

Nakala hii imetafsiriwa kutoka Kizungu hadi Kiswahili na wataalamu wanaofanya kazi na Shirika la KEMRI. Nakala ya kwanza ilichapishwa kupitia usaidizi wa International Vaccine Access Center (IVAC).

Umuhimu wake ni kuwaelimisha watoto wanaoenda shule ya msingi kuhusu athari za ugonjwa wa *pneumonia* na jinsi ya kujikinga na ugonjwa huu.

Kitabi hiki pia kinatoa mawaidha kwa wazazi na walezi wa watoto hawa kuhusu njia za kutambua *pneumonia* kwa watoto, na njia maalum za kuchukua ili kuhakikisha mtoto aliyeathirika amepata matibabu na chanjo dhidi ya ugonjwa huu.

JINSI YA KUTIKINGA NA PNEUMONIA

Ikiwa una maswali ya ziada kuhusu utafiti huu, tafadhali wasiliana na:

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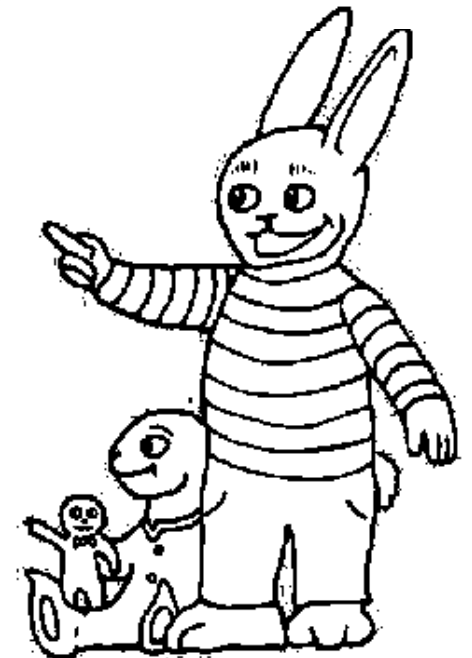
Tovuti: <http://www.kemri-wellcome.org/vec>

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Kenya Medical
Research Institute

wellcome trust

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Edited by: Alethea V. Nickerson
Translated by: Moses C. Kiti



About the Author & the Illustrator

Jessica Alderman recently finished her Master's in Public Health from Johns Hopkins Bloomberg School of Public Health with a focus in Health Communication. As a professional photographer and healthcare advocate, she has been working to bring better forms of visual communication to the field of public health. Her brother, **David Alderman** is currently studying philosophy and art at Connecticut College. He is a long-time illustrator and graphic designer and was excited by the opportunity to be involved in creating a children's book promoting pneumonia awareness.

About the Project

For World Pneumonia Day 2012, students were engaged in activities to raise awareness of childhood pneumonia. The JB Grant International Health Society and the International Vaccines Access Center (IVAC) at the Johns Hopkins University Bloomberg School of Public Health co-sponsored a contest for students to design an educational coloring book about pneumonia. Jessica and David Alderman produced the winning coloring book storyboard. The sister and brother team worked with IVAC on this project. The coloring book was also reviewed by a team of experts around the world.

About IVAC

The International Vaccine Access Center is based at the Johns Hopkins University Bloomberg School of Public Health. IVAC's goal is to accelerate global access to life-saving vaccines through development and implementation of evidence-based policies. IVAC is an active member of the Global Coalition against Child Pneumonia.



Kuhusu Siku ya *Pneumonia* Duniani

Pneumonia huwaua watoto wengi zaidi walio na umri wa chini ya miaka mitano kuliko ugonjwa mwingine. Maafa haya yanasikitisha sana kwa sababu yana tiba dhabiti – tiba ambayo haigharimu pesa nyingi pamoja na njia zingine maalum za kuzuia maafa haya. Katika mwaka wa 2009, kikundi cha *Global Coalition against Childhood Pneumonia* kiliangazia *pneumonia* kama changamoto kubwa katika hali ya afya ya jamii na hivyo basi kwa mara ya kwanza, kubuni Siku ya *Pneumonia* Duniani. Kila mwaka ifikapo tarehe ya 12 Novemba, watu duniani kote hujumuika kupitia mafundisho na mambo mengine ili kuangazia tishio hili kuu kwa afya ya watoto duniani. Ikiwa ungependa kujua zaidi kuhusu ujumbe huu, tafadhali tembelea www.worldpneumoniaday.org

Acknowledgements

This project would not have been possible without the time and effort of many individuals. IVAC would like to especially thank the students of the JB Grant Society at Johns Hopkins School of Public Health for setting up the coloring book competition. We would also like to express our great appreciation for those who reviewed the technical content of this book, including Tricia Puskar and Eric Starbuck (Save the Children), Dr. Shamim Qazi (WHO), Dr. Lulu Bravo (University of the Philippines), Dr. Dorothy Esangbedo (Pediatric Association of Nigeria) and Dr. Samir Saha (Bangladesh Institute of Child Health). We would also like to thank Mary Bowman-Kruhm, a children's book author and teacher at the Johns Hopkins School of Education, who stepped in and offered her time to read and review the book. Finally, we would like to thank Jessica and David Alderman for their endless dedication and hard work on this project over the course of several months.



