



Zanzibar Outreach Program

2019 January

Rabi'ul-Akhir - Jumadal-Awwal
1440

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		25	26	27	28	29
		1	2	3	4	5
30	1	2	3	4	5	6
6	7	8	9	10	11	12
7	8	9	10	11	12	13
13	14	15	16	17	18	19
14	15	16	17	18	19	20
20	21	22	23	24	25	26
21	22	23	24	25		
27	28	29	30	31		

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
5	WELEZO
26	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
19	DONGE, UNGUJA
26	KOJANI, PEMBA

SPECIALIZED CAMP SCHEDULE

Date	Place
21-22	ORTHOPEDIC, CHAKE CHAKE HOSPITAL
21-22	GENERAL SURGERY, KMKM
23-24	DENTAL, CHAKE CHAKE HOSPITAL
23-24	OBS & GYN, WETE, MICHEWENI & VITONGOJI HOSPITALS
24-25	ENT, CHAKE CHAKE HOSPITAL
24-26	EYE, AT WETE HOSPITAL

NOTE: The schedule may be adjusted whenever necessary.

01 New Year 12 Zanzibar Revolution

JINSI YA KUJIKINGA NA GOITA

Njia nzuri ya kujikinga na Goita ni kufanya yafuatayo:

1. Kutotumia chumvi ya mawe (madonge)
2. Kupunguza matumizi ya vyakula vinavyoweza kusababisha Goita kama vile mhogo, kabage na viazi vitamu
3. Kutumia chumvi yenye iodine, chumvi yenye iodine huwa inaandikwa 'IODINATED SALT'
4. Kuitia chumvi yenye iodine mwisho kwenye chakula kinachopikwa
5. Kutumia vyakula vyenye iodine mara kwa mara kama vile kombe, chaza, pweza, duvi, tonge kwa tonge na dagaa



Njia nzuri ya kujikinga na Goita ni kutumia chumvi yenye iodine

DONATE

1000 tsh

A MONTH

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136



Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 February

Jumadal-Awwal - Jumadal-Akhirah
1440

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					26	27
					1	2
28	29	30	1	2	3	4
3	4	5	6	7	8	9
5	6	7	8	9	10	11
10	11	12	13	14	15	16
12	13	14	15	16	17	18
17	18	19	20	21	22	23
19	20	21	22	23		
24	25	26	27	28		

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
2	WELEZO
23	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
23	MTENDE, UNGUJA

NOTE: The schedule may be adjusted whenever necessary.

SABABU ZINAZOPELEKEA KUPATA KISUKARI

1. Kutokufanya mazoezi (physical inactivity)
2. Unene uliozidi
3. Kuwa na kiwango cha cholesterol cha juu
4. Historia ya kisukari kwenye ukoo
5. Historia ya kisukari cha mimba
6. Maradhi ya presha
7. Uvutaji wa sigara
8. Utumiaji wa pombe
9. Umri mkubwa
10. Historia ya kujifungua watoto wanaozidi kilo 4



"Balanced diet", mazoezi na dawa ni muhimu katika matibabu ya kisukari



Mtoto anaweza kurithi kisukari kutoka kwa wazee wenye kisukari

UMESHACHANGIA MWEZI HUU? #changiabuku



CHANGIA BUKU 1000
kwa mwezi
EZY PESA +255 777 157 415

Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 March

Jumadal-Akhirah - Rajab
1440

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24					24	25
31					1	2
26	27	28	29	30	1	2
3	4	5	6	7	8	9
3	4	5	6	7	8	9
10	11	12	13	14	15	16
10	11	12	13	14	15	16
17	18	19	20	21	22	23
17	18	19	20	21	22	23
24	25	26	27	28	29	30

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
2	WELEZO
30	SEBLENI

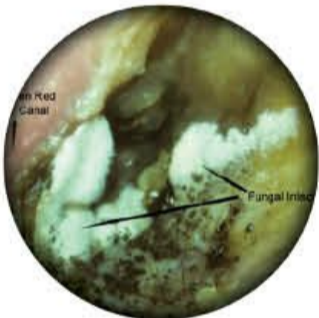
MOBILE CLINIC CAMP SCHEDULE

Date	Place
23	KANDWI, UNGUJA
23	MGELEMA, PEMBA

NOTE: The schedule may be adjusted whenever necessary.

