Isifundazwe SaKwaZulu-Natali

I-Operation Sukuma Sakhe

Izifundo Eziyisisekelo Zomnakekeli Womphakathi

ISiqondiso Sasemizini

OPERATION

Sukuma Sakhe

STAND UP AND BUILD

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Uhlu Lwamagama

Igama/Ukunqamulela/Isifushaniso	Incazelo
Amabhakthiriya	Uhlobo lwamagciwane
Amafinyila	Uketshezi olujiyile, isib. oluvela emlonyeni, emakhaleni, emomozini
Amakaka	Indle yomuntu
Bonisa	Ukukhombisa ukuthi kanjani
Engcolisiwe	Konakalisiwe; Kwenziwe kwangcola
Esithathelwanayo	Singadlulela komunye umuntu sisuka komunye noma sidlulele komunye umuntu sisuka esilwaneni
Gqugquzela	Nika umuntu usizo lokuzenzela into. Umenze abe nokuzethemba
Gwema	Ukuqhela kokuthile; ukungakwenzi okuthile, isib. ukugwema ukubhema kusho ukungabhemi
isib.	Ngokwesibonelo
I-CD4 count	I-CD4 count ukuhlola kwegazi okubonisa ukuthi amasosha omzimba asebenza kahle kangakanani kubantu abatholakale benegciwane lesandulela-ngculaza (HIV)
I-latex	Uhlobo lwenjoloba olusetshenziselwa ukwenza amakhondomu namagilavu, njll
Ihlule	Ihlule isigaxa esakheka lapho igazi liqina lisuka ekubeni uketshezi libe yinto eqinile
Imiphumela engemihle	Lokho okungahlupha umuntu ngemva kokuba ethathe umuthi, isib. ukuhlanza, ukuqubuka, ukuphathwa ikhanda
Imithambo	Imithambo yegazi ethwala igazi eline-oksijini lisuka enhliziyweni liye kuwo wonke umzimba
Imvume	Nikeza imvume noma vumela
Inethiwekhi	Iqoqo lokuxhumana, isib. abantu nezinsizakalo
Ingasese	Indawo yakho lapho abantu bengeke bakubone noma bakuzwe khona; ukuba nesikhathi nendawo yokuba wedwa
Inhlekelele	Isimo esinzima noma esiphuthumayo
Iseli	Iseli ingxenye encane kunazo zonke izinto eziphilayo. Umzimba womuntu wakhiwe yizigidi zamaseli
Isibulala-zinambuzane	Ushevu obulala izinambuzane
Isifo esingamahlalakhona	Ukugula okuyohlala kukhona kumuntu ukuphila kwakhe konke, isib. umfutho wegazi ophezulu, isifo sikashukela, igciwane le-HIV
Isifungo	Ukwenza isithembiso

Uhlu Lwamagama

Igama/Ukunqamulela/Isifushaniso	Incazelo
Isimo sobulili	Ibuphi ubulili umuntu athanda ukuba nobubudlelwane bezocansi nabo, isib. abantu bobulili obuhlukile kobakhe noma abanobulili obufana nobakhe
Ithuba	Ukuba nethuba lokukwazi ukwenza okuthile
Izakhamzimba	Ukudla okunomsoco okusiza izinto, isib. umzimba, izitshalo ukuba ukhule
Izinganekwane	Okuthile okungelona iqiniso
Izintandane Nezingane Ezisesimweni Esibucayi (ama-OVC)	Izingane ezingenabazali noma izingane ezingenabanakekeli
Izixwayiso	Izinyathelo ezithathwayo ukuze uvikeleke entweni engaba yingozi noma engakulimaza
Ngamabomu	Ukwenza okuthile ngenhloso
Ngokuphikelelayo	Ukwenza okuthile ngendlela efanayo ngaso sonke isikhathi, isib. ukusebenzisa ikhondomu ngendlela efanayo njalo lapho umuntu eya ocansini
Ngokuqhubekayo	Njalo nje
Ngokwedlulele	Kakhulu
Njalo	Into eyenzeka kaningi
Njll	Njalonjalo
Okungenabuthi	Kuphephile; akuyona ingozi
Okungukuthi	Okungukuthi
Okunzima	Okunqala kakhulu
Okutholakalayo	Kungabonakala noma kuyanakeka, isib. uma izinga legciwane egazini lekhasimende litholakala kusho ukuthi izinga legciwane egazini lekhasimende liyanakeka futhi lingabonakala uma kuhlolwa igazi
Okweqile	Okungaphezulu
Qinisekisa	Qiniseka ukuthi okuthile kuyenzeka noma ukuthi umuntu wenza lokho okufanele akwenze; isib. ukuqinisekisa ukuthi umuntu uyahamba ayohlolelwa i-HIV kusho ukuthi kudingeka uqiniseke ukuthi umuntu uyahamba ayohlolwa
Thola	Ukuthola; ukuqaphela
Ucansi	Ukuya ocansini
Ukhubazekile	Ingxenye yomzimba ayisasebenzi kahle, isib. ingalo, umlenze, isandla, njll.
Ukuba nolaka	Ukumemeza futhi ngezinye izikhathi ukuziphatha okunobudlova. Ukushesha ukuthukuthela

Uhlu Lwamagama

Igama/Ukunqamulela/Isifushaniso	Incazelo
Ukuchayeka	Okwembulekile; ukwenza okuthile okubeka umuntu engcupheni, isib. uma iklayenti lichayeke ku-HIV, kusho ukuthi iklayenti lenza okuthile okulibeka engcupheni yokuthola i-HIV
Ukucwasa	Ukuphatha omunye umuntu ngendlela engalungile ngoba engase abukeke ngokuhlukile noma enesifo esithile. Ngezinye izikhathi abantu abaphila ne-HIV baphathwa kabi ngabanye abantu, isib. bangase bangabavumeli labo abane-HIV ukuba badle nabo noma basebenze eceleni kwabo
Ukuchayeka engcupheni	Ongenakuzisiza; osesimweni esibuthaka; osengcupheni yokuba kwenzeke okuthile okubi
Ukudideka	Ukungabe usazi
Ukukhubazeka	Lapho umuntu engakwazi ukwenza okuthile ngendlela ejwayelekile
Ukuphelelwa amanzi emzimbeni	Yilapho umzimba ungasenawo amanzi noketshezi ngendlela obekufanele ube nayo ngawo
Ukuphika	Ukungafuni ukwamukela isimo noma iqiniso
Ukuqiniseka	Ukuqiniseka ngawe ngokwakho
Ukutheleleka	Ukuguliswa isifo esithile
Ukuthola	Ukuthola okuthile – ngokuvamile usizo; ukuba nelungelo lokusebenzisa noma lokuthola okuthile, isib. umtholampilo, izibonelelo zikahulumeni
Ukuvuthwa	Ukuvuthwa kuncike ezintweni eziningana, isib. ulwazi umuntu analo, indlela anokwethenjwa ngayo, ingabe ungumuntu obonisa ukuba nengqondo, ubudala bakhe
Ukuyalelwa	Imiyalo yokwenza okuthile, isib. indlela yokuthatha umuthi
Ukuzibophezela	Isithembiso sokwenza lokho esikushoyo
Ukuzila	Ukungakwenzi nhlobo okuthile
Umthelela	Ukuthinteka kokuthile
Unolwazi	Unolwazi ngento ethile; lapho umuntu etshelwa okuthile

INgxenye 1
Iqhaza Le-CCG

INgxenye 1
Iqhaza Le-CCG

ISiqondiso Sasemizini siqukethe ulwazi olubalulekile oluvela eZifundweni Eziyisisekelo oluzokusiza ukhumbule amaphuzu abaluleke kakhulu ngesikhathi uvakashela amakhaya. Kufanele njalo ubheke iSiqondiso Somfundi esiseZifundweni Eziyisisekelo ukuze uhlale usikhumbula. ISiqondiso Sasemizini sizokusisa ukuba ukhumbule ukubuza amaklayenti akho imibuzo ebalulekile, uwacobelele ulwazi olubalulekile futhi uwathumele ezindaweni ezifanele ukuze athole usizo, isib. esikhungweni sezempilo. Futhi ungakhohlwa ukulandelela ikhaya elithile uma uthumele iklayenti esikhungweni sezempilo.

Zonke izingxenye eziseSiqondisweni Sasemizini zinemibala efanayo nalezo ezisesiqondisweni somfundi seZifundo Eziyisisekelo ukuze kube lula ukubheka ingxenye enombala ofanayo uma udinga olunye ulwazi noma ufuna ukubheka okuthile.

ISiqondiso Sasemizini sinolwazi olubaluleke kakhulu okufanele ukwazi ukuluthola eduze. Lolu lwazi lungamathuluzi okuhlonza, imigudu yokunakekela, uhlu lokufanele kuhlolwe, amacebiso afundisayo, nolunye ulwazi oluwusizo.

Kufanele ukhumbule ukusebenzisa amathuluzi okuhlonza kubo bonke abantu engasebenza kubo imibuzo. Ngokwesibonelo, kudingeka usebenzise Ithuluzi Lokuhlonza I-STI kuwo wonke amaklayenti akho aya ocansini kanye neThuluzi Lokuhlonza I-TB kubo bonke abantu abasekhaya.

Izithombe zemigudu yokunakekela ziyokusiza ukhumbule ukuthi uzolitshela ukuthini iklayenti. Zisebenzise lapho unekhasimende lakho. Ungase ulibonise izithombe bese ulichazela izinyathelo ezikuleyo nqubo nokuthi yikuphi ukunakekelwa nokusekelwa okufanele likuthole esinyathelweni ngasinye, isib. uMgudu Wokunakekela We-HCT uchaza inqubo yoKwelulekwa Nokuhlolelwa I-HIV futhi ukutshele ukuthi kufanele kwenzekeni esinyathelweni ngasinye. Lokhu kuyohlanganisa ukunakekelwa, ukusekelwa, iseluleko, njll. okufanele kutholwe yiklayenti.

Ezinye zezithombe ezifakwe eSiqondisweni Sasemizini zingasetshenziselwa nokufundisa ngempilo, isib. ungase ubonise iklayenti isithombe segceke elingcolile bese ulicela ukuba likutshele ukuthi licabanga ukuthi yiziphi izidingo ezikuleso sithombe nokuthi lokhu kungawugulisa kanjani umkhaya. Yibe usulibonisa isithombe segceke elihlanzekile bese ulicela ukuba likhombe zonke izici ezenza lelo gceke lihlanzeke. Lokhu kuyolisiza liqonde ukuthi yini okudingeka yenziwe ukuze lizigcine lona kanye nomndeni walo benempilo.

Ingxenye enkulu yomsebenzi wakho ukuhlonza nokuthumela endaweni efanele. Sebenzisa Umfanekiso 1 ukuze uzikhumbuze ngezinyathelo okudingeka uzilandele enqubweni yokuthola imininingwane yomkhaya neyokuhlonza lapho uvakashela ikhaya.

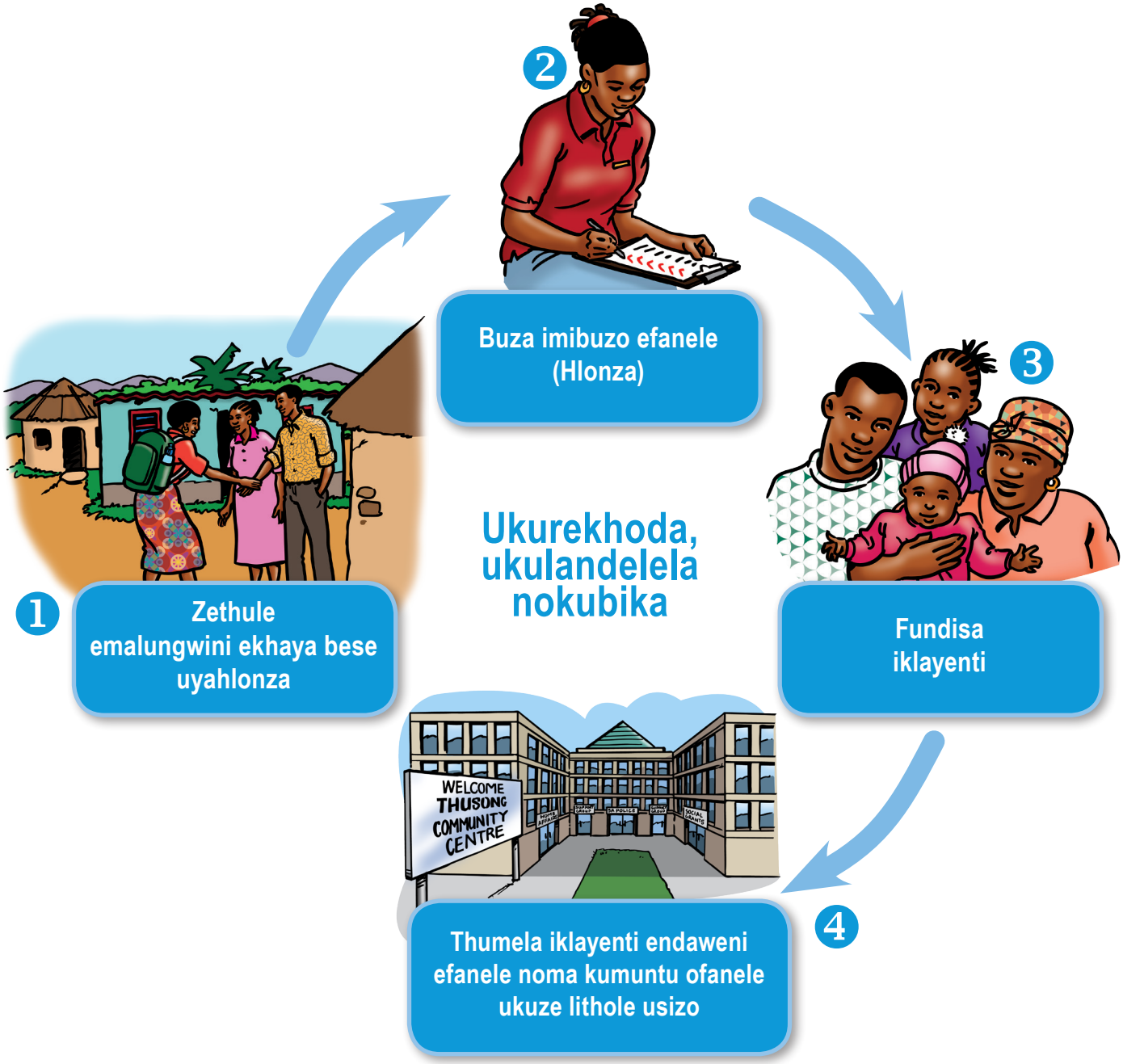
- Zethule ekhaya ofika kulo bese uthola ulwazi ngabantu bakulelo khaya (ubudala, ubulili, isimo sempilo, njll.) ngokusebenzisa ithuluzi Lokuthola Imininingwane Yekhaya. Izidingo zabesifazane nezingane kudingeka zibekwe eqhulwini ngesikhathi sokuvakashela imikhaya izikhathi ezimbalwa zokuqala
- Fundisa abantu bakuleli khaya nganoma yini oye waphawula ukuthi iyadingeka
- Yibe usuthumela amaklayenti ezinsizakalweni ezithile noma kumuntu ongawasiza. Kungase kube umtholampilo, usonhlalakahle noma enye inhlangano emphakathini
- Landelela lokho akwenzile
- Rekhoda lonke ulwazi kumafomu afanele nakudayari yakho

Amacebiso Awusizo

KHUMBULA!
Ungalokothi ushiye idayari yakho lapho abanye abantu bengayifunda khona!

INgxenye 1
Iqhaza Le-CCG

Umfanekiso 1: Inqubo yokuthola imininingwane yekhaya neyokuhlonza



Kubalulekile ukuba uhlele ukuya emzini othile ngokwezidingo zawo. Ngokwesibonelo, uma kunabesifazane abakhulelwe noma izingane emzini othile, kuyodingeka uye kaningana. Uma umuzi unomndeni onempilo ongenazo izidingo ezikhethekile, uyoya izikhathi ezimbalwa.

INgxenye 1
Iqhaza Le-CCG

Ikhaya linabantu abahlukene njengabesifazane abakhulelwe, amadoda, abesifazane, abantu asebekhulile, intsha nezingane. Ngalinye lala maqembu ahlukene abantu emzini liyoba nezidingo ezihlukile. Kunezihloko zolwazi okufanele kuxoxwe ngazo nawo wonke umuntu ekhaya kanye nezihloko zolwazi eziqondene nabantu abathile abasekhaya.

Uhlu lokuhlola yithuluzi lokukusiza ukuba unqume ukuthi yisiphi isihloko solwazi ozoxoxa ngaso amaqoqo abantu ahlukene ahlala emzini. Kunanezidingo zekhaya ezivamile ezithinta bonke abantu abasekhaya.

Ngingalusebenzisa kanjani Uhlu lokuhlola?

Kunamaqoqo ayisikhombisa abantu abahlala emzini njengoba kuboniswe kukholomu 1 ethi 'Amaklayenti ahlala emzini':

- Ikhaya Elivamile
- Abesifazane Abakhulelwe
- Amadoda
- Abesifazane
- Abantu Asebekhulile
- Intsha
- Izingane

Kukholomu 2 uyothola isihloko esiqondile okufanele kuxoxwe ngaso neqembu labantu ekhaya lolo lwazi olusebenza kubo. Izihloko ezingaphansi kwalapho kuthi khona ikhaya elivamile kuyodingeka kuxoxwe ngazo nawo wonke amalungu ekhaya. Ngokwesibonelo, uma kukhona owesifazane okhulelwe kulelo khaya, bheka iThebula 1 Uhlu lokuhlola lwe-CCG ukuze ubone ukuthi yiziphi izihloko okudingeka uxoxe naye ngazo. Uyongena emaqenjini amabili:

- Ikhaya Elivamile
- Abesifazane Abakhulelwe

Uyoxoxa ngalezi zihloko ezishiwo futhi usebenzisa amathuluzi okuhlonza nawokufundisa awo womabili la maqembu lapho uxoxa naye.

Kukholomu 3 kunohlu lwezinombolo zeZifundo ezikhumbuza ukuthi lolo lwzi lungatholakala kuphi esiqondisweni somfundi eZifundweni Eziyisisekelo.

Kukholomu 4 kunamathuluzi okuhlonza nawokufundisa ahlobene nesihloko solwazi oyosisebenzisa ukuze uhlonze, ufundise futhi uthumele amaklayenti endaweni efanele. Uma engekho amathuluzi okuhlonza noma okufundisa ashiwo, bheka leso sifundo esiqondisweni somfundi ukuze uthole ulwazi lokufundisa iklayenti.

INgxenye 1
Iqhaza Le-CCG

Uhlu lokuhlola 1: Uhlu lokuhlola lwe-CCG

Amaklayenti ahlala emzini	Izihloko zolwazi okufanele kuxoxwe ngazo	Inamba yesifundo	Amathuluzi Okuhlonza Nawokufundisa
Ikhaya Elivamile	Umzimba Womuntu	2.1	• Izitho zomzimba womuntu
	Ukudla ukudla okunempilo	2.2	• Izinhlobo zokudla
	Ukuvocavoca Umzimba	2.3	• Ukushwiba Izingalo
	Inhlazeko Yomuntuw	2.4	
	Ukuphepha Emakhaya	2.5	• Ikhaya elingaphephile nekhaya eliphephile
	Ukuhlanzeka Ezindaweni Esihlala Kuzo	2.6	• Ukungahlanzeki kwendawo esihlala kuyo nokuhlanzeka kwendawo esihlala kuyo
	Ukuhlela Umndeni	3.1	• Izindlela zokuhlela umndeni
	Ingculaza Negciwane Layo	4.1	• Ithuluzi Lokuhlonza I-HIV
	Ukwelulekwa Nokuhlolelwa I-HIV (HCT)	4.2	• IMigudu Yokunakekela Ye-HCT
	Isifo Sofuba (TB)	4.5	• Ithuluzi Lokuhlonza i-TB • Umndeni ogulayo nomndeni onempilo
	Ukwelashwa Kwesifo Sofuba (TB)	4.6	
	Ukucwasa Nokubandlulula	4.12	• Izinkoleloze ezejwayelekile namaqiniso nge- HIV
	Ikholera	4.13	
	Isifo Sohudo (Ithayifodi)	4.14	
	Umalaleveva	4.15	
	Amarabi	4.16	
	Ukugula Ngengqondo	5.7	
	Ukuhlukumezeka Komndeni	5.8	
	Ukugqilazwa yizidakamizwa	5.9	
	IMali Yesibonelelo Sikahulumeni	6.1	• Izimfuneko zokufaka isicelo semali yesibonelelo sikahulumeni yabantu abadala nezingane
	Izingadi Zokudla	6.2	

INgxenye 1
Iqhaza Le-CCG

Amaklayenti ahlala emzini	Izihloko zolwazi okufanele kuxoxwe ngazo	Inamba yesifundo	Amathuluzi Okuhlonza Nawokufundisa
	Omazisi	6.3	• Ubani ofanelekayo ukuthola uMazisi • Izimfuneko zokufaka isicelo semali yesibonelelo sikahulumeni yabantu abadala nezingane
	Ukunakelelwa Komphakati Emakhaya Nokunakelelwa Kwasebezoshona	6.4	
	Amaqoqo Okusekelana	6.8	
Abesifazane Abakhulelwe	Kuyini Ukuhlelwa Komndeni	3.1	• Izindlela zokuhlela umndeni
	Ukuhushulwa Kwezisu (TOP)	3.2	• Izimo zokuHushula Kwezisu
	Ukunakekelwa Kowesifazane Ngesikhathi Ekhulelwe (ANC)	3.3	• Ithuluzi Lokuhlonza Ukukhulelwa • Izimpawu eziyingozi lapho ukhulelwe • Uhlelo lokuvakashela kwe-CCG owesifazane okhulelwe
	Ukunakekelwa Ngemuva Kokubeletha (PNC)	3.4	• Izimpawu eziyingozi kumama nomntwana • Umbamba kanjani umntwana kahle ukuze ancele ngempumelelo • Izindlela zokugona umntwana lapho encela • Usihlanza kanjani isitsha sokufaka ubisi lwebele olukhanyiwe • Ulugcina kanjani ubisi lwebele olukhanyiwe • Ulukhama kanjani ubisi lwebele ngesandla • Indlela yokugeza nokubulala amagciwane ezinkomishini, amabhodlela namatiti • Ulwenza kanjani ubisi lwebhodlela ngokuphephile? • Umncelisa kanjani umntwana ngenkomishi noma umfunze ngesipuni • Uhlelo lokuvakashela esikhungweni sezempilo lukamama

INgxenye 1
Iqhaza Le-CCG

Amaklayenti ahlala emzini	Izihloko zolwazi okufanele kuxoxwe ngazo	Inamba yesifundo	Amathuluzi Okuhlonza Nawokufundisa
	Ukunakekelwa Kosana Nengane	3.5	• Uhlu lokuhlola izimpawu eziyingozi ezinganeni • Ukunakekela inkaba • Ishadi Lokuqapha Ukukhula • Ithuluzi Lokuhlonza Ukungondleki (Ukukalwa kwe MUAC) • Ithuluzi Lokuhlonza Impilo Yengane • Amakhambi asekhaya angasiza izingane ezigulayo • ISOLOLO • Uhlelo Lokugoma • Uhlelo lokuvakasha kwengane esikhungweni sezempilo
	Ingculaza Negciwane Layo	4.1	• Ingculaza Negciwane Layo
	Ukwelashwa Ngama-Antiretroviral (ama-ARV)	4.3	• IMigudu Yokunakekela Yokwelashwa Ngama-ARV • Ifomu lethuluzi Lokuhlonza Ukunamathela kumakhambi e-TB kanye nama-ARV • Indlela yokuphuzisa izingane umuthi weketshezi
	Ukuvimbela Ukudluliselwa Kwegciwane Enganeni Lisuka Kumama (PMTCT)	4.4	• IMigudu Yokunakekela Ye-PMTCT
	Isifo Sofuba (TB)	4.5	• Ithuluzi Lokuhlonza i-TB • Umndeni ogulayo nomndeni onempilo
	Izifo ezithathelana ngokocansi (ama-STI)	4.8	• Ithuluzi Lokuhlonza I-STI
	Amagciwane Angosomathuba (ama-OI)	4.9	
	Ukuvinjelwa Kwe-HIV Nama-STI: Indima Yamakhondomu	4.10	• Indlela yokusebenzisa ikhondomu yabesilisa • Indlela yokusebenzisa ikhondomu yabesifazane

INgxenye 1
Iqhaza Le-CCG

Amaklayenti ahlala emzini	Izihloko zolwazi okufanele kuxoxwe ngazo	Inamba yesifundo	Amathuluzi Okuhlonza Nawokufundisa
Abesilisa	Kuyini Ukuhlelwa Komndeni	3.1	• Izindlela zokuhlela umndeni
	Ukuhushulwa Kwezisu (TOP)	3.2	• Izimo zokuHushula Kwezisu
	Ukunakekelwa Kowesifazane Ngesikhathi Ekhulelwe (ANC)	3.3	• Ithuluzi Lokuhlonza Ukukhulelwa • Uhlelo lokuvakashela kwe-CCG owesifazane okhulelwe
	Izifo ezithathelana ngokocansi (ama-STI)	4.8	• Ithuluzi Lokuhlonza I-STI
	Amagciwane Angosomathuba (ama-OI)	4.9	
	Ukuvinjelwa Kwe-HIV Nama-STI: Indima Yamakhondomu	4.10	• Indlela yokusebenzisa ikhondomu yabesilisa • Indlela yokusebenzisa ikhondomu yabesifazane
	Ukuvinjelwa Kwe-HIV: Indima Yokusokwa Kwabesilisa Ngabezokwelapha (MMC)	4.11	
	Umfutho Wegazi Ophakeme	5.1	
	Isifo Sikashukela	5.2	
	Ungwengwezi Lwamafutha Asegazini	5.3	
	Isifo Senhliziyo	5.4	
	Isifo Sohlangothi	5.5	
	Imidlavuza (Owebele, Owendlala Yenzalo Yowesilisa Nowamasende)	5.6	• Ukuzihlola amabele namasende

INgxenye 1
Iqhaza Le-CCG

Amaklayenti ahlala emzini	Izihloko zolwazi okufanele kuxoxwe ngazo	Inamba yesifundo	Amathuluzi Okuhlonza Nawokufundisa
Abesifazane	Kuyini Ukuhlelwa Komndeni	3.1	• Izindlela zokuhlela umndeni
	Ukuhushulwa Kwezisu (TOP)	3.2	• Izimo zokuHushula Kwezisu
	Ukunakekelwa Kosana Nengane	3.5	• Uhlu lokuhlola izimpawu eziyingozi kubantwana • Uhlelo lokuvakasha kwe-CCG ngemva kokubeletha • Ukunakekela inkaba • Ishadi Lokuqapha Ukukhula • Ithuluzi Lokuhlonza Ukungondleki (Ukukalwa kwe MUAC) • Ithuluzi Lokuhlonza Impilo Yengane • Amakhambi asekhaya angasiza izingane ezigulayo • ISOLOLO • Uhlelo Lokugoma
	Izifo ezithathelana ngokocansi (ama-STI)	4.8	• Ithuluzi Lokuhlonza I-STI
	Ukwelashwa Ngama-Antiretroviral (ama-ARV)	4.3	• IMigudu Yokunakekela Yokwelashwa Ngama-ARV • Ifomu lethuluzi Lokuhlonza Ukunamathela kumakhambi e-TB kanye nama-ARV
	Amagciwane Angosomathuba (ama-OI)	4.9	
	Ukuvinjelwa Kwe-HIV Nama-STI: Indima Yamakhondomu	4.10	• Indlela yokusebenzisa ikhondomu yabesilisa • Indlela yokusebenzisa ikhondomu yabesifazane
	Ukuvinjelwa Kwe-HIV: Indima Yokusokwa Kwabesilisa Ngabezokwelapha (MMC)	4.11	
	Umfutho Wegazi Ophakeme	5.1	
	Isifo Sikashukela	5.2	
	Ungwengwezi Lwamafutha Asegazini	5.3	
	Isifo Senhliziyo	5.4	
	Isifo Sohlangothi	5.5	
	Imidlavuza (Owebele, Owendlala Yenzalo Yowesilisa Nowamasende)	5.6	• Ukuzihlola amabele namasende

INgxenye 1
Iqhaza Le-CCG

Amaklayenti ahlala emzini	Izihloko zolwazi okufanele kuxoxwe ngazo	Inamba yesifundo	Amathuluzi Okuhlonza Nawokufundisa
Abantu Asebekhulile	Ukwelashwa Ngama-Antiretroviral (ama-ARV)	4.3	• IMigudu Yokunakekela Yokwelashwa Ngama-ARV • Ifomu lethuluzi Lokuhlonza Ukunamathela kumakhambi e-TB kanye nama-ARV
	Ukuvinjelwa Kwe-HIV Nama-STI: Indima Yamakhondomu	4.10	• Indlela yokusebenzisa ikhondomu yabesilisa • Indlela yokusebenzisa ikhondomu yabesifazane
	Umfutho Wegazi Ophakeme	5.1	
	Isifo Sikashukela	5.2	
	Ungwengwezi Lwamafutha Asegazini	5.3	
	Isifo Senhliziyo	5.4	
	Isifo Sohlangothi	5.5	
	Imidlavuza (Owebele Nowamasende)	5.6	• Ukuzihlola amabele namasende
	IMali Yesibonelelo Sikahulumeni	6.1	• Izimfuneko zokufaka isicelo semali yesibonelelo sikahulumeni yabantu abadala nezingane
	Ukunakekelwa Kwabantu Abadala	6.5	

Amacebiso Awusizo

- Khumbula ukuthi lapho ubuza imibuzo usebenzisa ithuluzi lokuhlonza elithile, qiniseka ukuthi uqaphela noma yiluphi ulwazi olungase ludinge ukuba usebenzise amanye amathuluzi okuhlonza ukuze ungeqiwe yinoma yiziphi izidingo okungenzeka zikhona kulelo khaya
- Kubalulekile nokuba usebenzise amakhono akho okunaka nokulalela futhi ulibhekisise iklayenti kanye nendawo elikuyo futhi ulalelisise lokho elikutshela khona
- Khumbula ukubhala phansi lonke ulwazi nezinyathelo ozithathayo emzini kanye namalungu owahlonzayo nalokho okutholile nokuthi uwaluleke ukuba enzeni. Lokhu kuzoba yingxenye yamarekhodi akho okuqapha nokuhlola
- Kufanele uphawule ukuthi kudingeka ulandelele nini ukuze uqiniseke ukuthi leso sinyathelo uyasithatha
- Okubaluleke nakakhulu ukuba ube yisibonelo emphakathini ngendlela ophila ngayo nowenza ngayo, futhi uma uzinakekela uyokwazi ukubafundisa ukuthi nabo bangazinakekela kanjani

INgxenye 1
Iqhaza Le-CCG

Amaklayenti ahlala emzini	Izihloko zolwazi okufanele kuxoxwe ngazo	Inamba yesifundo	Amathuluzi Okuhlonza Nawokufundisa
Intsha	Kuyini Ukuhlelwa Komndeni	3.1	• Izindlela zokuhlela umndeni
	Ukuhushulwa Kwezisu (TOP)	3.2	• Izimo zokuHushula Kwezisu
	Ukwelashwa Ngama-Antiretroviral (ama-ARV)	4.3	• IMigudu Yokunakekela Yokwelashwa Ngama-ARV • Ifomu lethuluzi Lokuhlonza Ukunamathela kumakhambi e-TB kanye nama-ARV • Indlela yokuphuzisa izingane umuthi weketshezi
	Izifo ezithathelana ngokocansi (ama-STI)	4.8	• Ithuluzi Lokuhlonza I-STI
	Amagciwane Angosomathuba (ama-OI)	4.9	
	Ukuvinjelwa Kwe-HIV Nama-STI: Indima Yamakhondomu	4.10	• Indlela yokusebenzisa ikhondomu yabesilisa • Indlela yokusebenzisa ikhondomu yabesifazane
	Ukuvinjelwa Kwe-HIV: Indima Yokusokwa Kwabesilisa Ngabezokwelapha (MMC)	4.11	
	Umfutho Wegazi Ophakeme	5.1	
	Isifo Sikashukela	5.2	
	Ungwengwezi Lwamafutha Asegazini	5.3	
	Isifo Senhliziyo	5.4	
	Isifo Sohlangothi	5.5	
	Imidlavuza (Owebele Nowamasende)	5.6	• Ukuzihlola amabele namasende
	Imisebenzi Eyisidingo Yentsha	6.7	