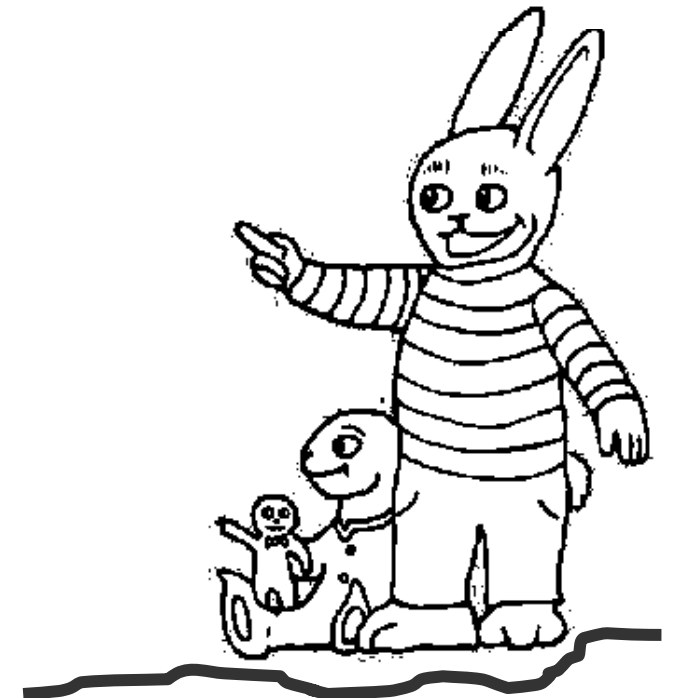
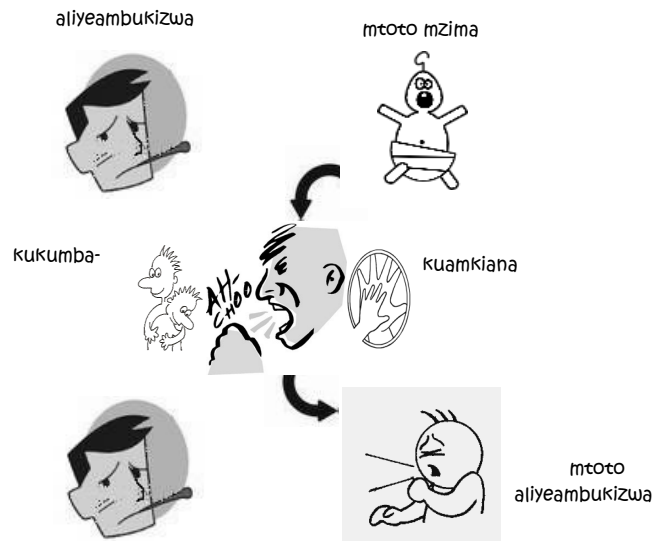
Kuhusu KEMRI

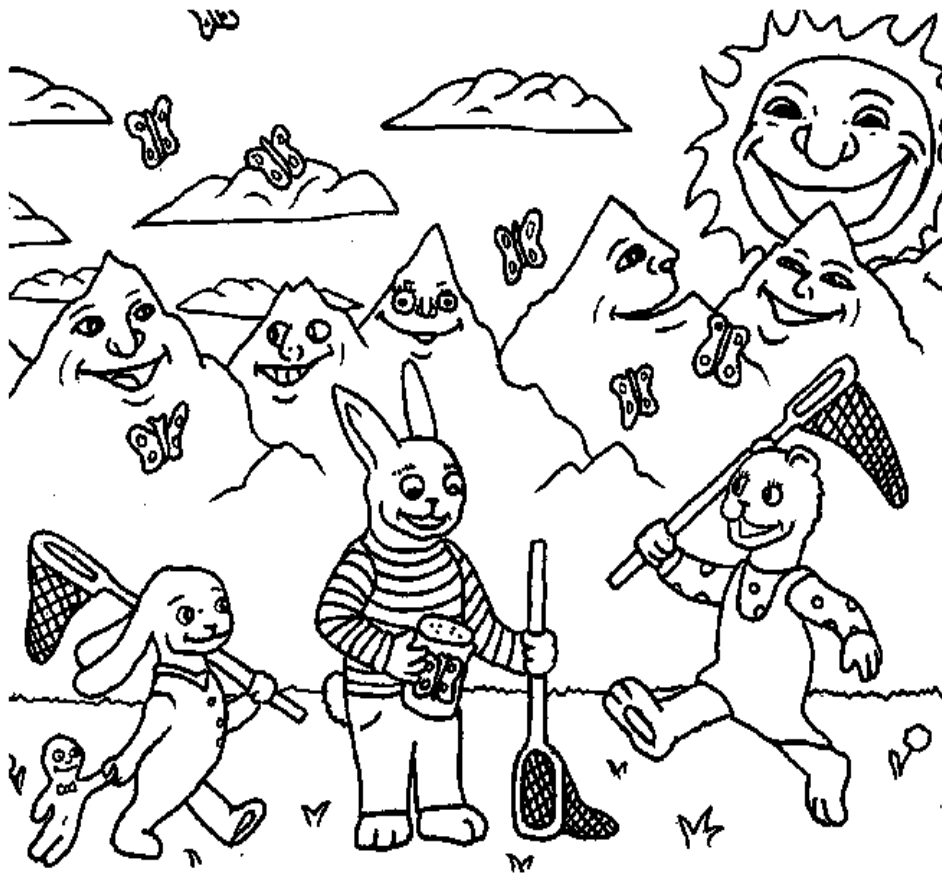
KEMRI ni shirika la kiserikali linalofanya utafiti wa afya ili kutafuta njia bora za kuingia na kutibu magonjwa kwa manufaa ya jamii nzima kwa siku za usoni. Miongoni mwa tafiti hizi ni dhidi ya ugonjwa hatari wa *pneumonia*, ambayo haswa huwaathiri watoto walio na umri wa chini ya miaka mitano.

