

TSWAYO DZA SHISHI DZA TSEVHO KHA MME O VHIFHAHO MUVHILINI



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



Dzungu kana u noka



U humbula nga ha u dihuvhadza kana u huvhadza nwana wanu



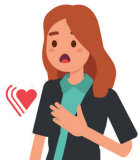
Tshanduko kha ntila ine na vhone ngayo



Mufhiso



U kundelwa u fema



Tshifhavhi kha khana kana u divhitha ha mbilu nga u tshavhanya



Vhutungu vhuhulwane vhu sa fheli kha thumbu



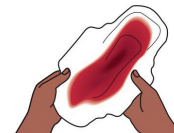
U silingwa ho kalulaho na u tanza (hu si u fana na u silingwa lune wa tanza musu wo vhfha muvhilini)



U sa tsha pfala u tsukunyea ha nwana kana u ongolowa



U bva malofha kha tshirafo tsha mbeu kana u bva luqi tshifhingani tsha u vhfha muvhilini



U bva malofha kha tshirafo tsha mbeu kana u bva luqi nga murahu ha u vhfha muvhilini



U zwimba, u tswukuluwa kana u vhavha ha milenzhe yanu



U zwimba ho kalulaho ha zwanqa zwanu kana tshifhatuwo



U neta ho kalulaho

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

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

Gudani zwo engedzeaho kha: <https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs/>



Fodani tshinepe uri ni gude zwo engedzeaho

© 2022 American College of Obstetricians and Gynecologists. Ho nwa thendelo ya u kopolola na u phagladza heli liñwalwa lothe nahone hu sa shandulwi tshithu, zwihululu kha mishumo i si ya vuvhambadzi ine ya vha ya u gudisa, u khwinisa na tsireledzo kha mulwadze. U shumisa huñwe hothe hu toda thendelo yo nwalwaho i bvaho kha ACOG.