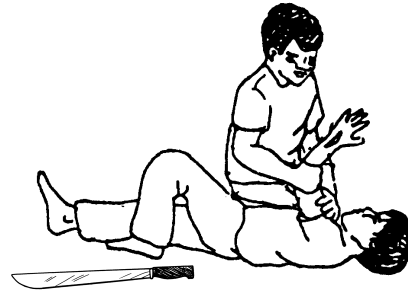


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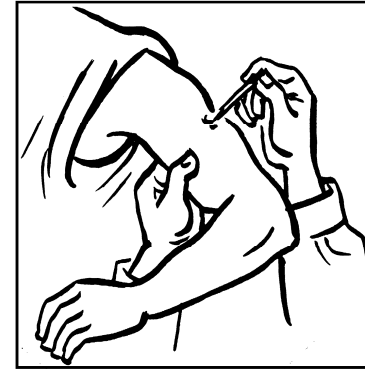
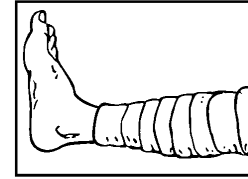
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## Kujanjaba bihuta na bihote



Lugungu

Health / First Aid



25

Tundulu  
yaateemuurengi kisaka  
aleke atunge ha kulima.  
Kipanga kyakuutiri  
musaali kyabbeesuka  
kyamutema kigulu kubiibi  
hoi.

Ibbanga lyamwe  
lyamiisukiri kiikaru  
kyensei!

2

Janyongo  
yeekambisiirye  
Tundulu kunywa hoi  
byakunywa nka  
meezi na micungwa  
rundi hutunda.  
Kandi, yongera  
kumweekambisya  
nti, na mibazi mibaamuheeri  
kuruga mwirwaru, awone  
amikoreserye kandi yongeri na  
kumikoresya nabuyaakabba  
atandikiri kwezegwa nali kurungi.  
Yongeri kukoonvera Tundulu  
kunaabyanga kihuta na meezi  
gahyo galimwo mukwa na bikoora  
bya mbumbuula bizige kudoosya  
buyaahoniri.



27

### Ndagiio gya Kitabbu

Bantu bakukira ha 40,000 mu Uganda, babaza Lugungu niluli lukobo lwaŋu lunyakubabyala. Bagungu bakukira hunene beicala nagwa ha mitanda mya matemba geitaka lya mwita Nzige. Beiŋu kandi, bandi beicala hakyendi wa kikoko nagwa magyenda Hoima na magyenda Masindi. Mu huhangwa huwaŋu, Bagungu beicala bahiigi, balobi, kandi balimi. Bagungu balijsya nte mu hunene, kandi de, nibasuubura na bantu ba ndimi zibahereeri.

Kuruga nibagumya kitabbu kyolokya mahandiikire ga Lugungu mu mwaka gwa 2005, Bagungu banene, hataati bali na bihika bya kusoma Lugungu. Mwa kubaha gugwo mugisa gwa kulusoma, bitabbu binene hataati bilimukuhandiikwa. Kiki kyokwetji, kili kimwei mubyo. Tukwenihiza nti, kiki kitabbu kikugyenda kukusemeera kukisoma, kandi de nti, okugyenda kutwala gugu mugisa kugula bitabbu bindi, nabyo obisome.

LUBITLA

### Preface

The Lugungu language is spoken as mother-tongue by more than 40,000 people in Uganda. The Bagungu people primarily live along the North-East shores of Lake Albert with some also in areas above the escarpment towards Hoima and Masindi. Traditionally hunters, fishermen and cultivators, they now keep many cattle and are engaged in trade with neighboring people.

Since the orthography was stabilized in 2005, many Bagungu people are now eager to read Lugungu. To facilitate this, a series of books are now being produced. This is one that you are now holding. We hope that you enjoy reading this book and that you take the opportunity to purchase others and read them also.



23

Yaatandikiri kulibata,  
kyonkei heinyuma,  
yeirukiri-hwiruki magyenda  
ga ku nyumba kandi de,  
nataaganga.

Yaali ategiri kya kukora  
kwemereerya ibbanga kandi  
huwo, lyo lyeyonge rengi-  
bweyonger kumiisuka.