INgxenye 1
Iqhaza Le-CCG

Amaklayenti ahlala emzini	Izihloko zolwazi okufanele kuxoxwe ngazo	Inamba yesifundo	Amathuluzi Okuhlonza Nawokufundisa
Izingane	Ukunakekelwa Ngemuva Kokubeletha (PNC)	3.4	• Izimpawu eziyingozi kumama nomntwana • Umbamba kanjani umntwana kahle ukuze ancele ngempumelelo • Izindlela zokugona umntwana lapho encela • Usihlanza kanjani isitsha sokufaka ubisi lwebele olukhanyiwe • Ulugcina kanjani ubisi lwebele olukhanyiwe • Ulukhama kanjani ubisi lwebele ngesandla • Indlela yokugeza nokubulala amagciwane ezinkomishini, amabhodlela namatiti • Ulwenza kanjani ubisi lwebhodlela ngokuphephile? • Umncelisa kanjani umntwana ngenkomishi noma umfunze ngesipuni • Uhlelo lokuvakashela esikhungweni sezempilo lukamama
	Ukunakekelwa Kosana Nengane	3.5	• Uhlu lokuhlola izimpawu eziyingozi kubantwana • Ukunakekela inkaba • Ishadi Lokuqapha Ukukhula • Ithuluzi Lokuhlonza Ukungondleki (Ukukalwa kwe MUAC) • Ithuluzi Lokuhlonza Impilo Yengane • Amakhambi asekhaya angasiza izingane ezigulayo • ISOLOLO • Uhlelo Lokugoma • Uhlelo lokuvakasha kwengane esikhungweni sezempilo
	Ukwelashwa Ngama-Antiretroviral (ama-ARV)	4.3	• IMigudu Yokunakekela Yokwelashwa Ngama-ARV • Ifomu lethuluzi Lokuhlonza Ukunamathela kumakhambi e-TB kanye nama-ARV • Indlela yokuphuzisa izingane umuthi weketshezi
	Isifo Sofuba (TB) Ezinganeni?	4.7	
	UKuhlukunyezwa Kwezingane	5.10	
	IMali Yesibonelelo Sikahulumeni	6.1	• Izimfuneko zokufaka isicelo semali yesibonelelo sikahulumeni yabantu abadala nezingane
	Usizo Lwezenhlalakahle Yezingane	6.6	

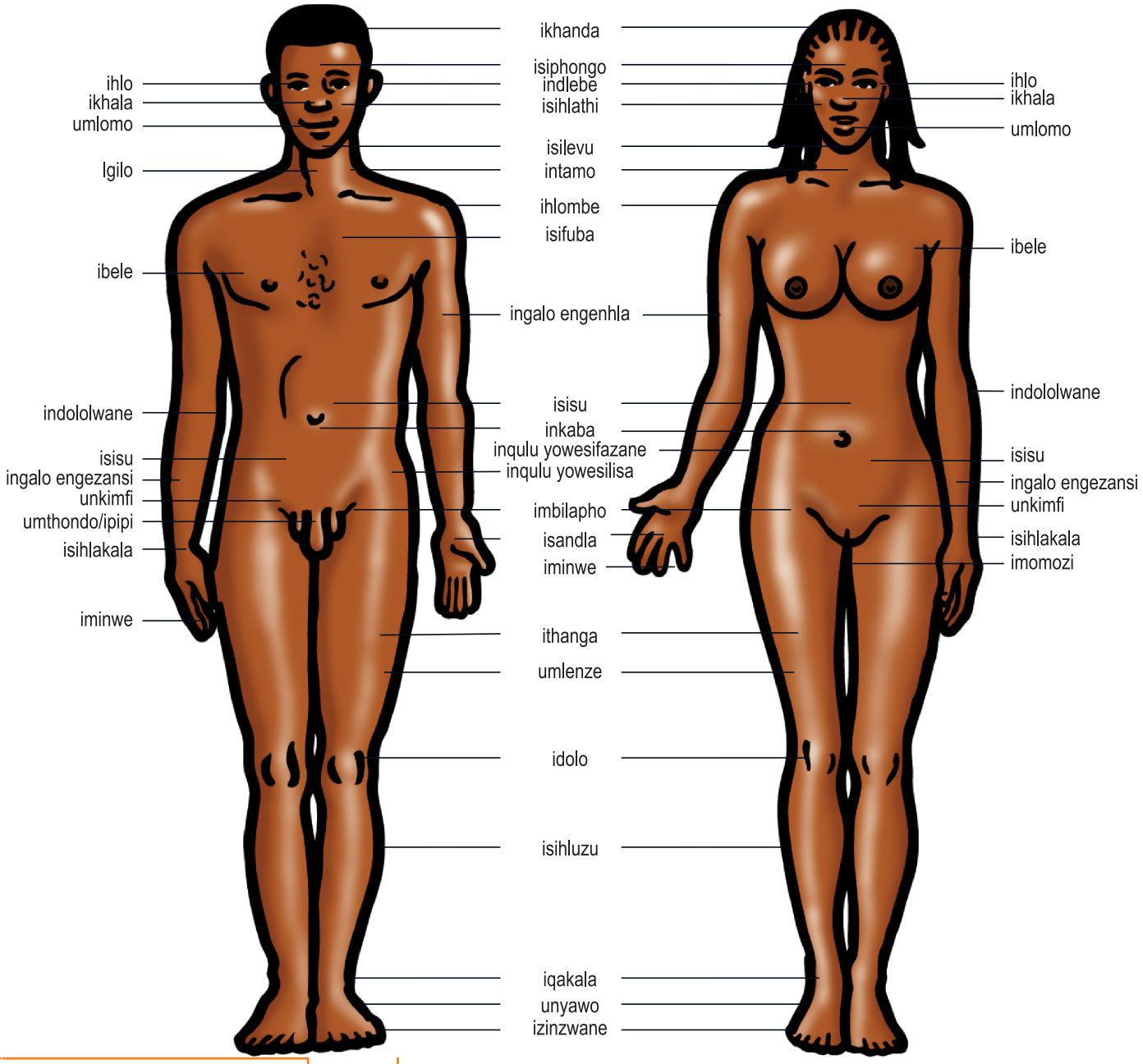
INgxenye 2
Ukuphila Ngendlela Enempilo

Umzimba Womuntu

Umzimba womuntu wakhiwe amalungu ahlukene: ikhanda, intamo, umzimba (ophakathi nendawo), izingalo ezimbili, nemilenze emibili. Wakhiwe ngendlela yokuthi ukwazi ukuma uqonde, uhambe ngezinyawo ezimbili, usebenzise izingalo ukuthwala nokuphakamisa, uphinde ube neminwe ekwazi ukubamba izinto.

Bonisa amaklayenti akho isithombe sezitho zomzimba womuntu (bheka Umfanekiso 2) bese uwacela ukuba akubonise esithombeni ukuthi kukuphi lapho ezwa khona ubuhlungu noma akutshele nganoma yiziphi ezinye izidingo anazo.

Umfanekiso 2: Izitho zomzimba womuntu



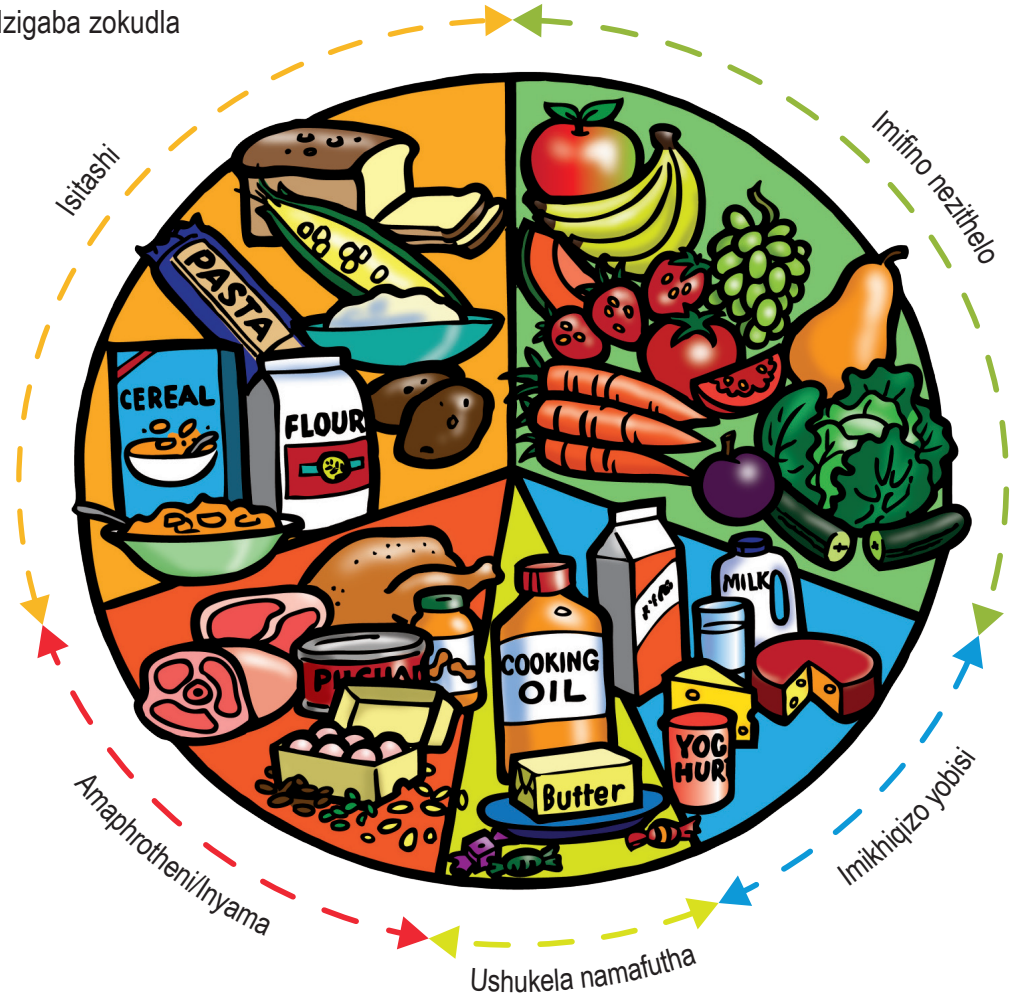
INgxenye 2
Ukuphila Ngendlela Enempilo

Ukudla Ukudla Okunempilo

Ukudla ngendlela enempilo kuchaza ukudla ukudla okunempilo okwanele kwalo lonke uhlobo lokudla ukuze uphile impilo ekhethekile. Ukudla ukudla okunempilo kufanele kuhlanganiswe nezinye izingxenye zokuphila ngendlela enempilo (isib. ukuzivocavoca, ukungabhemi, ukungadli izidakamizwa) ukuze kuvinjelwe okunye ukugula okungelapheki, isib. umfutho ophakeme wegazi, isifo sikashukela.

Bonisa iklayenti lakho isithombe sezigaba zokudla (bheka Umfanekiso 3) bese nixoxa ngesigaba ngasinye sokudla nokuthi yingxenye engakanani enempilo angayidla esigabeni ngasinye, ukuze ahlale enempilo.

Umfanekiso 3: Izigaba zokudla



Izitashi: zinezihlaka ezakha amandla emzimbeni (njengestambhu, ipasta, ilayisi noma isinkwa). Izitashi ziyingxenye ebalulekile yezidlo futhi zidliwa nsukuzonke. Ingxenye eyodwa = ucezu lwesinkwa NOMA uhafu wenkomishi yephalishi eliphekiwe, ilayisi noma ipasta NOMA izambane elilodwa elincane.

Amacebiso Awusizo

KHUMBULA!
Izidlo ezinempilo nomsoco zenziwa izigaba ezahluka hlukene zokudla ekufanelwe zidliwe zonke izinsuku.

INgxenye 2
Ukuphila Ngendlela Enempilo

Amaphrotheni/Inyama: asiza ekwakheni imisipha, amathambo, amazinyo negazi (inyama yenkukhu, eyenkomo, inhlanzi, ubhontshisi namantongomane). Yidla izingxenye ezincane zonke izinsuku. Ingxenye eyodwa = iqatha lenyama noma inhlanzi engangentende yesandla sakho.

Imifino nezithelo: zinezakhamzimba nokunye okusiza umzimba uhlale unempilo (iklabishi, uphizi, izaqathi, ama-aphula, amawolintshi, uphayinaphu nobhanana). Idla izingxenye ezinhlanu zalokhu zonke izinsuku. I-aphula, ubhanana, iganandoda noma isithelo esingangalezi siyingxenye eyodwa. Ucezu lukaphayinaphu noma lwekhabe luyingxenye eyodwa. Izipuni ezintathu eziqongisiwe zemifino ziyingxenye eyodwa.

Imikhiqhizo yobisi: inezithako ze-calcium ezakha amathambo namazinyo aqinile (ubisi, iyogathi noshizi). Ubisi lubaluleke nakakhulu ezinganeni ezincane. Baningi abantu abaguliswa ubisi, okusho ukuthi ngeke baluphuze ubisi ngoba lubaphathisa isisu. Njengoba izithako ze-calcium zibalulekile ekwakheni amathambo namazinyo aqinile, ngakho-ke udinga izidlo ezinezithako ze-calcium eningi njengeyogathi noshizi ukuze uvale isikhala sokuphuza ubisi. Uma okunye ukudla kukuphathisa isisu nakho, kufanele kusetshenziswe izichibiyeli ze-calcium ukuze uqinisekise ukuthi umzimba uthola i-calcium eyanele.

Ushukela, usawoti namafutha: kunika umzimba amandla. Imvamisa yamafutha avele asekhona kukudla esikudla zonke izinsuku. Abantu kumele bangakudli ukudla okunoshukela, amafutha nosawoti omningi ngoba lokhu kudla kudala izifo ezingelapheki, njengomfutho wegazi ophezulu [bheka iSifundo 5.1 mayelana noMfutho Wegazi Ophezulu]. Yidla ukudla okuncane okuqhamuka kulomkhakha.

Amanzi: amanzi abalulekile kakhulu emzimbeni ngoba asiza umzimba ukuthi usebenze ngendlela. Ukuphuza amanzi amaningi ahlanzekile noma ubisi kungcono kunokuphuza iziphuzo ezizoyizayo, ikhofi noma utshwala.

Ukulungiswa kokudla ngokuphephile

Ukuze ukwazi ukuphila isikhathi eside uwumqemane, kunemithetho ethile okufanele uyilandele. Omunye wale mithetho ukwazi ngokuphepha kokudla. Ukuphepha kokudla kusho ukulungiselela ukudla ngendlela ehlanzekile nokukupheka ngendlela efanele:

- Geza izandla ngensipho namanzi ahlanzekile ngaphambi kokulungisa ukudla
- Pheka inyama, inhlanzi, nenyama yenkukhu kakhulu. Inyama eluhlaza noma engaphekisisiwe ingaba namagciwane umzimba ongeke ukwazi ukulwisana nawo
- Ungawadli amaqanda aluhlaza – anamagciwane
- Faka ukudla okusele kwisiqandisi ngokushesha uma sekupholise. Uma ungenaso isiqandisi zama ukupheka ukudla okwenele. Ukudla osekuhlale izinsuku ezingaphezulu kwezintathu esiqandisini kumele kulahlwe. Ukuphaka zonke izinsuku kungcono
- Beka konke ukudla okuthengiwe endaweni epholile
- Qikelela ukuthi yonke imifino nezithelo ziwashisisiwe
- Ungayiphekei isikhathi eside imifino ngoba lokhu kubulala umsoco wawo
- Ungasebenzisi usawoti omningi. Uma umuntu edla osawoti kakhulu hleze izinso zingakwazi ukuwuchitha lowo sawoti egazini. Usawoti uya egazini lokhu okukhuphula iHayi-hayi

Amacebiso Awusizo

KUBALULEKILE!
Uma sidla ngendlela enempilo:
- ngeke sigule kalula
- siyokwazi ukwenza umsebenzi wethu
- ngeke sisheshe sikhathale
- sizohlala siphilile isikhathi eside
- siyoqiniseka ukuthi sinesizwe esiphilile

INgxenye 2
Ukuphila Ngendlela Enempilo

Ukuvocavoca Umzimba

Ukuzivocavoca ukwenza umsebenzi onyakazisa umzimba ukuze uthuthukise impilo yakho. Lokhu kufanele kuhlanganiswe nezinye izingxenye zokuphila ngendlela enempilo (isib. ukudla ukudla okunempilo, ukungabhemi, ukungadli izidakamizwa) ukuze uvimbele izifo ezithile ezithatha isikhathi eside, isib. umfutho wegazi ophezulu, isifo sikashukela. Ukuvocavoca umzimba ngokwanele kungakunika amandla futhi kusize nendlela ozizwa ngayo emoyeni.

Kudingeka ukhulume namaklayenti akho ngokubaluleka kokuzivocavoca imizuzu engu-30 kathathu kuya kane ngeviki ukuze ahlale enamandla futhi alwe nezifo.

Ukuzivocavoca akumele kube yinto enzima noma ekhandlanayo, kungaba:

- ukuhambahamba epaki
- ukugijigijima kancane
- ukudlala umdlalo othile noma imidlalo edlalelwa phandle
- ukuhamba ngezinyawo uma siya emisebenzini
- ukwenza umsebenzi wasendlini
- ukuhamba ngezinyawo uma uya ezitolo esikhundleni sokuhamba ngemoto
- ukukhuphuka ngezitebhisi esikhundleni sokuthatha ikheshi noma izitebhisi ezihambayo

Amacebiso Awusizo

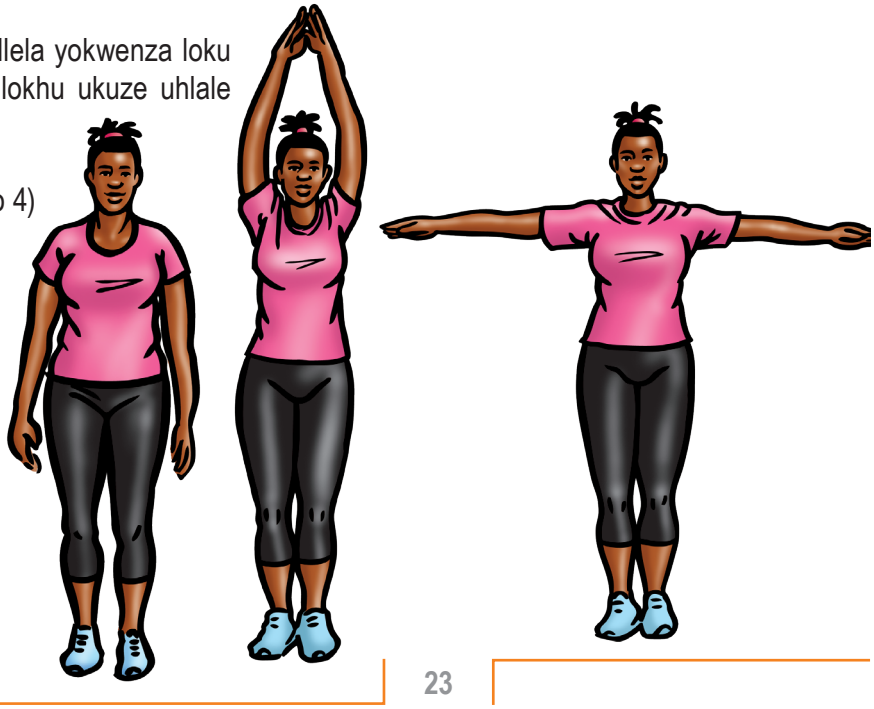
- Ukuzivocavoca imizuzu engu-30 izikhathi ezintathu kuya kwezine ngeviki kuyosiza umzimba ukuba uhlale uqinile futhi ulwe nezifo
- Ukuzivocavoca kulungele yonke ingxenye yomzimba wakho
- Ukuzivocavoca kungasiza ukuthi ubukeke kahle

Ukuzivocavoca okungenziwa emakhaya

Kufanele uwakhombise amaklayenti akho indlela yokwenza loku kuzivocavoca. Kuhle ukuba nawe ukwenze lokhu ukuze uhlale unamandla futhi unempilo.

1. Ukushwiba Izingalo (bheka Umfanekiso 4)
2. Ukushwiba Imilenze
3. Ukwelula Imilenze

Umfanekiso 4: Ukushwiba Izingalo

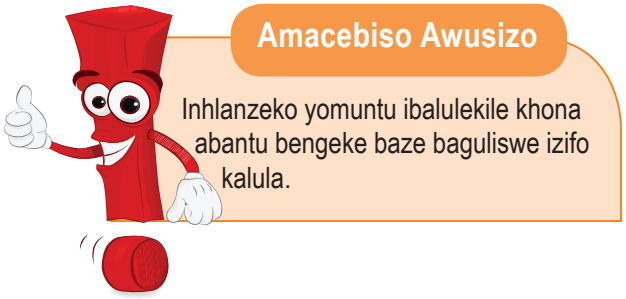


Inhlazeko Yomuntu

Inhlanzeko yomuntu ukugeza nokunakekela imizimba yethu. Kuphinde kuhlanganise nezinyathelo ezilula zokuvimbela ukusabalala kwamagciwane, isib. ukugeza izandla ngensipho namanzi, ukuvala umlomo namakhala ngethishu uma ukhwehlela noma uthimula.

Lokhu kubaluleke kakhulu ngoba kusisiza ukuba singaguli. Singazivikela ekuguleni ngokwenza lokhu:

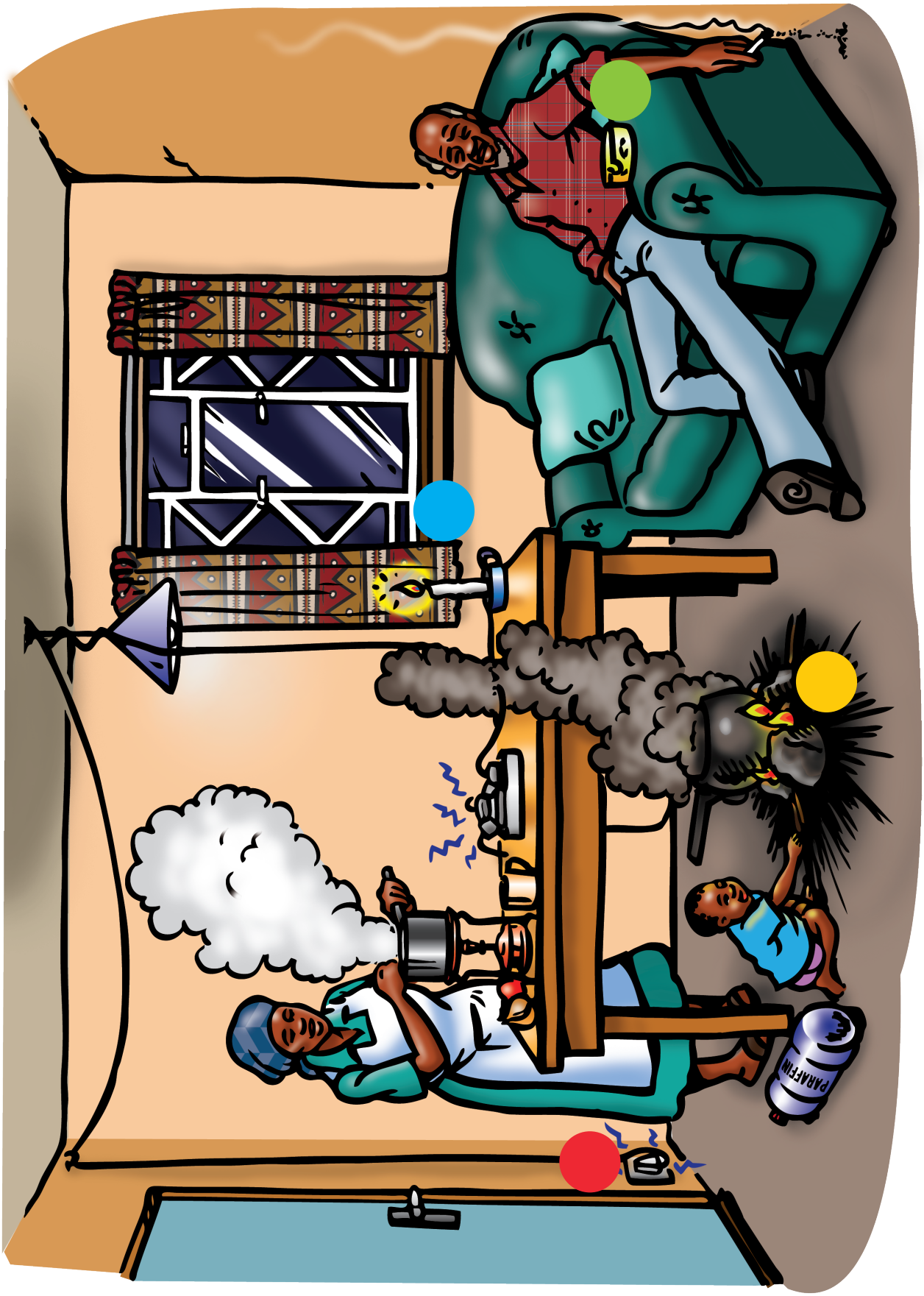
- Uhlanze futhi uvulele umoya njalo (Ukuvulela umoya kusho ukuvula iminyango namafasitela). Kubaluleke kakhulu futhi ukuhlanza indlu yangasese nezitamkoko
- Izingubo zokugqoka nezokulala kumela ziwashwe njalo ukuze kuphele iphunga
- Ungabhemi endlini. Intuthu kagwayi izogulisa nalabo abangabhemi. Kanti futhi ukubhema kungadala umlilo
- Geza izandla zakho ngensipho namanzi ngaphambi kokuthi uthinte ukudla
- Umuntu kumele avale umlomo wakhe nekhala ngesandla noma ngeduku uma ekhwehlela noma ethimula. Geza izandla ngamanzi nensipho uma ukade uqeda ukukhwehlela nokuthimula
- Beka oshevu, umentshisi, upharafini nezinto eziyimithi kuzindawo eziphezulu lapho abantwana bengeke baze bakwazi ukufinyelela khona
- Umuntu kumele ageze zonke izinsuku ngensipho ikakhulukazi uma umuntu ekade esebenza kanzima ukuze aqede umjuluko nephunga elibi
- Ukuxubha zonke izinsuku futhi njalo uma ukade uqeda ukudla kubalulekile. Uma bengenazo izixubho mabasebenzise usawoti nosota wokubhaka ukukhuhla amazinyo
- Gcina izinzipho nezinwele kuhlanzekile
- Geza izandla ngensipho namanzi ahlanzekile uma ukade uqeda ukusebenzisa indlu yangasese ukuze uvimbele ukugula
- Geza izandla zakho ngensipho uma uzodla



Ukuphepha Emakhaya

Ukuphepha emakhaya kusho ukwenza nokugcina ikhaya liphephile ukuze kuvinjelwe izingcuphe nezingozi zingenzeki. Ziningi izingozi ezenzeka emakhaya. Okunye okubangela izingozi emakhaya kulula ukukubona, njengamathoyizi achitheke phansi. Okunye akulula ukukubona, njengokushelela phansi endlini. Izingozi eziningi ezenzeka emakhaya zingase zivinjelwe uma siqaphelisisa.

Bonisa iklayenti isithombe sekhaya elingaphephile (bheka Umfanekiso 5) bese ulicela ukuba likhombe ukuthi yini eyenza leli khaya libe elingaphephile.



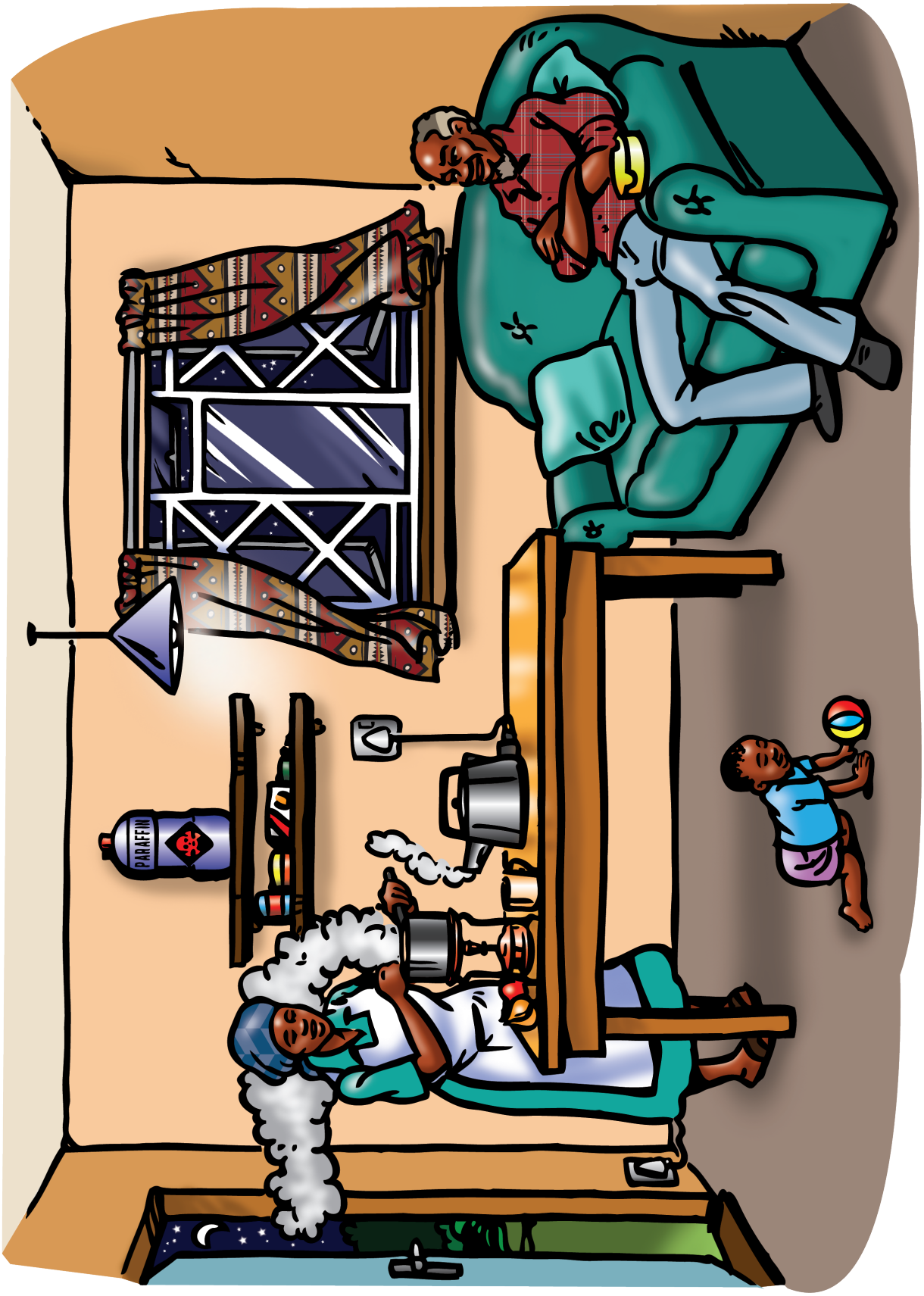
Umfanekiso 5: Ikhaya elingaphephile

INgxenye 2
Ukuphila Ngendlela Enempilo

	Indoda ehleli kusofa iyabhema futhi umlotha uchithekela phansi. Kubonakala sengathi isilele futhi ingase ishise usofa
	Indawo yokuplaka esodongeni kubonakala sengathi ikhipha izinhlansi ezingase zidale umlilo, kanjalo ne-adaptor esetafuleni
	Kunomlilo obaswe endaweni evulekile ngaphakathi endlini futhi izingane zidlala eduze kwawo. Kunebhodwe eligxabhayo lokudla elisemlilweni. Ingane ingase idonse leli bhodwe bese iyasha noma yokhele indlu ngomlilo
	Ikhandlela elivuthayo liseduze namakhethini angase okheleke ashe. Kanti nalo ikhandlela njengoba lingamboziwe lingase liwe futhi lokhele umlilo

Manje bonisa amaklayenti akho isithombe sekhaya eliphephile (bheka Umfanekiso 6) bese ukhomba lokhu okulandelayo:

- Ushevu ubekwe lapho izingane zingafinyeleli khona
- Izintambo zikagesi zixhunywe kahle futhi azikhiphi izinhlansi zomlilo
- Isitofu sokupheka silapho izingane zingafinyeleli khona
- Amafasitela neminyango kuvuliwe ukuze umoya ungene kahle
- Awukho umlilo obaswe endaweni evulekile lapho kungafinyelela khona izingane
- Indoda ebhemayo isebenzisa isitsha somlotha futhi ayichitheli umlotha phansi lapho izingane zidlalela khona



Umfanekiso 6: Ikhaye eliphephile

INgxenye 2
Ukuphila Ngendlela Enempilo

Ithebula 1: Okufanele Ukwenze Nokungafanele Ukwenze ukuze ikhaya liphephe

Enza	Musa
Hlala njalo uvule amafastela endlu	Ukushiya umlilo ngaphandle ungawucishile, ikakhulu uma kukhona izingane
Hlanzisisa ikhaya lakho	Ukubhemela endlini noma uwise izinqamu zikagwayi zivutha phansi
Bopha kahle izintambo zikagesi nezimbobo zama plaki angasebenzi, kanjalo namaplaki angasetshenziswa	Ukubeka izitofu ematafuleni amafushane lapho izingane zingafikelela emapuletini esitofu nasemabhodweni ashisayo
Sebenzisa amanzi ahlanzekile okuphuza, ukuhlamba izingubo noma ukulungisa ukudla	Ukubeka izihlalo nezitebhisi eduze nesitofu lapho izingane zingase zidlale zigibele ngazo khona
Imimese, izimfoloko izikelo kanye nezinye izinto ezicijile mazifakwe emadiloweni lapho izingane zingeke zifike khona	Ukubeka ibhodwe izibambo zalo zibheke ngalapho izingane zingafikela khona
Beka izinto ezisikayo zengilazi noma okusamimese lapho abantwana bengakwazi ukufinyelela khona	Ukushiya umnyango wezindlu zangasese noma indlu yokugezela ivuliwe
Izingane nabantwana abancane ababekude nemililo evulekile	Ukubeka isitofu noma umlilo ovulekile eduze namakhethini noma ifenisha enekhava yendwangu
Qiniseka ukuthi izintambo zikagesi azilengeli phansi kangangokuthi izingane zingazibamba kudonseleke izinto kuzo	
Beka uphalafini, izihlanzisi kanye nezinye izinto ezinobuthi obuyingozi lapho izingane zingeke zifinyelele khona	

Ukuhlanzeka Ezindaweni Esihlala Kuzo

Ukuhlanzeka ezindaweni esihlala kuzo yizinyathelo ezithathwayo ukuze sigcine izindawo esihlala kuzo, esisebenza kuzo nesidlala kuzo ziphephile futhi zinempilo. Lokhu kuhlanganisa indlela yokulahla udoti nokuqinisekisa ukuthi kunamanzi ahlanzekile. Indawo esihlala kuyo ehlanzekile nenempilo iyingxenye ebalulekile yokugcina umphakathi uphilile.