Utafiti huu unaangazia jinsi ugonjwa wa *pneumonia* unaweza kusambaa kutoka kwa mtu mmoja anayeugua hadi mwingine. Vijidudu vinavyosababisha *pneumonia* husambaa hewani na maeneo mengine wakati mgonjwa huyu anapochemua, kukohoa au kudondokwa na nyute au makamasi yanayobeba vijidudu hivi. Mtu mzima akiyagusa matone haya ana uwezo wa kuambukizwa na ugonjwa huu. Lengo kuu la utafiti huu ni kutabiri jinsi chanjo itakavyofanya kazi katika jamii itakapozinduliwa.

HIKI KITABU NI CHA:

Jinsi ugonjwa wa pneumonia unaweza kusambaa.





Kadzo Karisa, Katana Fondo na ndugu yao mdogo, Safari Fondo, wanapenda kucheza nje kwa jua. Huwa wanakimbia na kucheza huko nje.

Kupumua kwa haraka na kutambua ikiwa mtu ana *pneumonia*

Sio kila wakati mtoto akipumua kwa haraka unafaa kumleta kwa daktari. Lakini, kupumua kwa haraka pamoja na kukohoa kunafaa kuchukuliwa kama ishara moja ya kuwa mtoto ana *pneumonia* kali, na ni lazima apelekwe kwa daktari haraka iwezekanavyo ili apate matibabu.

Je, mtu anapumua vipi kwa haraka na tunawezaje kutambua hali hii?

Mtoto wako akiwa ametulia, mwangalie vile anapumua kwa muda wa dakika moja.

- Ikiwa mtoto ana umri wa chini ya miezi miwili, anasemekana kupumua kwa haraka ikiwa atapumua mara 60 au zaidi kwa dakika moja.
- Ikiwa mtoto ana umri wa kati ya miezi miwili na miezi kumi na miwili, anasemekana kupumua kwa haraka ikiwa atapumua mara 50 ama zaidi kwa dakika moja.
- Ikiwa mtoto ana umri wa kati ya mwaka mmoja na miaka mitano, anasemekana kupumua kwa haraka ikiwa atapumua zaidi ya mara 40 kwa dakika moja.

Ishara za hatari:

Ni muhimu nimpeleke mtoto wangu kwa daktari wakati gani?

Kupumua kwa haraka (kama ilivyoelezwa hapo awali) pamoja na kupweta kwa kifua, uso na mdomo kuwa na rangi ya samawati, pamoja na kupumua kwa sauti ya juu kusiko kwa kawaida kunamaanisha kuwa mtoto anapata shida ya kupumua. Hizi ni ishara za hatari ambazo zinaonyesha mtoto anahitaji matibabu haraka iwezekanavyo.

Kumbuka: Daktari akikupa dawa za kutibu *pneumonia*, ni lazima ufwatilizie masharti atakayokupa kwa wakati huo, na ni lazima umpe mtoto madawa hayo kulingana na masharti ya daktari, *hata kama anaonyesha ishara za kupata nafuu.*

Masharti haya yamechukuliwa kutoka kitabu cha "*Facts of Life*" kilichoandikwa na UNICEF, WHO, UNESCO, UNFPA, UNDP, UNAIDS pamoja na World Bank. Toleo la "*Facts of Life*" kinaweza patikana katika www.factsforlifeglobal.org

Vidokezo kwa wazazi na walezi

Kukohoa na homa ni magonjwa ya kawaida katika maisha ya watoto. Lakini, wakati mwingine, yanaweza kuwa dalili ya ugonjwa mkubwa zaidi kama *pneumonia*. *Pneumonia* ni homa ya mapafu ambayo huongoza katika chanzo cha vifo kwa watoto walio na umri wa chini ya miaka mitano. Bila matibabu ugonjwa huu ni hatari sana na huenda ukasababisha vifo, lakini mtoto akipata matibabu mapema anaweza kupona. Mamilioni ya maisha yanaweza kuokolewa ikiwa wazazi na walezi wengine wanaweza kutambua dalili ambazo zinahitaji msaada wa daktari haraka iwezekanavyo.