HATARI ZA KUSAFISHA SIKIO

Kimaumbile sehemu ya nje ya sikio imepakazwa dawa (nta ya sikio), dawa hii huwa ya maji maji hivyo ni rahisi kusukumwa nje na sikio kila baada ya muda, dawa hii huzaia sehemu hii ya sikio kutokupata maambukuzi ya bacteria au fangas (fungus). Jamii inatakiwa kujiepusha na usafishaji wa masikio kutokana na sababu zifuatazo:



1. Kujisafisha kunaweza kusababisha maambukuzi ya bacteria au fangas



2. Kusafisha kunaweza kupelekea kuisukuma nta ya sikio ndani na hivyo kuzibisha sikio



3. Kujisafisha kunaweza kupelekea kutoboa ngoma ya sikio

Indhari:

Nta ya sikio ni dawa na sio uchafu wa sikio kama inavyoitwa sasa

CHANGIA BUKU 1 000 tsh kwa mwezi

- Kusambaza maji safi ma salama
- Kuendesha skuli ya viziwi
- Kuendesha kambi za matibabu
- Kutibu watoto wenye miguu rungu

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136

Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 April

Rajab - Sha'ban
1440

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	25	26	27	28	29	1
	1	2	3	4	5	6
2	3	4	5	6	7	8
7	8	9	10	11	12	13
9	10	11	12	13	14	15
14	15	16	17	18	19	20
16	17	18	19	20	21	22
21	22	23	24	25	26	27
23	24	25				
28	29	30				

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
6	WELEZO
27	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
13	UZI, UNGUJA

SPECIALIZED CAMP SCHEDULE

Date	Place
22-23	ORTHOPEDIC, CHAKE CHAKE HOSPITAL
22-23	GENERAL SURGERY, KMKM
24-25	DENTAL, CHAKE CHAKE HOSPITAL
24-25	OBS & GYN, WETE, MICHEWENI & VITONGOJI HOSPITALS
24-25	ENT, CHAKE CHAKE HOSPITAL
25-27	EYE, AT WETE HOSPITAL

NOTE: The schedule may be adjusted whenever necessary.

07 Karume Day 19 Good Friday 22 Easter Monday 26 Union Day

NAMNA YA KUYATUNZA MACHO

Njia bora ya kuyakinga macho na maradhi mbali mbali

1. Usafi wa mwili na mazingira tunayoishi
2. Kuosha mikono kwa maji safi
3. Kuosha uso mara kwa mara
4. Kuvaa miwani kwa wale wenye kufanya kazi sehemu zenye mavumbi na madereva wa vyombo vya maringi mawili
5. Kuvaa miwani ya kiza sehemu zenye mwangaza mkali kama vile sehemu za welding.
6. Kupuka kutumia dawa bila ya ushauri wa daktari
7. Kupuka tiba za kienyeji kwenye macho
8. Kusoma kwenye sehemu zenye mwangaza wa kutosha.
9. Kula tunda angalau mara moja kwa siku
10. Kuona daktari kila unapopata matatizo ya macho.

CHANGIA 1000 tsh KWA MWEZI

KWA AJILI YA
KAMBI ZA
MATIBABU



EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136

Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 May

*Sha'ban - Ramadan
1440*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			26	27	28	29
			1	2	3	4
30	1	2	3	4	5	6
5	6	7	8	9	10	11
7	8	9	10	11	12	13
12	13	14	15	16	17	18
14	15	16	17	18	19	20
19	20	21	22	23	24	25
21	22	23	24	25	26	
26	27	28	29	30	31	

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
4	WELEZO
25	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
4	TUMBATU GOMANI, UNGUJA
4	KOKOTA, PEMBA

SPECIALIZED CAMP SCHEDULE

Date	Place
22-23	ORTHOPEDIC, CHAKE CHAKE HOSPITAL
22-23	GENERAL SURGERY, KMKM
24-25	DENTAL, CHAKE CHAKE HOSPITAL
24-25	OBS & GYN, WETE, MICHEWENI & VITONGOJI HOSPITALS
24-25	ENT, CHAKE CHAKE HOSPITAL
25-27	EYE, AT WETE HOSPITAL

NOTE: The schedule may be adjusted whenever necessary.