Amacebiso Awusizo

Ukuze nibe namanzi aphephile:

- Yikhani amanzi amasha nsuku zonke
- Cwengani amanzi ngendwangu ehlanzekile
- Benza okukodwa kwalokhu okulandelayo:
  - Thela ithisipuni elilodwa le-bleach emanzini angamalitha angu-20 kuya ku-25. Makuhlangane kahle bese ulinda okungenani imizuzu engu-30 noma
  - Ubilise amanzi. Mawaqhubeke ebila okungenani umzuzu ukuze ahlanzeke futhi aphephe
- Ukuze usebenzise amanzi aphephile:
  - Sebenzisa inkomishi ehlanzekile njalo ukuze ukhe amanzi ebhakedeni noma
  - Uthele amanzi aphuma esigujini uma uwadinga

Bonisa amaklayenti akho isithombe sendawo engahlanzekile (bheka Umfanekiso 7) bese uwacela ukuba akhombe izinto ezingase zibangele ukugula.

Umfanekiso 7: Indawo engahlanzekile

INgxenye 2
Ukuphila Ngendlela Enempilo

	Indoda izikhulula ngaphandle endaweni okudlalela kuyo izingane. Lokhu kungase kubangele ukusakazeka kwezifo nezimpethu
	Kunesitamkoko esivulekile eduze komthombo wamanzi esiphumela ngaphandle enhlabathini sibangele udaka futhi kwenza ukuthi izilwane ziphuze lapho bese zisakaza izifo
	Udoti uhleli nje enhlabathini. Ubanga izimpukane nezinye izinambuzane futhi ungabangela ukusakazeka kwamagciwane futhi ubangele nezifo
	Izilwane zihamba yonke indawo. Lokhu kusho ukuthi indle yazo izoba lapho kudlala khona izingane

Sebenzisa isithombe sendawo ehlanzekile (bheka Umfanekiso 8) ukuze ubabonise ukuthi bangazixazulula kanjani noma yiziphi izidingo abangase babe nazo endaweni abahlala kuyo:

- Izilwane zisezibayeni ezivalekile
- Awukho udoti ohleli phansi. Usemgqonyeni kadoti ovalwa ngesivalo
- Kunezindlu zangasese ezifanele
- Amanzi manje asekhiwa ngebhakede empompini futhi umpompi awuchithekeli phansi
- Amaveji ayakhula engadini ehlanzekile
- Izindlu zinakekelwa kahle

Umfanekiso 8: Indawo ehlanzekile

INgxenye 3
Impilo Kamama Nengane

INgxenye 3
Impilo Kamama Nengane

Ukuhlela Umndeni

Kusiza ngani ukuhlela umndeni

- Kuvimbela ukuba umama akhulelwe engafuni futhi kuvimbela nokukhulelwa okuyingozi kumama nomntwana
- Kuvumela umama ukuba aqiniseke ukuthi kukhona isikhathi esanele phakathi kokukhulelwa ukuze umzimba wakhe ululame
- Kuvumela umama ukuba ahlele ukukhulelwa ikakhulukazi uma enanoma yisiphi isifo
- Kuvumela umndeni ukuba uhlele ukuba ube nemali eyanele yokudla, izimpahla zokugqoka nemfundo yazo zon ke izingane
- Kunciphisa ukukhulelwa kwamantombazane kwazise imizinjana yawo ayikakulungeli ukuthwala umntwana kanye nokubeletha
- Kunamathuba amaningi nangcono okuthola umsebenzi, imfundo nokunakekelwa emphakathini ekhuthaza futhi isebenzise ukuhlela umndeni

Izindlela zokuhlela umndeni ezikhona:

- Amaphilisi
- Imijovo
- Amakhondomu
- I-IUCD (Iluphu)
- Ukuvalwa inzalo ngokuhlinzwa

Amacebiso Awusizo

Kufanele ukhuthaze amaklayenti akho ukuba akhulu nabasebenzi bezokwelapha esikhungweni sezempilo ukuze bathole ukuthi iyiphi indlela yokuhlela umndeni eyowalungela kangcono.

Ukuhushulwa Kwezisu (TOP)

INingizimu Afrika yakhipha umthetho ovumela bonke abesifazane ngisho nalabo abanegciwane lesandulela-ngculazi ukuthi bangahushula izisu (TOP) ngokuphephile. Lokhu kusho ukuthi uma owesifazane ezithola esekhulelwe unelungelo lokufaka isicelo sokuhushula isisu mahhala ngaphambi kokuba kufike isikhathi sokuba umntwana azalwe. Owesifazane kufanele asayine imvume esenikwe ulwazi. Uma umtholampilo wakhe ungayenzi i-TOP, kufanele umthumele esikhungweni sezempilo oseduze oyenzayo.

Bheka Ithebula 2 ukuze usize iklayenti lakho liqonde ukuthi kunini lapho lingafanelekela khona uKuhushula Isisu.

Ithebula 2: Izimo zokwenza i-TOP

Unesikhathi esingakanani ekhulelwe?	Kunini lapho efanelekela khona i-TOP?	Ubani onganikeza imvume emuva kwencazelo?
Kuya emasontweni ayishumi nambili	Kuya ngesicelo kowesifazane (owesifazane nguye okufanele acele i-TOP)	Imvume emuva kwencazelo inikezwa ngowesifazane okhulelwe
Amasonto angu-13 kuya kwangu-20	• Kungenziwa uma ukukhulelwa kungaba yingozi emzimbeni noma emqondweni • Uma engeke akwazi ukunakekela umntwana ngoba engenayo imali noma uma ukuba nomntwana kuzophazamisa ubudlelwane bakhe nomndeni wakhe nomphakathi • Uma umntwana engakhuli ngendlela elungile • Uma ukukhulelwa kungumphumela wokudlwengulwa noma ucansi phakathi kwabantu abazalanayo ngokwegazi (incest)	Imvume emuva kwencazelo inikezwa ngowesifazane okhulelwe
Emuva kwamasonto angu-20	Uma ukukhulelwa kuzoba • yingozi empilweni yowesifazane • kuzobanga ukuthi ingane ingakhuli kahle ngokujwayelekile • kuzokwenza impilo yengane ibe sengozini	Imvume emuva kwencazelo inikezwa ngowesifazane okhulelwe emuva kokubonisana noDokotela abangaphezu koyedwa, noma noDokotela oyedwa KANYE noMbelethisi

Amacebiso Awusizo

Ukuvuma emuva kwencazelo kusho ukuthi unesi usemchazele owesifazane ngokuthi kuzokwenzakani kanye nazo zonke izingcuphe ezibandakanyekayo, nokuthi owesifazane usayinile ukuthi uyavuma ukuthi kwenziwe.

Ukunakekelwa Kowesifazane Ngesikhathi Ekhulelwe (ANC)

Kubaluleke kakhulu ukuba owesifazane okhulelwe athole ukunakekelwa okuhle nokusekelwa ngesikhathi ekhulelwe futhi ukuze lokhu kwenzeke kubalulekile ukuba owesifazane azi ngokushesha ngangokunokwenzeka ukuthi ukhulelwe. Lokhu kusho ukuthi kufanele aye esikhungweni sezempilo ngokushesha lapho ebona noma yiziphi izimpawu zokukhulelwa.

Ithuluzi lokuhlonza ukukhulelwa likusiza ukuba ubuze eminye imibuzo eyosiza ekunqumeni ukuthi zikhona yini izimpawu eziboniswa yilowo wesifazane nokuthi kungenzeka yini ukuthi ukhulelwe. Kuye ngezimpendulo zakhe kule mibuzo, qiniseka ukuthi umthumela esikhungweni sezempilo ayohlolelwa ukukhulelwa. Kudingeka umlandelele ukuze uqiniseke ukuthi uyile esikhungweni sezempilo.

Uma ukhuluma nekhasimende ungase usho into enjengokuthi 'Manje sengizokubuza imibuzo embalwa ukuze ngibone ukuthi kuyadingeka yini uthunyelwe esikhungweni sezempilo uyohlolelwa ukukhulelwa'.

Ukuvakashela esikhungweni sezempilo ngesikhathi ekhulelwe

Iklayenti lakho kufanele liye esikhungweni sezempilo ngokushesha nje uma liba nanoma yiziphi izimpawu zokukhulelwa. Kubalulekile ukuba liye esikhungweni sezempilo ngaphambi kwamaviki ayishumi nane (14) (izinyanga ezintathu (3)) ukuze umama nomntwana bathole ukunakekeleka okungcono nokuvikeleka ngesikhathi sokukhulelwa.

Kufanele aye esikhungweni sezempilo ayohlolwa ngendlela evamile okungenani izikhathi ezinhlanu ngesikhathi ekhulelwe. Umfanekiso 10 uyachaza ukuthi zinini lezo zikhathi okufanele aye ngazo esikhungweni sezempilo.

Umfanekiso 9: Izikhathi okufanele liye ngazo esikhungweni sezempilo iklayenti elikhulelwe

Ukuya esikhungweni sezempilo
1. Ngaphambi kwezinyanga ezingu-3 (amaviki angu-14)
2. izinyanga ezingu-4 – 5 (amaviki angu-20 – 24)
3. izinyanga ezingu-6 – 7 (amaviki angu-26 – 32)
4. izinyanga ezingu-7 – 8 (amaviki angu-34 – 36)
5. izinyanga ezingu-9 (amaviki angu-40)

Amacebiso Awusizo

Qiniseka ukuthi iklayenti lakho elikhulelwe libhalisela ukunakekelwa ngesikhathi likhulelwe engakapheli amaviki angu-14 likhulelwe.

Izimpawu eziyingozi lapho ukhulelwe

Lapho uvakashela iklayenti elikhulelwe, kunezinye izimpawu eziyingozi okufanele uziqaphele. Uma iklayenti lakho linanoma yiluphi lwalezi zimpawu eziboniswe oHlwini Lokuhlola 2, kufanele liye esikhungweni sezempilo ngokushesha. Kuyodingela ulilandelele iklayenti ukuze uqiniseke ukuthi liyile esikhungweni sezempilo.

Uhlu lokuhlola 2: Izimpawu eziyingozi lapho ukhulelwe

Ukuba iklayenti lingakhuluphali
Ingabe lona wesifazane uphaphathekile futhi izinsini zakhe, izinkophe nolimi kumhloshana
Ukuhlanza kakhulu kubangela ukuphelelwa amanzi emzimbeni. Ukuphelelwa amanzi emzimbeni kwenzeka lapho umzimba ungenawo amanzi noma uketshezi ngendlela okufanele ngayo
Ukukhuluphala kakhulu okungase kubangele umfutho wegazi ophezulu
Ukuvuvukala okungavamile kwezandla, ubuso noma imilenze
Ukuphathwa ikhanda okunzima (okubi)
Isithuthwane
Ukuba buthakathaka, isiyezi, ukuquleka
Imfiva ephezulu
Ukukhwehlela kakhulu
Izilonda, izinsumpa noma amashashazi emomozini noma eduze kwayo
Ukuba kushise lapho echama
Ukuba owesifazane akhathale futhi aphelelwe umoya
Ukuba umntwana anganyakazi
Ukopha emomozini
Ingabe uyasikwa?
Ingabe amanzi asheshe aqhuma?
Uma kunjalo, unjani umbala wamanzi (isib., aphuzi, aluhlaza)?

Amacebiso Awusizo

Fundisa iklayenti lakho kanye nomndeni walo mayelana nokuthi yiziphi izimpawu eziyingozi lapho likhulelwe. Kumelwe liphuthunyiswe esibhedlela uma linanoma yiluphi lwezimpawu eziyingozi. Lilandelele ukuze uqiniseke ukuthi liyile esikhungweni sezempilo.

Uhlelo lokuvakashela kwe-CCG owesifazane okhulelwe

Yini okufanele i-CCG iyenze uma iye emzini okuhlala kuwo owesifazane okhulelwe?

Kubaluleke kakhulu ukuba njalo lapho i-CCG iyile ibheke ukuthi owesifazane usithathile yini isinyathelo kulokho ayelulekwe kukho ngokudlule.

Ithebula 3: Uhlelo lokuvakashela kwe-CCG owesifazane okhulelwe

Ukuvakasha kokuQala	Ukuvakasha kweSibili	Ukuvakasha kweSithathu	Ukuvakasha kweSine
Ngaphambi kwezinyanga ezintathu	Phakathi kwezinyanga ezine kuya kwezinhlanu	Phakathi kwezinyanga eziyisithupha kuya weziyisikhombisa	Phakathi kwezinyanga eziyikhombisa kuya kweziyisishiyagalombili
Fundisa ngalokhu: • Ukubaluleka kokusheshe uyobhalisela i-ANC • Ukudla ukudla okunempilo lapho ukhulelwe • Ukuvivinya umzimba ngesikhathi ukhulelwe • Ukungaphuzi utshwala nokungabhemi • Ukubaluleka kokuya esikhungweni sezempilo njalo • Izincwadi ezifanele okufanele uye nazo esikhungweni sezempilo • Ukugomela i-Tetanus • Ukuphuza amaphilisi amavithamini ne-folic acid • Ukuhlolelwa igciwane lesandulela ngculaza uma ebengakahlolwa • Indlela yokuhlala engenalo igciwane lesandulela ngculaza uma kuwukuthi akanalo • Indlela owesifazane onegciwane le-HIV anganqanda ngayo ukuba igciwane lidlulele kumntwana, kuhlanganise nokusebenzisa ikhondomu njalo lapho beya ocansini • Ukuthola isibalo samasosha omzimba uma enegciwane lesandulela ngculaza • Ukuqala ukwelashwa ngemishanguzo yama-ARV okufanele, kuye ngesibalo samasosha omzimba wakhe	• Qiniseka ukuthi uyile esikhungweni sezempilo nokuthi ulandela noma yisiphi iseluleko asinikezwe abanakekeli bezempilo esikhungweni sezempilo	• Qiniseka ukuthi uyile esikhungweni sezempilo nokuthi ulandela noma yisiphi iseluleko asinikezwe abanakekeli bezempilo esikhungweni sezempilo	• Qiniseka ukuthi uyile esikhungweni sezempilo nokuthi ulandela noma yisiphi iseluleko asinikezwe abanakekeli bezempilo esikhungweni sezempilo

Ukuvakasha kokuQala	Ukuvakasha kweSibili	Ukuvakasha kweSithathu	Ukuvakasha kweSine
Ngaphambi kwezinyanga ezintathu	**Phakathi kwezinyanga ezine kuya kwezinhlanu**	**Phakathi kwezinyanga eziyisithupha kuya kweziyisikhombisa**	**Phakathi kwezinyanga eziyikhombisa kuya kweziyisishiyagalombili**
• Chaza ukubaluleka kokuhlolelwa isifo sofuba futhi umthumele ukuba ayohlolwa uma kudingeka • Khuluma naye nganoma ubani okhona lapho ehlala khona one-TB futhi uma kudingeka, mthumele esikhungweni sezempilo ukuze ayothola ukwelashwa kokulandelela • Xoxa ngokubaluleka kokuhlolelwa izifo ezithathelananyo zocansi futhi umthumele esikhungweni sezempilo uma kudingeka			
• Chaza ukusetshenziswa kokwelashwa ngemishanguzo yama-antiretroviral (ARV), ukubaluleka kokuthatha imishanguzo njengoba eyalelwe ngudokotela ngesikhathi ezoteta nalapho esetetile kanye nokwelulekwa nokunamathela emishanguzweni*	Fundisa ngalokhu: • Ukudla ukudla okunempilo lapho ukhulelwe • Ukuvocavoca umzimba ngesikhathi ukhulelwe • Ukungaphuzi utshwala nokungabhemi • Ukumncelisa ibele kuphela • Ezinye izindlela zokuncelisa umntwana, uma umama engeke akwazi ukumncelisa ibele • Ukubaluleka kokuhlolelwa igciwane lesandulela ngculaza kukamama nomntwana • Umndeni kumele wazi ukuthi yiziphi izimpawu eziyingozi okufanele uzibheke phakathi nokukhulelwa, isib. ukopha, ukunganyakazi komntwana • Ukudalula isimo segciwane lesandulela-ngculaza uma enayo	Fundisa ngalokhu: • Ukudla ukudla okunempilo lapho ukhulelwe • Ukuvocavoca umzimba ngesikhathi ukhulelwe • Ukungaphuzi utshwala nokungabhemi • Umndeni kufanele wazi ukuthi yiziphi izimpawu eziyingozi okufanele uzibheke phakathi nokukhulelwa, isib. ukopha, ukunganyakazi komntwana • Ukuncelisa ibele kuphela • Ezinye izindlela zokuncelisa umntwana, uma umama engeke akwazi ukumcelisa ibele • Ukulungela ukubeletha (uzobelethela kuphi, yini azohamba nayo uma eya esibhedlela, ubani ozogada ezinye izingane angase abe nazo) • Ukubhaliswa kokuteta kanye nezincwadi ayozidinga • Ukubaluleka kokuhlolelwa i-HIV kukamama nomntwana • Xoxa naye ngokuthi kungani kubalulekile ukugoma umntwana	Fundisa ngalokhu: • Ukudla ukudla okunempilo lapho ukhulelwe • Ukuvocavoca umzimba ngesikhathi ukhulelwe • Ukungaphuzi utshwala nokungabhemi • Ukuncelisa ibele kuphela • Ezinye izindlela zokuncelisa umntwana, uma umama engeke akwazi ukumncelisa ibele • Ukulungela ukubeletha (uzobelethela kuphi, yini azohamba nayo uma eya esibhedlela) • Ukubhaliswa kokubeletha kanye nezincwadi ayozidinga • Ukubaluleka kokuhlolelwa igciwane lesandulela-ngculaza kukamama nomntwana

Ukuvakasha kokuQala	Ukuvakasha kweSibili	Ukuvakasha kweSithathu	Ukuvakasha kweSine
Ngaphambi kwezinyanga ezintathu	Phakathi kwezinyanga ezine kuya kwezinhlanu	Phakathi kwezinyanga eziyisithupha kuya kweziyisikhombisa	Phakathi kwezinyanga eziyikhombisa kuya kweziyisishiyagalombili
• Ukubaluleka kokuncelisa ibele kuphela, kanye nezinye izindlela zokuncelisa uma kwenzeka umama engakwazi ukuncelisa umntwana ibele kuphela	• Khuthaza umama ukuba athathe amaphilisi akhe amavithamini kanye ne-folic acid	• Xoxani ngamalungiselelo ento azohamba ngayo lapho eqala ukusikwa	• Khuthaza omama abangenalo igciwane ukuba baphinde bayohlola
• Chaza ukubaluleka kokutshela umelaphi wakhe wendabuko ukuthi ukhulelwe ukuze angamniki noma yimuphi umuthi ongase ube yingozi kuye noma kumntwana. Owesifazane kufanele futhi akhombise umsebenzi wezempilo esikhungweni sezempilo noma yimuphi umuthi wesintu okungenzeka uyawusebenzisa	• Bheka ukuthi uhloliwe yini umfutho wegazi noma umchamo futhi umcele ukuba abuyele uma kungahlolwanga	• Bheka ukuthi uhloliwe yini umfutho wegazi noma umchamo futhi umcele ukuba abuyele uma kungahlolwanga	• Bheka ukuthi omama abanegciwane lesandulela ngculaza sebeyiqalile yini imishanguzo yama-ARV nokuthi bake bahlolwa yini isibalo samasosha omzimba
• Uma ene-HIV, chaza ukubaluleka kokuba atholele umntanakhe esibhedlela kunokumtholela ekhaya	• Bheka ukuthi wahlolelwa yini igciwane lesandulela ngculaza ngesikhathi eya esikhungweni sezempilo nokuthi wabuyela yini ukuyothola imiphumela. Uma engakabuyeli, xoxa naye ngokubaluleka kokwazi isimo segciwane lesandulela-ngculaza sakhe nesomntanakhe		• Xoxa naye ngokucela uphathini wakhe naye ayohlolelwa igciwane lesandulela ngculaza, uma ebengakayi
	• Bheka ukuthi wahlolelwa yini izifo ezithathelanayo zocansi		• Xoxa ngokubaluleka kokuhlolelwa igciwane lesandulela-ngculaza kwakhe nophathini wakhe
	• Mbuze ukuthi uhlelile yini ukuthi uzobuya nini ngokulandelayo ekuvakasheni kwe-ANC		• Yenza amalungiselelo okubona umama nomntanakhe ngosuku lokuqala ngemva kokuba bephumile esibhedlela

Ukuvakasha kokuQala	Ukuvakasha kweSibili	Ukuvakasha kweSithathu	Ukuvakasha kweSine
Ngaphambi kwezinyanga ezintathu	Phakathi kwezinyanga ezine kuya kwezinhlanu	Phakathi kwezinyanga eziyisithupha kuya kweziyisikhombisa	Phakathi kwezinyanga eziyikhombisa kuya kweziyisishiyagalombili
	• Mthumele eqenjini lokusekelana uma enegciwane lesandulela-ngculaza		

Amacebiso Awusizo

QAPHELA LOKHU!
Ukwelulekwa kokunamathela emishanguzweni wukwelulekwa okwenziwa umsebenzi wezempilo osiza iklayenti ukuba liqhubeke liphuza imithi yalo njengoba liyalelwe ngudokotela.

Ukunakekelwa Ngemuva Kokubeletha (PNC)

Ukunakekelwa ngemuva kokubeletha ukunakekelwa okunikezwa umama emavikini okuqala ayisithupha umntwana ezelwe. Kunezinto ezithile ezibalulekile okufanele ziqashelwe ukuqinisekisa ukuthi umama nomntwana bahlala benempilo ngemuva kokubeletha. I-CCG kufanele ivakashele umama oqeda kubeletha okungenani izikhathi ezine phakathi nezinyanga eziyisithupha zokuqala ngemuva kokubeletha ngoba izidingo eziningi eziba khona komama nabantwana zenzeka kulezi zinyanga eziyisithupha zokuqala ngemuva kokubeletha.

Bheka Uhlu lokuhlola 3 ukuze ubone ukuthi yini okufanele uyibheke kumama nomntwana ngesikhathi ubavakashele emva kokubeletha.

Uhlu lokuhlola 3: Okufanele ukubheke ekunakekelweni kwangemva kokubeletha

Umama	Umntwana
Imbuze ngokopha nokuthi wopha kangakanani kanye nombala wegazi	Bheka izimpawu eziyingozi bese utshela umama ukuthi yiziphi izimpawu eziyingozi okufanele azibheke: • Isifo sohudo nokuphalaza • Ukushisa kakhulu • Ukushintsha kombala wesikhumba (ompunga, ophuzi, oluhlaza okwesibhakabhaka noma onsundu kunalokho obuyikho ngaphambili) • Ukungasabeli. Lokhu kusho ukuthi umntwana akanyakazi uma ethintwa noma ethathwa. Umntwana akaliphenduli ikhanda ukuze azame ukuthola ibele • Ukuvuvukala kwekhanda
Imbuze ngobuhlungu	Bheka ukuthi umama umncelisa kanjani umntwana
Imbuze ukuthi unayo yini imfiva	Fundisa umama indlela yokugeza umntwana futhi uqiniseke ukuthi uyakwazi ukumgeza
Mbuze ukuthi amabele analo yini ubisi. Uma kungenjalo, bheka ukuthi umama umncelisa ngendlela efanele yini umntwana	Bheka ukuthi umama uyinakekela kanjani inkaba
Ifundise umama ngokubaluleka kwenhlanzeko yakhe	Bheka i-*Road To Health Book* ukuze ubone imigomo kanye nesisindo somntwana
Ingaba umama uyayinyakazisa imilenze yakhe lapho esembhedeni; noma uyasukuma ukuze ahambahambe?	Bheka indawo yokugoma ye-BCG ukuthi ayinazo yini izimpawu zokubhibha
Ingabe kuyavuma adle? Ingabe udla ngendlela enempilo?	Khumbuza umama ukuba ayise umntwana ayohlolelwa i-HIV lapho enamasonto ayisi-6 uma umama ene-HIV
Uma umama ene-HIV, bheka ukuthi uyawaphuza yini ama-ARV akhe ngendlela ayalelwe ngayo abasebenzi bezokwelapha	Qiniseka ukuthi umama unikeza umntwana ama-ARV njengoba nje eyalelwe abasebenzi bezokwelapha uma umntwana ene-HIV
Uma umama ene-HIV futhi engekho ohlelweni lwama-ARV, mthumele ukuba ayohlolelwa i-TB	
Uma engenayo i-HIV, mkhuthaze ukuba aphinde ayohlolelwa i-HIV	

INgxenye 3
Impilo Kamama Nengane

Mthumele ukuba ayokwenza ukuhlolwa kwe-PAP smear	Qiniseka ukuthi umntwana unikezwa i-co-trimoxazole njengoba eyalelwe uma umntwana engenayo i-HIV futhi umama ene-HIV
Xoxani ngokuhlela umndeni	Bheka ukuthi umama uyamyisa yini umntwana esikhungweni sezempilo ayohlolwa
Bheka ukuthi umama uyile yini esikhungweni sezempilo wayohlolwa	

INgxenye 3
Impilo Kamama Nengane

Ukuqinisekisa ukuthi umama uthola ukunakekelwa nosizo emuva kokubeletha, bheka ithebula 4: Uhlelo lokuvakashela esikhungweni sezempilo lukamama.

Kumele usebenzise lelithebula ukumbonisa ukuthi oluphi usizo ekumele alilindele esikhungweni sezempilo.

Ithebula 4: Uhlelo lokuvakasha esikhungweni sezempilo lukamama

Emahoreni angu-6 ubelethile	Zingakapheli izinsuku ezingu-6 ubelethile	Ngemva kwamasonto angu-6 ubelethile	Ngemva kwezinyanga ezingu-6 ubelethile
Wena nomntwana wakho akufanele nidedelwe engakapheli amahora ayisithupha ubelethile	Vakashela umtholampilo zingakapheli izinsuku eziyisithupha ubelethile	Vakashela esikhungweni sezempilo emavikini ayisithupha ngemva kokuba ubelethile	Vakashela esikhungweni sezempilo ngemva kwezinyanga eziyisithupha ubelethile
Ukuvivinywa okuzotholwa umama			
Kufanele uhlolwe: • Ukulahlekelwa yigazi • Ubuhlungu • Umfutho wegazi • Ukushaya kwenhliziyo • Ukudabuka emomozini	Kufanele uhlolwe: • Amazinga aphansi e-ayoni • Umfutho wegazi • Izimpawu zokutheleleka ngegciwane • Ubuhlungu enxebeni lokuteta ngokuhlinzwa • Ubuhlungu endaweni yesibeletho • izidingo emabeleni • Okuphuma emomozini • Noma yimaphi amagciwane asemchamweni	Kufanele uhlolwe: • Amazinga aphansi e-ayoni • Umfutho wegazi • Izimpawu zokutheleleka ngegciwane • Amanxeba nokudabuka okwenzeke ngesikhathi ubeletha • izidingo emabeleni	
Ukusekelwa Nokwelulekwa			
Ukwelulekwa mayelana nezindlela zokuhlela umndeni	Thola ukwelulekwa mayelana nezindlela zokuhlela umndeni futhi kufanele unikezwe indlela yokuhlela umndeni oyikhethile	Kufanele uqhubeke udla ukudla okunempilo; ungabuza umhlengikazi ukuze uthole ulwazi olwengeziwe mayelana nokudla ukudla okunempilo	Kufanele uqhubeke udla ukudla okunempilo; ungabuza umhlengikazi ukuze uthole ulwazi olwengeziwe mayelana nokudla ukudla okunempilo
Ukusekelwa endleleni yokuncelisa oyikhethile	Thola okunye ukusekelwa endleleni yokuncelisa oyikhethile	Ukwelulekwa mayelana nezindlela zokuhlela umndeni nendlela yokwenza ucansi oluphephile	Ukwelulekwa mayelana nezindlela zokuhlela umndeni nendlela yokwenza ucansi oluphephile
Ukwelulekwa mayelana nendlela yokuzinakekela ngemva kokubeletha	Ukunikezwa ulwazi mayelana nokudla ukudla okunempilo	Ukuhlonzwa ukuthi awunawo yini umdlavuza wesibeletho	Ukuthola ukusekelwa mayelana nokuqalisa ukupha umntwana ukudla okuqinile

INgxenye 3
Impilo Kamama Nengane

Emahoreni angu-6 ubelethile	Zingakapheli izinsuku ezingu-6 ubelethile	Ngemva kwamasonto angu-6 ubelethile	Ngemva kwezinyanga ezingu-6 ubelethile
Uma une-HIV, isiqondiso mayelana nendlela yokunika umntanakho ama-ARV	Isiqondiso mayelana nokugcina umntanakho ephile kahle uma enesifo sohudo	Uyothola i-HCT uma wawungenayo i-HIV ngesikhathi ugcina ukuhlolelwa i-HIV	Cela ukuhlonzwa ukuthi awunawo yini umdlavuza wesibeletho uma ungakahlonzwa
	Uma une-HIV futhi ungawadli ama-ARV, uyohlolwa isibalo samaseli e-CD4	Uma une-HIV futhi ungawadli ama-ARV, uyohlonzwa ukuthi awunayo yini i-TB	Kufanele ucele i-HCT, uma ungakaphindi ukuhlolelwa i-HIV
		Uma une-HIV, ungawadli ama-ARV futhi ungenayo i-TB, uyonikezwa imithi yokuvimbela i-TB (IPT)	Cela ukuhlolwa isibalo samaseli e-CD4 uma une-HIV futhi ungakahlolwa isibalo samaseli e-CD4
			Cela ukuhlonzwa ukuthi awunayo yini i-TB uma ubungakahlonzwa
			Uyothola ulwazi mayelana nezibonelelo zezenhlalakahle ezitholakalayo komama nabanakekeli

Amacebiso Awusizo

KUBALULEKILE!
Umntwana kumelwe ayiswe esikhungweni sezempilo uma kubonakala noma yiziphi izimpawu eziyingozi noma uma umama ekhathazekile ngomntwana. Mlandelele umama ukuze uqiniseke ukuthi umyisile umama esikhungweni sezempilo.