Yeezegwiri nali na  
keetunguuli.

4



3

Baakoreseerye kigoye  
kyecumi kutoolamwo bironofu  
binyakubba byehomiri mu  
kihuta. Baanaabirye kicweka  
kyenseenya kihereeri kihuta, na  
meezi gecumi, na sabbuuni.

24

## Kujanjaba bihuta na bihote *Caring for Bad Cuts and Wounds*

Translated by: Businge Makolome Robert

Illustrations by: SIL International files  
Original text edited by Robin Rempel, BTL  
Kenya 2003 © Used with permission.

Lugungu

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Association

and  
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Entebbe, Uganda

## Kulinganja bihuulyo bya kuhanuuraho:

1. Janyongo yeemereerye teetei ibbanga lya Tundulu kumisuka?
2. Kihuta bejalengi nibakinaabya naki?
3. Gagwo meezi ga kunaabya kihuta osobora kugatahura teetei?
4. Kyani kibaaheeri Tundulu kunywa?
5. Habwaki baahambirizibirwe kutwala Tundulu kwirwaru?
6. **Kyakukora:** Luhanuuro lulu muluzenyemwo muzaanu nimukoresya meezi ganyunkirwemwo bihohonyolo bya musingabakazi.

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5

Hati bwali bwire bwa  
kunaabya kihuta kyonyini.  
Nyakaabu yaatimbiri meezi  
galimwo mukwa na bikoora  
bya mbumbuula bizige.  
Bugahoori, baagasengeeja na  
kagoye keecumi,  
baaganaabisya kihuta,  
baakitoonyiamwo meezi ga  
kisookiiso aleke kitolemw  
burofu bunyakubba  
busigaliiri.

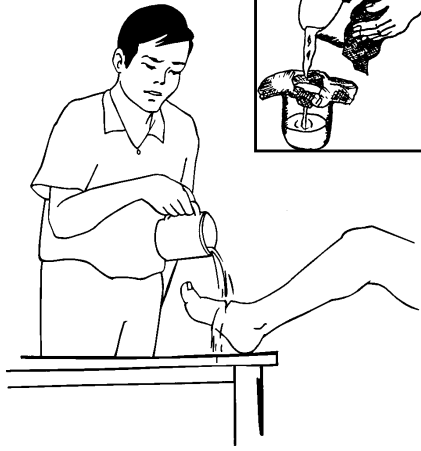
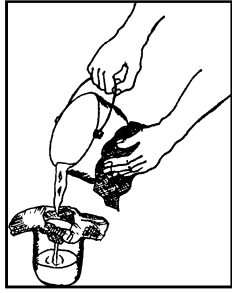
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1

Ha kumaliira, kihuta  
baakibbohiri na kagoye  
keecumi kandi koomu,  
Tundulu baamutwala  
kwirwaru kumukuuta  
nkinzo za murarama na  
kumuha mibazi mikutanga  
kihuta kugaga.

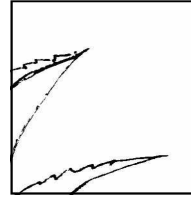
26



21

Kya mugisa gurungi,  
Janyongo, waabu Tundulu,  
yaali asomirihho kitabbu  
kikwategeeni na muntu ali mu  
kizubu nka kiki. Buyeegwiri  
Tundulu nalimukutaaga, yeiziri  
neiruka. Na bandi  
banyakwegwa kutaaga kwa  
Tundulu, boodede beiziri.

6



17

Janyongo yaazinga-zinga  
lugoye mirundi minene,  
yaatunga muzingo gukooto.  
Muzingo gugwo yaagumiga  
ku kihuta. Muzingo  
yaagutitiri na maani  
kumala dakika nka 15.  
Bubwo, kigulu kihuta  
kyokyo, nikili kibyokye  
hakyendi.