01 Workers Day

MGUU RUNGU SI ULEMAVU

Mguu rungu si ulemavu tena na matatizo haya hutibika vizuri kwa kumuanzishia mtoto matibabu mapema iwezekanavyo, inasisitizwa matibabu yaanze katika siku saba baada ya kuzaliwa

Matibabu ya mguu rungu yamegawika kama ifuatavyo:



CHANGIA BUKU 1000 tsh kwa mwezi

- Kusambaza maji safi ma salama
- Kuendesha skuli ya viziwi
- Kuendesha kambi za matibabu
- Kutibu watoto wenye miguu rungu

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136



» Kuekewa POP

» Tenotomy pale inapolazimu » Kupoa
» Kuvalishwa viatu

Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 June

Ramadan - Shawwal
1440



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27						27
30						1
28	29	1	2	3	4	5
2	3	4	5*	6*	7	8
6	7	8	9	10	11	12
9	10	11	12	13	14	15
13	14	15	16	17	18	19
16	17	18	19	20	21	22
20	21	22	23	24	25	26
23	24	25	26	27	28	29

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
1	WELEZO
29	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
15	TUMBATU JONGOE, UNGUJA
15	KISIWA PANZA, PEMBA

SPECIALIZED CAMP SCHEDULE

Date	Place
24-25	ORTHOPEDIC, CHAKE CHAKE HOSPITAL
24-25	GENERAL SURGERY, KMKM
26-27	DENTAL, CHAKE CHAKE HOSPITAL
26-27	OBS & GYN, WETE, MICHEWENI & VITONGOJI HOSPITALS
26-27	ENT, CHAKE CHAKE HOSPITAL
27-29	EYE, AT WETE HOSPITAL

NOTE: The schedule may be adjusted whenever necessary.

05 / 06 Eid El Fitr (Depends on sighting of the moon)

NAMNA YA KUYATUNZA MENO

1. Kupiga msuaki angalau mara mbili kwa siku – Asubuhi na usiku kabla ya kulala
2. Kujifunza namna nzuri ya kupiga msuaki
3. Kutumia dawa ya msuaki tunapopiga msuaki



Kupunguza matumizi ya mara kwa mara ya vyakula vyenye sukari

CHANGIA 1000 tsh KWA MWEZI

DONATE 1000 tsh A MONTH

Join us in serving the community

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136



Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 July

Shawwal - Dhul-Qa'dah
1440

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28	29	30	1	2	3
	1	2	3	4	5	6
4	5	6	7	8	9	10
7	8	9	10	11	12	13
11	12	13	14	15	16	17
14	15	16	17	18	19	20
18	19	20	21	22	23	24
21	22	23	24	25	26	27
25	26	27	28			
28	29	30	31			

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
6	WELEZO
27	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
13	GHANA, UNGUJA

NOTE: The schedule may be adjusted whenever necessary.

07 Saba Saba

HADHARI ZA KUJIZUILIA KUPATA PRESHA

Kwa sababu maradhi ya presha mara nyingi zaidi huwapata watu wenye umri wa miaka arubaini na kuendelea, inasisitizwa kwa mtu yeyote aliyefikia umri huu kuyazingatia yafuatayo:

1. Kupima presha mara kwa mara
2. Kupunguza matumizi ya chumvi katika chakula
3. Kupunguza nyama zote nyekundu kama nyama ya ng'ombe, mbuzi nk
4. Kufanya mazoezi angalau dakika 30 kwa siku.
5. Kupunguza unene
6. Kutokuvuta sigara
7. Kutokunywa pombe



Ili mazoezi yawe na faida kimwili ni lazima yafanywe wakati ule ule kila siku. Kufanya mazoezi nyakati tofauti kila siku haiteti tija kwenye mwili. Si lazima mtu aende mbio, kutembea kwa wakati ule ule kila siku kwa kipindi cha nusu saa au zaidi ni mazoezi ya kutosha.



Punguza Unene



DONATE **1000** TSH A MONTH
TO HELP FUND MOBILE CLINICS

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136

Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 August

Dhul-Qa'dah 1440 - Dhul-Hijjah 1441

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				29	1	2
				1	2	3
3	4	5	6	7	8	9
4	5	6	7	8	9	10
10	11	12	13	14	15	16
11*	12*	13	14	15	16	17
17	18	19	20	21	22	23
18	19	20	21	22	23	24
24	25	26	27	28	29	1
25	26	27	28	29	30	31

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
3	WELEZO
31	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
24	MANGAPWANI, UNGUJA
24	MAZIWA NG'OMBE, PEMBA

NOTE: The schedule may be adjusted whenever necessary.