Umbamba kanjani umntwana kahle ukuze ancele ngempumelelo?

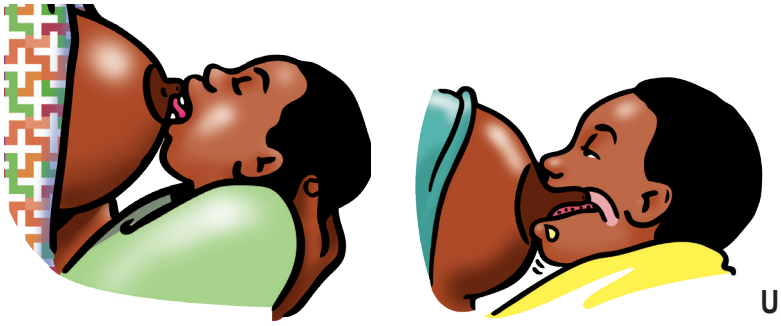
Kubalulekile ukuba umntwana ancele kahle ibele. Ukumncelisa kahle kwenza ukuba umntwana athole ubisi olwanele ngesikhathi encela. Lokhu kuyosiza kuqinisekise ukuthi umntwana ukhula kahle futhi abe nempilo. Kanti futhi ukumncelisa kahle kusiza ukuba umntwana angakhathali kakhulu ngesikhathi ephuza.

Abanye omama bangase badinge usizo ngalokhu. Ngemva kokubheka ukukhula kwesisindo somntwana ku-*Road To Health Book* nokuxoxa nomama, cela ukubona ukuthi umntwana umncelisa kanjani. Uma kunenkinga, sebenzisa Umfanekiso 10 no-11 ukuze ukusize ekuchazeni indlela efanele yokuncelisa umntwana.

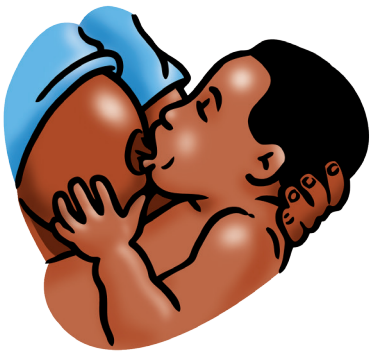
Ukunamathela kahle

- Isilevu somntwana sithinta ibele
- Umlomo uvuleke kakhulu
- Izindebe zigobele ngaphandle
- Inkulu ingxenye yendawo emnyama yengono ebonakala ngaphezu komlomo womntwana, incane engaphansi
- Lokhu kubonisa ukuthi umntwana ufinyelela ngolimi lwakhe ngaphansi kwengono ukuze acindezele ubisi luphume
- Umntwana uncela kancane kodwa ajule
- Ukuncelisa kufanele kube mnandi kungabi buhlungu

Umfanekiso 10: Ukunamathela kahle lapho encela



Umfanekiso 11: Ukunganamatheli kahle lapho encela



Ukunganamatheli kahle

- Isilevu somntwana asithinti amabele
- Umlomo womntwana awuvulekile kakhulu futhi udebe olungezansi alugobele ngaphandle
- Umntwana akayifakile yonke ingono kanina emlonyeni wakhe kodwa ufake ichopho nje layo kuphela

Izindlela zokugona umntwana lapho encela

Kunezindlela eziningana umama angagona ngazo umntwana lapho emncelisa. Umama kufanele azizame zonke aze athole indlela ekahle kubo bobabili yena nomntwana.

Umfanekiso 12: Izindlela zokugona umntwana lapho encela

Indlela yoku klina amabhodlela, nokugcina kahle ubisi olukhanyiwe.

Uma umama efuna ukuncelisa umntanakhe ubisi lwebele kuphela kodwa engeke akwazi ukuhlala enomntwana ngaso sonke isikhathi, angalukhama ubisi lwebele alugcine bese ecela omunye umuntu ukuba amncelisele umntwana. Kubalulekile ukuba lokhu kwenziwe ngendlela efanele ukuze umntwana angaguli.

a. Usihlanza kanjani isitsha sokufaka ubisi lwebele olukhanyiwe?

Isinyathelo 1
Chazela umama ukuthi kudingeka inkomishi noma ujeke onomlomo ovulekile. Mchazele ukuthi kubalulekile ukusebenzisa isitsha esihlanzekile ukuze ugcine ubisi olukhanyiwe ukuze umntwana angaguliswa yinoma yimaphi amagciwane asesitsheni.

Isinyathelo 2
Hlanza inkomishi ngensipho namanzi ahlanzekile uphinde uhlambulule yonke insipho.

Isinyathelo 3
Thela amanzi abilayo esitsheni, uwayeke imizuzu embalwa, bese uyawachitha. Amanzi abilayo azobulala amagciwane amaningi.

Khamela ubisi esitsheni esingenalutho.

b. Ulugcina kanjani ubisi lwebele?

Ubisi lwebele lungase lugcinwe ngaphandle kwesiqandisi amahora ayisi-6-8 kodwa uma lugcinwe emuva kwesiqandisi lungahlala izinsuku eziyisi-8. Khumbula ukugcina ubisi lwebele esitsheni esinesivalo esivala ngcí.

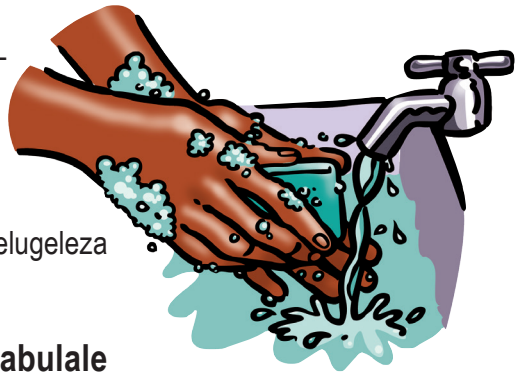
c. Ulukhama kanjani ubisi lwebele ngesandla?

Isinyathelo 1
Ngaso sonke isikhathi owesifazane kufanele ageze izandla ngaphambi kokukhama ibele. Owesifazane kufanele ahlale noma ame akhululeke, nesitsha eduze kwamabele akhe.

Isinyathelo 2
Owesifazane kufanele abeke isithupha sakhe ebeleni phakathi kwengono nendawo ensundu ezungeze ingono, umunwe wakhe olandela isithupha ube sebeleni, uqondane nesithupha. Asekele ibele ngale eminye iminwe.
Owesifazane kufanele athinte ngesithupha sakhe nomunwe osilandelayo ezwe ukuthi azikho yini izigaxa ezincane ngasekupheleni kwendawo ensundu ezungeze ingono.

Isinyathelo 3
Bamba ibele ulicindezele ngesithupha nomunwe osilandelayo emva kwengono nendawo ensundu ezungeze ingono. Cindezela imibhobho emikhulu ngaphansi kwendawo ensundu ezungeze ingono. Ngezinye izikhathi uma amabele enobisi uyakwazi ukuyizwa le mibhobho. Injengemidumba, noma amantongomane. Uma owesifazane ekwazi ukuyizwa, kufanele ayicindezeleele.

Isinyathelo 4
Cindezela udedele, ucindezele udedele. Lokhu akufanele kube buhlungu – uma kubuhlungu, kusho ukuthi awenzi kahle. Ekuqaleni lungase lungabi bikho ubisi oluphumayo, kodwa ngemva kokucindezela izikhathi ezimbalwa ubisi luyoqala ukuphuma.



Khama ibele elilodwa okungenani imizuzu engu-3 – 5 kuze kube yilapho selugeleza kancane; yibe usukhama elinye ibele; bese uwaphinda womabili.

Uwageza kanjani amabhodlela namatiti omntwana futhi uwabulale amagciwane ngendlela ephephile?

Uma umama encelisa futhi engeke akwazi ukuhlala enomntwana ngaso sonke isikhathi noma uma ezoncelisa umntwana ubisi lwebhodlela, kungase kudingeke asebenzise ibhodlela netiti ukuze ancelise umntwana. Kubaluleke kakhulu ukuba la mabhodlela namatiti agezwe ngendlela efanele ukuze umntwana angaguli.

Ukugeza amabhodlela namatiti omntwana

Isinyathelo 1
Ngaso sonke isikhathi umnakekeli kufanele ageze izandla zakhe ngamanzi nensipho ngaphambi kokuba ahlanze amabhodlela omntwana namatiti.

Isinyathelo 2
Kunzinyana ukugeza amabhodlela omntwana namatiti kunezinkomishi. Ibhodlela netiti kudingeka liyakazwe ngamanzi abandayo ngokushesha njalo emva kokulisebenzisa, bese ulishukusha ngaphakathi ngebhulashi lokugeza ibhodlela ngamanzi anensipho ashisayo. Liyakaze kahle kuphume yonke insipho. Ngemva kokugeza ibhodlela netiti, kufanele kubulawe amagciwane okungenani kanye ngosuku.

Isinyathelo 3
Ukubilisa amabhodlela namatiti ageziwe ngenye yezindlela zokuwabulala amagciwane.

Ukuze wenze lokhu:
Faka amabhodlela ebhodweni elinamanzi abilayo bese ukuyeka kubila imizuzu engaba yi-10. Yenza lokhu okungenani kanye ngosuku. Kungcono ukukwenza ekupheleni kosuku.

Enye futhi

Faka amatiti esitsheni bese uthela amanzi abilayo awamboze. Amatiti kudingeka aguqulwe ingaphakathi libe ngaphandle bese eshukushwa kusetshenziswa usawoti noma okuthile okumahhadla. Wayeke lapho imizuzu eyishumi.

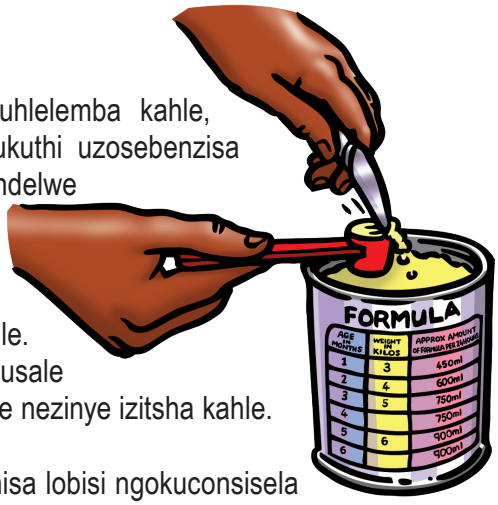
Ulwenza kanjani ubisi lwebhodlela ngokuphephile?

Isinyathelo 1
Ngaso sonke isikhathi umnakekeli kufanele ageze izandla zakhe ngamanzi nensipho ngaphambi kokwenza ubisi lomntwana.

Isinyathelo 2
Ngaso sonke isikhathi sebenzisa inkomishi noma ingilazi ebhalwe isikali ukuze ukale amanzi futhi usebenzise ukhezo olunikeziwe ukuze ukale ubisi oluyimpuphu. Kubalulekile ukuba umama noma umnakekeli afunde iziqondiso ezisethinini lobisi ukuze athole ukuthi angasebenzisa amanzi nobisi oluyimpuphu olungakanani. Umama noma umnakekeli kufanele azilandele ngokucophelela lezi ziqondiso noma acele umsebenzi wezempilo ukuba ambonise indlela yokwenza ubisi lomntwana.

Bilisa amanzi, thela inani elidingekayo lamanzi enkomishini yokukala bese uwayeka aphole. Wamboze ngesoso (ipuleti elincane noma okufana nalo) ngesikhathi esaphola futhi ungawayeki aphole imizuzu engaphezu kwengu-30. Lokhu kuyosiza ukuba amanzi angahlali isikhathi eside aze angenwe amagciwane.

INgxenye 3
Impilo Kamama Nengane



Kala ubisi oluyimpuphu ngokhezo olunikeziwe futhi uqiniseke ukuthi uluhlelemba kahle, lungaqongi. Khumbula ukulandela iziqondiso ezisesitsheni ukuze ubone ukuthi uzosebenzisa amanzi nobisi olungakanani. Kubaluleke kakhulu ukuba lezi ziqondiso zilandelwe ngokucophelela.

Isinyathelo 3
Thela izinkezo ezidingekayo enkomishini yamanzi apholile. Goqoza kahle. Ncelisa umntwana usebenzisa inkomishi bese uchitha noma yiluphi ubisi olusale ngesikhathi encela. Uma umntwana eseqedile ukuncela, geza inkomishi kanye nezinye izitsha kahle.

Ngaphambi kokuncelisa umntwana, umnakekeli kufanele ahlole izinga lokushisa lobisi ngokuconsisela 'iconsi' esandleni sakhe umnakekeli ukuze aqiniseke ukuthi alushisi kakhulu.

Umncelisa kanjani umntwana ngenkomishi?

Isinyathelo 1
Umama/umnakekeli kufanele ageze izandla zakhe ngensipho namanzi njalo ngaphambi kokupha umntwana ukudla.

Isinyathelo 2
Asonge umntwana ngengubo ukuze izandla zakhe zingayishayi inkomishi futhi ambambele eduze. Asekele ikhanda lomntwana futhi ahlalise umntwana aqonde noma athi ukutsheka kancane ethangeni lakhe umama.

Isinyathelo 3
Abambe inkomishi encane ezindebeni zomntwana; umntwana angase aqale ukuzama ukuncela.

Isinyathelo 4
Abambele unqenqema lwenkomishi odebeni lomntwana olungenhla bese elutshekisa kancane ukuze ubisi lufike kahle emlonyeni womntwana; umntwana uzobe eseqala ukudonsa ubisi ngolimi. Gcina inkomishi ithe ukutsheka futhi uyeke umntwana alawule izinga ancela ngalo ubisi.

Umfunza kanjani umntwana ngesipuni?

Ukufunza umntwana ngesipuni kuyasetshenziswa uma umntwana emncane kakhulu futhi ezalwe enesisindo esiphansi, noma ephefumula kanzima.

Isinyathelo 1
Umama/umnakekeli kufanele ageze izandla zakhe ngensipho namanzi njalo ngaphambi kokupha umntwana ukudla.

Isinyathelo 2
Vumela umntwana ukuba aphuze ubisi esipunini noma ungafaka ubisi oluncane emlonyeni wakhe usebenzisa isipuni. Kubalulekile ukuba ungatheli ubisi olusesipunini emlonyeni womntwana.

Ukunakekelwa Kosana Nengane

Uma uvakashele imikhaya enezingane ezineminyaka engaphani kwengu-5 ubudala, kudingeka uqiniseke ukuthi umama uyaziyisa esikhungweni sezempilo zithole konke ukuhlolwa ukuze kuqashwe ukukhula nentuthuko yakho; futhi zithole yonke imigomo. Omama abaqalayo ukuba nabantwana bangase badinge ukusekelwa nokuqondiswa kakhulu mayelana nokunakekela abantwana babo abancane.

Kuyodingeka nokuba uthumele umama esikhungweni sezempilo ngokushesha uma ingane igula. Kufanele umlandelele umama ukuze uqiniseke ukuthi umyisile umntwana esikhungweni sezempilo. Sebenzisa Uhlu lokuhlola 4 ukuze ubheke izimpawu eziyingozi kubantwana.

Uhlu lokuhlola 4: Izimpawu eziyingozi kubantwana

Izimpawu eziyingozi kubantwana

Uma impendulo ikunoma iyiphi yamabhulokhi anombala, thumela umama esikhungweni sezempilo	Y=Yebo	C=Cha
1. Ngabe umntwana ukhala ngendlela enempilo yini?	Y	C
2. Ngabe umntwana uphefumula ngokushesha okukhulu noma kancane kakhulu yini?	Y	C
3. Ngabe isikhumba somntwana sinombala othi awube phuzi yini?	Y	C
4. Ngabe umntwana ubekade encela futhi ubisi lwehla kahle yini?	Y	C
5. Ngabe umntwana useke waba nako ukugwabuzela (fits) yini?	Y	C
6. Ngabe umntwana uyashiselwa noma ugodola kakhulu uma uthinta isikhumba sakhe?	Y	C
7. Ngabe umntwana useke wachama nje lokhu kusile namhlanje?	Y	C
8. Ngabe akhona amanzana aphuma emehlweni omntwana, noma ngabe amehlo akhe avuvukele yini?	Y	C
9. Ngabe isikhumba kujikeleza inkaba sibomvu noma sivuvukele?	Y	C
10. Ngabe umntwana uke waligcolisa inabukeni namhlanje yini? Ngabe amakaka akhe abeqinile noma bekuwuhudo?	Y	C
11. Ngabe umntwana uthola ubunzima uma ekaka? (Ngabe umntwana ukhala kakhulu uma ekaka?)	Y	C

Amacebiso Awusizo

KUBALULEKILE!
Umntwana kufanele ayiswe esikhungweni sezempilo uma kubonakala noma yiluphi uphawu oluyingozi noma uma umama ekhathazekile ngomntwana.

Ukunakekelwa kukamama nomntwana emahoreni ayisithupha ngemva kokubeletha kuya ezinyangeni eziyisithupha ngemva kokubeletha

Ukunakekela umama nengane izinyanga eziyisithupha zokuqala ngemuva kokuzalwa kwengane kubalulekile.

Ithebula 5, okuluhlelo lokuvakasha esikhungweni sezempilo lwengane. Likhombisa nezinsizakalo nokunakekelwa ekumele kutholwe ingane.

Ithebula 5: Uhlelo lokuvakasha kwengane esikhungweni sezempilo

Emahoreni ayisithupha emuva kokubeletha	Ezinsukwini eziyisithupha emuva kokubeletha	Emasontweni ayisithupha emuva kokubeletha	Ezinyangeni eziyisithupha emuva kokubeletha
Umama nomntwana akumele bakhishwe esibhedlela engakadluli amahora ayisithupha ebelelthile Umama uzofundiswa ngezindlela zokuncelisa • Ukuncelisa ibele kuphela • Ukumncelisa ubisi lwebhodlela	Hambisa umntwana esikhungweni sezempilo ukuyohlolwa ngezinsuku zokuqala eziyisithupha	Hambisa umntwana esikhungweni sezempilo ekuhlolweni kwamasonto ayisithupha okuqala	Hambisa umntwana esikhungweni sezempilo ekuhlolweni kwezinyanga zokuqala eziyisithupha
Ukuhlolwa umntwana ayokuthola			
Umntwana kumele athole: • Umgomo we-BCG • Umgomo wesifo sovendle • Uma umama womntwana enegciwane lesandulela-ngculazi HIV – umntwana uzodla ama-ARV futhi umama uyokwelulekwa ngokuthi kumele ayiphuzise kanjani ingane amaphilisi ama-ARV	Umntwana kumele ahlolelwe: • Ijondisi (isikhumba somntwana sibukeka siphuzi) • Ukungakhuli kahle kwesisindo sakhe • Inkaba itheleleka ngezifo • Akakaki • Uphathwa uhudo • Akanceli ngendlela efanele • Akalali ngokwanele • Ngabe umntwana ukhula ngendlela ejwayelekile?	Umntwana kumele ahlolelwe: • Ijondisi (isikhumba somntwana sibukeka siphuzi) • kungakhuli kahle kwesisindo sakhe • Inkaba itheleleka ngezifo • Akakaki • Uphathwa uhudo • Akanceli ngendlela efanele • Akalali ngokwanele • Ngabe umntwana ukhula ngendlela ejwayelekile?	Umntwana kumele ahlolwe: • Isisindo • Ukusebenza kwesisu • Ukondleka komzimba • Ukuthi ngabe umntwana ukhula ngendlela ejwayelekile?

Emahoreni ayisithupha emuva kokubeletha	Ezinsukwini eziyisithupha emuva kokubeletha	Emasontweni ayisithupha emuva kokubeletha	Ezinyangeni eziyisithupha emuva kokubeletha
Ukunakekelwa Nokusekelwa			
Uma umama wengane onegciwane lesandulela ngculazi i-HIV ekhetha ukuncelisa ingane ubisi lebele kumele ke akhethe ukuthi uzimisele ukuyincelisa isikhathi esingakanani (okungenani izinyanga ezingu 6) Uma nje esenqumile ukuthi uzomuncelisa ibele isikhathi esingakanani, umntwana ke uyobe esenikwa imishanguzo ama-ARV isikhathi esigcwele emncelisa Umntwana uzoqhubeka nokudla imishanguzo ama-ARV inyanga eyodwa emva kokuthi umama womntwana eyeka ukumuncelisa ibele Umntwana uyobe esedinga ukuthi ahlolwe igazi ukuthi akanayo yini i-HIV	Umnakekeli wezempilo kumele axoxe ngokubaluleka kokugoma umntwana nekhadi le-*Road To Health* nomama womntwana Sekela indlela yokuncelisa umama ayikhethile	Umntwana kumele athole ukugonywa kwamasonto ayisithupha futhi lokhu kumele kubhalwe phansi eshadini le-*Road To Health* Sekela indlela yokuncelisa umama ayikhethile	Osompilo bazobhala phansi konke ukugoma umntwana akutholile eshadini le-*Road To Health,* kuhlanganisa ukugonywa umntwana akutholile ngesikhathi evakasha esikhungweni sezempilo amasonto ali-10 kuya kwali-14 Sekela indlela yokuncelisa umama ayikhethile
	Umama wengane uzotshelwa ukuthi kumele alethe umntwana esikhungweni sezempilo ukuze ayohlolwa futhi agonywe uma umntwana esenamasonto ayisithupha ubudala	Uma umama enegciwane lesandulela gculazi i-HIV, kumele aphinde asekelwe mayelana nokuthi kumele ayinike kanjani ingane imishanguzo yama-ARV	Okunye ukusekelwa kanye nokululekwa ngezindlela zokugwema ukuba umntwana angaphelelwa amanzi emzimbeni ikakhulu abantwana abanohudo
	Uma umntwana edla imishanguzo ama-ARVs umntwana uzokalwa bese kuthi nemithi ishintshwe ukuze ihambisane nesisindo somntwana	Uma umama enegciwane lesandulela ngculazi i-HIV, umntwana uyovele aqaliswe ukudla imishanguzo ukugwema ukuthi angangenwa izifo	Umama uyokwaziswa ukuthi kumele abuyise umntwana azohlolwa igazi futhi athole eminye imigomo uma umntwana esenezinyanga eziyisishiyagalolune ubudala

Emahoreni ayisithupha emuva kokubeletha	Ezinsukwini eziyisithupha emuva kokubeletha	Emasontweni ayisithupha emuva kokubeletha	Ezinyangeni eziyisithupha emuva kokubeletha
		Uma umama enegciwane lesandulela ngculazi i-HIV: • Umntwana kumele ahlolwe igazi enze i-HIV PCR test ukuze kutholakale ukuthi ngabe unalo yini igciwane • Umama womntwana uyokwaziswa ukuthi kumele abuyele esikhungweni sezempilo emva kwamasonto amane ukuyolanda imiphumela yegazi emva kokwenza i-HIV PCR test • Uma umntwana enegciwane lesandulela ngculazi, kumele umama wayo aqinisekise ukuthi ingane iqala ukudla imishanguzo ama-ARV masishane • Uma umntwana engenalo igciwane lesandulela ngculazi, umama kumele aqinisekise ukuthi umntwana uphinde abuyele ukuyohlola igazi ezinyangeni ezingu-18	
		Umama uyokwaziswa ukuthi umntwana kumele abuyiswe azohlola igazi futhi athole nokunye ukugonywa, uma umntwana esenamasonto angu-10 ubudala	

Amacebiso Awusizo

AMACEBISO ABALULEKILE OKUGEZA UMNTWANA!

- Ukugcina indawo ifudumele, abantwana bagodola ngokushesha
- Amanzi kumele afudumale uma uwathinta, kodwa angashisi kakhulu
- Ungayifaki ingane emanzini okugeza kuze kube inkaba isiwile. Lokhu kuzosiza ukugwema ukuthi umntwana atheleleke ngezifo
- UNGALINGE ushiye umntwana yedwa emanzini okugeza – ngisho noma imizuzu embalwa. Umntwana angagwiliza ngisho noma ngabe usemanzini amancane
- Ungakhohlwa ukubheka lapho egome khona nge-BCG. Ungafaki lutho kuleyondawo
- Izingane zihlale zipaquza, qaphela zingawi

Ukunakekela inkaba

Indawo yenkaba enganeni ifana nokuba nesilonda futhi ingatheleleka kalula ngezifo uma inganakiwe ngendlela efanele.

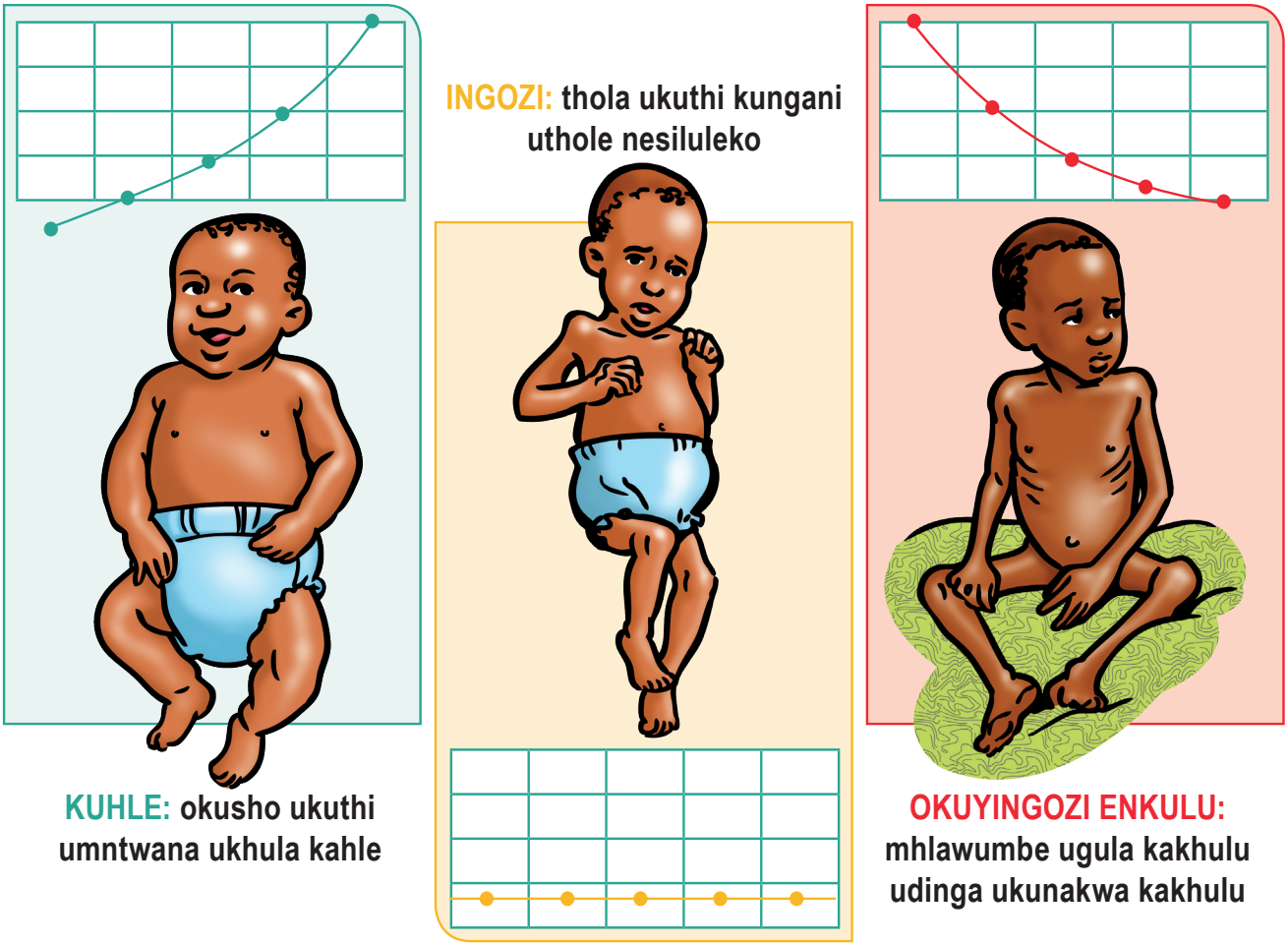
- Hlanza indawo eseceleni kwenkaba ngamabhola kakotini ne-spirit njalo lapho ushintsha inabukeni
- Hlola ukuthi ayikho indawo evuvukele yini noma ebomvu
- Ungayimbozi inkaba ukuze ikwazi ukuphola bese yoma ngokushesha uma uyishiye ngaphandle kwezingubo
- Ungayisusi inkaba ngenkani. Yiyeke iziwele

Ukuqapha Ukukhula

Ishadi Lokuqapha Ukukhula lisetshenziselwa ukubheka ukuthi umntwana ukhula kahle yini. I-*Road To Health Book* isetshenziselwa ukuphawula isisindo ukuze kubonakale ukuthi umntwana ukhula kahle nangendlela elindelekile.

Umfanekiso 13: Ishadi Lokuqapha Ukukhula komntwana lingasiza lichazele umama ukuthi umntwana ukhula kahle yini noma cha nokuthi ukhula ngendlela elindelekile yini.

Umfanekiso 13: Ishadi Lokuqapha Ukukhula

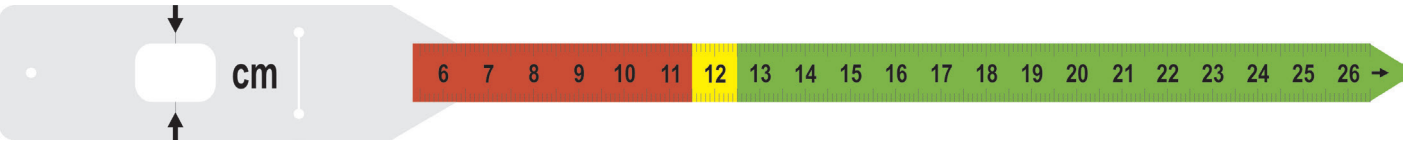


Ungasiza kanjani ekuqinisekiseni ukuthi ingane ikhula kahle?

