



# Amacebo enhlanzeko

## Washa izandla zakho ngensipho kanye namanzi –

- emva kokuya endlini encane;
- ngaphambi kokulungisa ukudla kanye nokudla; futhi
- emva kokusebenzisa izandla zakho ukumboza umlomo kanye nekhala lakho ngesikhathi ukhwehlela noma uthimula.

## Washisisa izandla zakho, isib. nhlangothi zombili naphakathi kweminwe kanye naphansi kwezinzipho.

- Geza njalo.
- Gqoka izingubo ezihlanzekile nsuku zonke.
- Bhoza umlomo kanye nekhala ngeduku noma ngethishu uma ukhwehlela noma uthimula. Lahla ithishu emgqonyeni wezibi noma uwashe iduku emva kokulisebenzisa.
- Yenza isiqiniseko sokuthi ihhovisi/indlu yakho kanye nokunye kungenisa umoya ngendlela efanele. Vula amawindi ukuze kungene umoya omusha.
- Gcina indawo yakho ihlanzekile.

**Ukuze uthole ulwazi oluthe xaxa yana  
emtholampilo oseduzane**