



Uma utholakele unegciwane lesandulela ngculaza, zihlolele isifo sofuba. Uma unesifo sofuba, zihlolele negciwane lesandulela ngculaza futhi!

SONKE SISENGOZINI

- Wonke umuntu ozibandakanya ocansini. Udinga ukuzivikela kanye nokuvikela umlingani wakho wocansi.

UKUVIMBELA IGCIWANE LESANDULELA NGCULAZA

- Ukusoka kwehlisa amathuba okutheleleka nge-HIV ngamaphesenti angu-60. Ukusoka akukhokhelwa mali kanti kuyenziwa kuyo yonke emtholampilo nezibhedlela zika hulumeni. Buza emtholampilo oseduze nawe izindawo ezihlelelwe ukusoka.
- Ukusoka kuyingxenye yokuzivikela. Kusafanele uyisebenzise ikhondomu njalo uma uya ocansini noma ngabe usokile.
- Ukwehlisa inani labantu ozibandakanya kwezocansi nabo kwehlisa amathuba okuthola kwakho igciwane lesandulela ngculaza.
- Ukuphuza uphuzo oludakanayo ngokweqile kwehlisa amathuba okuzivikela futhi kungenyusa izinga lokuzibandakanya ocansini olunobungozi. Yehlisa izinga lakho lokuphuza utshwala.
- Ungazibandakanya kwezocansi futhi ungatholi igciwane lesandulela ngculaza ngokusebenzisa ikhondomu ngaso sonke isikhathi.
- Thola ukwelashwa ngaleso sikhathi uma unesifo noma uketshezi oluphuma esithweni sangasese noma ezinqeni. Abasebenzi bezempilo baqeqeshiwe futhi bakujwayele ukubona izitho zangasese. Ayikho into okumele ube namahloni ngayo.



Zivikele. Uvikele Nabanye.

UKWELULEKWA NGE HIV NGOKWENGQONDO NOKUHLOLWA

- Kumele uthole ukwelulekwa ngaphambi kokuhlola. Ukwelulekwa kukulungiselela imiphumela, ukuze ucabange ukuthi imiphumela ebonisa ukuthi unalolo noma awunalo igciwane lesandulela ngculaza ingaba nomthelela onjani kuwena.
- Kumele uphinde uthole ukululekwa futhi ngemuva kokuhlolwa.

UMA UKUHLOLWA KUBONISA UKUTHI UNEGCIWANE LESANDULELA NGCULAZA

- Kudingeka ukuba uqalise ama-ARV futhi uwasebenzise ukuphila kwakho konke.
- Ungaphila impilo ephelele futhi ejwayelekile, okuhlanganisa nokuba nomndenani kanye nokufeza amaphupho akho.
- Sibonga imishanguzo yegciwane lengculaza, igciwane lesandulela ngculaza selingokugula okumiyo okulawulekayo okufana nesifo sikashukela noma ukunyuka komfutho wegazi (hypertension).
- Thola ulwazi. Hlela ikusasa lakho. Khuluma nesisebenzi sezempilo sakho.

UMA UKUHLOLWA KUBONISA UKUTHI AWUNALO IGCIWANE LESANDULELA NGCULAZA

- Kholwa ukuthi ungahlala ungenalo igciwane lesandulela ngculaza. Zivikele. Uvikele nabanye.
- Yenza uhlelo lokunciphisa ingozi yokuthola igciwane lesandulela ngculaza.
- Cabanga ngokusoka uma uyindoda. Ukusoka kwehlisa amathuba okutheleleka nge-HIV ngamaphesenti angu 60.
- Yehlisa inani labantu ozibandakanya nabo ocansini.
- Sebenzisa ikhondomu njalo mangabe uya ocansini noma ngabe ususokile.
- Buza emtholampilo wakho ngamakhondomu abantu besifazane.
- Hlola futhi ngemuva kwezinyanga eziyi-6.



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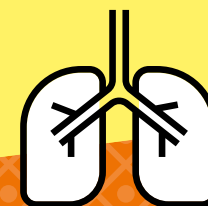
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ISIZULU

i-TB

UNGAYINQOBA!

Ithi sikutshela ukuthi kanjani.



Protect Yourself. Protect Others.

UMA UNEZINYE ZALEZI ZIMPAWU, KUMELE UYOHLOLELA ISIFO SOFUBA.

- Ungacelwa ukuthi ukhiphe isikhwehlela (lento ephuma emqaleni nasemaphashini).
- Isikhwehlela sizohanjiswa siyohlolelwa isifo sofuba.
- Kungathathwa nesithombe sesifuba chest x-ray).
- Uma isikhwehlela sibonisa ukuthi unesifo sofuba kumele uqale ukuthatha imithi yesifo sofuba ngoba unesifo sofuba (esiphinde sibizwe ngesifo sofuba esibonakalayo).
- Ezinye indawo zine Gene Xpert ngoba ekwazi ukuhlola ye TB ngemizuzu ka 90min.
- Isifo sofuba singacasha emzimbeni wakho isikhathi eside singazibonakalisi. Uma amasosha akho omzimba esebuthakathaka, amagciwane esifo sofuba angaqala ukubonakala.