- Qaphela izimpawu zokungondleki (usebenzisa Umfanekiso 14: Ithuluzi Lokuhlonza Ukungondleki kanye noMfanekiso 15: Indlela Yokusebenzisa Ithuluzi Lokuhlonza Ukungondleki) bese uzithumela esikhungweni sezempilo izingane okungenzeka ukuthi azondlekile
- Vakashela amakhaya njalo ukohlola ukuthi ngabe umntwana unjani
- Fundisa umndeni ngokupheka kanye nokudla ukudla okunempilo

Ithuluzi Lokuhlonza Ukungondleki (Ukukalwa kwe MUAC)

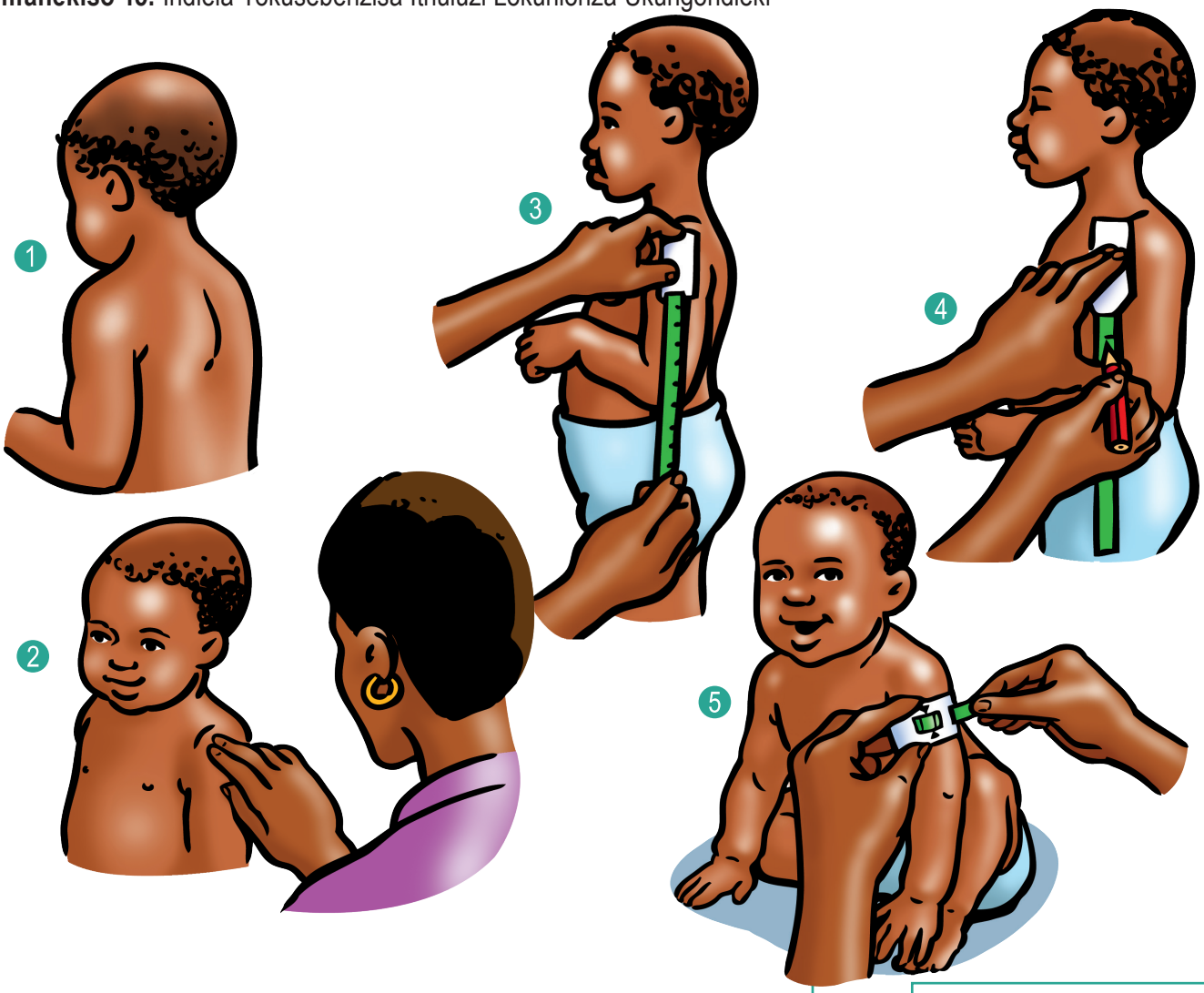
Umfanekiso 14: Ithuluzi Lokuhlonza Ukungondleki [Ithephu Yokukala Uzungeze Ingalo Engenhla Phakathi Nendawo (Ukukalwa kwe MUAC)



Isinyathelo 1
Buza umama wengane ukuthi indala kangakanani ingane yakhe. Uma umntwana ephakathi kwezinyanga eziyisithupha neminyaka emihlanu, cela imvume yakhe bese wenza okusheshayo, okuphephile futhi okungenabo ubuhlungu ukuhlolwa komntwana ukuthola ukuthi ngabe umntwana akondlekanga kahle yini.

Isinyathelo 2
Thola iphakathi nendawo lengalo engenhla esandleni sokudla; lokhu kuphakathi kwehlombe nendololwane.

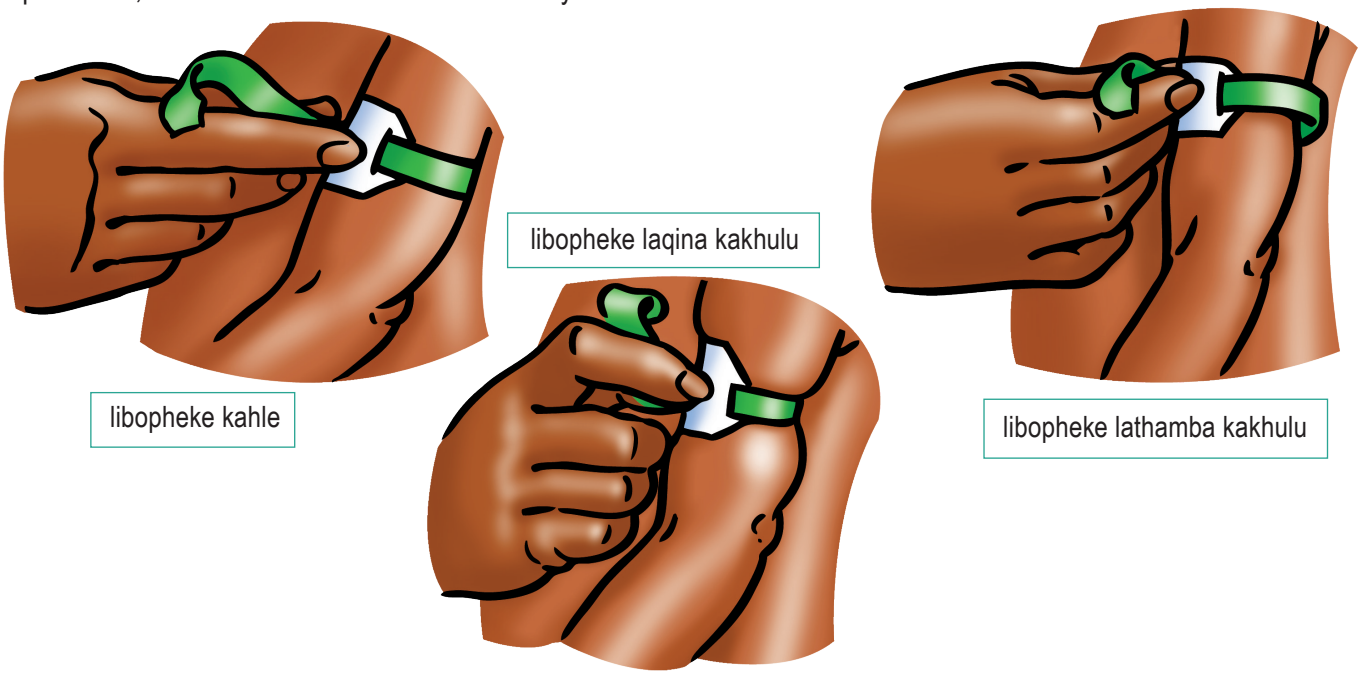
Umfanekiso 15: Indlela Yokusebenzisa Ithuluzi Lokuhlonza Ukungondleki



INgxenye 3
Impilo Kamama Nengane

Isinyathelo 3
Cela umntwana ukuthi angaqinisi ingalo yakhe bese eyidedela ilenge eceleni komzimba wakhe. Yiba usuthatha okuyibhanjana likaplastiki bese uyinamathelisa phakathi ngenhla kwengalo yengane esinxeleni.

Qinisekisa ukuthi ibhanjana lelo lingene kahle kujikeleza ingalo. Ungalidonsi liqine kakhulu lize ibange ukuthi isikhumba simpintsheke, noma ithambe kakhulu kuze kube iyawa.

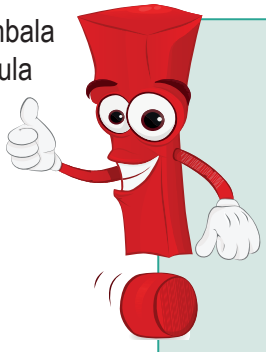


Isinyathelo 4
Ubamba ingxenye emhlophe yalentambo esengalweni yomntwana, bopha kahle lentambo enemibala ngembotshana encane kuze kube iyilingana kahle ingalo yomntwana.

Isinyathelo 5
Uma uluhlaza, umntwana unempilo.
Uma uphuzi, kusho ukuthi umntwana usengcupheni yokungondleki kahle.
Uma ubomvu, kusho ukuthi ingane ayondlekile kahle.

Isinyathelo 6
Phinda isinyathelo sesine nesesihlanu kabili ukuqinisekisa ukuthi umphumela uyafana njalo.

Isinyathelo 7
Uma umphumela wengane ukhomba umbala ophuzi noma obomvu emuva kokuphothula ukuhlolwa, qinisekisa ukuthi umama wengane uyihambisa esikhungweni sezempilo ngokushesha, njengoba ingane isengcupheni yokungondleki noma ayondlekile kakade.



Amacebiso Awusizo

KUBALULEKILE!
Uma umphumela wokuhlonza ukungondleki ukhomba ukuthi umntwana unempilo kodwa wena ungaqiniseki, njalo phakamisa ukuthi umama wengane noma umnakekeli ahambise ingane esikhungweni sezempilo ukuze abahlengikazi bayihlole ngokugcwele. Landelela umama uthole ukuthi umyisile yini umntwana esikhungweni sezempilo.

Ithuluzi Lokuhlonza Impilo Yengane

Ithuluzi Lokuhlonza Impilo Yengane liyokusiza ukuba uhlole impilo yengane.

Umfanekiso 16: Ithuluzi Lokuhlonza Impilo Yengane

Ithuluzi Lokuhlonza Impilo Yengane

Okufanele kuqashelwe i-CCG:
Sicela ufunde iziqondiso zombuzo ngamunye kuleli Thuluzi Lokuhlonza Impilo Yengane bese uhlonza zonke izingane ezineminyaka ephakathi kwamaviki ayisithupha neminyaka emihlanu

Khumbula, uma wenza uphawu kwelinye lamabhokisi elixhumene nokusebenza kuleli thuluzi lokuhlonza, kumele uthathe zonke izinyathelo ezintathu ezilandelayo:

- Thumela umama/umnakekeli nomntwana esikhungweni sezempilo ngokukhulu ukushesha. Mkhumbuze ukuthi athathe ikhadi lomgomo (*Road-To-Health Book)*
- Bhala ukuthi lowo muzi ukuphi nendawo nesizathu sokuvakasha uzolandela
- Buyela kulowo muzi kungakapheli amasonto amabili ukulandelela bese uqinisekisa ukuthi umntwana uhanjisiwe esikhungweni sezempilo. Qhubeka nokulandelela njalo emasontweni amabili kuze kube unaso isiqiniseko sokuthi umntwana uhanjisiwe esikhungweni sezempilo

Amacebiso Awusizo

Buza umama/umnakekeli lemibuzo elandelayo kuzo zonke izingane emndenini eziphakathi kwamasonto angu-6 ukuya kwiminyaka engu-5.

1. Ingakanani le ngane ubudala? ☐ **Iminyaka** ☐ **Izinyanga**

2. Ukugoma

Cela ukubona ikhadi lomugomo (*Road-To-Health Book)* bese ubheka ukuthi yimiphi imigomo umntwana ayitholile

→ Ingabe ingane iyithole yonke imigomo obekufanele iyithole?

Yebo

Cha

→ **OKUFANELE UKWENZE:** Khumbuza umama womntwana ukuthi kungani ukugonywa kwabantwana kubalulekile bese umkhuthaza ukuthi ahambise umntwana ngokushesha ayothola ukugonywa angakwenzanga.

3. Ukungondleki

Kala ubungako bengalo uzungeze iphakathi nendawo lengalo engenhla yengane. (bheka isivivinyo mayelana nokukala iphakathi nendawo lengalo engenhla engxenyeni ethi ukungondleki.)

Unjani umbala ebhandeni embotshaneni yebhande lokukala?

- **Uluhlaza**
- **Uphuzi** → **OKUFANELE UKWENZE:** IUma imaphakathi lengalo engaphezulu yomntwana iwela endaweni ephuzi noma ebomvu, tshela umama womntwana ukuthi kumele ahambise ingane yakhe esikhungweni sezempilo ngokushesha
- **Ubomvu** → **OKUFANELE UKWENZE:** IUma imaphakathi lengalo engaphezulu yomntwana iwela endaweni ephuzi noma ebomvu, tshela umama womntwana ukuthi kumele ahambise ingane yakhe esikhungweni sezempilo ngokushesha

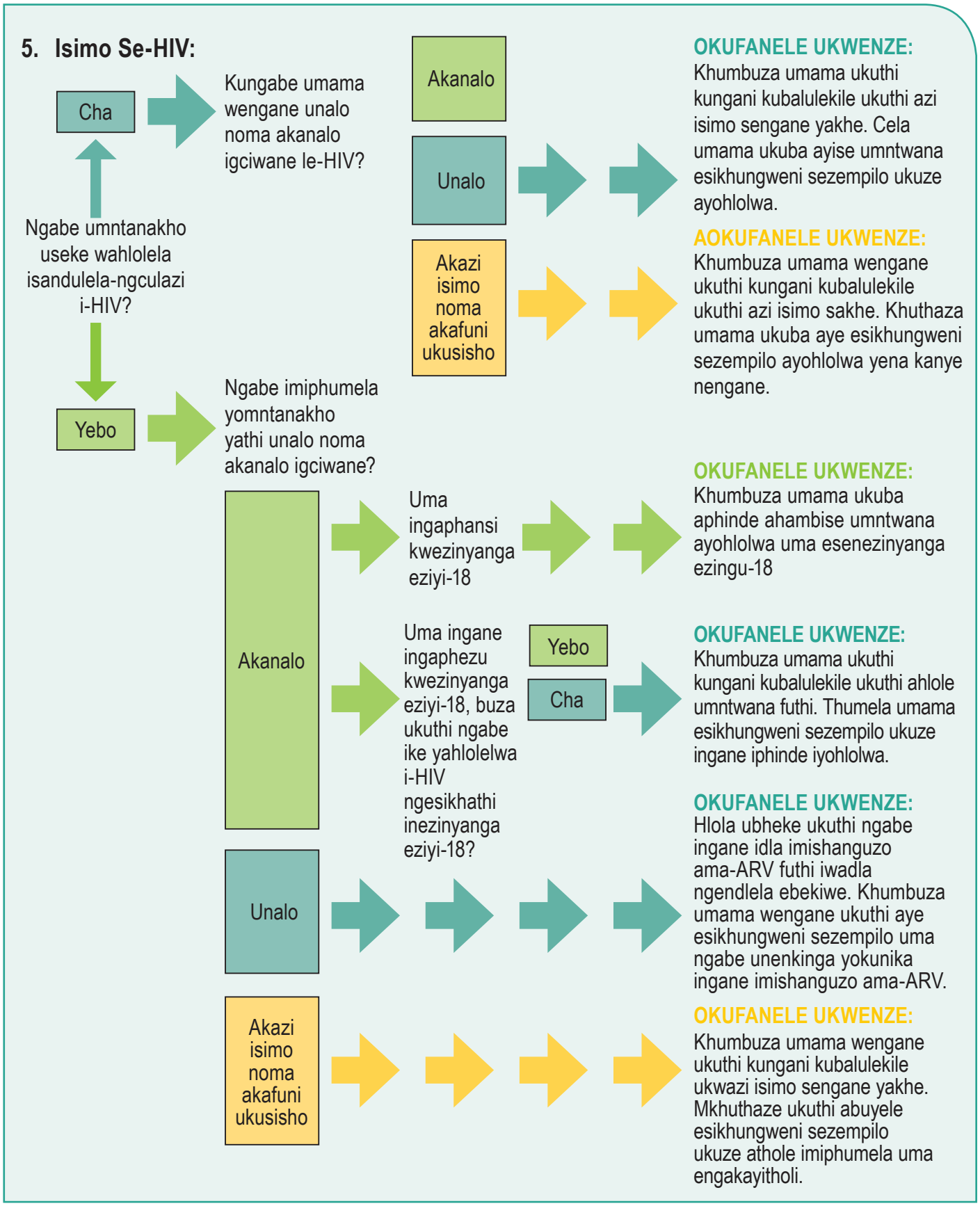
4. Ezinye izifo nezimpawu eziyingozi:

Ingabe umama ukhathazekile ngokuthi kungenzeka ukuthi umntwana AKAPHILILE ngenxa YANOMA YISIPHI ISIZATHU?

- **Yebo** → **OKUFANELE UKWENZE:** Uma umama ekhathazekile ngengane yakhe NOMA NGABE ISIPHI SONA ISIZATHU kumele ahambise ingane esikhungweni sezempilo ngokushesha.
- **Cha** → **Ngabe ingane ike yabanazo izimpawu ezilandelayo zokugula?:**

OKUFANELE UKWENZE: Uma ingane ike yaba nolunye lwalezi zimpawu zokugula, khuthaza umama ukuthi ahambise ingane esikhungweni sezempilo ukuze ihlolwe ngokushesha.

- Ayikwazi ukuphuza noma incele ibele ..... ☐
- Umntwana akakhali ngendlela enempilo ..... ☐
- Isikhumba esizungeze inkaba sibomvu futhi sivuvukele ..... ☐
- Iphalaza konke ekudlile ..... ☐
- Imiqhakanyeko (iyadlikiza) ..... ☐
- Iyakhwehlela noma iphefumula kanzima ..... ☐
- Iphefumulela phezulu noma iphefumula kancane kakhulu ..... ☐
- Isifuba sishone phakathi (izimbambo zishona phansi uma ingane iphefumula) ..... ☐
- Iyavilapha (iyakhathala) noma iyaquleka ..... ☐
- Isikhumba sinombala ophuzi ..... ☐
- Uhudo ..... ☐
- Imfiva noma uyabanda kakhulu uma umthinta .. ☐
- Akazange achame namuhla ..... ☐
- Akazange akake namuhla ..... ☐
- Umqala oqinile ..... ☐
- Ukuqubuka ..... ☐
- Inkinga yendlebe, ibuhlungu noma iphuma ubomvu ..... ☐
- Isifo samehlo/amehlo akhalayo abomvu ..... ☐


5. Isimo Se-HIV:
Cha
Kungabe umama wengane unalo noma akanalo igciwane le-HIV?
Ngabe umntanakho useke wahlolela isandulela-ngculazi i-HIV?
Yebo
Ngabe imiphumela yomntanakho yathi unalo noma akanalo igciwane?
Akanalo
Unalo
Akazi isimo noma akafuni ukusisho
OKUFANELE UKWENZE:
Khumbuza umama ukuthi kungani kubalulekile ukuthi azi isimo sengane yakhe. Cela umama ukuba ayise umntwana esikhungweni sezempilo ukuze ayohlolwa.
AOKUFANELE UKWENZE:
Khumbuza umama wengane ukuthi kungani kubalulekile ukuthi azi isimo sakhe. Khuthaza umama ukuba aye esikhungweni sezempilo ayohlolwa yena kanye nengane.
Akanalo
Uma ingaphansi kwezinyanga eziyi-18
OKUFANELE UKWENZE:
Khumbuza umama ukuba aphinde ahambise umntwana ayohlolwa uma esenezinyanga ezingu-18
Uma ingane ingaphezu kwezinyanga eziyi-18, buza ukuthi ngabe ike yahlolelwa i-HIV ngesikhathi inezinyanga eziyi-18?
Yebo
Cha
OKUFANELE UKWENZE:
Khumbuza umama ukuthi kungani kubalulekile ukuthi ahlole umntwana futhi. Thumela umama esikhungweni sezempilo ukuze ingane iphinde iyohlolwa.
Unalo
OKUFANELE UKWENZE:
Hlola ubheke ukuthi ngabe ingane idla imishanguzo ama-ARV futhi iwadla ngendlela ebekiwe. Khumbuza umama wengane ukuthi aye esikhungweni sezempilo uma ngabe unenkinga yokunika ingane imishanguzo ama-ARV.
Akazi isimo noma akafuni ukusisho
OKUFANELE UKWENZE:
Khumbuza umama wengane ukuthi kungani kubalulekile ukwazi isimo sengane yakhe. Mkhuthaze ukuthi abuyele esikhungweni sezempilo ukuze athole imiphumela uma engakayitholi.

Amakhambi asekhaya angasiza izingane ezigulayo

Lamakhambi angasetshenziswa isikhashana kuze kube yilapho umama wengane noma umnakekeli ekwazi ukuhambisa ingane esikhungweni sezempilo eseduzane.

1. Ukushisa

Ukushisa kungaba ingozi kubantwana ngoba kungenza baquleke.

- Sebenzisa amanzi afudumele kancane (angafudumali kakhulu) ukupholisa umntwana. Lokhu kuzokwehlisa ukushisa
- Muphe i-Paracetamol (Panado) syrup ngendlela eshiwoyo ebhodleleni
- Gcina umntwana embozekile kancane kodwa angashisi ngokweqile
- Yipha umntwana amanzi okuphuza njalo emuva kwemizuzu engama-30
- Uma umntwana engabi ngcono, muhambise esikhungweni sezempilo masishane

2. Ukukwehlela

Abantwana ngesinye isikhathi baqala ukukhwehlela kodwa futhi abahlali bedinga umuthi wokukhwehlela njalo.

- Yenzela umntwana isiphuzo esifudumele itiye elinoshukela noma uju kanye nesiphuzo sikalamula (uma sikhona)
- Ubisi lwebele liyakuqeda ukukhwehlela uma umntwana esancela. Hlanza amakhala ngaphambi kokuncelisa umntwana
- Uma ukukhwehlela kungapheli noma uma umntwana enokushisa mhambise esikhungweni sezempiloo

3. Ukuphalaza

Kubalulekile ukuthi umntwana ophalazayo angaphelelwa amanzi emzimbeni. Ukuphalaza kungaba izimpawu zesifo esikhulu njenge-meningitis.

Izimpawu zokuphelelwa amanzi emzimbeni:

- Indawo ethambile okhakhayini lomntwana ishona phansi
- Ukuphuza asheshe
- Amehlo ashone phakathi
- Ulimi olomile/izindebe
- Uma isikhumba sasesiswini usincinza, sithatha isikhathi ukuthi sibuyele esimweni saso esijwayelekile

Amacebiso Awusizo

Ingane engafuni ukuphuza amanzi noma enokuvilapha (ekhathele) kufanele ihanjiswe esikhungweni sezempilo oseduzane ngokushesha.

4. Isifo sohudo

- Uma umntwana encela ebeleni, qhubeka nokumcelisa ibele kaningi kuphela uma umntwana engaphalazi
- Uma umntwana edla ukudla okuqinile, munike ezinye iziphuzo ezinjengamanzi elayisi noma estabhu, namasobho
- Nika umntwana amanzi axutshwe ushukela nosawoti (OSOLOLO), achazwe ngephansi

INgxenye 3
Impilo Kamama Nengane

ISOLOLO
Ilitha elilodwa lamanzi abilile Amathisipuni awu-8 kashukela uhafu wethisipuni
Kuxube kahle bese umphuzisa kancane kancane njalo emuva kwemizuzu engu-30

Amacebiso Awusizo

QAPHELA LOKHU!
Uma ingane ikhombisa noma iluphi lwezimpawu ezingenhla, amakhambi asekhaya kumele anikwe umntwana kuze kube yilapho umama wayo noma umnakekeli eyihambisa esikhungweni sezempilo. Khumbula ukulandelela umama ukuze uqiniseke ukuthi umyisile umntwana esikhungweni sezempilo.

Kubalulekile ukuba ingane iyiswe esikhungweni sezempilo ngokushesha ngangokunokwenzeka.

Uhlelo Lokugoma

Kubalulekile ukuthi bonke abantwana bagonywe ukuze bavikeleke ezifweni ezikhungatha abantwana.

Ithebula 6 libala yonke imigomo izingane okufanele ziyithole kanye nokuthi kufanele ziyithole zingakanani ubudala. Sebenzisa ithebula ukuze likusize ubheke ukuthi izingane emakhaya owavakashelayo ziyitholile yini yonke imigomo.

Amacebiso Awusizo

Khumbula ukubheka ikhadi lengena i-*Road To Health* ukuze uqiniseke ukuthi iyayiswa esikhungweni sezempilo ukuze ithole yonke imigomo. Khuthaza umama ukuba ayise ingane esikhungweni sezempilo uma kukhona imigomo eyeqile. Khumbula ukulandelela umama ukuze uqiniseke ukuthi ukwenzile lokhu.

Ithebula 6: Uhlelo Lokugoma

UHLELO LOKUGOMA			
Iqembu Lesikhathi Sobudala	**Umgomo**	**Isifo**	**Imithelela engemihle**
Ekuzalweni (iqoqo lokuqala lemijovo)	BCG	Isifo sofuba	Amashashazi
	OPV	Isifo sovendle	Imfiva, ukuhlanza, ukungaphatheki kahle
amaviki ayisi-6 (iqoqo lesibili lemijovo)	OPV	Isifo sovendle	Imfiva, ukuhlanza, ukungaphatheki kahle
	RV	Isifo sohudo	Imfiva, ukuhlanza, ukungaphatheki kahle
	DTaP-1PV-HiB	Isifo esivimbanisa umphimbo, Isifo sokubambeka imisipha, Ukhohlokhohlo, Isifo solwembu lobuchopho	Imfiva nokungaphatheki kahle
	Hep B	Ukutheleleka ngegciwane kwesibindi	Imfiva, ukuhlanza, ukungaphatheki kahle
	PCV	Inyumoniya	Imfiva nobuhlungu bamamasela
	DTaP-1PV-HiB	Isifo esivimbanisa umphimbo, Isifo sokubambeka imisipha, Ukhohlokhohlo, Isifo solwembu lobuchopho	Imfiva nokungaphatheki kahle
	Hep B	Ukutheleleka ngegciwane kwesibindi	Imfiva, ukuhlanza, ukungaphatheki kahle
amaviki ayi-14 (iqoqo lesine lemijovo)	RV	Isifo sohudo	Imfiva, ukuhlanza, ukungaphatheki kahle
	DTaP-1PV-HiB	Isifo esivimbanisa umphimbo, Isifo sokubambeka imisipha, Ukhohlokhohlo, Isifo solwembu lobuchopho	Imfiva nokungaphatheki kahle
	Hep B	Ukutheleleka ngegciwane kwesibindi	Imfiva, ukuhlanza, ukungaphatheki kahle
	PCV	Inyumoniya	Imfiva nobuhlungu bamamasela

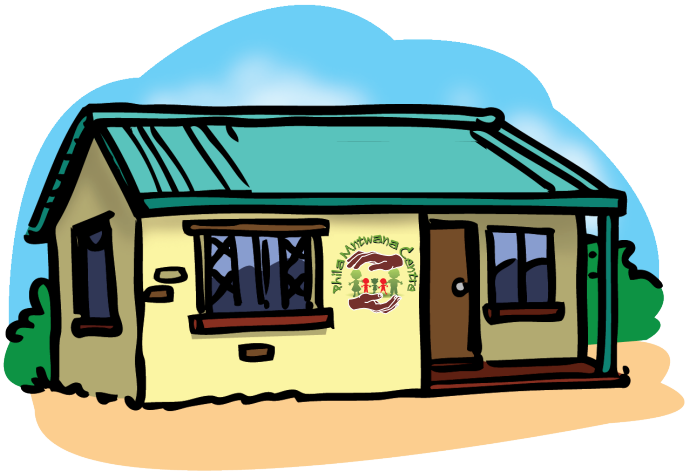
INgxenye 3
Impilo Kamama Nengane

UHLELO LOKUGOMA			
Iqembu Lesikhathi Sobudala	**Umgomo**	**Isifo**	**Imithelela engemihle**
izinyanga eziyisi-9 (iqoqo lesihlanu lemijovo)	Measles	Isimungumungwana	Imfiva
	PCV	Inyumoniya	Imfiva nobuhlungu bamamasela
izinyanga eziyi-18 (iqoqo lesithupha lemijovo)	DTaP-1PV-HiB	Isifo esivimbanisa umphimbo, Isifo sokubambeka imisipha, Ukhohlokhohlo, Isifo solwembu lobuchopho	Imfiva nokungaphatheki kahle
	Measles	Isimungumungwana	Imfiva
iminyaka eyisi-6 (iqoqo lesikhombisa lemijovo)	Td	Isifo sokubambeka imisipha kanye nesifo esivimbanisa umphimbo	Imfiva, ukuhlanza, ukungaphatheki kahle
iminyaka eyi-12 (iqoqo lesishiyagalombili lemijovo)	Td	Isifo sokubambeka imisipha kanye nesifo esivimbanisa umphimbo	Imfiva, ukuhlanza, ukungaphatheki kahle

INgxenye 3
Impilo Kamama Nengane

Zizovulwa nini Izikhungo zePhila Mntwana?

Izikhungo zizovulwa nsukuzonke (uMsombuluko kuya kuLwesihlanu) ukuze kunikezwe ukunakekela okuvikelayo nokuthuthukisayo kuzo zonke izingane ezingaphansi kweminyaka yobudala engu-5 ngisho noma ziphile kahle.



Yiluphi usizo olutholakala eziKhungweni?

Ukuhlolwa Kwesimo Sokondliwa kweZingane Ezingaphansi Kweminyaka Engu-5

- Ama-CCG umjikelezo wenkonyane (I-MUAC) kuzo zonke izingane ezinezinyanga ezingu-6 – 59
- Ukukalwa kwe-MUAC kuzokwenziwa nyanga zonke ukuze kutholwe ukungondleki okubucayi ezinganeni ezinezinyanga ezingu-6 – 59 [Bheka kuSifundo 3.5, Isigaba 6, 7 no-8 esimayelana Nokuqapha Ukukhula]

Amacebiso Awusizo

Cela umama/umnakekeli ukuba alethe ingane yakhe, engaphansi kweminyaka yobudala engu-5, esikhungweni sePhila Mntwana esiseduze naye ngisho noma iphile kahle.