08 Nane Nane 11/12 Eid El Hajj (Depends on sighting of the moon)

JINSI YA KUMSAIDIA ZERUZERU ASIATHIRIKE KWA JUA

Ngozi ya zeruzeru huwa inaathiriwa na jua na huweza kupelekea ngozi hii kupata KANSA hivyo hadhari zifuatazo ni muhimu:

1. Zeruzeru kuzuiliwa kufanya kazi sehemu zenye jua
2. Kutokutoka nje wakati wa jua kali la mchana
3. Ifunike ngozi kwa nguo kwa kiasi inavyowezekana. Nguo za pamba ndizo bora zaidi. Jaribu kununua nguo ambazo huwezi kuona mwanga unapotanda mwangani
4. Kuvaa suruali ndefu au sketi ndefu
5. Kuvaa shati au blauzi yenye mikono mirefu
6. Kuvaa viatu na soksi
7. Kuvaa miwani ya jua iliyo nyeusi
8. Kuvaa kofia yenye ukingo
9. Kuvaa miwani ya jua kutazua jua lisiyauumize macho
10. Kupaka dawa au Loshan maalum ya kujikinga na jua



Loshan inatakiwa ipakwe muda wa nusu saa kabla hujatoka kwenda juani na iwapo utakua nje kwa siku nzima jiongezee dawa au loshan zaidi wakati wa mchana.



DONATE **1000** TSH A MONTH
TO HELP SUPPLY CLEAN AND SAFE WATER

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136

Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 September

Muharram - Safar
1441

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
1	2	3	4	5	6	7
9	10	11	12	13	14	15
8	9	10	11	12	13	14
16	17	18	19	20	21	22
15	16	17	18	19	20	21
23	24	25	26	27	28	29
22	23	24	25	26	27	28
30	1					
29	30					

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
7	WELEZO
28	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
14	KIJINI, UNGUJA

SPECIALIZED CAMP SCHEDULE

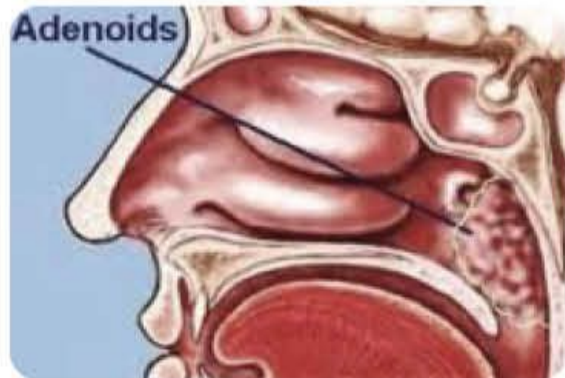
Date	Place
23-24	ORTHOPEDIC, CHAKE CHAKE HOSPITAL
23-24	GENERAL SURGERY, KMKM
25-26	DENTAL, CHAKE CHAKE HOSPITAL
25-26	OBS & GYN, WETE, MICHEWENI & VITONGOJI HOSPITALS
25-26	ENT, CHAKE CHAKE HOSPITAL
26-28	EYE, AT WETE HOSPITAL

NOTE: The schedule may be adjusted whenever necessary.

MAMBO YA KUZINGATIA KATIKA KUZUIA WATOTO KUFANYA ADENOID (VINYAMA VYA PUA) NA KUUMWA NA TONSIL

Maradhi ya vinyama vya pua na Tonsil vinaweza kuzuilika kwa kufaya yafuatayo:

1. Kutokula vitu vya baridi
2. Kutokula vitu vilivyopakwa rangi kama vile ubuyu, pipi na chocolate, vitu vyote vilivyotiwa rangi
3. kuacha kutumia vitu vyenye Chemikali kama vile soda na juice za viwandani



DONATE **1000** TSH A MONTH
TO HELP FUND SPECIALIZED CLINICS

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136

Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 October

Safar - Rabi'ul-Awwal
1441

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2	3	4	5	6
		1	2	3	4	5
7	8	9	10	11	12	13
6	7	8	9	10	11	12
14	15	16	17	18	19	20
13	14	15	16	17	18	19
21	22	23	24	25	26	27
20	21	22	23	24	25	26
28	29	1	2	3		
27	28	29	30	31		

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
5	WELEZO
26	SEBLENI

MOBILE CLINIC CAMP SCHEDULE

Date	Place
29	MICHAMVI, UNGUJA
29	MTANGANI, PEMBA

SPECIALIZED CAMP SCHEDULE

Date	Place
23-24	ORTHOPEDIC, CHAKE CHAKE HOSPITAL
23-24	GENERAL SURGERY, KMKM
25-26	DENTAL, CHAKE CHAKE HOSPITAL
25-26	OBS & GYN, WETE, MICHEWENI & VITONGOJI HOSPITALS
25-26	ENT, CHAKE CHAKE HOSPITAL
26-28	EYE, AT WETE HOSPITAL

NOTE: The schedule may be adjusted whenever necessary.

