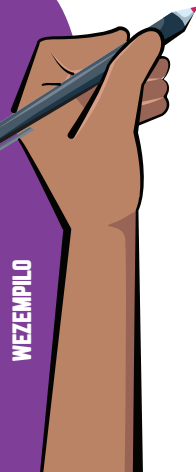


ULANDELELO LWENKQUBELA
PHAMBILI
GCWALISA OKU
KUNSEBENZI WAKHO
WEZEMPILO



UMLINGANELO WEYEZA

UBUNZIMA
(KG)

UMHLA

UMHLA	UBUNZIMA (KG)	I-RHZ (75/50/150) Yiginye iphelele OKANYE uyinyibilikise emanzini ipilisi.	I-ETHAMBUTOL (400MG) Ginya ipilisi epheleleyo ibenye OKANYE uyigube ze uyixube kwiimilitha ezisi-8 zamanzi.
Kusuku 0		Nika _____ mls/_____ yeepilisi	Nika _____ mls/_____ yeepilisi
Kusuku 14			
Kwinyanga 1		Nika _____ mls/_____ yeepilisi	Nika _____ mls/_____ yeepilisi
Kwinyanga 2		Nika _____ mls/_____ yeepilisi	Nika _____ mls/_____ yeepilisi
			I-RH 75/50
Kwinyanga 4		Nika _____ mls/_____ yeepilisi	
Kwinyanga 6		Nika _____ mls/_____ yeepilisi	
Kwinyanga 9*		Nika _____ mls/_____ yeepilisi	
Kwinyanga 12		Nika _____ mls/_____ yeepilisi	

Igama:

Ubudala:

Uhlobo lwe-TB:



Gates Foundation

Ungabinantloni –
ukujongana ne-TB
kubonisa ukukhalipha,
hayi ubuthathaka.



Ungakwenza oku — usuku ngalunye.

AWUKHO
WEDWA!

Cela uncendo ukuba
uziva udiniwe okanye
ukhathazekirole. –
Libhiyozele inyathelo
ngalinye. Usuku ngalunye
lusondeza umntwana
wakho ekubeni abe
sempilweni kwakhona!

Ukuthetha nomntu
omthembileyo
Kungawenza lula
umthwalo

UDINGA UNCEDO?
Tyelela iikliniki yasekuhlaleni
okanye uMnxeba
woNgxamiseko we-TB

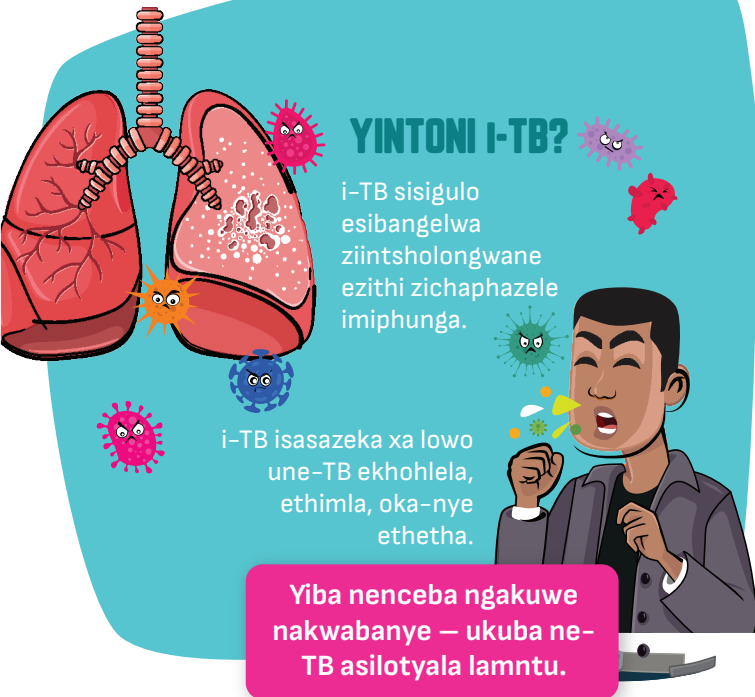
UKUKHA-
THALELA
UMNTWANA
ONE-TB



ISIKHOKELO
SABAKHATHALELI

Esi sikhokelo silapha ukukunceda
uqonde i-TB nendlela
yokukhathalela umntwana





YINTONI I-TB?

i-TB sisigulo esibangelwa ziintsholongwane ezithi zichaphazele imiphunga.

i-TB isasazeka xa lowo une-TB ekhohlela, ethimla, oka-nye ethetha.

Yiba nenceba ngakuwe nakwabanye – ukuba ne-TB asilotyala lamntu.

UKUSEZA AMAYEZA E-TB EKHAYA

Umntwana wakho kufuneka asele amayeza yonke imihla, nokuba uziva engcono.

Sebenzisa izandla ezicocekileyo, hlamba izixhobo, namanzi acocekileyo.

Ezinye iipilisi zingagutywa ze zixutywe namanzi.

Sebenzisa isirinji ukuze unike ithamo elifanelekileyo.

Abantwana bangangcono ngamayeza afanelekileyo.

Ungasebenzisi amayeza ashiyekileyo

UKUTYA OKUNEMPILO KUYANCEDA EKUPHILENI!

i-Protini: amaqanda, iimboty, inyama, iintlanzi

li-Vitamini: iziqhamo nemifuno

Amandla: irayisi, isonka, iitapile

Sela amanzi rhoqo



IIMPAWU ZE-TB EMAZIJONGWE

kuphelelwa ngumdla wokutya

Ukudinwa

Umkhuhlane ongapheliyo

Ukwehla kobunzima

Ukhohlo-khohlo

Mgone kwaye umthande umntwana wakho – kubanceda bazive ngcono.

IINGCEBISO

Yenza kube mnandi: cula ingoma, mnike umvuzo omncinci. – Ukuba umntwana wakho akafuni ukusela iyeza, uphinde umzame kwakhona.

UKHATHALELO LWASEKHAYA

Wonke umntu ohlala nomntwana wakho kufuneka ahlolwe i-TB.

i-TB isasazeka kwiindawo ezincinci apho umoya ungekho ngokwaneleyo.

Ohlangana nabo bangadinga i-TPT xa beno-kufunyaniswa bengenayo i-TB.i

Vula iifestile ukuze kungene umoya.

Nxiba imaski xa kuyimfuneko.

Zogqume xa ukhohlela.

Hlamba izandla rhoqo.

IMIPHUMELA UKUXELELA UMONKAZI OKANYE UGQIRHA NGA-

Isisu esibuhlungu OKANYE Ukugabha

Amehlo atyheli – Ukulahleka kombono

Ukuziva unesiyezi esingamandla

Ulusu olunerhashalala OKANYE Ulusu olumnyama

Ukutshisa ezandleni okanye ezinyaweni • Isisu esibuhlungu • Ukugabha

UKUBA UMNWANA AKABINGCONO, FUMANA UNCEDO:

IIMPAWU EZINOBUONGOZI:

Ukuxhuzula/ukozela, amehlo atyheli, Intloko ebuhlungu/intamo eqinileyo, ukungachami kakhulu.