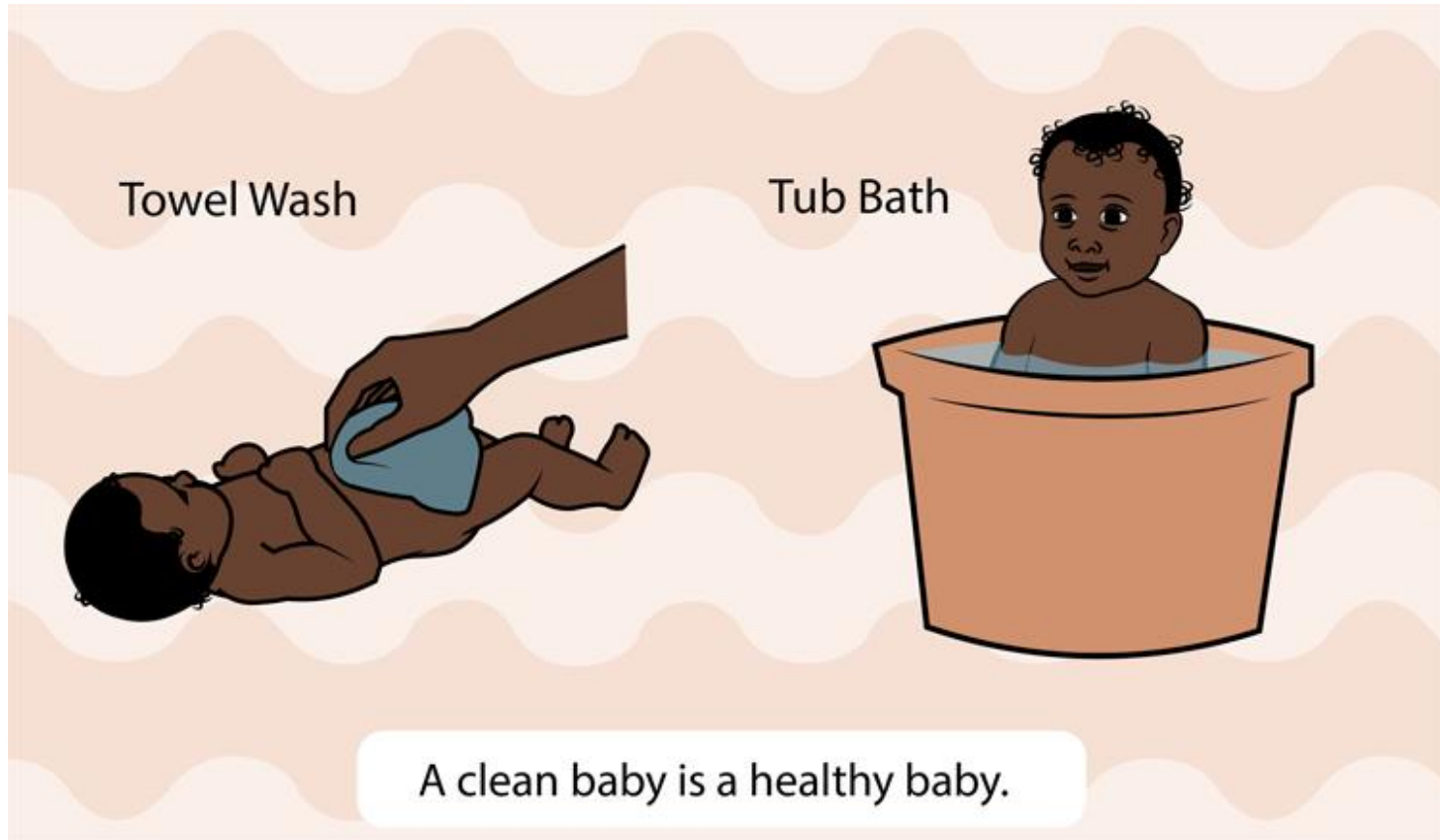
Baby's umbilical cord needs to be kept clean and dry. The cord will fall off naturally in about 10 days. Putting dirt, ash, hay or cow dung on the cord may cause infection.



**Akalila ko'mwana kakuume nga kayoonjo nga toteekako kintu kyoona okujjako okanaaza na'mazzi amayonjo, oluvanyuma Iwe'nakku kumi nomusobyoo kajjakuvaako kokka.**

# Keep baby clean for good health.

A clean baby is a healthy baby. Towel wash or tub bath are both good.



**Omwaana omuyonjo ye mwaana omulamu obulunji. osobola omunaaliza mu baafu oba nomusiimulako naka towels agayonjo**

# Everyone needs to practice good hygiene.

Everyone needs to wash their hands before handling your baby. Good hygiene prevents disease from spreading.



**Buli 'omu ewaka asobola okuyamba mukukuuma omwaana nga muyonjo okusingila dala nga banaaba mungalo nga tebanakwaata ku mwana.**