

Hesperian Health Guides

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40 years with 'Where There Is No Doctor'

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Hesperian Health Guides is a nonprofit health information and health education source that supports individuals and communities in their struggles to realize the right to health. We develop easy to read materials that are produced in many languages. All are available through our bookstore and the new Hesperian Digital Commons.

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Hesperian Health Guides, formerly known as Hesperian Foundation, is a nongovernmental non-profit organization publishing health guides for trained and untrained people to care for themselves and others. The

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Coronavirus inopararira ichibva pamunhu anehutachiona uhu kana achifema, kukosora nekuhotsira panevanhu vasina chirwere kana pachikafu kana panzvimbo dzinosvika vanhu vasina chirwere ivobatamiromo, mhino nemaziso hutachiona hwopinda.

Coronavirus – COVID-19 - Hesperian Health Guides

When we digest food, it puts sugar into our blood. This sugar is called glucose and our bodies use it to get the energy we need. Sweet things turn into glucose but other foods do too, especially starchy foods such as rice, maize, yam, potato, and bread or other foods made from wheat. Diabetes means having too much sugar in your blood.

Diabetes - Hesperian Health Guides

Hesperian Health Guides is a nonprofit that fights to bring life-saving healthcare information to even the most remote corners of the world. Its mission is to work toward a better future for everyone. It wants an empowered future where everyone has the tools and education necessary to control and understand their health.

How Hesperian Health Guides Is Saving Lives | The Borgen ...

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Hesperian HealthWiki - Hesperian Health Guides

A health worker uses a machine or manual vacuum aspiration (MVA) syringe to empty the womb. If vacuum aspiration is done correctly, it is usually safe. (See A Book for Midwives, Chapter 23.) D&C (dilation and curettage).

Abortion - Hesperian Health Guides

Ekoronavirus ikingira omomubir'okwilabir' obuno, enindo (emihuli), na meso, omughulu oyowabirihimbikwa nabo akakohola, kutse akatw'esyotsihya hakuhi naghu, kutse hakuhi n'ekind'eky'ukanditulako, neryo hangeny'ewayitulak' oko meso, oko nindo, kutse oko buno.

EKoronavirus – Kovid-19 - Hesperian Health Guides

Domin kare kai daga mafiyawancin guba, a sha ruwa mai yawa cikin gaggawa domin fitar da ita (daga cikin jiki). Shan 'activated charcoal' zai taimaka wajan zu?e gubar (daga cikin jiki) wadda zata fita ta bayan gida daga baya. Idan kuma an san gubar da aka sha, duba jadawalin dake ?asa domin bayanin abinda yakamata ayi.

Guba - Hesperian Health Guides

Mask: Uxa ugcina abagulayo, zivikele nge mask elamandla. Geza izandla

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ngasonke isikhathi ngesepa langamanzi, njalo uvimbe umlomo lamakhala nge mask.; Ungabambi imask nxa usuyigqokile, njalo nxa imask isimmanzi yilahle ufake entsha.; Nxa ukhupha imask, ibambe ngentambo, usuyilahlela lapho okulengekeza khona uvale.Nxa ugeda lokho, geza futhi.

Coronavirus – COVID-19 - Hesperian Health Guides

A duba raunuka a sauran sassan jikinta, kuma a duba wa?ansu ?angarorin wannan sashin domin magance wa?ansu matsalolin. Rубutaccen bayani na binciken zahiri na raunukan da aka samu, abune wanda ya zama dole, idan matar ta kai rahoto wurin `yan sanda, ko da kuwa ta kai rahoton ne bayan faruwar abun da da?ewa.

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