Ukuqapha Ukukhula

- Sebenzisa ishadi lesisindo ngeminyaka *eBhukwini Lendlela Eya Empilweni* (I-RTHB) ukuze uqiniseke ukuthi ingane ikhula ngokuvumelana nobudala bayo. Uma ingane ingenalo *Ibhuku Lendlela Eya Empilweni*, dlulisela umama/esikhungweni sezempilo

Ukubuyiselwa Kwamanzi Emzimbeni Ngokuphuziswa

- Uma ingane inohudo, chazela bese utshengisa umama/umnakekeli indlela yokwenza Ingxube kaShukela-nosawoti (S-S-S)/Ingxube Yokubuyiselwa Kwamanzi Emzimbeni Ngokuphuziswa (I-ORS). Le ngxube kufanele inikezwe ingane kuze kube yilapho umama/umnakekeli esekwazi ukuhambisa ingane esikhungweni sezempilo [Bheka iSifundo 3.5 Isigaba 10d Uhudo ngaphansi kwesigaba samakhambi Asekhaya Ezingane Ezigulayo]

Ukuncelisa ibele

- Ukukhuthazwa nokufundiswa ngokuncelisa ibele kuphela komama [Bheka iSifundo 3.4, Isigaba 7 Ukufunza Usana]

INgxenye 3
Impilo Kamama Nengane

Ukugonywa

- Hlola *Ibhuku Lendlela Eya Empilweni* bese ukhumbuza umama/umnakekeli ukuba ahambise ingane esikhungweni sezempilo ukuze igonywe ngokuvumelana Nohlelo Lokugonywa [Bheka iSifundo 3.5, Isigaba 13 Kuyini Ukugonywa, futhi kungani kubalulekile]

Inhlalakahle

- Nikeza isenezelelo sikaVithamini A ezinganeni ezinobudala obuphakathi kwezinyanga ezingu-12 – 59 futhi kuphindwe njalo ezinyangeni ezingu 6
- Hlola Ibhuku Lendlela Eya Empilweni uma ingane kufanele iyokhishwa izikelemu futhi uyidlulisele uma kudingeka ukukhipha izikelemu
- Sebenzisa Ithuluzi Lokuhlola I-TB [Bheka kwi Ngxenyana 4, Isifundo 4.5 kuSigaba 1 iyini i-TB] ukuze kuhlolwe i-TB kumama/umnakekeli futhi kubuzwe ukuthi ukhona yini ekhaya onezimpawu ezibhalwe kuThuluzi Lokuhlola I-TB. Dlulisela umama/umnakekeli kanye nalabo bantu abanezimpawu esikhungweni sezempilo
- Ingane kufanele ihlungelwe i-TB kusetshenziswa Isiliphu Sokudlulisela Sokuhlungelwa Kwengane Isifo Sofuba [Bheka ibhuku lamathulizi ezinsiza zokusebenza, Isigaba D, Ukuhlungelwa Isifo Sofuba] bese udlulisela uma kudingekile. Hlunga ingane uma kukhona noma iliphi ilunga lomndeni/noma umnakekeli onezimpawu zesifo sofuba TB
- Sabalalisa Amakhondomu Abesilisa Nawesifazane [Bheka kwi Ngxenye 4, Isifundo 10 Ukunqandwa kwe-HIV Nezifo zocansi: Indima Yamakhondomu]
- Uhlelo lokuhlolwa nokululekwa olunikezwa esikhungweni sezempilo umsebenzi wezempilo (PICT) – Ukuthunyelwa kwabantwana abanezinyanga eziyishumi nesishiyagalombili nangaphezulu
- Fundisa omama mayelana nokulawula inhlalakahle yezingane zabo
- Zonke izingane ezivakashela Isikhungo sika Phila Mntwana kufanele zibe *neBhuku Lendlela Eya Empilweni* (i-RTHB)

Amacebiso Awusizo

Cela umama/umnakekeli ukuba aphathe Ibhuku Lendlela Eya Empilweni lomntwana kukho konke ukuvakasha kwiSikhungo sePhila Mntwana.

Izinhlelo zomphakathi

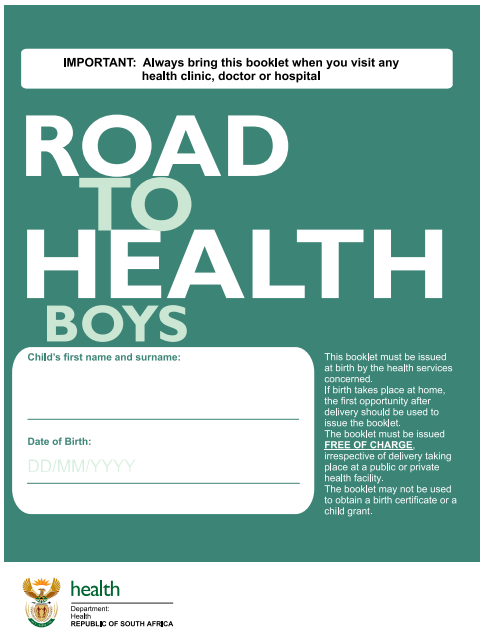
- Ukuqaphwa kwezikhungo zama ECD nenani labantwana ababhalisiwe abaneminyaka ewu 3 – 5
- Ukuhlonzwa nokudluliswa kwezintandane nabantwana abasengcupheni (lokhu kuhlanganisa abantwana abasengozini ngoba kusoleka ukuhlukumezeka/ukuhlukunyezwa, abantwana abasemakhaya aphethwe abanye abantwana, abantwana abadinga usizo lokususwa emakhaya abo noma ukutholelwa amanye amakhaya nalabobantwana abakhombisa izimpawu zokunganakekelwa)
- Ukuhlonzwa nokudluliswa kwabantwana abafanele ukuthola isondlo sabantwana
- Ukuhlonzwa nokudluliswa kwabantwana abasolakala/asebaziwa ukuthi banokukhubazeka engqondweni noma emzimbeni

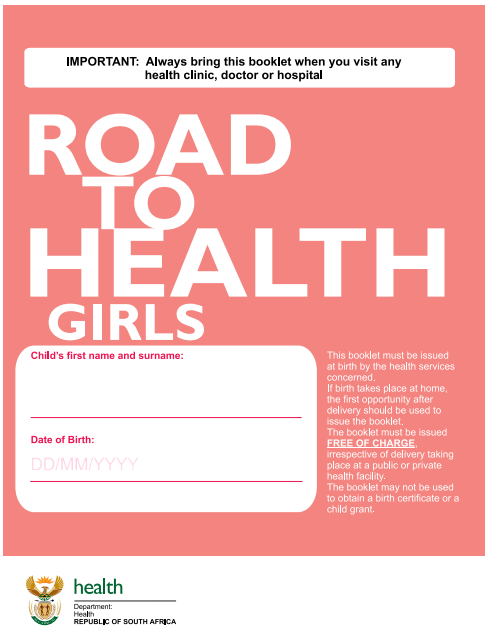
Buyekeza *Ibhuku Lendlela Eya Empilweni* leNgane (I-RTHB)

Zonke izingane zinikezwa *Ibhuku Lendlela Eya Empilweni* ngesikhathi zizalwa noma ekuhlanganeni kokuqala nohlelo lokunakekelwa kwezempilo ngemva kokuzalwa. I-RTHB iphathwa umama/umnakekeli, okufanele alilethe kukho konke ukuvakasha kwezempilo. Izisebenzi zezempilo okuhlanganisa ama-CCG kufanele zisebenzise i-RTHB ukuze zisize omama/abanakekeli bezempilo bazuze ukuqonda okungcono kwempilo yengane nezidingo zokunakekelwe kwempilo. Ngakho ke, kubalulekile ukuchaza, ukuxoxa nokubuyekeza ulwazi oluku-RTHB nomama/nabanakekeli.

Ibhuku Lendlela Eya Empilweni liphinde futhi libe ithuluzi elibalulekile lokuqapha ukunakekelwa okusezingeni eliphakeme lezingane nokuqopha ulwazi olubalulekile, okuhlanganisa okulandelayo:

- Isimo sokondliwa
- Ukukhula nokuthuthuka
- Imigomo
- Isenezelo sikaVithamini A
- Ukukhipha izikelemu
- Isimo se-TB
- I-PMTCT (Ukunqandwa Kokudluliswa Kwesifo Sisuka Kumama Siya Enganeni)
- Ukuhlolelwa i-HIV
- Ukuhlolelwa ukubona nokuzwa
- Ukufunzwa kosana nengane esencane
- Amarekhodi okungeniswa esibhedlela nokuvakasha





4

DETAILS OF CHILD AND FAMILY (To be completed at birth)

Child's first name and surname: _____

Child's ID number: | | | | | | | | | | | | | |

Mother's ID number: | | | | | | | | | | | | | |

Date of birth / / dd mm yyyy	Name of facility where child was born:
Child's residential address:	
Mother's name:	Mother's birth date:
Father's name:	Who does the child live with?

How many children has the mother had (including this child?)

Number born (including stillbirths) ☐	Reason(s) for death(s):
Number alive now ☐	Date information given: / / / dd mm yyyy

Child in need of special care (mark with X)
(Complete at delivery or at first contact with health services)

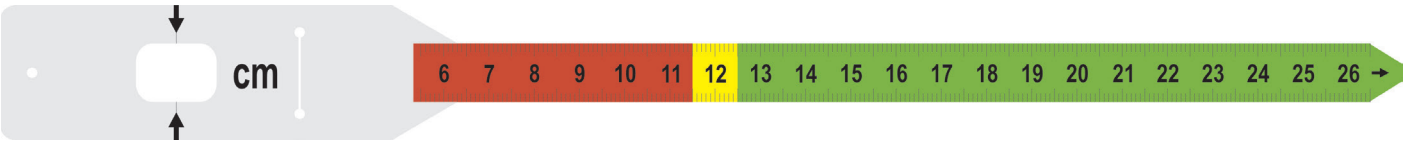
Is the baby a twin, triplet, etc? Yes ☐ No ☐	Does the mother need additional support to care for the child? (Specify) Yes ☐ No ☐
Any disability present (including birth defects?) (Specify) Yes ☐ No ☐	Other: (Specify)

ROAD TO HEALTH

INgxenye 3
Impilo Kamama Nengane

Ukondleka kahle

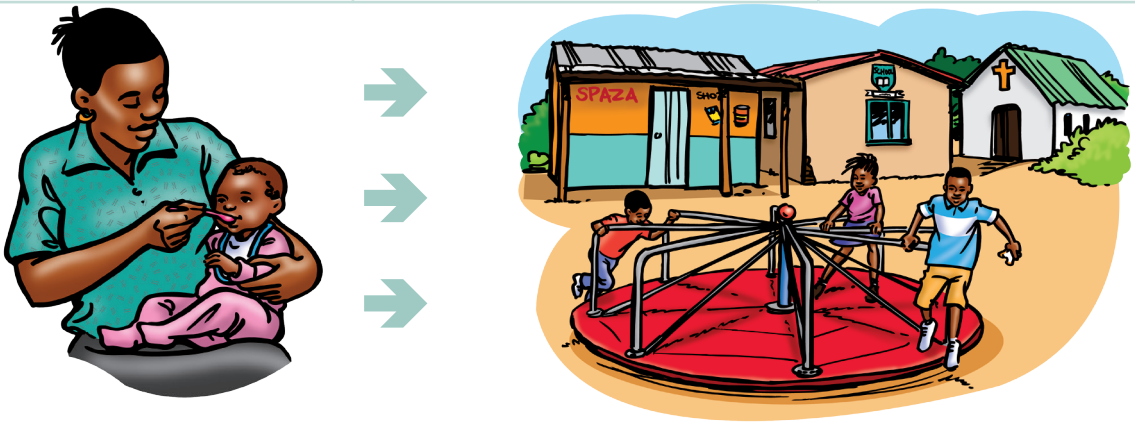
Ezinganeni ezinezinyanga ezingu-6 kuya kwezineminyaka engu-5, thatha isikali se-MUAC ngokuvumelana nenqubo eyiyo ngendlela elandelayo.



Incazelo ye-MUAC

Uhlu lokulola 5: Incazelo ye-MUAC

Ingane ekhula kahle	Ingane Enokungondleki Kahle Okubucayi Okusesilinganisweni (i-MAM)	Ingane ephethwe Ukungondleki Kahle Okubucayi Kakhulu (i-SAM)
KUHLE	**INGOZI**	**INGOZI ENKULU KAKHULU**
Uma kutholakala ukuthi ingane ine-MUAC ethi ≥ 12.5cm, ncoma umnakekeli wezempilo futhi umtshele ukuba aqhubeke nomsebenzi omuhle. Buza ukuthi "Uyondla kanjani ingane?" futhi unikeze iseluleko uma kunenkinga ehlobene nokondliwa.	Uma ingane ine-MUAC ephakathi kuka-11.5 no-12.4 cm, ingane iphethwe i-MAM. Dlulisela ingane esikhungweni sezempilo wendawo nencwadi yokudlulisela ye-CCG. Ingane kufanele iyiswe esibhedlela phakathi kwamahora angu-24.	Uma ingane ine-MUAC ethi < 11.5cm, ingane iphethwe i-SAM. Dlulisela noma hambisa ingane esikhungweni sezempilo wendawo ukuze kwenziwe ukuhlolwa kwezempilo okuphuthumayo bese uchazela umama/umnakekeli ukuthi kungani kubalulekile.



Bhala isimo seMUAC kwi bhuku le Phila Mntwana. Uma ingane isombaleni oluhlaza (ayitshengisi isimo sokungondleki esibucayi), faka (✓) ku MUAC oluhlaza bese uyamncoma umnakekeli wengane. Uma ingane isombaleni ophuzi (Ukungondleki okuphakathi okungekubi kakhulu (MAM), faka u (X) kuMUAC ophuzi. Uma ingane iku MUAC obomvu uUkungondleki (ukungondleki okudlulele nokuyingozi -SAM), faka u (X) ku MUAC obomvu. Faka u(–) kumakholomu angasetshenzisiwe. Bhala umbiko wengane weMUAC ekhasini 19 eBhukwini Lendlela Yempilo.

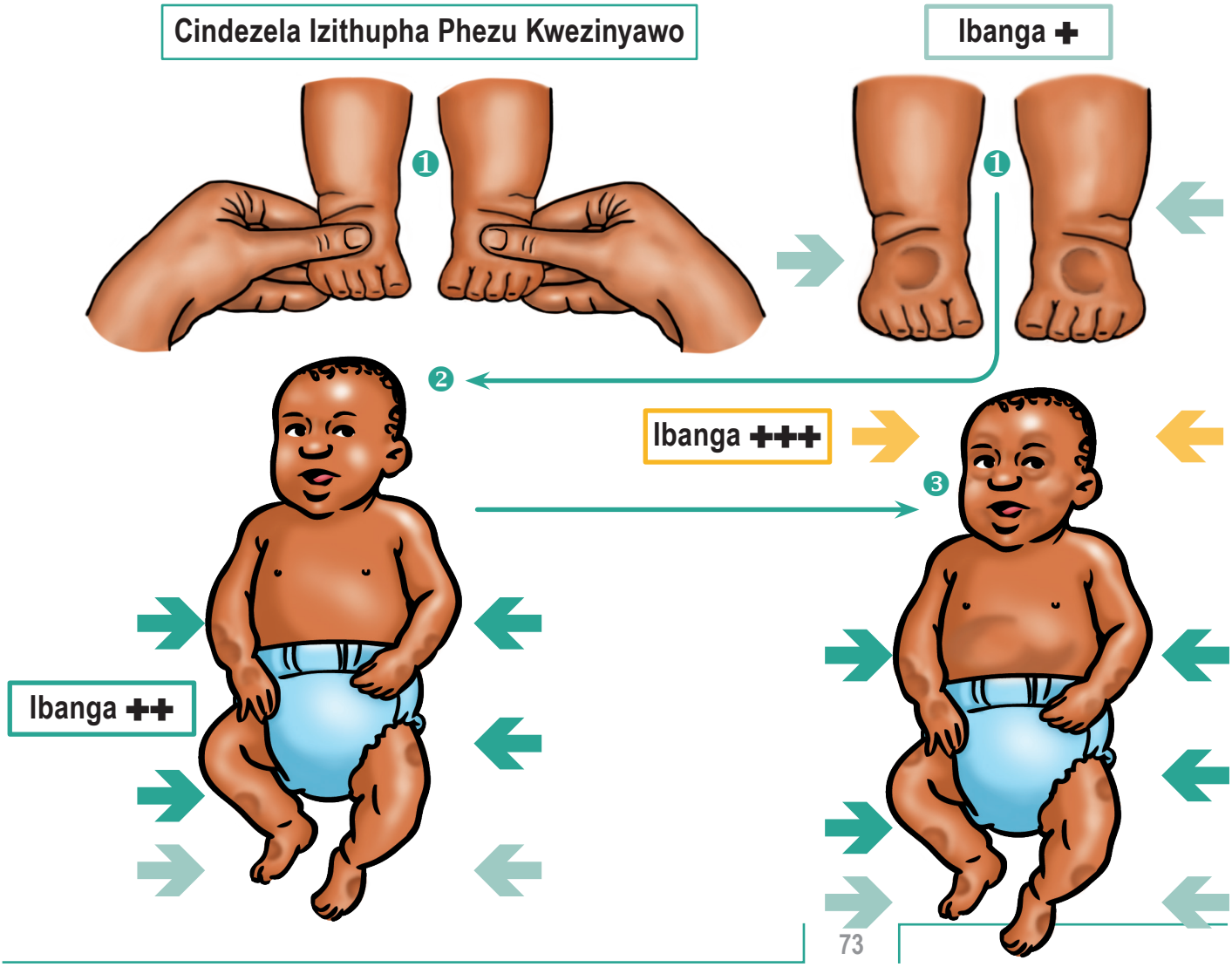
Ukuvuvuka okunokufocoka kwezinyawo zombili: Indlela yokubheka futhi uzwe i-oedema (ukuvuvukala) kwazo zombili izinyawo

Ukuhlola i-Bilateral Pitting Oedema kufanele kwenziwe njalo. I-Oedema esonyaweni olulodwa kuphela ayihlobene nokungondleki kahle. Nokho uma ukuvuvukala kutholakala kuzo zombili izinyawo, kungenzeka kuhlobene ne-Kwashiokor ewuhlobo lokungondleki kahle okubucayi. I-Kwashiokor iwuhlobo oluvamile nolusabalele kakhulu lwesifo sokungondleki emazweni asathuthuka. Iwuhlobo lokungondleki kahle olubangelwa ukungawatholi amaphrotheni anele ekudleni. Ayibonakali ngokuzaca okuvamile okubonakala kwi-Marasmus. Ngakho ukuhlola ukuvuvuka kwezinyawo zombili kubaluleke kakhulu ukuze kutholwe i-Kwashiokor.

Indlela Yokuhlola i-Bilateral Pitting Oedema

Isinyathelo ❶ Bamba izinyawo zengane bese ucindezela izithupha zakho phezu kwazo zombili izinyawo. Bala uze ufike ku-3 bese uphakamisa izithupha zakho. Uma kungabonakali umgodi noma uma kubonakala umgodi onyaweni olulodwa kuphela, ingane ayinayo i-Bilateral Pitting Oedema. Uma kubonakala umgodi ezinyaweni zombili, iya kuSinyathelo ❷

Umfannekiso 17: i-Bilateral Pitting Oedema



❷ Qhubeka wenza ukuhlola okufanayo emilenzeni engezansi, izandla nezingalo ezingezansi. Uma ungekho umgodi ovela kulezi zindawo, kusho ukuthi ingane iphethwe (ibanga+) i-bilateral pitting oedema engekho bucayi. (I-bilateral pitting oedema engekho bucayi ibonakala kuphela ezinyaweni.) Uma kuvela umgodi kulezi zindawo, iya kuSinyathelo ❸

❸ Bheka ukuvuvukala ebusweni, ikakhulukazi ngasemehlweni. Uma kungekho ukuvuvukala ebusweni, kusho ukuthi ingane iphethwe (ibanga++) i-bilateral pitting oedema esesilinganisweni. Uma kuvela ukuvuvukala ebusweni, kusho ukuthi ingane iphethwe (ibanga+++) i-bilateral pitting oedema ebucayi

❹ Uma ingane iphethwe i-oedema, thola umuntu wesibili ukuthi aphinde ukuhlola ukuze kuqinisekiswe imiphumela. Izingane eziphethwe i-Bilateral Oedema kufanele zidluliselwe ngokushesha esikhungweni sezempilo oseduze. Uma ingane idinga udluliselwa esikhungweni sezempilo, rekhoda ukuthi ingane iphethwe i-bilateral pitting oedema Kwezinye Izizathu Kukholomu Yokudlulisela kuMbhalo we-Phila Mntwana.

Ukuqapha Ukukhula

- Hlola ukukhula kwengane engaphansi kweminyaka engu-5 kusetshenziswa ishadi leminyaka ngesisindo. Isimo sokondliwa kufanele sihlolwe kusetshenziswa amashadi obude ngeminyaka, kanye nesisindo ngobude ku-RTHB
- Isisindo: Uma ingane ingaphansi konyaka , kufanele ikalwe nyanga zonke. Uma ingane ineminyaka ephakathi kweminyaka engu-1 – 2, kufanele ikalwe njalo ezinyangeni ezingu-2. Uma ingane ineminyaka ephakathi kweminyaka engu-2 – 5, kufanele ikalwe njalo ezinyangeni ezingu-6. Uma ingane ingakaliwe ngokuvumelana nale sheduli, dlulisela ingane esikhungweni sezempilo ukuze ihlolwe isisindo
- Ubude/ukuphakama: Ubude/ukuphakama kwengane kufanele kukalwe umhlengikazi esikhungweni sezempilo njalo ezinyangeni ezingu-6. Uma ingane ingazange ikalwe ngokuvumelana nale sheduli, dlulisela ingane esikhungweni sezempilo ukuze ikalwe
- Isisindo ngobude/ukuphakama: Isisindo ngobude/ukuphakama sengane kufanele sihlolwe kukho konke ukuvakashelwa ngumhlengikazi esikhungweni sezempilo
- Dlulisela ingane esikhungweni sezempilo uma lawa mashadi engenalo ulwazi oluphelele noma uma ingane:
  - Inesisindo esingaphansi ngokweminyaka yayo
  - Ukungakhuli
  - Ukuba buthakathaka
- Ukuba buthakathaka Uma ingane ikhula kahle, inawo wonke amashadi angu-3 akalwe ngokuvumelana nohlelo olushiwo ngenhla, faka okuthi (✓) kukholomu Yokuqapha Ukukhula
- Uma ingane idinga ukwedluliselwa esikhungweni sezempilo faka uphawu (X) esikhaleni somnyango wezempilo ebhukwni lika Phila Mntwana

Amacebiso Awusizo

UKUQONDA ISHADI LOKUKHULA:
Lapho ingane ingazange ibe nesisisindo esanele, kuboniswa ngekhevu eyisicaba kushadi lokukhula elirekhodiwe, lengane kufanele idluliselwe esikhungweni sezempilo wendawo nencwadi yokudlulisela ye-CCG engakapheli amahora angu-24. Uma ingane inesisindo esingaphansi kwaleso esilindelekile noma ingane inekhevu ebheke ezansi kushadi lokukhula, bhala incwadi yokudlulisela okuphuthumayo nokusheshayo eya esikhungweni sezempilo oseduze.

Isenezelo sikaVithamini A

- Zonke izingane eziphakathi kwezinyanga ezingu-6 – 59 zidinga ukunikezwa isilinganiso sikaVitamini A esihambisana neminyaka njalo ngemuva kwezinyanga ezingu-6
- Hlola i-RTHB yengane kukhasi 9 (bona ngezansi). Hlola ukuthi ingane igcine nini ukunikezwa isilinganiso sikaVitamini A
- Uma ingane inezinyanga ezingu-6 – 11, futhi uVithamini A ingazange inikezwe ngokwedlule dlulisela ingane esikhungweni sezempilo oseduze bese ubeka okuthi (X) esikhaleni sika Vithamini A ebhukwini
- Uma ingane inezinyanga ezingu-12 – 59 futhi iye yaphuthelwa isilinganiso esifanele sikaVithamini A sezinyanga ezingu-6, nikeza ingane isilinganiso esifanele sikaVithamini A eSikhungweni sePhila Mntwana. Bhala usuku iVitamin A elinikezwe ngalo le ngane ku-RTHB
- Uma unikeze ingane isilinganiso sikaVithamini A, beka okuthi (✓) esikhaleni kaVithamini A Bhuku wePhila Mntwana
- Uma ingane ingazange idinge isilinganiso sikaVithamini A, faka okuthi (–) kukholomu kaVithamini A

Amacebiso Awusizo

Ama-CCG awavunyelwe ukuba anikeze izingane ezingaphansi kobudala bezinyanga ezingu-12 uVithamini A.

Ukondla Usana

- Ngezingane ezingaphansi kobudala bezinyanga ezingu-6, hlola ukuthi zinceliswa ibele kuphela (ukuthi azinikezwa nhlobo ifomula/ukudla okuqinile)
- Nikeza umama/umnakekeli imilayezo yokondla efanele ngokuvumelana nobudala bengane (Bheka ku-RTHB)
- Dlulisela izingane ezinezinkinga zokondliwa esikhungweni sezempilo oseduze bese ufaka okuthi (X) esikhaleni sokondla usana ebhukwini le Phila Mntwana
- Uma ingane ibingadingi ukudluliselwa, kodwa umnakekeli welulekwa ngokondla, faka i (✓) esikhaleni sokondla usana ebhukwini lika Phila Mntwana

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VITAMIN A SUPPLEMENTATION						
	At age	Date given dd/mm/yy	Signature	At age	Date given dd/mm/yy	Signature
200 000 IU Mother at delivery (not later than 6-8 weeks)		/ /				
100 000 IU	6 mths	/ /				
200 000 IU every 6 months	12 mths	/ /		42 mths	/ /	
	18 mths	/ /		48 mths	/ /	
	24 mths	/ /		54 mths	/ /	
	30 mths	/ /		60 mths	/ /	
	36 mths	/ /				

ADDITIONAL DOSES:

For conditions such as measles, severe malnutrition, xerophthalmia and persistent diarrhoea. Omit if dose has been given in last month.
Measles and xerophthalmia: Give one dose daily for two consecutive days. Record the reason and dose given below.

Date	Dose given	Reason	Signature	Date	Dose given	Reason	Signature

DEWORMING TREATMENT (Mebendazole or Albendazole)						
Dose	At age	Date given dd/mm/yy	Signature	At age	Date given dd/mm/yy	Signature
	12 mths	/ /		18 mths	/ /	
	24 mths	/ /		48 mths	/ /	
	30 mths	/ /		54 mths	/ /	
	36 mths	/ /		60 mths	/ /	
	42 mths	/ /				

10

HEALTH PROMOTION MESSAGES

Up to 6 months

Feeding:

- Breastfeed exclusively (give infant only breast milk and no other liquids or solids, not even water, with exception of drops or syrup consisting of vitamins, mineral supplements or medication;
- Breastfeed as often as the child wants, day and night;
- Feed at least 8 to 12 times in 24 hours;
- When away from the child leave expressed breast milk to feed with a cup;
- Avoid using bottles or artificial teats (dummies) as this may interfere with suckling, be difficult to clean and may carry germs that can make your baby sick.

Why is exclusive breastfeeding important?

- Other foods or fluids may damage a young baby's gut and make it easy for infections (including HIV) to get into the baby's body;
- Decreases the risk of diarrhoea;
- It decreases risk of respiratory infections;
- It decreases risk of allergies;

If you have chosen to formula feed your baby, discuss safe preparation and use of formula with the health care worker

Play: Provide ways for your child to see, hear, feel, and move.
Have colorful things to see and reach

Communicate: Look into your child's eyes and smile at him or her
Talk to your child and get a conversation going with sounds or gestures.

Isifo Sohudo

- Bheka izimpawu eziyingozi zesifo Sohudo. Yeluleka umama/umnakekeli ukuba ahambise ingane esikhungweni sezempilo NGOKUSHESHA uma kwenzeka ingane

Uhlu lokuhlola 6: Izimpawu eziyingozi zesifo Sohudo

Ingakwazi ukuphuza noma yini
Ihlanza yonke into
Inegazi endleni yohudo
Iphefumula ngokushesha
Inamehlo ashone phakathi noma umlomo owome kakhulu
Ikhathele noma ingaphapheme

- Fundisa bonke omama/abanakekeli indlela yokulungiselela ingxube kashukela-namanzi (i-SSS)/ingxube yobuyiselwa kwamanzi emzimbeni ngokuphuziswa (Ingxube kasawoti noshukela) [bona Ingxenye 3, Isifundo 3.5 Isigaba 10d Uhudo: Amakhambi asekhaya ezingane ezigulayo]
- Dlulisela ingane egulayo esikhungweni sezempilo oseduze bese ufaka okuthi (X) esikhaleni sesifo Sohudo kwiBhuku kaPhila Mntwana
- Uma ingane itholakale ingenalutho futhi ingazange idinge ukudluliselwa faka okuthi (✓) esikhaleni yesifo sohudo

Amacebiso Awusizo

Bheka izimpawu zokungabi namanzi emzimbeni ezifana nokuthi:
- indawo ethambile ephezu kwekhanda lengane ishone phakathi
- ingane iphuza ngokushesha
- ingane inamehlo ashone phakathi, ulimi noma izindebe ezomile
- isikhumba sesisu sengane sibuyela kancane kakhulu esimweni esivamile lapho incinzwa

Ukuhlolela ukugonywa

- Hlola i-RTHB yengane (ikhasi 6) ukuze ubone ukuthi uhlelo lokugonywa lugcwalisiwe yini enganeni yalobo budala
- Fundisa umama/umnakekeli mayelana nohlelo lokugonywa bese umkhumbuza ngosuku olunikeziwe esikhaleni 2 lwe-RTHB yizisebenzi zomtholampilo lokugonywa okulandelayo

6

IMMUNISATIONS					
Name and surname:			ID number:		
Age group	**Batch no.**	**Vaccine**	**Site**	**Date given dd/mm/yy**	**Signature**
Birth		BCG	Right arm		
		OPV0	Oral		
6 weeks		OPV1	Oral		
		RV1	Oral		
		DTaP-IPV-Hib1	Left thigh		
		Hep B1	Right thigh		
		PCV 1	Right thigh		
10 weeks		DTaP-IPV-Hib2	Left thigh		
		Hep B2	Right thigh		
14 weeks		DTaP-IPV-Hib3	Left thigh		
		Hep B3	Right thigh		
		PCV2	Right thigh		
		RV2	Oral		
9 months		Measles1	Left thigh		
		PCV3	Right thigh		
18 months		DTaP-IPV-Hib4	Left arm		
		Measles2	Right arm		
6 years		Td	Left arm		
12 years		Td	Left arm		

HEAD CIRCUMFERENCE AT 14 WEEKS AND AT 12 MONTHS

14 Weeks: _____ (Range: 38 - 43 cm) **12 Months:** _____ (Range: 43.5 - 48.5)

REFER if head circumference is outside range

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WELL CHILD VISITS – RECORDING SHEET FOR CHILDREN LESS THAN 5 YEARS OLD

Record the following information for each visit on the spaces that are not shaded. Refer to the page numbers given in this booklet and complete the relevant section.						Remember to check the following. Tick if done, and record details on the relevant page					Date of next visit
Age	**Date**	**Growth (IMCI)** (page 14)	**PMTCT/ HIV status (IMCI)** (page 7&8)	**TB status (IMCI)**	**Feeding** (EBF/EFF/ mixed feeding for first 6 months)	Immunisations (page 6)	Vitamin A (page 9)	Deworming (page 9)	Development (page 13)	Oral Health (page 20)	
3 days											
6 wks											
10 wks											
14 wks											
4 mths											
5 mths											
6 mths											
7 mths											
8 mths											
9 mths											
10 mths											

ROAD TO HEALTH

- Uma imigomo yengane ingaphelele futhi lingekho ithimba likaMahamba-Nendlwana noma ithimba lempilo yomndeni (iFamily Health Team – (i-FHT)) elivakashela Isikhungo sePhila Mntwana, dlulisela ingane esikhungweni sezempilo oseduze bese ufaka okuthi (X) esikhaleni ethi Ukugonywa
- Uma ingane ingakudingi ukudlulisela kokugonywa, faka okuthi (✓) esikhaleni sokugonywa

Ukuhlolwa Kwe-TB

Ithuluzi Lokuhlolwa Kwe-TB Lezingane

Umafanekiso 18: Ithuluzi Lokuhlolwa Kwe-TB Lezingane

Ithuluzi Lokuhlolwa Kwe-TB Lezingane

Funda imibuzo elandelayo kubo bonke abantu abakhona emndenini bese ubadlulisela ukuze bahlolelwe i-TB esikhungweni sezempilo uma uphawula NOMA IYIPHI IMPENDULO ezikhaleni ezinemibala