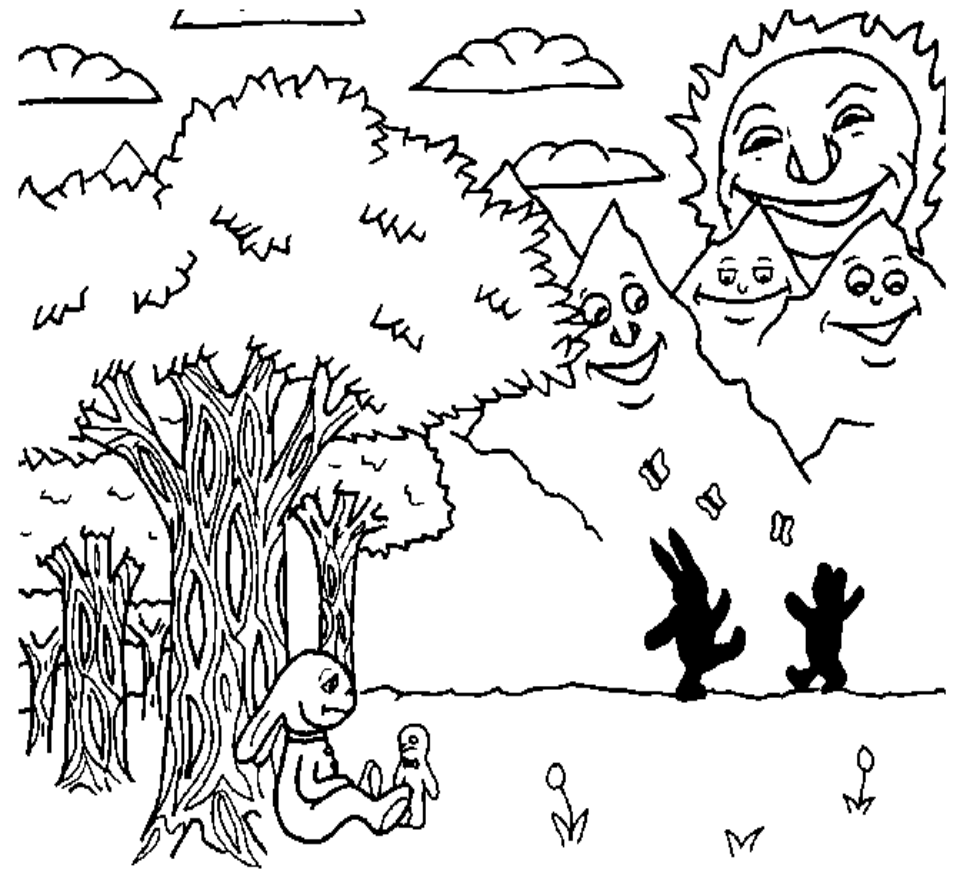
Mtoto wako anaweza kuwa na *pneumonia* ikiwa ana dalili zifuatazo:

- Joto mwilini
- Kukohoa
- Kupumua mbio au kupata matatizo ya kupumua
- Uchovu na ulegevu
- Kukosa hamu ya kula
- Midomo na kucha kugeuka rangi ya samawati ama kijivu.
- Kifua kuingia ndani anapopumua (sehemu ya chini ya kifua inaingia ndani)

Ili kuzuia uwezo wa mtoto wako kupata *pneumonia*:

- Mtoto chini ya miezi sita anyonyeshwe maziwa ya mama peke yake
- Mpeleke mtoto wako katika zahanati iliyo karibu apate chanjo
- Hakikisha mtoto wako anapata vyakula bora kama matunda na mboga za majani
- Hakikisha mtoto wako ananawa akitumia maji masafi na sabuni kila siku
- Mwepushe mwanao na maeneo ya moshi mwingi

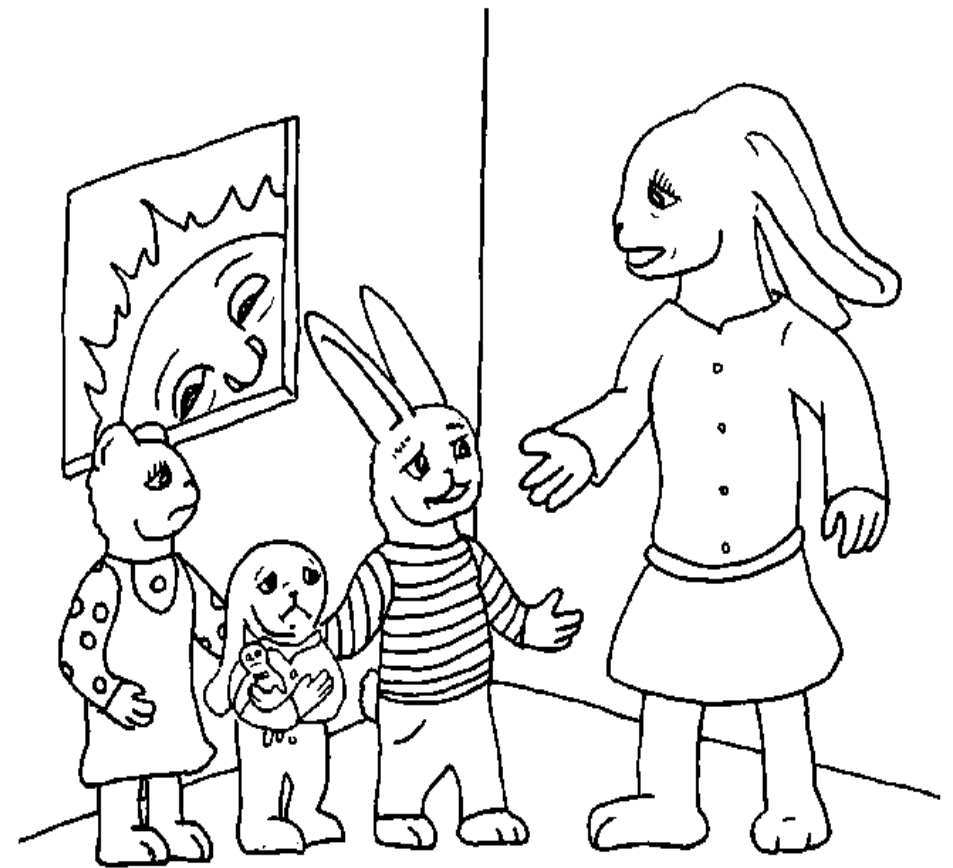
Ni bora zaidi kumkinga mtoto wako kupitia chanjo; ikiwa mwanao ana zaidi ya miaka miwili na hajapata chanjo, muulize muuguzi wako iwapo chanjo hizo zinapatikana.



