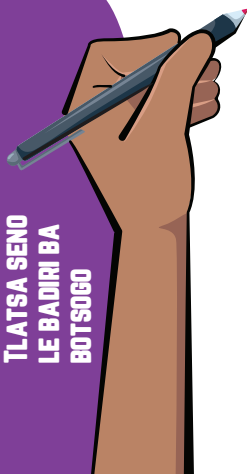


**SEDIRISWA SA GO  
SALA MORAGO KGOLO**  
TLATSA SENO  
LE BADIRI BA  
BOTSOGO



Leina:

Dingwaga:

Mofuta wa TB:

TEKANYO YA MORIANA

| LETŠATSI BOKETE (KG) | RHZ (75/50/150)<br>Metsa lothe kgotsa o<br>tsenye mo metsing. | ETHAMBUTOL (400MG)<br>Metsa letabete le le lengwe<br>kgotsa o le thubaganye mo 8ml<br>metsing. |
|----------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Letšatsi la 0        | Naya _____ mls/ _____ dipilisi                                | Go tswa mo 8ml e o e baakantseng.<br>Naya _____ mls/ _____ dipilisi                            |
| Letšatsi la 14       |                                                               |                                                                                                |
| Kgwedi 1             | Naya _____ mls/ _____ dipilisi                                | Naya _____ mls/ _____ dipilisi                                                                 |
| Kgwedi 2             | Naya _____ mls/ _____ dipilisi                                | Naya _____ mls/ _____ dipilisi                                                                 |
|                      | <b>BE RH 75/50</b>                                            |                                                                                                |
| Kgwedi 4             | Naya _____ mls/ _____ dipilisi                                |                                                                                                |
| Kgwedi 6             | Naya _____ mls/ _____ dipilisi                                |                                                                                                |
| Kgwedi 9*            | Naya _____ mls/ _____ dipilisi                                |                                                                                                |
| Kgwedi 12            | Naya _____ mls/ _____ dipilisi                                |                                                                                                |

Go bua le mongwe o  
mo tshepang go ka  
fokotsa moro.

**O TLHOKA THUSO?  
GO BONA THUSO**

Letsetsa kliniki ya selegae  
Kgotsa mogala wa bolwetse  
jwa matshwafo (TB)

**GA O ESI**

Kopa thuso fa o lapile  
kgotsa o tshwenyegile.  
Keteka sengwe le sengwe  
se sennye — letsatsi  
lengwe le lengwe le tliša  
ngwana gaufi le go fola  
gape.

O ka kgona — letsatsi le letsatsi.

O se ka wa tlha-  
jo maikutlo — go  
lwantsha TB ke  
bogale.



Gates Foundation



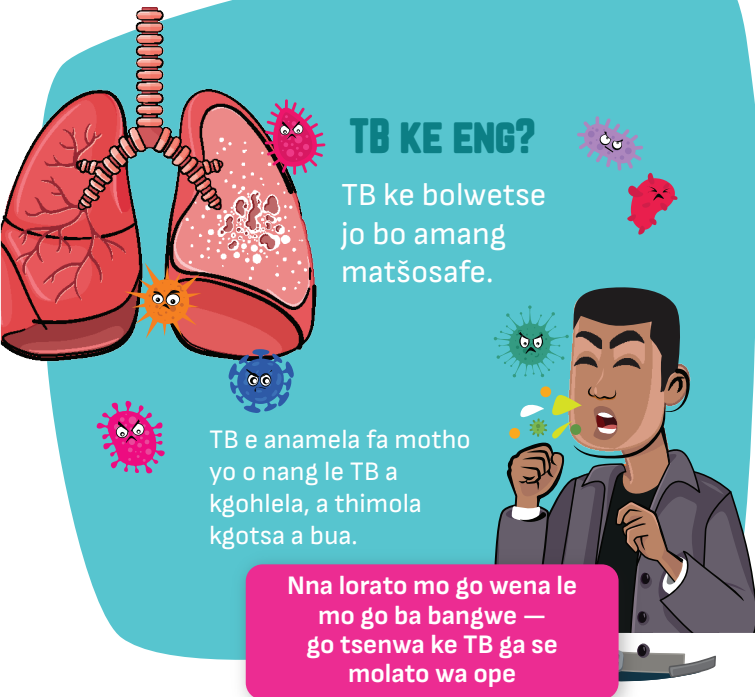
# TLHOKOMELO YA NGWANA YO NANG LE BOLWETSE JWA MATSHWAFO (TB)