Y=Yebo **C**=Cha

1. Ingabe ingane ibikhwehlela noma isfuba sinswininiza amaviki angaphezu kwamabili?	**Y**	**C**
2. Ingabe ingane ibilokhu incipha noma ingabe kube nokuzuza isisindo okunganelisi ezinyangeni ezintathu ezidlule?	**Y**	**C**
3. Ingabe ingane ibhekana nobuhlungu besifuba noma ukuphelelwa umoya?	**Y**	**C**
4. Ingabe ingane ike yaxhumana nomuntu ophethwe i-TB (umuntu ohlala noma ochitha isikhathi esiningi nengane)?	**Y**	**C**
5. Ingabe ingane ikhathele futhi/noma ayisadlali ngendlela evamile?	**Y**	**C**
6. Ingabe ingane ibe nemfiva (igodole ishise) zonke izinsuku, izinsuku ezingu-14 noma ngaphezulu?	**Y**	**C**

- Uma umama/umnakekeli ephendula ngokuthi yebo kunoma yimiphi imibuzo yokuhlolelwa i-TB, dlulisela ingane esikhungweni sezempilo oseduze bese ufaka okuthi (X) esikhaleni sokuhlolelwa i-TB ebhukwini lePhila Mntwana
- Uma ingane ingadingi ukudluliswa, faka okuthi (✓) esikhaleni Yokuhlungelwa i-TB ebhukwini le Phila Mntwana

Ukuba sengcupheni yokutheleleka nge HIV

- Buza umama ngesimo sakhe se-HIV futhi uhlole i-RTHB yengane ekhasini 7 ukuze ubone ukuthi ulwazi lwe-PMTCT lugcwalisiwe
- Uma umama ene-HIV, mbuze ukuthi ingabe ingane yakhe yahlolwa yini emavikini obudala angu-6, ngemva kokuyeka ukuncelisa ibele futhi nasebudaleni bezinyanga ezingu-18. Hlola ukuze ubone ukuthi ulwazi luphelele yini kukhasi 8 ku-RTHB yengane
- Uma ingane ingazange ihlolelwe i-HIV noma i-RTHB ingaphelele, dlulisa umama nengane esikhungweni sezempilo bese ufaka (X) kukholomu Yokuchayeka ku-HIV kubhuku wePhila Mntwana

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PMTCT/HIV INFORMATION			
Child's first name and surname:			
Child's ID Number:			
Fill in this section on discharge from Midwife Obstetric Unit (MOU) or obstetric ward or at first subsequent visit if not yet done			
Mother's latest HIV test result	Positive	Negative	To be done
When did mother have the test?	☐ Before pregnancy	☐ During pregnancy	☐ At delivery
Is the mother on life-long ART?	Yes	No	
If yes, duration of life-long ART at time of delivery	☐ < 4 weeks	☐ > 4 weeks	☐ Before pregnancy
Document ARVs the mother received:			
Did the mother receive infant feeding counseling?	Yes	No	
Decision about infant feeding	☐ Exclusive breast	☐ Exclusive formula	
Document Nevirapine given:			
All HIV exposed infants should receive Nevirapine for a minimum of 6 weeks			
Has the mother disclosed to anyone in the household?	Yes	No	
Has the mother's partner been tested?	Yes	No	
Remember to offer testing for all the mother's other children if not yet done **Offer a mother with unknown HIV status a rapid HIV test.** **If mother's HIV rapid test is positive, perform an HIV DNA PCR test on infant if ≥ 6/52**			

ROAD TO HEALTH

Uhlelo lLokweluleka nokuhlola olwenziwa abasebenzi bezempilo esikhungweni sezempilo (PICT)

- Bonke abantwana abanezinyanga eziyishumi nesishiyagalombili (18) nangaphezulu kumele baluthole loluhlelo, noma ngabe sinjani isimo sesandulela ngculaci sikamama
- Uma ingane inezinyanga eziyishumi nesishiyagalombili (18) nangaphezulu, ingakaze iluthole uhlelo lwe PICT, thumela ingane esikhungweni sezempilo bese ufaka u (X) esikhaleni se PICT ebhukwini lika Phila Mntwana
- Uma ingane inezinyanga eziyishumi nesishiyagalombili (18) nangaphezulu, ike yaluthola uhlelo lwe PICT, faka uphawu (✓) lomqhwizo esikhaleni se PICT ebhukwini likaPhila Mntwana

Ukusekela i-ART

- Uma ingane iphethwe i-HIV futhi ingawasebenzisi ama-ART noma ingakaze iye esikhungweni sezempilo emavikini angu-4 edlule, dlulisela ingane ngokushesha bese ufaka okuthi (X) esikhaleni sokuSekela kwe-ART kubhuku wePhila Mntwana
- Uma ingane ingakudingi ukudlulisela, faka okuthi (✓) kuKholomu Yokusekela ye-ART

Ukuhlolwa kokukhipha izikelemu

- Zonke izingane ezineminyaka engu-1 – 5 zidinga umuthi wokukhishwa izikelemu njalo ezinyangeni ezingu-6
- Hlola i-RTHB yengane kukhasi 9 bese uhlola ukuthi umuthi wokukhipha izikelemu unikezwa ingane kusukela eminyakeni yobudala engu-1, njalo ezinyangeni ezingu-6

DEWORMING TREATMENT (Mebendazole or Albendazole)						
Dose	**At age**	**Date given dd/mm/yy**	**Signature**	**At age**	**Date given dd/mm/yy**	**Signature**
	12 mths	/ /		18 mths	/ /	
	24 mths	/ /		48 mths	/ /	
	30 mths	/ /		54 mths	/ /	
	36 mths	/ /		60 mths	/ /	
	42 mths	/ /				

INgxenye 3
Impilo Kamama Nengane

- Dlulisela ingane esikhungweni sezempilo uma ukwelapha kokukhipha izikelemu kungekho esikhathini bese ufaka okuthi (X) kuKholomu Yokuhlolelwa Ukukhipha Izikelemu kubhuku wePhila Mntwana
- Uma ingane ingakudingi ukudluliswa, faka okuthi (✓) esikhaleni sokuhlolelwa Ukukhipha Izikelemu

Ukuhlolela ukukhula

- Hlola ibhukwana yendlela yempilo yengane ekhasini 13 ukuze kuhlolwe ukuthi izingqopha-mlando zokukhula zihlolwe ngokuvumelena neminyaka yini
- Uma izigaba zokukhula zengane zingazange zihlolwe ngokuvumelana neminyaka, dlulisela esikhungweni sezempilo oseduze bese ufaka okuthi (X) kukholomu yoKukhula kubhuku wePhila Mntwana
- Uma izigaba zokukhula kwengane zihloliwe futhi kungekho ukudlulisela okudingekayo, faka okuthi (✓) kuKholomu Yokukhula

Amacebiso Awusizo

- Cela umama/umnakekeli Ibhuku Lendlela Eya Empilweni lengane (i-RTHB)
- Hlola ukuthi i-RTHB yeNgane iphelele nokuthi lonke ulwazi lokuhlala kwabantu olubalulekile ekhasini 4 le-RTHB lugcwalisiwe yini
- Uma Ingane engaphansi kweminyaka engu-5 ubudala ingenayo i-RTHB (isb. uma i-RTHB ilahlekile noma ingakhishwanga umtholampilo), dlulisela ingane esikhungweni sezempilo oseduze
- Gcizelela ukubaluleka kokugcina i-RTHB iphephile kanye nokuyiletha kukho konke ukuvakasha kwasesikhungweni sezempilo nokuvakasha kwasePhila Mntwana

Ukubhalisela ukuzalwa

- Buza umama/umnakekeli ukuthi ingane yabhaliselwa yini ukuzalwa emnyangeni wezasekhaya
- Uma ingane ingakaze ingabhaliswe dlulisela umama /umnakekeli emnyangweni wezasekhaya bese ufaka uphawu (X) esikhaleni sokubhaliselwa ukuzalwa ebhukwini like Phila Mntwana
- Uma ingane ibhalisiwe faka uphawu (✓) lokuqhwiza esikhaleni sokubhaliselwa ukuzalwa ebhukwini lika Phila Mntwana

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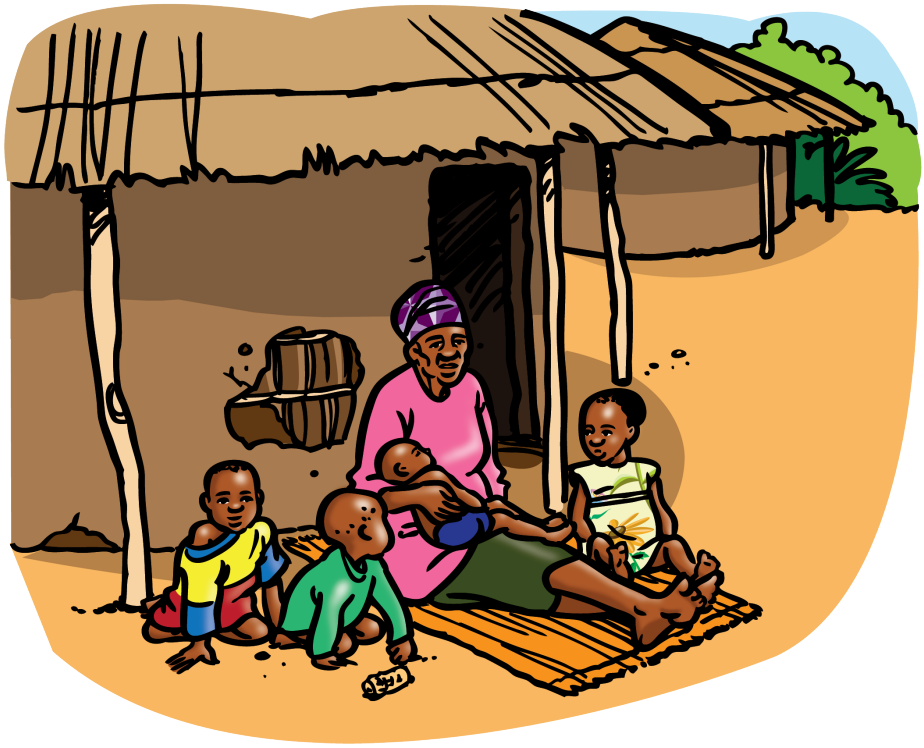
DEVELOPMENTAL SCREENING			
	VISION AND ADAPTIVE	**HEARING AND COMMUNICATION**	**MOTOR DEVELOPMENT**
ALWAYS ASK	Can your child see?	Can your child hear and communicate as other children?	Does your child do the the same things as other children of the same age?
14 weeks	Baby follows close objects with eyes	Baby responds to sound by stopping sucking, blinking or turning	Child lifts head when held against shoulder
6 months	Baby recognises familiar faces	Child turns head to look for sound	Child holds a toy in each hand
9 months	Child's eyes focus on far objects Eyes move well together (No squint)	Child turns when called	Child sits and plays without support
18 months	Child looks at small things and pictures	Child points to 3 simple objects Child uses at least 3 words other than names Child understands simple commands	Child walks well Child uses fingers to feed
3 years	Sees small shapes clearly at 6 metres	Child speaks in simple 3 word sentences	Child runs well and climbs on things
5-6 years: School readiness	No problem with vision, use a Snellen E chart to check	Speaks in full sentences and interact with children and adults	Hops on one foot Able to draw a stick person
REFER	**Refer the child to the next level of care if child has not achieved the developmental milestone. Refer motor problem to Occupational Therapist/Physiotherapist and hearing and speech problem to Speech therapist/Audiologist if you have the services at your facilities.**		

ROAD TO HEALTH

Izintandane nabantwana abasengcupheni yokuhlukumezeka

- Uma u-CCG esola noma ikuphi ukuhlukumezeka noma ukunganakekeleki ngendlela noma izinto umnakekeli wontwana angaba nomshikashika wokuzimela, dlilisela umntwana emnyangweni wezokuthuthukiswa komphakathi (DSD) bese ufaka uphawu (X) esikhaleni sezintandane nabantwana basengcupheni yokuhlukumezeka ebhukwini lika PHila Mntwana
- Uma ingane ihla yodwa, ngaphandle komnakekeli omdala noma umnakekeli ogulayo, dlulisela umntwana emnyangweni wokuthuthukiswa komphakathi (DSD)bese ufaka uphawu (X) esikhaleni sezintandane nabantwana abasengcupheni yokuhlukumezeka
- Uma umntwana enokukhubazeka futhi engatholi ukunakekelwa ngendlela, mdlulisele emnyangeni wezempilo (DOH) nakwa DSD bese ufaka uohawu (X) esikhaleni sezintandane nabantwana nabasengcupheni yokuhlukumezeka
- Uma kungekho ukudluliselwa okudingekayo, faka uphawu (✓) lokuqhwiza esikhaleni sezintandane nabantwana abasengcupheni yokuhlukumezeka



Izinhlelo zokuthuthukiswa kwabantwna zokuqala

- Uma ingane iphakathi kweminyaka engu 3 – 5 ubudala, buza umnakekeli ukuthi ingane iyayihamba yini inkulisa, izikole zokuqala noma izikhungo zabantwana zokuqala
- Uma ingane ingazivakasheli lezizikhungo zokuthuthukisa abantwana zokuqala qguqguzela umama/umnakekeli ukuthi abhalise umntwana kulezizinhlelo zokuthuthukiswa kwabantwana zokuqala. Dlulisela ingane kwa DSD bese ufaka uphawu (X) esikhaleni sesikhung sokuthuthukiswa kwabantwana sokuqala (ECD) ebhukwini lika Phila Mntwana
- Uma umntwana eya njalo faka uphawu (✓) lomqhwizo esikhaleni sesikhungo sokuthuthukiswa kwabantwana sokuqala (ECD)ebhukwini lika Phila Mntwana

Isibonelelo sabantwana

- Buza umama/umnakekeli ukuthi uyasithola yini isbonelelo sabantwana
- Uma ingane ingasitholi isibonelelo sabantwana idlulisela kwa SASSA bese ufaka uphawu (X) esilkhaleni sesiboneleo sabantwana nebhukwini lika Phila Mntwana
- Uma umntwana esithola isibonelelo sabantwana faka uphawu (✓) lokuqhwiza esikhaleni sesiboneleo ebhukwini lika Phila Mntwana

Ezinye Izizathu Zokudlulisela

- Uma ingane idinga ukudluliselwa nganoma yisiphi esinye isizathu ngaphandle kwalezo ezibhalwe ezikhaleni ezithile bhala ukuthi yiziphi izidingo odlulisela ngazo nokuthi kumuphi umnyango kahulumeni kokuthi “Ezinye Izizathu: Ikholomu Yokudlulisela noMnyango”
- Ezinye izizathu zokunye ukudlulisela zingase zihlanganise:
  - Asikho isitifiketi sokuzalwa → dlulisela ingane kuMnyango Wezasekhaya
  - Idinga izibonelelo zomphakathi → dlulisela ingane ku-SASSA
  - Kudingeka izimbewu → dlulisela kuMnyango Wezolimo

INgxenye 4
Izifo Ezithathelwanayo

Ingculaza Negciwane Layo

Amacebiso Awusizo

KUBALULEKILE!
Vimbela ukuthola i-HIV ngokuba wazi ukuthi isabalala kanjani futhi uthathe izinyathelo zokuqapha, isib. sebenzisa amakhondomu njalo lapho uya ocansini ukuze uvimbele ukudluliselwa kwe-HIV ngocansi.

Izindlela umuntu angatheleleka ngazo nge-HIV

1. Ukuya ocansini olungavikelekile nomuntu one-HIV: le indlela evame kakhulu i-HIV edluliswa ngayo isuka komunye umuntu iya komunye.
2. Isuka kumama one-HIV iya kumntwana ngaphambi kokuba azalwe noma lapho ezalwa, noma ngokumncelisa ibele.
3. Ngokuthintana negazi eline-HIV ngamanxeba avulekile noma isikhumba esisikekile.
4. Ngokumpontshelwa igazi eline-HIV, ukusebenzisa imikhiqizo yegazi elithelelekile, noma izingozi ezenzeka kwezokunakekelwa kwempilo.
5. Ngokusebenzisa izinaliti zokuzijova ngezidakamizwa ezingabulawanga amagciwane nesezisetshenziswe abanye, ama-razor, namanye amathuluzi okubhoboza isikhumba.

Sebenzisa Ithuluzi Lokuhlonza I-HIV (bheka Umfanekiso 19) ukuze ubheke ingcuphe ye-HIV ekhasimendeni lakho futhi ulikhuthaze ukuba liyohlolelwa i-HIV. Lilandelele uthole ukuthi liyile.

Amacebiso Awusizo

Zila ucansi, thembeka, sebenzisa ikhondomu, wazi isimo sakho.

Umfanekiso 19: Ithuluzi Lokuhlonza I-HIV

Ithuluzi Lokuhlonza I-HIV

Funda le mibuzo elandelayo uyifundele bonke abantu abaya ocansini futhi ubathumele esikhungweni sezempilo bayohlolelwa i-HIV uma ufake uqhwishi kunoma IYIPHI YEZIMPENDULO ezikumabhulokhi anombala

	Y=Yebo	C=Cha
1. Ingabe uye wahlolelwa i-HIV ezinyangeni ezi-3 ezedlule?	Y	C
2. Ingabe uke waya ocansini kuhlanganise nocansi lwendunu ngaphandle kwekhondomu ezinyangeni ezi-3 ezedlule?	Y	C
3. Ingabe uke waba nophathina bezocansi abangaphezu koyedwa ezinyangeni ezi-3 ezedlule?	Y	C
4. Ingabe usola ukuthi uphathina wakho unabanye ophathina bezocansi ngaphandle kwakho?	Y	C
5. Ingabe uyazisebenzisa izinaliti noma ama-blade asetshenziswa ngabanye abantu?	Y	C

Okufanele kuphawulwe i-CCG:

Sicela ufundele iklayenti lokhu okulandelayo

- Uma niye nahlolelwa i-HIV ezinyangeni ezintathu ezedlule futhi imiphumela yathi aninayo i-HIV, kusangenzeka ukuthi wena nophathina wakho beniku-window period futhi kufanele nibuyele esikhungweni sezempilo niyohlolelwa i-HIV okwesibili ukuze niqinisekise isimo senu se-HIV
- Uma nisazi isimo senu se-HIV futhi ninayo i-HIV, hambani niye esikhungweni sezempilo niyothola ukuthi niyayifanelekela yini i-IPT ukuze nivimbele i-TB

Ukwelulekwa Nokuhlolelwa I-HIV (HCT)

IMigudu Yokunakekela Ye-HCT

Kubaluleke kakhulu ukuba wonke umuntu azi isimo sakhe se-HIV. Amakhaphuli nawo kufanele ayokwenza i-HCT ndawonye ukuze ayithole kanyekanye imiphumela yawo ye-HIV.

Amacebiso Awusizo

Khuthaza amaklayenti akho ukuba ayohlolelwa i-HIV ukuze azi isimo sawo se-HIV.

Uma usulisebenzisile Ithuluzi Lokuhlonza I-HIV futhi amaklayenti usuwathumelile ukuba ayohlolelwa i-HIV, ungabe ususebenzisa Umfanekiso 20 Imigudu Yokunakekela Ye-HCT ukuze uwachazela ukuthi angahlolwa kuphi kanye nezinyathelo zenqubo yokuhlola.

Amacebiso Awusizo

KUBALULEKILE!
Xoxa namaklayenti akho ane-HIV ngokuthi angaphila kanjani kahle ene-HIV.

IMigudu Yokunakekela Ye-HCT

Umfanekiso 20: IMigudu Yokunakekela Ye-HCT

1 Okokukugqugquzela ukuba uhlolwe

Ngokwazi isimo sakho se-HIV (ngokuba uyohlolelwa i-HIV) uyokwazi ukuzivikela wena kanye nophathina wakho futhi uyinakekele kangcono impilo yakho

2 Izindawo zokuhlolwa

Ungase uhlolwe kulezi zindawo ezilandelayo:

- Esikhungweni sezempilo wangakini
- Esibhedlela
- Uma kunemikhankaso yokuhlolwa emphakathini
- Ezinye izindawo zokuhlolwa, isib. amakhemisi akhethiwe

3 Endaweni yokuhlola

- Niyofundiswa niyiqembu ukuze nisizwe ukuba niqonde i-HIV nenqubo yokuhlolwa
- Uyokwelulekwa uwedwa ngaphambi nangemva kokuhlolwa
- Uyobuzwa imibuzo ukuze kubhekwe ingcuphe yakho yokuba ne-TB futhi kwenziwe nokuhlolwa kwesikhwehlela uma kudingeka
- Uyobuzwa imibuzo futhi ukuze kuhlonzwe ukuthi awukhulelwe yini (abesifazane)

4 Ukuhlola

- Uyohlatshwa emnweni bese kuthathwa igazi liyohlolwa
- Uyothola imiphumela yokuhlolwa kwakho phakathi nemizuzu engu-20 kuya kwengu-30
- Ngesikhathi usalinde imiphumela, ungabuza imibuzo nge-HIV noma nganoma yini enye ehlobene nayo

Uma ungenayo i-HIV

5 Ukwelulekwa kwangemva kokuhlolwa

Uyothola:

- Ukwelulekwa ngemiphumela yakho yokuhlolwa
- Ulwazi mayelana nokuhlala ungenayo i-HIV, indlela yokwenza ucansi oluphephile, isib. ukusebenzisa ikhondomu, ukusokwa kwabesilisa kwezokwelapha
- Ukwelulekwa ngokuhlolwa kwemibhangqwana
- Uyotshelwa ukuba ubuye uzokwenza okunye ukuhlolwa kwe-HIV ngemva kwezinyanga ezintathu ngoba kungenzeka ukuthi uku-window period

Uma imiphumela yokuhlola ithi awunayo i-HIV, kufanele uhlonzwe ukuthi awuziphathi yini ngendlela ekubeka ethubeni elikhulu lokutheleleka

6 Phinda uhlole ngemva kwezinyanga ezintathu

Uyothola ulwazi mayelana nokuhlala ungenayo i-HIV, kuhlanganise nendlela yokwenza ucansi oluphephile, isib. ukusebenzisa ikhondomu, ukusokwa kwabesilisa kwezokwelapha

Uma une-HIV

Uma imiphumela ithi une-HIV, uyohlolwa okwesibili ukuze kuqinisekiswe isimo sakho

5 Ukwelulekwa kwangemva kokuhlola

Uyothola:

- Ukwelulekwa
- Ulwazi mayelana nokuphila ne-HIV nokuphila ngendlela enempilo
- Amakhondomu
- Uyohlolwa isibalo samaseli e-CD4
- Imininingwane yamaqoqo okusekelana
- Ukwelashwa kwe-IPT, uma ufaneleka, ukuze uvikeleke ekutholeni i-TB

Buya ngemva kweviki elilodwa noma amabili ukuze uzothola imiphumela yokuhlolwa kwakho kwesibalo samaseli e-CD4

6

Kuye ngokuthi ithini imiphumela yesibalo sakho samaseli e-CD4:

- Uyofundiswa indlela yokuphila enempilo
- Ungase uqale ukwelashwa ngama-ARV
- Uyonikezwa eminye imithi yokuvimbela izifo ezithile uma ufaneleka futhi ungakaze uyithole
- Uyonikezwa incazelo mayelana nezigaba ze-HIV

Izifushaniso:

TB – Isifo Sofuba (Tuberculosis)
PICT – Ukwelulekwa nokuhlolwa okuqalwa umhlinzeki wezinsizakalo (Provider initiated counselling and testing)
IPT – Ukwelashwa nge-isoniazid kokuvimbela isifo (Isoniazid preventative therapy)
ARV – Antiretroviral

Okufanele kuphawulwe i-CCG: Sicela ubonise futhi ufundele wonke amaklayenti owathumela ukuba ayohlolelwa i-HIV le Migudu Yokunakekela Ye-HCT.

Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Ama-ARV, aziwa nangokuthi ama-anti-retroviral, yimishanguzo enikezwa abantu abadala nezingane ukuze ibasize balawule igciwane i-HIV. Ukwelashwa ngama-ARV kusiza ekulawuleni i-HIV ngokunqanda igciwane i-HIV lingaziphindaphindi futhi lande emzimbeni. Lokhu kusiza amasosha omzimba ukuba alulame, okuwenza akwazi ukulwa nezifo ezingase zivele futhi kuvumele umzimba ukuba ululame emonakalweni okungenzeka i-HIV isiwenzile.

Sebenzisa Umfanekiso 21: IMigudu Yokunakekela Yokwelashwa Ngama-ARV ukuze uchaze izinyathelo ezisenqubweni yokuthola ama-ARV.

Amacebiso Awusizo

QAPHELA LOKHU!
Ngokusebenzisa ama-ARV, i-HIV ingadanjiswa njenganoma yisiphi esinye isifo esingamahlalakhona, isib. umfutho ophezulu wegazi, ngakho khuthaza amaklayenti akho ukuba ayohlolelwa i-HIV futhi ahlolwe ukuthi ayafaneleka yini ukuthola ukwelashwa ngama-ARV. Ungase usebenzise ikhadi leMfuneko Yokufanelekela ama-ARV ukuze uwachazele ukuthi ayofaneleka nini.

Kubaluleke kakhulu ukuba amaklayenti ane-HIV adla ama-ARV athathe yonke imithi njengoba nje eyalelwe abasebenzi bezokwelapha. Uma eqiwa imithamo okufanele ayiphuze, lokho kungabangela igciwane le-HIV ukuba lingabe lisazwela kuma-ARV futhi lokho kusho ukuthi ama-ARV ngeke esasebenza.

Amacebiso Awusizo

KUBALULEKILE!
Nikeza amaklayenti akho amacebiso azowasiza akhumbule ukuthatha ama-ARV awo njengoba nje eyalelwe abasebenzi bezokwelapha.

IMigudu Yokunakekela Yokwelashwa Ngama-ARV

Umfanekiso 21: IMigudu Yokunakekela Yokwelashwa Ngama-ARV

Okufanele kuphawulwe i-CCG:
Sicela ubonise futhi ufundele wonke amaklayenti ahlolwe kwatholakala ukuthi ane-HIV noma akuma-ARV le Migudu Yokunakekela Yokwelashwa Ngama-ARV.

1 Ukwelulekwa nokuhlolelwa i-HIV (HCT)

Kufanele uthole:
- Ukwelulekwa kwangemva kokuhlolwa ngemva kokuba usuhlolelwe i-HIV
- Uma kutholakale ukuthi une-HIV, ulwazi mayelana nokuphila ne-HIV nendlela yokuhlala uphilile (kuhlanganise namakhondomu)
- Imininingwane yamaqoqo okusekelana

Sicela ubheke iMigudu Yokunakekela Ye-HCT ukuze uthole ukwelulekwa nokunakekelwa okuphelele okufanele ukuthole

2 Ukuthola imiphumela yokuhlolwa kwesibalo samaseli e-CD4 kanye nokunye ukuhlonza

Njengoba kutholakale ukuthi une-HIV:
- Uyothola ukuhlolwa kwesibalo samaseli e-CD4
- Kuyokhulunywa nawe ubuzwe imibuzo ukuze kuhlonzwe i-TB
- Ukuhlolelwa ukukhulelwa (kwabesifazane)

3 Ukufaneleka kokuthola ama-ARV

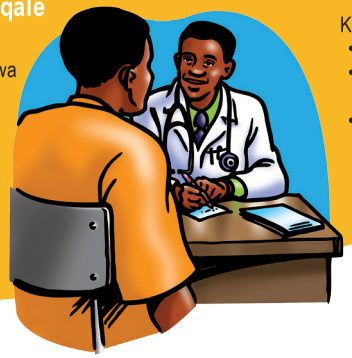
Uyoqaliswa ama-ARVs ngokwemiphumela yokuhlolwa kwesibalo samaseli akho e-CD4, ukuxilongwa kokwelapha kanye nama-OI, isib. i-TB, okungenzeka unawo. Uma isibalo sakho samaseli e-CD4 singaphezu kwalokho okushiwo esiqondisweni, kuyodingeka uhlolwe isibalo samaseli e-CD4 njalo ezinyangeni eziyisithupha

4 Ukufundiswa ngama-ARV

Uyofundiswa mayelana nokubaluleka kokuthatha ama-ARV akho njengoba nje uyalelwe abasebenzi bezempilo

5 Ukulungiselela ukwelashwa

Kufanele:
- Utshele umndeni wakho
- Uthole umngane ozokweseka ekwelashweni
- Ujoyine iqembu lokusekelana endaweni yakini



6 Vakashela udokotela/ umhlengikazi ukuze uqale ama-ARV

Uma ufaneleka ukuthola ukwelashwa uyovakashela udokotela/ umhlengikazi ukuze uthathe imithi yakho bese uqala ukwelashwa

7 Ukuphuza ama-ARV

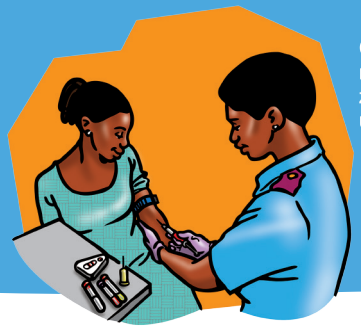
Phuza ama-ARV ngesikhathi esifanayo nsuku zonke zokuphila kwakho ngisho noma usuqala ukuzizwa ungcono. Zamani ndawonye nomngane ozokweseka ekwelashweni ukuthola izindlela zokuba ungakhohlwa, isib. cupha inhlabamkhosi kumakhalekhukhwini wakho)

8 Ukuvakasha kwanyanga zonke

- Vakashela esikhungweni sezempilo ukuze uyolanda ama-ARV futhi ubhekwe ukuthi unjani njengoba nje welulekiwe
- Uma uthatha ama-ARV akho njengoba nje uyalelwe, uyofakwa eMugqeni Osheshayo wokulanda imithi

9 Ukuvakasha kokulandelela

Buza abasebenzi bezokwelapha esikhungweni sezempilo ukuthi kuzodingwa nini ukuhlolwa okulandelayo



10 Ukunamathela ekwelashweni

Qhubeka uthatha ama-ARV njengoba uyalelwe nsuku zonke zokuphila kwakho, ngisho noma usuzizwa ungcono futhi

Izifushaniso:

ARV	–	Antiretroviral	Ama-OI	–	Amagciwane Angosomathuba
HCT	–	Ukwelulekwa nokuhlolelwa i-HIV	TB	–	Isifo Sofuba (Tuberculosis)

Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Uma uvakashela iklayenti elithatha ama-ARV, sebenzisa Ifomu lethuluzi Lokuhlonza Ukunamathela Kuma-ARV (bheka Umfanekiso 22) ukuze uhlole ukuthi ukhona yini umuthi abeqiwe ukuwuphuza. Uma ukhona, kudingeka ubathumele esikhungweni sezempilo futhi ubalandelele ukuze uqiniseke ukuthi bayile.

Umfanekiso 22: Ithuluzi Lokuhlonza Ukunamathela kumakhambi e-TB kanye nama-ARV

Ithuluzi Lokuhlonza Ukunamathela kumakhambi e-TB kanye nama-ARV

Fundela amaklayenti akuma-ARV namakhambi e TB lo mbuzo olandelayo futhi uwathumele esikhungweni sezempilo uma impendulo kungu-'YEBO'

	Y=Yebo	C=Cha
1. Ingabe weqiwe imithamo emibili noma ngaphezulu yemishanguzo yakho kule nyanga edlule?	Y	C

Ukuphuzisa izingane umuthi owuketshezi

Ngezinye izikhathi kunzima ukuphuzisa izingane umuthi ikakhulukazi uma unganambitheki kamnandi. Sicela usebenzise isithombe kumfanekiso 23 ukuze uchazele umama noma umnakekeli indlela yokuphuzisa izingane umuthi.

