

UMLANDO
WENQUBEKELA
PHAMBILI
GCWALISA LOKHU
NONESI

UMTHAMO WEMITHI

USUKU	ISISINDO (KG)	RHZ (75/50/150) Gwinya iphilisi eliphelele noma ulincibikilise emanzeni	ETHAMBUTOL (400MG) Gwinya iphilisi elilodwa noma ulichoboze ku-8ml amanzi.
Usuku 0		Nika _____ mls/_____ amaphilisi	Kusuka ku-8ml owulungisile. Nika _____ mls/_____ amaphilisi
Usuku 14			
Inyanga 1		Nika _____ mls/_____ amaphilisi	Nika _____ mls/_____ amaphilisi
Inyanga 2		Nika _____ mls/_____ amaphilisi	Nika _____ mls/_____ amaphilisi
		RH 75/50	
Inyanga 3		Nika _____ mls/_____ amaphilisi	
Inyanga 6		Nika _____ mls/_____ amaphilisi	
Inyanga 9*		Nika _____ mls/_____ amaphilisi	
Inyanga 12		Nika _____ mls/_____ amaphilisi	

Igama::

Iminyaka:

Uhlobo we-TB:

Ukukhuluma nomuntu
omthembayo kunciphisa
umthwalo.

**UDINGA USIZO?
NGOSIZO**

Shayela ikloniki yangakini
noma i-hotline ye-TB



AWUWEDWA!

Cela usizo uma ukhathale
noma ukhathazekile. Gubha
izinyathelo ezincane. Nsuku
zonke zisondele ingane
yakho ekuphulakeni. (Usuku
nosuku lisondeza ingane
yakho ekubeni nempilo
futhi!)

Ungakwenza — usuku nosuku.

Ungazizwa unamahloni
— ukubhekana
ne-TB kuwubugagu.
(- ukubhekana neTB
kukhombisa isibindi, hhayi
ubuthakathaka)



health
Department
Health
REPUBLIC OF SOUTH AFRICA



Gates Foundation



THINKTANK

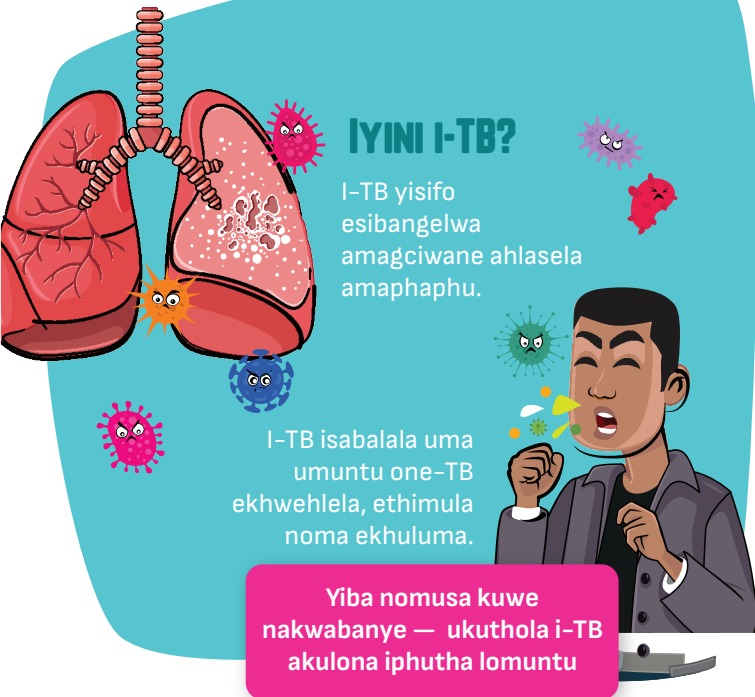


UKUNAKEKELA INGANE ENE-TB



UMHLAHLANDLELA WABONDI BENGANE

Lo mhlahlandlela
ukusiza uqonde i-TB
nokunakekela ingane.



IYINI I-TB?

I-TB yisifo esibangelwa amagciwane ahlasele amaphaphu.

I-TB isabalala uma umuntu one-TB ekhwehlela, ethimula noma ekhuluma.

Yiba nomusa kuwe nakwabanye — ukuthola i-TB akulona iphutha lomuntu

UKUNIKEZA UMUTHI WE-TB EKHAYA

Ingane kumele ithathe umuthi nsuku zonke.

Ukunikeza umuthi we-TB ekhaya.

Amanye amaphilisi angachobozwa bese ahlanganiswa namanzi.

Sebenzisa isirinji ukunikeza umthamo.

Izingane zingaphulukiswa ngemithi efanele!

Ungasebenzisi umuthi osele

UKUDLA KAHLE KUSIZA EKUPHULUKISENI!

Amaphrotheni: amaqanda, ubhontshisi, inyama, inhlanzi

Ama-vitamin: izithelo nemifino

Amandla: irayisi, isinkwa, amazambane

Phuza amanzi kaningi



IZIMPAWU ZE-TB EKUMELE UZIBUKE

ukungathandi ukudla

Ukukhathala

Ukushisa komzimba isikhathi eside

Ukukhwehlela

ukuncipha ngomzimba

Gona futhi uthande ingane yakho — kuyayisiza ukuthi izizwe kangcono

AMATHIPHU

Yenza kube mnandi: hlabelela noma unikeze umvuzo. Uma ingane ingafuni ukuthatha umuthi, zama futhi emuva.

UKUNAKEKELA EKHAYA

Wonke umuntu ohlala ngane kumele ahlolwe.

I-TB isabalala ezindaweni ezincane ezingenawo umoya ongene kahle.

Vula amafasitela ukuze kungene umoya omusha.

Gqoka imaski uma kudingeka.

vala umlomo uma ukhwehlela.

Geza izandla njalo.

IMIPHUMELA EMIBI OKUFANELE UYITSEHE UNESI NOMA UDOKOTELA

Ubuhlungu bamalunga

Irhashalala

Ukushoshozela noma ukuzwa ubuhlungu bokubaleka ezandleni noma ezinyaweni/ Ukuluma kwezandla/izinyawo

Ubuhlungu besisu / Ukuhlanza

Ukungachami kahle

Amehlo aphuzi / izinkinga zokubona

Ukuzizwa une -siyezi esibi kakhulu

UMA INGANE INGABINGCONO, THOLA USIZO NGOKUSHESHA

Izimpawu eziyingozi:

ukudlikizela/ ukuzela, Amehlo aphuzi / izinkinga zokubona, Amehlo aphuzi / izinkinga zokubona, Ukungachami kahle.