## TATAISO YA BA BA TLHOKOMETSENG BANA

Bukana e go thusa go tlhaloganya  
TB le go tlhokomela ngwana.

**Ga o esi!**



## TB KE ENG?

TB ke bolwetse jo bo amang matšosafe.

TB e anamela fa motho yo o nang le TB a kgohlela, a thimola kgotsa a bua.

**Nna lorato mo go wena le mo go ba bangwe — go tsenwa ke TB ga se molato wa ope**

## GO NAYA MERIANA YA TB FA GAE

Ngwana o tshwanetse go nwa meriana letsatsi le letsatsi.

Dirisa diatla tse di phepa le didiriswa tse di phepa.

A mangwe a ka thubaganywa le metsi.

Dirisa serinji go naya tekanyo e e siameng.

**Bana ba ka fola ka moriana o o siameng!**

**O se ka wa dirisa moriana o o setseng gape.**

## GO JA SENTLE GO THUSA PHOLISO!

Purotini: mae, dinawa, nama, tlhapi

Divitamini: dienywa le meroho

Matla: raese, borotheo, dithôtô (ditapole)

Nwa metsi kgapetsakgapetsa



## MATSHWAO A TB

Go latlhegelwa ke takatso

Mogote o sa khutleng

Weight loss

Go tlohoka maatia

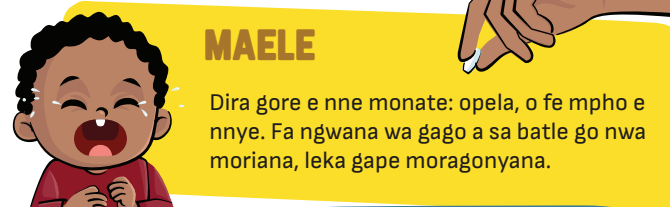
Gatisa le go rata ngwana wa gago — go mo thusa go ikutiwa botoka

Kgohlela



## MAELE

Dira gore e nne monate: opela, o fe mpho e nnye. Fa ngwana wa gago a sa batle go nwa moriana, leka gape moragonyana.



## TLHOKOMELO FA GAE

Botlhe ba ba nnang le ngwana ba tshwanetse go tlhobiwa.

TB e anamela mo dibakeng tse dinnye tse nang le phepafatso ya moya e e sa siamang.

Batho ba gau fi le motho yo o nang le TB ba ka tlhoka TPT (TB Preventive Therapy — kalafi ya thibelo ya TB) fa go fitlhelwa ba sena TB.

Bula difensetere go tsenya moya o montšhwa.

Apere masedi fa go tlhokega.

Tsiboga molomo fa o kgohlela.

Ntlha diatla kgapetsakgapetsa.



## DITLAMORAGO TSE O TSHWANETSENG GO DI BOLELELA MOOKI KGOTSA NGAKA

- Bohloko jwa manonyeletso
- Letlalo le le phududu
- Go tlhaba kgotsa go tlhatsa maikutlo mo diatleng kgotsa dinaong Go rurugana diatla/maoto
- Bohloko jwa mala
- Go hlatsa

Letlalo le le phududu kgotsa letlalo le le fifetseng

Bohloko jwa mala kgotsa go

Matlho a a bosehla / mathata a pono

Go ikutiwa o tsekela thata

**BATLA THUSO KA BONAKO:**

Matshwao a kotsi:

Go akega / boroko bo bogolo, Matlho a a bosehla, Lehlogonolo / molala o tiileng, Go se ntshi metsi sentle.