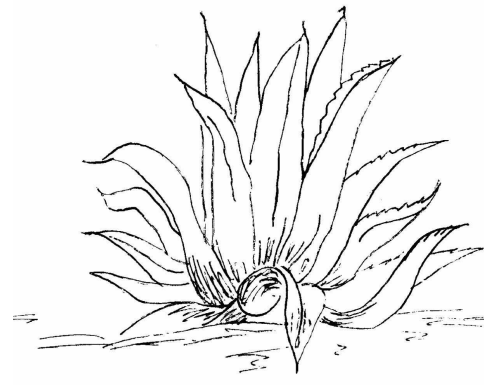
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Janyongo buyaaweeni kihuta  
kya Tundulu, yeegeeri kimwei  
nti, akuteekwa kwemereerya  
ibbanga kulwa, kitali kikyoo,  
Tundulu akugyenda kukwa.  
Janyongo yaaraagiiri nyakaabu  
yanguuhye bwangu lugoye  
lwecumi. Ha kasumi kaakwo  
kamwei, Tundulu  
baamulaaliirye hansi  
agalamiriiri, kandi, baabyokya  
kigulu kihuta kyodi hakyendi.

8



15

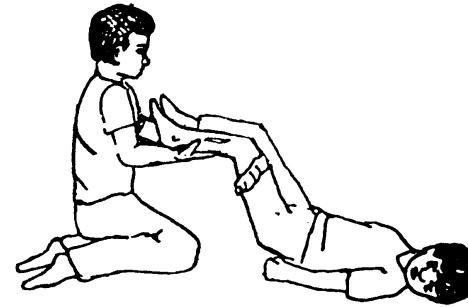
Janyongo buyaalingi  
nakwemereerya ibbanga  
kulwa, atitiri muzingo gwa  
lugoye ha kihuta, yaaragiiri  
nyakaabu atandike kutimba  
meezi kandi atunge na  
bikoora bya mbumbuula. Yo  
Tundulu baamuheeri kikopo  
kya meezi geeceumi  
nigalimwo mukwa. Kadi  
gaakabba gaali  
nigakukenkemukiira,  
Tundulu yaaganyweri gensei  
kandi, yeezegwa nali  
kurungihho.

12



11

Janyongo yaaragiiri bantu banyakubba beelogleeryeho, bahe Tundulu mwanya, aleke atunge mpehu gikumala. Kandi, yaasindika banyeisigazi, baleete bisookiiso, babikamulemwo meezi gakusobora kunywebwa.



7

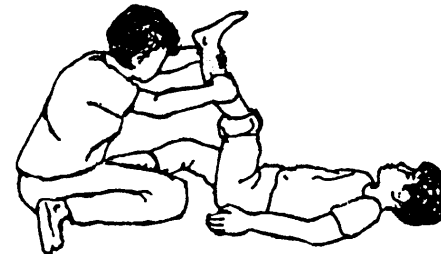
Na bwegyendereza, Janyongo yaalinganiirye hansi wa kigoye kuwona ibbanga lyakabba lyemereeri kulwa. Kya mugisa gubiibi, kihuta kyali nikicakalwa kandi, kizingo kyensei kyali kijaabireeni neibbanga. Yaatungiri kizingo kindi, yaakititina hakyendi wa kinyakubba kijaabireeni neibbanga. Heinyuma gya kutitina habwa dakika nka 15, ibbanga lyemeera.

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13

Janyongo yeegiri nti, ibbanga lyakabba lyemereeri kulwa, kihuta kikwiza kwetaaga kukinaabya. Nahabwakikyo, yaaweereeri nyakaabu nti, mu meezi gayaali nakutimba, agumemwo bikoora bya mbumbuula bizige kandi atemwo na mukwa -- \*bijiiko 2 bya mukwa na nkinki (ngalu) 2 za bikoora bya mbumbuula bizige mu huli bikopo 2 bya meezi gakutimbwa. Meezi gatimbwe habwa dakika nka 30.\*



9

Mu meezi gaadi, haali mpakwiza kutaburwamwo bijiiko 2 bya mukwa. Nigali gamaari kutaburwamwo kurungi, gaali nigakwiza kukoresebwa habwa kunaabya kihuta heinyuma gyeibbanga kwemeera. Kandi gandi hago, Tundulu yaali nakugyenda kuganywa kakubba, hatabbaona meezi gandi garungi gayaanywa.

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