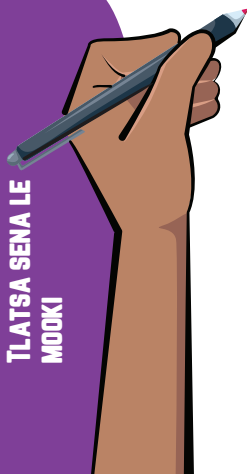


SETHALA SA TSOELO-PELE TLATSA SENNA LE MOOKI



Lebitso:

Lilemo:

Mofuta oa TB:

TEKANYO EA MERIANA

LETSATSI BOIMA (KG)	RHZ (75/50/150) Metsa kaofela kapa qhibilihisa ka metsing.	ETHAMBUTOL (400MG) Metsa pilisi e le 1 kapa o silakanye ka 8ml metsi.
Letsatsi la 0	Fana _____ mls/ _____ lipilisi	Ho tsoa ho 8ml eo u e lokisitseng. Fana _____ mls/ _____ lipilisi
Letsatsi la 14		
Khoeli ea 1	Fana _____ mls/ _____ lipilisi	Fana _____ mls/ _____ lipilisi
Khoeli ea 2	Fana _____ mls/ _____ lipilisi	Fana _____ mls/ _____ lipilisi
	BE RH 75/50	
Khoeli ea 4	Fana _____ mls/ _____ lipilisi	
Khoeli ea 6	Fana _____ mls/ _____ lipilisi	
Khoeli ea 9*	Fana _____ mls/ _____ lipilisi	
Khoeli ea 12	Fana _____ mls/ _____ lipilisi	

Ho bua le motho eo u mo tšepang ho ka imolla moroalo

U HLOKA THUSO? BAKENG SA TŠEHETSO

Letsetsa tleliniki ea heno kapa mohala oa TB

HA O MONG!

Kopa thuso ha o khathetse kapa o tšoenyehile. Keteka mohato o mong le o mong. Letsatsi le leng le le leng le atametsa ngoana pholosong hape!

O ka etsa sena — letsatsi ka leng.

Se utloe lihlong — ho sebitsana le TB ke sebete.



Gates Foundation

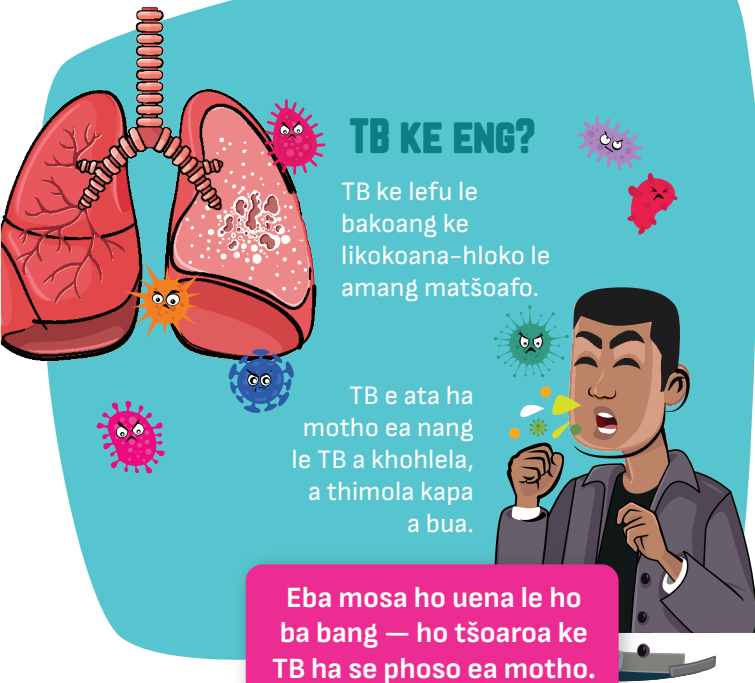


HO HLOKOMELA NGOANA EA NANG LE TB



TATAISO BAKENG SA BAHLOKOMELI

Tataiso ena e thusa ho utloisisa TB le ho hlokomela ngoana nakong ea kalafo.



TB KE ENG?

TB ke lefu le bakoang ke likokoana-hloko le amang matšoaho.

TB e ata ha motho ea nang le TB a khohlela, a thimola kapa a bua.

Eba mosa ho uena le ho ba bang — ho tsoaroa ke TB ha se phoso ea motho.

HO FANA KA MERIANA EA TB LAPENG

24 Ngoana a nke meriana letsatsi le letsatsi.

Sebelisa matsoho a hloekileng le lisebelisoa tse hloekisitsoeng.

Tse ling li ka silakanngoa ka metsing.

Sebelisa siringe ho fana ka tekanyo.

Bana ba ka fola ka meriana e nepahetseng!

Se sebelise hape meriana e setseng.

HO JA KA NEPO HO THUSA PHOLISO!

Protheine: mahe, linaoa, nama, tlhapi
Vitamiini: litholoana le meroho
Maatla: raese, bohobe, litapole
Noa metsi khafetsa



MATŠOAO A TB

Ho hloka takatso

Mokhathala

Feberu e telele

Khohlela

Ho fokotseha boima

Haka le ho rata ngoana oa hao — ho mo thusa hore a ikutloe betere

MALEBELA

Etsa hore e be monate: bina pina kapa fana ka moputso o monyane. Hae ba ngoana oa hao a sa batle ho nka meriana, leka hape hamorao.

TLHOKOMELO LAPENG

Bohle ba lulang le ngoana ba lokela ho hlalohoa TB.

TB e ata libakeng tse nyenyane tse se nang moea o kenang hantle.

Batho ba haufi le motho ea nang le TB ba ka hloka TPT (TB Preventive Therapy — kalafo ea thibelo ea TB) hae ba fumanoa ba se na TB.

Bula lifensetere ho lumella moea o mocha ho kena.

Apara maske ha ho hlokahala.

Koahela molomo ha u khohlela.

Hloekisa matsoho hangata.

LITLA-MORAO

TSEO U LOKELANG HO TSEBISA MOOKI KAPA NGAKA KA TSONA

- Bohloko ba manonyeletso
- Letšollo la letlalo
- Ho hlaba kapa ho tjhesa matsohong kapa maotong
- Bohloko ba mala
- Ho hlatsa

etlalo le nang le matheba kapa letlalo le fifetseng

Bohloko ba mala kapa ho hlatsa

Mahlo a bosehla / mathata a pono

Ho ikutloa u tsekela haholo

HA NGOANA A SA NTLAFALE, BATLA THUSO KA POTLAKO:

MATŠOAO A KOTSI:
 Ho akheha / boroko bo bongata, Mahlo a bosehla, Hlooho e bohloko / molala o tiileng, Ho se ntše metsi hantle.