**Ukukhwehlela ngaphezu kwamasono
amabili noma ngaphezulu ?**

Ukukhathala ?

Ukujuluka uma ulele ?

Ukwehla esisindweni somzimba ?

ZIHOLOLE ISIFO SOFUBA.

**THATHA IMITHI YAKHO
ZONKE IZINSUKU!**

UKWELAPHA ISIFO SOFUBA

- Izindaba ezinhle ezokuthi isifo sofuba singelapheka. Isifo sofuba esingalashwanga singaholela ukuthi ushone.
- Uma usuqale imithi yesifo sofuba, kumele uthathe amaphilisi akho zonke izinsuku izinyanga eziyisithupha. Uma weqa izinsuku noma uyeka ukuthatha imishanguzo yakho yesifo sofuba lokho kuholela ekutheni isifo sofuba sibuye.
- Ngemuva kokuqala imithi yesifo sofuba, uzoqala ukuzizwa ungcono ngemuva kwamasono ambalwa. Ilapho okumele uzikhumbuze khona ukuthi - **ungalinge uyeke ukuthatha imithi yakho**. Noma ngabe usuzizwa ungcono kumele uqhubeke nokuthatha imithi yakho zonke izinsuku izinyanga eziyisithupha zonke.
- Ngemuva kwamasono amabili okuqala ukuthatha imithi umuntu onesifo sofuba angeke esathelela abanye abantu.

UKUVIMBELA ISIFO SOFUBA

- Ukugcina amafasitela evuliwe kanye nokungenisa ilanga endlini yakho kuyasiza ukuvimba ukwanda kwesifo sofuba.
- Zihlolele isifo sofuba njalo, noma ngabe awuzizwa ugula. Isifo sofuba singaba khona ngaphandle kokuzibonakalisa.
- Eminye yemithi esetshenziswayo ukwelapha isifo sofuba ubizwa nge-INH. Izisebenzi zezempilo zingacebisa ngokuthatha i-INH ukusiza ukuvimbela isifo sofuba.
- Izingane kumele zigonyelwe isifo sofuba. Lo mgomo awunikezi ukuvikeleka okuphelele, kodwa uyasiza ukuvimbela ezinye izinhlobo zesifo zofuba eziyingozi.

USITHOLA KANJANI ISIFO SOFUBA?

- Isifo sofuba sisabalaliswa igciwane elingahlala ngaphandle kwemizimba. Uma umuntu onesifo sofuba ekhwehlela noma ethimula, igciwane lesifo sofuba lingasabalala ngomoya. Uma udonsa umoya, ungatheleleka isifo sofuba.

UKUZIBA UKUTHATHA IMISHANGUZO YE-TB

- Uma ungathathi imishanguzo yakho zonke izinsuku, isifo sofuba singagcina singasalapheki ngemithi esiyisebenzisayo. Lokhu kubizwa nge-TB Engazweli Imithi.
- Uma lokhu kwenzeka, kumele uthathe imishanguzo ebiza kakhulu nezinto eziningi ezingawuphathi kahle umzimba. Lolu hlobo lwesifo sofuba lungadluliseleka.
- Imbangela evame kakhulu ye-TB Engazweli Emithini ukungaqedi imishanguzo yakho lapho une-TB ejwayelekile.

ISIFO SOFUBA ESINGEKHO EMAPHASHINI

- Isifo sofuba samaphaphu uhlobo lwesifo sofuba olujwayelekile. Ungathola futhi isifo sofuba esiswini, emathanjeni, emqondweni kanye nakwezinye izindawo. Kujwayele ukuthi kube nzima kubasebenzi bezempilo ukuthi basibone uma singekho emaphashini. Imishanguzo yokusilapha iyafana neyesifo sofuba esimaphashini, kepha ithathwa isikhathi esithe xaxa.

ISIFO SOFUBA KANYE NEGCIWANE LESANDULELA NGCULAZA

- Uma unegciwane lesandulela ngculaza kumele uhlolele isifo sofuba, njengoba isikhathi esiningi siye sitholakale kubantu abanegciwane lesandulela ngculaza.
- Kodwa khumbula ukuthi isifo sofuba singenzeka kunoma ubani, noma unegciwane lesandulela ngculaza noma awunalo. Litholakala isikhathi esiningi kubantu abanegciwane lesandulela ngculaza ngesikhathi amasosha omzimba esebuthakathaka.
- Ukuqala imishanguzo yegciwane legculaza kuzoqinisa amasosha akho omzimba kwenze ukuthi ungabi semathubeni okuthola isifo sofuba.
- Uma uhlolelwa ukuthi unegciwane lesandulela ngculazi futhi unesifo sofuba, kufanele uqale ukudla imishanguzo yama ARVs kungakhathaliseki ukuthi inani le-CD4 lithini, ozoyidla impilo yakho yonke. Khulumisana nodokotela wakho ukuze uthole ulwazi olwanele.