Lakini siku moja, Safari alikataa kucheza nje ngawaje jua lilikua limeng'ara vizuri.



“Kadzo, nafurahi kuwa tulimpeleka Safari katika zahanati. Sasa, mapafu yetu yana nguvu pia!”

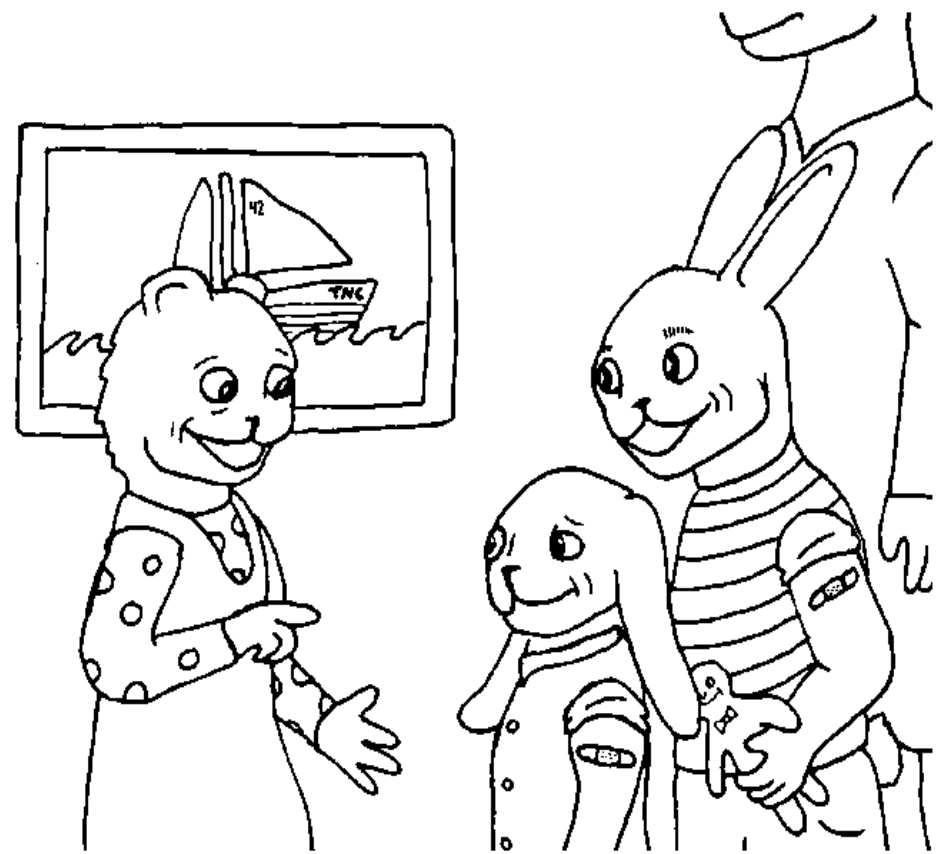


“Safari amekuwa akikohoa na kisha hakula chakula cha mchana. Sasa mwili wake u moto. Pia sauti yake imebadilika na sidhani kama anapumua vyema. Itatubidi tumpeleke kwa daktari!” Bi Fondo alisema huku akiwa na wasiwasi.



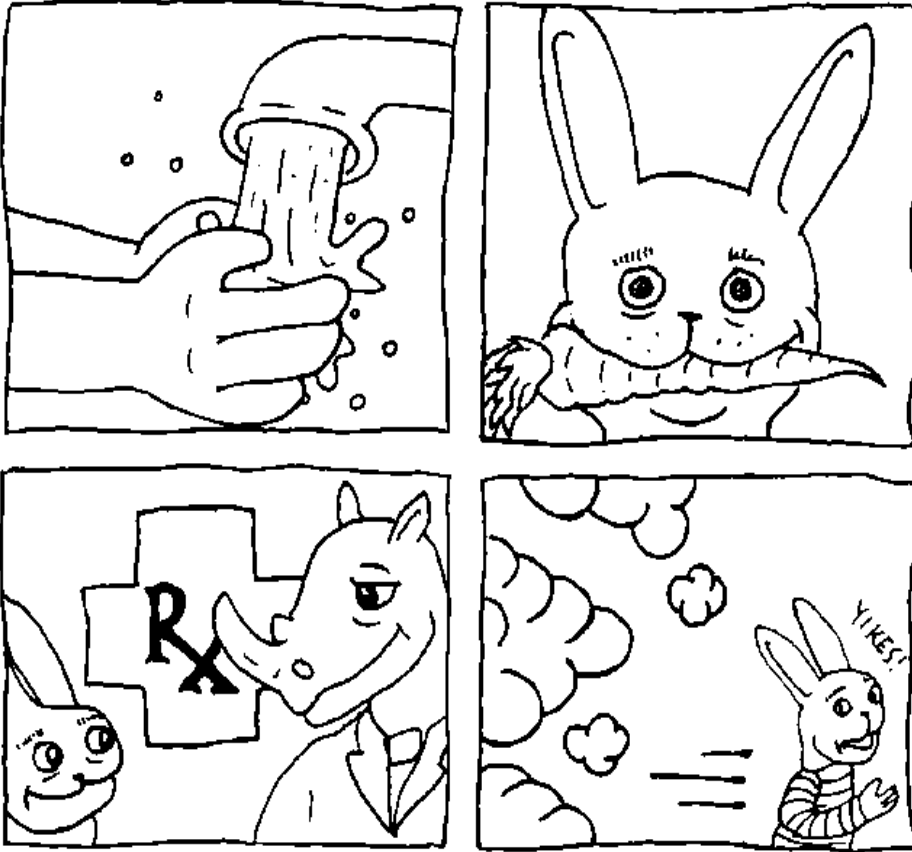
“Safari hafai kuwa na woga wa kwenda kwa daktari,” Kadzo alisema huku wakielekea kwa zahanati. “Mara ya mwisho nilienda huko, baba yangu na mimi tulifundishwa kuhusu ugonjwa wa *pneumonia*. Pengine ugonjwa huu ndio unamfanya Safari ahisi vibaya!”