14 Nyerere Day

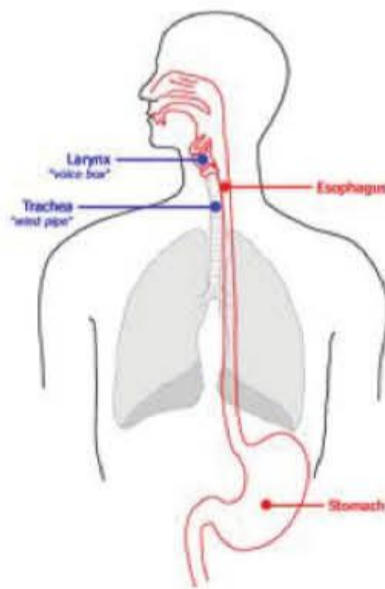
MAMBO YA KUZINGATIA BAADA YA KUTAMBULIWA KUWA NA ACID INAYOPANDA KOONI (LARYNGOPHARYNGEAL REFLUX)

Acid inayopanda kooni inaweza kusababisha kimoja au zaidi ya vifuatavyo:

1. Vidonda vya koo ambavyo huleta maumivu,
2. Kusababisha mgonjwa kuhisi ana kitu kilichomkaa kooni,
3. Kutoa makohozi ambayo mara nyengine huwa na chembe chembe za damu
4. Sauti huweza kubadilika.

Matibabu muhimu ni kuweka miko ifuatayo:

1. Kutokula vitu vikali kama pilipili, achari, ndimu
2. Kutokula chocolate na kahawa
3. Kutotumia dawa zenye nguvu zaidi ya Paracetamol kutibu maumivu
4. Kukaa masaa mawili baaada ya kula bila ya kujinyoosha au kulala
5. Kutotumia vitu vya baridi
6. Kutumia dawa kama alivyopangiwa na daktari



CHANGIA BUKU 1,000 tsh kwa mwezi

- Kusambaza maji safi ma salama
- Kuendesha skuli ya vizivi
- Kuendesha kambi za matibabu
- Kutibu watoto wenye miguu rungu

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136



Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 November

Rabi'ul-Awwal - Rabi'ul-Akhir
1441

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					4	5
					1	2
6	7	8	9	10	11	12
3	4	5	6	7	8	9
13	14	15	16	17	18	19
10	11	12	13	14	15	16
20	21	22	23	24	25	26
17	18	19	20	21	22	23
27	28	29	30	1	2	3
24	25	26	27	28	29	30

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
2	WELEZO
30	SEBLENI

NOTE: The schedule may be adjusted whenever necessary.

10 Maulid (Depends on sighting of the moon)

JEE UNAZIJUA SABABU KUU HATARISHI ZA UZIWI?

1. Urithi: Kuwepo kwa tatizo la uziwi katika familia, hasa kama wazazi wameoana mke ndugu.
2. Utumiaji wa dawa zinazoathiri mshipa wa kusikia (Ototoxic drugs) kama vile dawa za Quinine na Gentamicin
3. Mtoto kuzaliwa kabla ya muda (njiti au Premature babies)
4. Mtoto kuchelewa kulia mara baada ya kuzaliwa (Birth asphyxia).
5. Mtoto kuzaliwa na uzito mdogo chini ya kilo 2.
6. Mtoto kupata manjano mara baada ya kuzaliwa (Neonatal jaundice) na kuendelea na umanjano huo zaidi ya wiki 2.
7. Maradhi/maambukizo mbalimbali kwa mtoto, kwa mfano homa ya uti wa mgongo (meningitis), surua (measles) na maradhi ya kutoka usaha sikioni kwa muda mrefu (Chronic otitis media)
8. Kukosa sindano za chanjo zinazotolewa wakati wa ujauzito na utotoni
9. Utumiaji wa Ear na Head phones

Indhari: Mzazi mpeleke mtoto wako hospitali mapema kwa ajili ya uchunguzi wa usikivu kama mtoto wako ana sababu moja au nyengine zilizotajwa hapo juu.