Katana akauliza, “*Nee-mon-yaah* ni nini?”

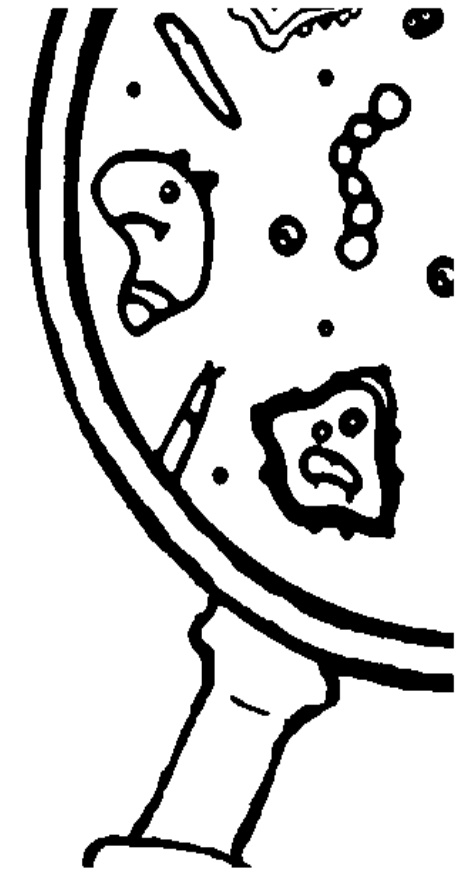


“Sasa, kwa vile mmepata chanjo na elimu ya jinsi ya kuishi vyema kiafya, mnaweza kujikinga na *pneumonia* kama mimi nilivyofanya,” alieleza Kadzo kwa furaha.

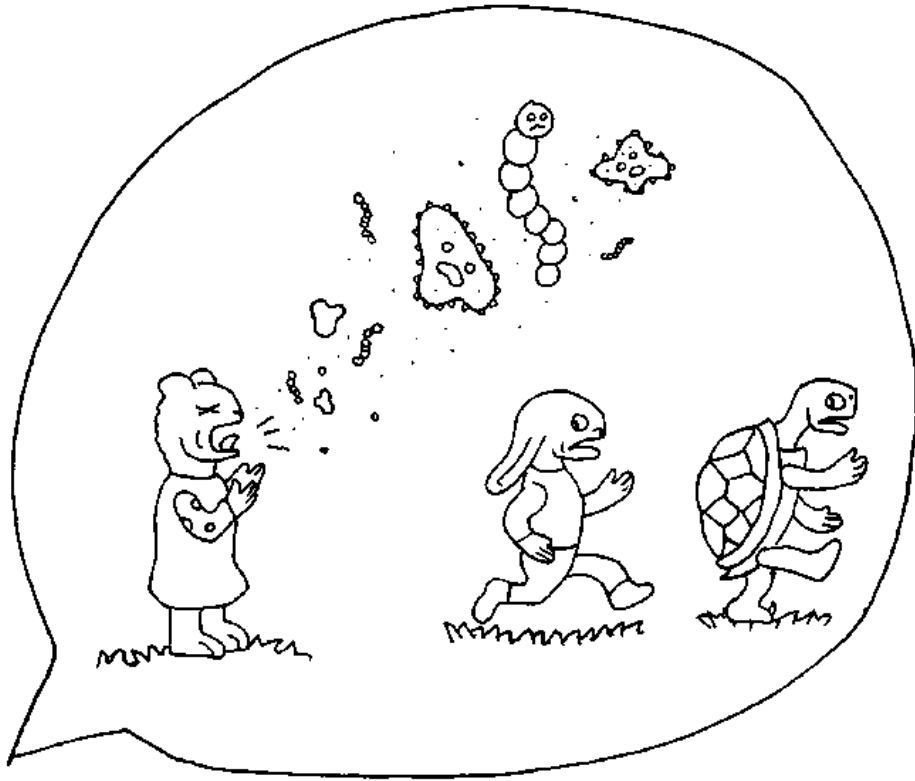
Tunawezaje kujikinga na *pneumonia*?



Daktari aliongezea kwa kusema, “Kumbukeni, njia zingine za kuzuia kushikwa na magonjwa ni: kuosha mikono mara kwa mara, kula vyakula bora, kuenda hospitali mara kwa mara na kupata chanjo, na kukaa mbali na moshi. Pia, watoto wachanga wanafaa kupewa maziwa ya mama peke yake kwa muda wa miezi sita ya kwanza ya maisha. Jambo hili litawasaidia watoto kujikinga na ugonjwa wa *pneumonia*.”

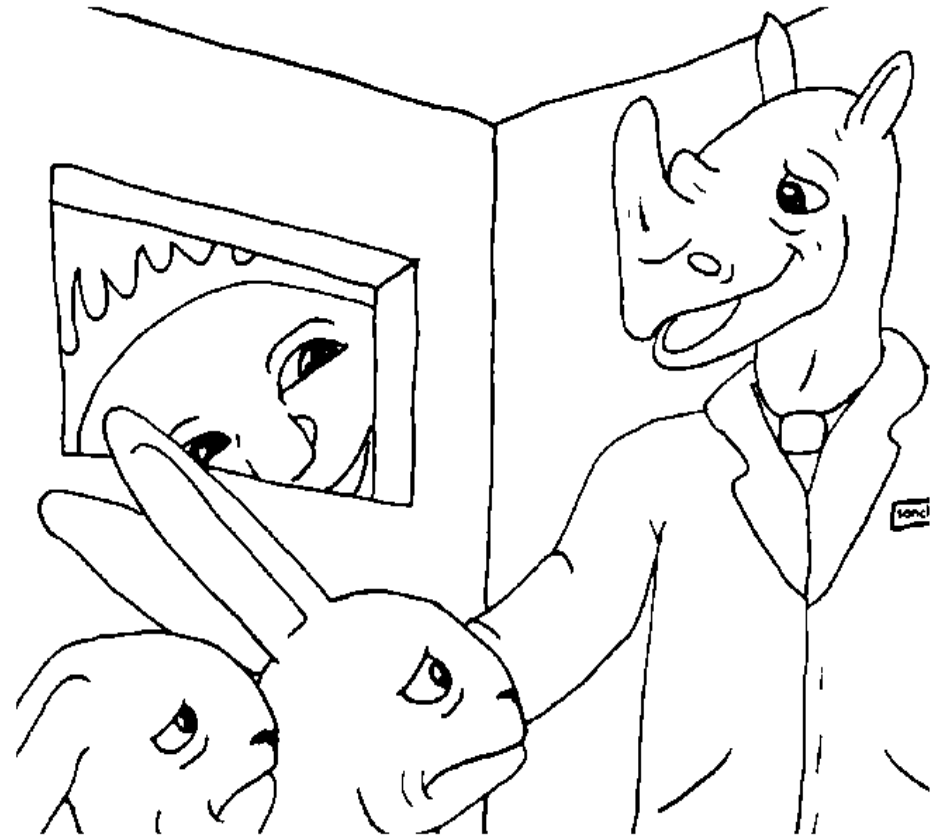


“Daktari alinieleza kuwa *pneumonia* husababishwa na vijidudu vidogo ambavyo havionekani kwa macho makavu. Unaweza kuwa mgonjwa vikiingia ndani ya mapafu. Mapafu yamo ndani ya kifua na humsaidia mtu kupumua. *Pneumonia* husababisha kikohozi na kumfanya mtu apumue kwa shida.”



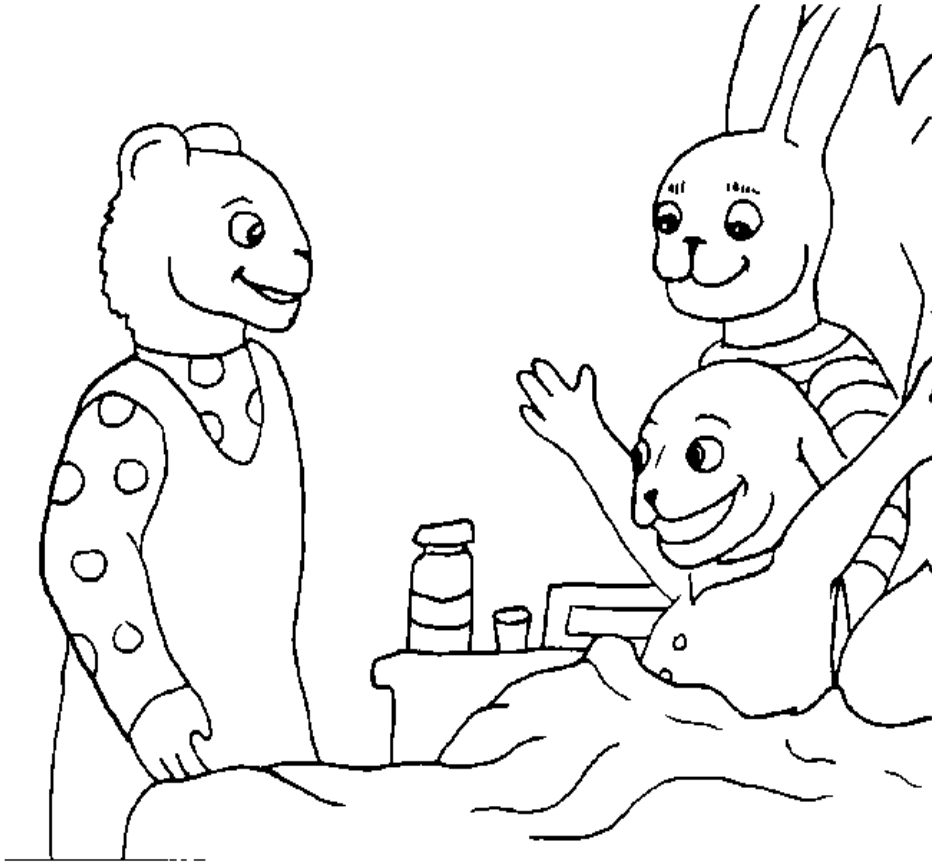
“Ni muhimu kufunika midomo na pua wakati tunakohoa au kuchemua ili tusiwasambazie wenzetu vijidudu hivi. Aidha, tunafaa kuosha mikono yetu ili tusipate magonjwa,” Kadzo aliendelea kueleza.