Mtoto atakapojulikana mapema kuwa ana tatizo la usikivu, hupata matibabu ya kumuwezesha kusikia na hivyo kuweza kusema



DONATE 1000^{TSH} A MONTH
TO HELP TREAT CHILDREN WITH CLUB FOOT

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136

Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program

2019 December

Rabi'ul-Akhir - Jumadal-Awwal
1441

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
1	2	3	4	5	6	7
11	12	13	14	15	16	17
8	9	10	11	12	13	14
18	19	20	21	22	23	24
15	16	17	18	19	20	21
25	26	27	28	29	1	2
22	23	24	25	26	27	28
3	4	5				
29	30	31				

WELEZO & SEBLENI HOUSES OF ELDERLY OUTREACH CLINICS

Date	Place
7	WELEZO
28	SEBLENI

SPECIALIZED CAMP SCHEDULE

Date	Place
2-3	ORTHOPEDIC, CHAKE CHAKE HOSPITAL
2-3	GENERAL SURGERY, KMKM
4-5	DENTAL, CHAKE CHAKE HOSPITAL
4-5	OBS & GYN, WETE, MICHEWENI & VITONGOJI HOSPITALS
4-5	ENT, CHAKE CHAKE HOSPITAL
5-7	EYE, AT WETE HOSPITAL

NOTE: The schedule may be adjusted whenever necessary.

09 Independence Day 25 Christmas Day 26 Boxing Day

MLO SAHIHI WA MTOTO

- Kumnyonyesha mtoto kwa miezi sita ya mwanzo bila ya kumpa chakula chengine.
- Kuanzisha Vyakula vya ziada vyenye mlo kamili na wa kutosha atapofikia miezi sita ikiwa ni pamoja na kuendelea na maziwa ya mama mpaka umri wa miaka 2.
Kwa kuanzia mtoto alishwe vyakula laini na vilivyo pondwa pondwa mara moja hadi mbili kwa siku hadi kufikia umri wa miezi nane (8).
Mtoto atakapofikia umri wa miezi minane, mtoto aendelee kunyonyeshwa kupata mlo kama ifuatavyo:
 - Alishwe mlo mikubwa mitatu kwa siku na apate kitafunwa baada ya kila mlo: mfano asubuhi chakula kikuu saa nne tunda saa saba chakula kikuu saa kumi tunda na saa kumi na mbili chakula kikuu
 - Alishwe aina tofauti za vyakula vya uwanga mfano mbatata, mchele, ngano, mtama, ndizi



CHANGIA 1000 tsh KWA MWEZI

DONATE 1000 tsh A MONTH

Join us in serving
the community

EZY PESA +255 777 157 415
TIGO PESA +255 712 616 136



Zanzibar Outreach Program | Flat No 2, 1st Floor Mothercare House Vikokotoni | P. O. Box 4199, Zanzibar | Tel: 0773 047 979 | Email: info@zopzanzibar.org

2018 PARTNERS





Zanzibar Outreach Program



JANUARY

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

01 New Year 12 Zanzibar Revolution

FEBRUARY

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



APRIL

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

07 Karume Day 10 Good Friday 13 Easter Monday 26 Revolution Day

MAY

SUN	MON	TUE	WED	THUR	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

01 Workers Day 23/24 Eid El Fir (Depends on sighting of moon)



JUNE

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

*05/06 Eid Ul Fir (Depends on sighting of the moon)

JULY

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

07 Saba Saba 30/31 Eid El Hajj (Depends on sighting of moon)



AUGUST

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

08 Nane Nane

SEPTEMBER

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

14 Nyerere Day 28/29 Maulid (Depends on sighting of moon)

NOVEMBER

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JINSI YA KUJIKINGA NA GOITA

Njia nzuri ya kujikinga na Goita ni kufanya yafuatayo:

1. Kutotumia chumvi ya mawe (madonge)
2. Kupunguza matumizi ya vyakula vinavyoweza kusababisha Goita kama vile mhogo, kabage na viazi vitamu
3. Kutumia chumvi yenye iodine, chumvi yenye iodine huwa inaandikwa 'IODINATED SALT'
4. Kuitia chumvi yenye iodine mwisho kwenye chakula kinachopikwa
5. Kutumia vyakula wenyewe iodine mara kwa mara kama vile kombe, chaza, pweza, duvi, tonge kwa tonge na dagaa

CONTACT US

Flat No 2, 1st Floor Mothercare House Vikokotoni
 P. O. Box 4199, Zanzibar
 Tel: 0773 047 979
 Email: info@zopzanzibar.org