“Kabla hamjaenda nyumbani, ni vyema ikiwa nyote mtapata chanjo,” alisema Daktari Chonjo.



Safari na Katana waliogopa, lakini Bi Fondo akawaambia wasiwe na hofu, “Yote haya ni kwa manufaa yenu ikiwa hamtapata ugonjwa tena!”

Kadzo aliposikia kuwa Safari amepata nafuu, alienda kumtembelea kwenye zahanati.



“Safari alikuwa na *pneumonia*, lakini sasa amepata nafuu!” alisema Katana huku akiwa amefurahi.

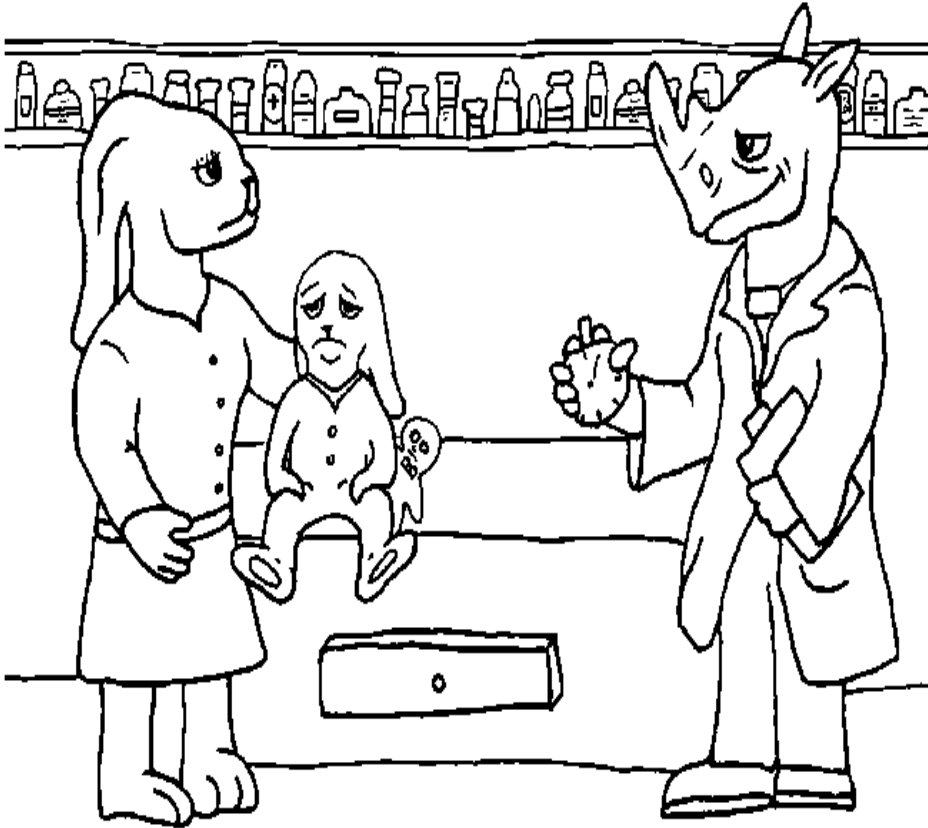
“Sina tena *Nee-mon-yaah!* Sina tena *Nee-mon-yaah!*” Safari alisema.

Kisha Kadzo akasema, “Baba alifurahia sana alipoelezewa njia za kunifanya nisishikwe na magonjwa. Halafu, daktari akanipatia **chanjo** ya kufanya mapafu yangu yawe na nguvu zaidi. Sasa, haitakuwa rahisi kamwe kupata *pneumonia* tena.



Punde baada ya kufika kwenye zahanati, Kadzo aliwaacha na kusema kwaheri.

Walipoingia ndani ya zahanati, Bi Fondo alizungumza na Daktari Chonjo kumhusu Safari.



”Hmm, Safari **yuapumua kwa haraka***. Hii ni ishara moja ya kuwa na *pneumonia*,” Daktari Chonjo akasema.

*Kwa wazazi, ujumbe kuhusu kupumua kwa haraka unapatikana baada ya hadithi hii.



“Mamake Safari, ni vyema kuwa umemleta Safari katika zahanati,” Daktari alisema.

“Safari ana *pneumonia*. Kwa vile ni mgonjwa sana, tutampa dawa na kumuangalia kwa makini akiwa hapa kwenye zahanati.”