Umfanekiso 23: Indlela yokuphuzisa izingane umuthi owuketshezi

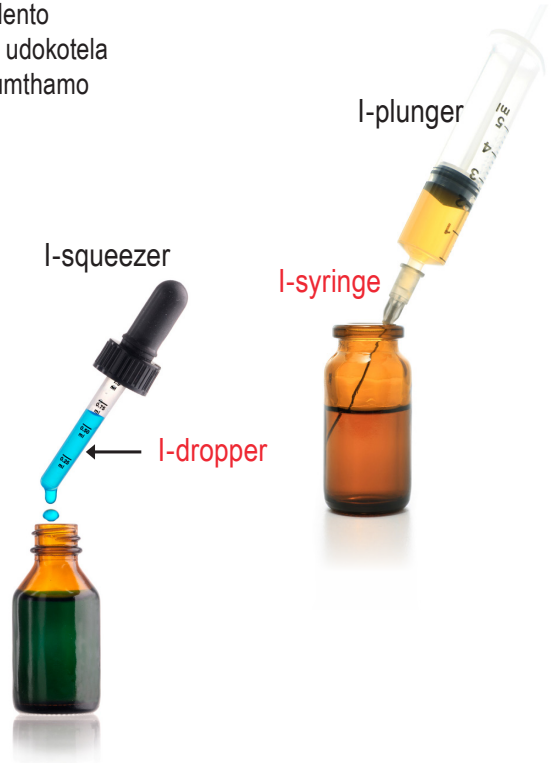
Kubalulekile ukwazi:

- Igama lomuthi ngamunye
- Ukuthi umnikeza nini umntwana futhi kaningi kangakanani
- Ukuthi umnikeza umthamo ongakanani emuthini ngamunye (lokhu kungase kushintshe cishe ekuvakasheni ngakunye)

QINISEKA UKUTHI: unikeza umntwana umthamo ofanele isikhathi ngasinye

1. Umthamo womuthi okufanele uwunikeze umntwana ubhalwa kwilebula lento efake umuthi noma udokotela angase akutshele umthamo

2. Ungase usebenzise i-dropper noma i-syringe



3. Ngokwesibonelo, uma ilebula lithi mnikeze u-2ml uzokwenza lokhu okulandelayo:
   a. Beka icuphelo le-syringe/dropper emuthini owuketshezi
   b. Uma usebenzisa i-syringe, donsa uketshezi i-plunger ize iqondane nenombolo efanele. Uma usebenzisa i-dropper, cindezela bese udedela i-squeezer yenjoloba ethambile ukuze uketshezi ludonseleke eshubhini lengilazi
   c. Uma usebenzisa i-syringe, yibambe ubhekise icuphelo phezulu. Yishaye kancane ukuze ukhiphe noma yimaphi amagwebu akhona phezulu – bese uphusha i-plunger ukuze ukhiphe amagwebu. Uma usebenzisa i-dropper, cindezela injoloba ukuze udedele amaconsi kuze kube yilapho inani elidingekayo seliseshubhini lengilazi
   d. Phinda isinyathelo 1 no-2 uma kudingeka

4. Ungalokothi uxube imithi ku-syringe

5. Nikeza lo mthamo umntwana ngokuwufaka emlonyeni, isib. u-2ml

Ngenzenjani uma umntwana ehlanza ngemva kokuphuza umuthi?

- Uma umntwana ehlanza ingakapheli imizuzu engu-30 ephuze umuthi, mnikeze futhi
- Uma kwenzeka emva kwemizuzu engu-30, ungabe usamnika, useyoze aphuze umthamo olandelayo

Kufanele ngenzenjani uma ngikhohlwa ukunikeza umntwana umuthi?

Emithini ephuzwa ngemva kwamahora angu-12:

- Uma ukhumbula engakapheli amahora angu-6, mnikeze
- Uma esedlulile amahora angu-6 – weqe lowo mthamo

Emithini ephuzwa kanye ngosuku:

- Uma ukhumbula engakapheli amahora angu-12, mnikeze
- Uma esedlulile amahora angu-12 – weqe lowo mthamo

UNGALOKOTHI UMNIKEZE UMTHAMO OPHINDWE KABILI!!

Ukuvimbela Ukudluliselwa Kwegciwane Enganeni Lisuka Kumama (PMTCT)

I- PMTCT imele ukuthi Prevention of Mother-To-Child Transmission of HIV (UkuVimbela Ukudluliselwa Kwegciwane lesandulela ngculaza Enganeni Lisuka Kumama). Umama onegciwane lesandulela-gculaza ngalidlulisela enganeni yakhe ngesikhathi ekhulelwe, esikwa futhi ebeletha noma encelisa.

Kubalulekile ukuba umama ahlolelwe i-HIV ngaphambi kokuba akhulelwe nangesikhathi ekhulelwe ukuze uma ene-HIV aqale ukwelashwa futhi avimbele ukudlulisela i-HIV kumntwana.

Qiniseka ukuthi amaklayenti akho akhulelwe abhalisela ukunakekelwa ngesikhathi ekhulelwe ngaphambi kwamaviki angu-14 ekhulelwe ukuze athole ukunakekelwa akudingayo wonke kanye nabantwana bawo.

Ungasebenzisa iMigudu Yokunakekela Ye-PMTCT (bheka Umfanekiso 24) ukuze uchazele omama ukuthi yiziphi izinyathelo enqubweni ye-PMTCT futhi yikuphi ukunakekela okufanele bakulindele okwenzelwe bona nabantwana babo esinyathelweni ngasinye.

Khuthaza amaklayenti akho esifazane ukuba ayohlolelwa i-HIV ukuze azi isimo sawo se-HIV. Lokhu kuyosiza ekuvimbeleni ukudluliselwa kwe-HIV kumntwana.

Amacebiso Awusizo

KUBALULEKILE!
Xoxa nomama ngokubaluleka kokuncelisa umntwana ibele kuphela ukuze anciphise ingcuphe yokuba i-HIV idluliselwe kumntwana isuka kumama.

IMigudu Yokunakekela Ye-PMTCT

Umfanekiso 24: IMigudu Yokunakekela Ye-PMTCT

Okufanele kuphawulwe i-CCG: Sicela ubonise futhi ufundele wonke amaklayenti akho ane-HIV futhi akhulelwe le Migudu Yokunakekela Ye-PMTCT.

1 Bhalisa oHlelweni lwe-PMTCT

Bhalisela ukunakekelwa kwe-ANC esikhungweni sezempilo wangakini ngaphambi kokuba kuphele amaviki ayi-14 ukhulelwe. Lapho ubhalisa uyothola:

- Ukuhlolwa kwesibalo samaseli e-CD4 uma ungekho kuma-ARV
- Ukuhlolwa kwamakhambi owasebenzisayo uma ngabe ukuma-ARVs
- Ukuhlolwa kwe-Hb (ukuze kuhlolwe amazinga aphansi e-ayoni)
- Isilinganiso somfutho wegazi
- Ukuhlolwa kukashukela wegazi
- Ukuhlolwa komchamo
- Ukuhlonzwa kwe-TB namanye amagciwane angosomathuba
- Umuthi wokuvinjelwa kwe-TB (i-IPT) uma ufaneleka
- Izichibiyeli ze-ayoni ne-folic acid

2 Ukuthola imiphumela yokuhlolwa kwesibalo samaseli e-CD4 kanye nokwelashwa ngama-ARV

- Uma isibalo samaseli akho e-CD4 singaphansi kwezinga elishiwo eziqondisweni ze-PMTCT uyoqala ama-ARV oyowadla ukuphila kwakho konke
- Uma isibalo samaseli akho e-CD4 singaphezu kwezinga elishiwo eziqondisweni ze-PMTCT, uyonikwa ama-ARV esikhashana uze ubelethe
- Uma usudla ama-ARV uyoqhubeka nawo

3 Ukuvakashela esikhungweni sezempilo ngesikhathi ukhulelwe

Umhlinzeki wakho wokunakekelwa kwezempilo uyokutshela ngokuvakasha kwakho okulandelayo kwasesikhungweni sezempilo. Kuyodingeka uye esikhungweni sezempilo okungenani ka-5 ngesikhathi ukhulelwe.

Kulokhu kuvakasha niyoxoxa:

- Ngezimpawu eziyingozi lapho ukhulelwe kanye nokubeletha
- Ngezindlela zokuncelisa umntanakho

4 Ukubeletha

- Uma udla ama-ARV ukuphila kwakho konke uyoqhubeka uwadla nangesikhathi sokubeletha
- Uma isibalo samaseli akho e-CD4 singaphezu kwezinga elishiwo eziqondisweni ze-PMTCT, uyonikezwa ama-ARV phakathi naso sonke isikhathi sokubeletha

5 Ngokushesha ngemva kokubeletha

- Umntwana wakho uyonikezwa imishanguzo yama-ARV futhi uyoqhubeka nayo kuze kudlule inyanga umyekisile ukuncela ibele
- Emahoreni ayisi-6 ngemva kokubeletha wena nomntwana wakho niyohlolwa kubonakale ukuthi niphile kahle bese nidedelwa uma niphile kahle nobabili
- Abasebenzi bezokwelapha bayokweseka endleleni oyokhetha ukuncelisa ngayo umntwana
- Umntanakho uyothola umgomo wakhe wokuqala futhi uyonikezwa i-*RTHB* yakhe

6 Ukuvakasha kokuqala ngemva kokubeletha

Ezinsukwini ezingu-3-6 ngemva kokuteta:

- Wena nomntwana wakho niyohlolwa impilo jikelele
- Uma ungekho kuma-ARV uyohlolwa isibalo samaseli e-CD4 ukuze kubonakale ukuthi kuyadingeka yini uqale ama-ARV
- **Uma bengakuhloli isibalo samaseli e-CD4, kufanele ucele umsebenzi wezokwelapha esikhungweni sezempilo ukuba akuhlole**

7 Amaviki ayisithupha ngemva kokubeletha

Ukuvakasha kwakho esikhungweni sezempilo kuyohlanganisa:

- I-Pap smear – uma bengakwenzi i-Pap smear, cela umsebenzi wezokwelapha ukuba akubhalisele ukuhlolwa kwe-Pap smear
- Ukuhlonzwa kwe-TB

Ukunakekelwa komntanakho:

- Ukuhlolelwa i-HIV
- Umntwana uyoqhubeka nama-ARV uma encela ibele futhi umama engekho kuma-ARV
- Imithi yokuvimbela amagciwane angosomathuba
- Iqoqo lesibili lokugonywa

8 Amaviki ayishumi ngemva kokuteta (noma amaviki ama-4 ngemva komgomo wesibili)

Umntanakho uyothola:

- Imiphumelwa yokuhlolwa kwe-HIV
- Iqoqo elilandelayo lemigomo
- Uma ukuhlolwa kwe-HIV kuthi umntwana une-HIV, uyoqala ukuthola ama-ARV futhi kuyodonswa igazi ukuze kuhlolwe ukuthi ingakanani i-HIV esegazini (viral load)
- Uma ukuhlolwa kwe-HIV kuthi akanayo, uyotshelwa ukuba ubuye umlethe umntwana aphinde ahlolelwe i-HIV lapho esenezinyanga eziyi-18 ubudala

9 Amaviki ayishumi nane ngemva kokubeletha

Umntanakho uyothola:

- Imiphumela yokuthi lingakanani igciwane elisegazini
- Eminye imigomo

10 Ukuvakasha okwengeziwe

Umhlinzeki wakho wokunakekelwa kwezempilo uyokutshela ngokunye ukuvakasha okwengeziwe nokuthi kufanele uze nini emigomweni

PHAWULA:

- Uma umntwana wakho encela ibele, kumele aphinde ahlolelwe i-HIV enyangeni eyodwa ngemva kokuyeka ibele
- Ngesikhathi umncelisa ibele, umntanakho kufanele ahlolwe njalo ezinyangeni ezingu-3 – 6 ukuze kuqinisekwe ukuthi umntwana akatheleleki nge-HIV uma uya ocansini olungavikelekile

Khumbula ukuthi kubalulekile ukuba umntwana ayiswe esikhungweni sezempilo ayohlolwa ngokwe-RTHB:

- Kanye ngenyanga aze abe nonyaka ubudala
- Kanye njalo emva kwezinyanga ezimbili lapho esenonyaka owodwa kuya kwemibili
- Njalo ezinyangeni eziyisithupha lapho eseneminyaka emibili kuya kwemihlanu ubudala

11 Umntwana unezinyanga ezingu-18

- Ukuhlolwa kwe-HIV komntanakho (uma kwatholakala ukuthi akanayo i-HIV ngesikhathi enamaviki angu-6)

PHAWULA: Uma umncelisa ibele, umntwana kufanele aphinde ahlolelwe i-HIV nge-PCR enyangeni e-1 kusukela eyeke ukuncela ibele

Izifushaniso:

PMTCT – Ukuvimbela Ukudluliselwa Kwegciwane Kumntwana Lisuka Kumama (Prevention of Mother-To-Child Transmission)

Hb – Ukuhlolwa kwe-haemoglobin

ANC – Ukunakekelwa Ngesikhathi Ukhulelwe (Antenatal Care)

RTHB – *Road To Health Book*

Isifo Sofuba (TB), Ukwelashwa Kwesifo Sofuba (TB), & Isifo Sofuba (TB) Ezinganeni

Igciwane le-TB lingahlasela noma iyiphi ingxenye yomzimba, kodwa kaningi lihlasela amaphaphu. I-TB isabalaliswa umoya uma abantu abanalesi sifo bekhwehlela, bethimula noma bethimisa. I-TB yisifo esingusomathuba esivame kakhulu kubantu abaphila ne-HIV.

Amacebiso Awusizo

Khuthaza amaklayenti akho ukuba ayohlolelwa i-HIV ukuze azi isimo sawo se-HIV.

Kubalulekile ukuba wonke amaklayenti akho uwahlonzele i-TB uma uwavakashela. Sebenzisa Ithuluzi Lokuhlonza I-TB (bheka Umfanekiso 25) ukuze uhlole ingcuphe yawo ye-TB bese uwathumela esikhungweni sezempilo ayohlolelwa i-TB uma kudingeka. Kudingeka uwalandelele ukuze uqiniseke ukuthi, uma enanoma yiziphi izimpawu ze-TB, ayaya esikhungweni sezempilo ayohlolelwa i-TB ngokushesha.

Nqanda i-TB!

Sebenzisa Ithuluzi Lokuhlonza I-TB ukuze uhlonze wonke amalungu ekhaya.

Umfanekiso 25: Ithuluzi Lokuhlonza i-TB

Ithuluzi Lokuhlonza i-TB

Fundela bonke abantu abasekhaya le mibuzo elandelayo futhi ubathumele esikhungweni sezempilo bayohlolelwa i-TB uma ufake uqhwishi kunoma IYIPHI IMPENDULO emabhulokhini anombala

	Y=Yebo	C=Cha
1. Ingabe ubulokhu ukhwehlela isikhathi esidlula amaviki amabili?	Y	C
2. Ingabe muva nje ubukhwehlela isikhwehlela esinegazi?	Y	C
3. Ingabe ubulokhu uncipha emzimbeni ngaphandle kwesizathu?	Y	C
4. Ingabe awusakuthandi ukudla?	Y	C
5. Ingabe uyajuluka kakhulu ebusuku?	Y	C
6. Ingabe ulokhu uba nokugodola okulokhu kubuya futhi uthathe izinsuku ezintathu noma ngaphezulu?	Y	C
7. Ingabe unezinhlungu esifubeni?	Y	C
8. Ingabe uba nephika uma uhamba, noma wenza imisetshenzana yasendlini?	Y	C
9. Ingabe unokuvuvukala entanyeni, emakhwapheni noma kwenye indawo?	Y	C
10. Ingabe uke wathintana nothile owelashelwa i-TB noma obelashelwa i-TB ezinyangeni ezingu-6 ezedlule?	Y	C

Okufanele kuphawulwe i-CCG:
Fundela iklayenti lokhu okulandelayo

- Uma usazi isimo sakho se-HIV futhi unayo i-HIV futhi uma kade ukhwehlela amahora angu-24 kufanele uye esikhungweni sezempilo uyohlolelwa i-TB

Amacebiso Awusizo

Zonke izingane ezineminyaka engaphansi kwemihlanu ezisondelene eduze nomuntu one-TB kufanele ziye esikhungweni sezempilo ukuze zithole imithi ezovimbela ukuba zingenwe i-TB.

Sebenzisa Umfanekiso 26 ukuze ubonise amaklayenti akho isithombe somndeni ogulayo futhi uwacele ukuba aphawule ngalokho abona ukuthi konakele kulo mndeni.

Umfanekiso 26: Umndeni ogulayo

INgxenye 4
Izifo Ezithathelwanayo

	Umkhulu ukhwehlela angawuvali umlomo okuyinto ezosabalalisa amagciwane e-TB
	Umkhulu nobaba bebephuza utshwala. Lokhu kungabangela umuntu ukuba akhohlwe futhi angayiphuzi yonke imithi ye-TB. Ikhalenda elisodongeni libonisa ukuthi eminye imithamo yemithi ye-TB yeqiwe
	Ingane idlala ngamathishu angcolile phansi akade esetshenziswa umkhulu. Umgqomo kadoti onamathishu uvuliwe futhi izingane zikwazi ukufinyelela kalula kuwo
	Amafasitela avaliwe ngakho umoya awugelezi kahle endlini
	Akukho ukudla okunempilo emashalofini okuzodliwa yilo mndeni
	Ubaba ubonakala egula naye futhi kufanele ahlolelwe i-TB

Manje bonisa iklayenti Umfanekiso 27, isithombe somkhaya onempilo, futhi ulicele ukuba likhombe umehluko phakathi kwalesi sithombe nesithombe somndeni ogulayo

Umfanekiso 27: Umndeni onempilo

INgxenye 4
Izifo Ezithathelwanayo

- Umama ugeza izandla
- Umkhulu uvala umlomo lapho ekhwehlela
- Amafasitela avuliwe ukuze umoya ugeleze kahle
- Kunokudla okunempilo emashalofini futhi kukhona namaveji amasha
- Ingane ayidlali ngamathishu angcolile phansi kodwa ibelethwe umnakekeli
- Umgqomo kadoti uvaliwe futhi awekho amathishu agcwele phansi
- Akukho tshwala obuphuzwayo kodwa kunamanzi engilazini
- Azikho izinsuku kukhalenda ezibonisa ukuthi kweqiwe imithi
- Umkhulu unemithi yakhe yokwelapha i-TB

Amacebiso Awusizo

Imithi ye-TB ingayelapha i-TB. Kudingeka ukhuthaze amaklayenti akho aphuza imithi ye-TB ukuba ayithathe njengoba nje eyalelwe abasebenzi bezokwelapha ukuze i-TB yawo yelapheke.

Amagciwane Athathelwana Ngokocansi (ama-STI)

Ingculaza Negciwane Layo yiGciwane Elithathelwana Ngokocansi, njengamanye ama-STI. Kulula kakhulu ukutheleleka nge-HIV uma umuntu kakade enenye i-STI. Ngakho-ke, kubalulekile ukuba noma yimaphi amaklayenti angase akhale ngezimpawu zama-STI noma abika ukuthi ophathina bawo bane-STI, uwathumele esikhungweni sezempilo ngokushesha.

Amacebiso Awusizo

Khuthaza amaklayenti akho ukuba ayohlolelwa i-HIV ukuze azi isimo sawo se-HIV.

Sebenzisa Ithuluzi Lokuhlonza I-STI (bheka Umfanekiso 28) kuwo wonke amaklayenti aya ocansini ukuze likusize unqume ukuthi ayadinga yini ukuthunyelwa esikhungweni sezempilo.

Sebenzisa Ithuluzi Lokuhlonza I-STI futhi uwathumele esikhungweni sezempilo uma kudingeka. Walandelele ukuze uqiniseke ukuthi ayile esikhungweni sezempilo.

Umfanekiso 28: Ithuluzi Lokuhlonza I-STI

Ithuluzi Lokuhlonza I-STI

Funda le mibuzo elandelayo uyifundele bonke abantu abaya ocansini futhi ubathumele esikhungweni sezempilo bayohlolelwa i-STI uma ufake uqhwishi kunoma IYIPHI IMPENDULO ekumabhulokhi anombala

	Y=Yebo	C=Cha
1. Ingabe uke waya ocansini olungavikelekile nophathina osola ukuthi une-STI?	Y	C
2. Ingabe uphathina wakho welashelwa i-STI?	Y	C
3. Ingabe kukhona okuthile okungajwayelekile kanye/noma okunukayo okuphuma emomozini noma epipini lakho?	Y	C
4. Ingabe unokopha okungajwayelekile emomozini noma epipini lakho?	Y	C
5. Ingabe uzwa ubuhlungu noma ukushisa lapho nisocansini?	Y	C
6. Ingabe uzwa ubuhlungu noma ukushisa uma uchama?	Y	C
7. Ingabe uzwa ubuhlungu esinyeni?	Y	C
8. Ingabe uyazibona izilonda emomozini, epipini noma endunwini yakho?	Y	C
9. Ingabe imomozi, ipipi noma indunu yakho ibuhlungu noma iyaluma?	Y	C
10. Ingabe wena noma uphathina wakho niye nahlolelwe i-HIV ezinyangeni ezi-3 ezedlule?	Y	C

Ungakuvimbela kanjani ukuthola i-STI?

Kunezindlela eziningana umuntu angazivikela ngazo ukuthola ama-STI:

- Ukusebenzisa ikhondomu njalo uma uya ocansini
- Uma isiguli noma uphathina wesiguli enama-STI, badinga ukwelashwa ngokushesha. Kufanele njalo basebenzise ikhondomu
- Ukwethembeka kuphathina oyedwa, naye othembekile kuwe ngokufanayo futhi niqiniseke ukuthi akekho uphathina one-STI
- Ukungayi nhlobo ocansini (ukuzila ucansi)

Amacebiso Awusizo

Khuluma namaklayenti akho ngokubaluleka kokuba atshele uphathina/ophathina bawo uma kuye kwatholakala ukuthi ane-STI.

Amagciwane Angosomathuba (ama-OI)

Usomathuba yisifo esiphatha umuntu onamasosha ehlile emzimbeni (njengalabo abanegciwane lesandulela-ngculazi) kodwa lesisifo asimenzi lutho umuntu ophilile. Osomathuba bangahlasela wonke umuntu onamasosha omzimba aphansi, hhayi abanegciwane lesandulela -ngculazi bodwa. Ezinye zalezizifo zingavikelwa ngokuphuza imishanguzo, kodwa eziningi zazo zimbi kakhulu zidinga ukwelashwa ngemithi eyisiphesheli. Ezinye zalezizifo ezingoSomathuba, zaziwa ngokuthi phecelezi 'AIDS defining illnesses' (okusho ukuthi umuntu usuke eseguliswa yisifo se-AIDS). Lezizifo azejwayelekile kubantu abanamasosha aphilile.

Amacebiso Awusizo

Khumbula ukuthi i-TB nayo inguSomathuba. Uma isiguli sibika ukukhwehlela kumahora angamashumi amabili nane sedlulisele esikhungweni sezempilo siyohlolelwa i TB.

Amacebiso Awusizo

QAPHELA LOKHU!
Khuthaza amaklayenti akho ukuba ahlolelwe i-HIV. Lokhu kuyowasiza aqale ama-ARV ngokushesha uma ewadinga futhi lokho kuyonciphisa ingcuphe yokuba iklayenti lithole i-OI (Osomathuba).

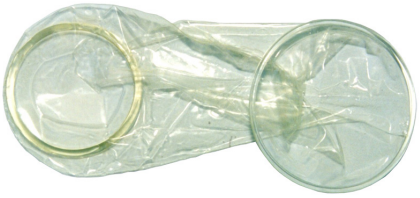
Ukuvinjelwa Kwe-HIV Nama-STI: Indima Yamakhondomu

Amakhondomu avimbela uketshezi lowesilisa nolowesifazane (isidoda kanye noketshezi lwemomozi) ukuba luxubane. Uma amakhondomu esetshenziswa njalo nangendlela efanele (njengoba kuchazwe ngezansi) ngesikhathi kwenziwa ucansi, avimbela lokhu okulandelayo:

1. Isidoda ukuba singene kwimomozi yowesifazane, lokhu kuvimbela nokukhulelwa
2. Ukuthintana noketshezi lomzimba njengesidoda noketshezi lwemomozi lapho kuhlala khona igciwane le-HIV
3. Ukusabalala kwamagciwane athathelwana ngocansi (ama-STI)

Sebenzisa Umfanekiso 29 mayelana nokusebenzisa ikhondomu yabesilisa noMfanekiso 30 mayelana nokusebenzisa ikhondomu yabesifazane ukuze ukhumbule ukuthi yini ozoyitshela amaklayenti akho esilisa nawesifazane mayelana nokusebenzisa ikhondomu. Khumbula ukusebenzisa into yokukhombisa ukusetshenziswa kwekhondomu ukuze ukhombise indlela yokusebenzisa ikhondomu yabesilisa.

Ikhondomu yabesilisa



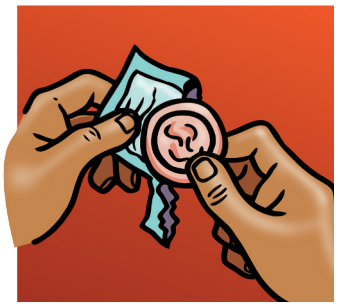
Ikhondomu yabesifazane

Umfanekiso 29: Indlela yokusebenzisa ikhondomu yabesilisa

Indlela yokusebenzisa ikhondomu yabesilisa

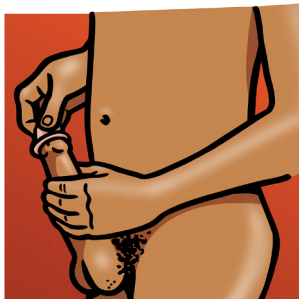
Kubalulekile ukukhetha nokusebenzisa usayizi ofanele wekhondomu. Uma ikhondomu inkulu kakhulu ingaphuma ngesikhathi nenza ucansi. Uma ikhondomu ishelela iphuma ngesikhathi nenza ucansi, kufanele kusetshenziswe entsha. Kufanele kusetshenziswe ikhondomu entsha njalo lapho nenza ucansi. Amakhondomu akufanele asetshenziswe izikhathi ezingaphezu kwesisodwa.

Isinyathelo 1



Iphakethe lekhondomu kufanele libe ngelivaliwe. Amakhondomu asephaketheni elivulekile akufanele asetshenziswe. Uma usuku olusesigxivizweni sephakethe lekhondomu seludlulile, kusho ukuthi isidlulelwe isikhathi, akufanele isetshenziswe ngoba injoloba yakhona ngeke ikwazi ukukuvikela. Amakhondomu akufanele ashiywe lapho kushisa khona noma elangeni. Lapho uvula ikhondomu kufanele uqaphele ukuba ungamoshi ikhondomu. Gwema ukuyidabula ngamazinyo noma ngezinzipho ezicijile.

Isinyathelo 2



Ikhondomu kufanele ifakwe kuphela uma ipipi selimile. Bheka ukuthi ikhondomu ivulekela ngakuphi, bese ubamba ikhondomu ekugcineni bese uyicindezela ukhiphe umoya. Shiya indawo encane phezulu ukuze isidoda siyigcwalise. Ngesineke vula ikhondomu ngokugcwele ilingane nepipi lakho, uqinisekise ukuthi awekho amabhamuza ngoba angabangela ukuthi ikhondomu idabuke ngesikhathi nenza ucansi.

Isinyathelo 3

Ngemva kokwenza ucansi, ipipi kufanele likhishwe lisamile kancane kancane kuphathini. Bamba ikhondomu esisekelweni sepipi ukuvimbela ukuthi ingasheleli iphume. Ikhondomu kufanele ikhishwe ngokucophelela epipini.

Isinyathelo 4

Kufanele kuboshwe ifindo kwikhondomu ukuvimbela ukuba uketshezi lungachitheki, bese uyigoqa ngethishu uyilahle emgqonyeni kadoti noma uyishise. Akufanele uyishiye obala lapho izingane kanye nabanye abantu bangase bayibone khona. Owesilisa kufanele ageze izandla.

Kubalulekile ukuba izithambisi ezinamafutha zingalokothi zisetshenziswe namakhondomu ngoba ziyobangela ikhondomu ukuba iqhume. Lokhu kuyosho ukuthi ikhondomu ayisanikezi sivikelo.

Umfanekiso 28: Indlela yokusebenzisa ikhondomu yabesifazane

Indlela yokusebenzisa ikhondomu yabesifazane

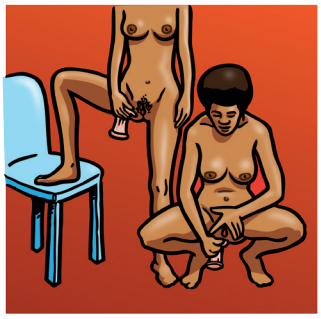
Ikhondomu yabesifazane iyishubhu elide lepulastiki elilula. Ekugcineni linendawo encane evalekile kanti ngakolunye uhlangothi livulekile kakhulu futhi uhlangothi ngalunye lunesiyingi esigobekayo. Ingafakwa kusasele isigamu sehora ngaphambi kokwenza ucansi uma kudingeka.

Isinyathelo 1

Hlola usuku ephelelwa ngalo yisikhathi ephaketheni lekhondomu. Hlola iphakethe lekhondomu uqiniseke ukuthi akukho ukuklayeka, izimbobo noma izindawo ezivulekile ngokufaka iphakethe lekhondomu phakathi kwesithupha nomunwe olandela isithupha bese ucindezela kancane. Phusha kancane ikhondomu phakathi kwephakethe uyiyise ohlangothini olulodwa ukuze kube nesikhala sokusika iphakethe ulivule. Ngokucophelela khipha ikhondomu uyibambe ngendawo ethambile yeminwe hhayi ngezinzipho.

Isinyathelo 2

Ingaphandle lesiyingi likhava indawo ekake imbobo yemomozi. Ingaphakathi lesiyingi lisetshenziselwa ukuyifaka nokusiza ukuba ihlale kahle ngesikhathi nenza ucansi. Bamba ikhondomu yabesifazane emaphethelweni ayo, bese ubamba ingxenye egobekayo uyicindezele ngesithupha nangomunwe wesibilli nowesithathu ukuze ibe yinde futhi icije. Phusha ikhondomu ingene emomozini, uqiniseke ukuthi ingaphandle lesiyingi lihlala ngaphandle futhi liyisicaba.



Isinyathelo 3

Qondisa ipipi elimile kwikhondomu, uqiniseke ukuthi alingeni emaceleni. Ikhondomu yabesifazane ayihlali iqine futhi izolokhu inyakaza ngesikhathi nenza ucansi. Uma uzwa sengathi ingaphandle lesiyingi liphusheke langena phakathi ngesikhathi nenza ucansi, yima bese ulidonsela ngaphandle endaweni yalo.

Isinyathelo 4

Ukuze ukhiphe ikhondomu, sonta ingaphandle lesiyingi ukuze ugcine isidoda siphakathi bese udonsa ikhondomu ngesineke iphume emomozini.

Isinyathelo 5

Yigoqe ngethishu bese uyilahla ngendlela eqondile ngokuyilahla emgqonyeni kadoti. Ungayifaki ikhondomu ethoyilethi elishaywayo. Ungabe usayisebenzisa leyo khondomu. Kufanele njalo usebenzise ikhondomu entsha lapho nenza ucansi.

Ukuvinjelwa Kwe-HIV: Indima Yokusokwa Kwabesilisa Ngabezokwelapha (MMC)

Ukusokwa Kwabesilisa Ngabezokwelapha (MMC) ukususwa kwalo lonke ijwabu, okuyisikhumba esimboze icuphelo lepipi ngumsebenzi wezempilo oqeqeshiwe. I-MMC ihlukile ekusokeni kwesintu, okwenzelwa isizathu sezenkolo noma njengengxenye yokukhula noma ukuya entabeni.

Amacebiso Awusizo

KUBALULEKILE!
Ukusokwa kwabesilisa kuyosebenza kuphela ekwehliseni ingcuphe yokuthola i-HIV uma ijwabu lisuswe lonke. Ukusoka ingxenye akuyehlisi ingcuphe yokutheleleka nge-HIV.

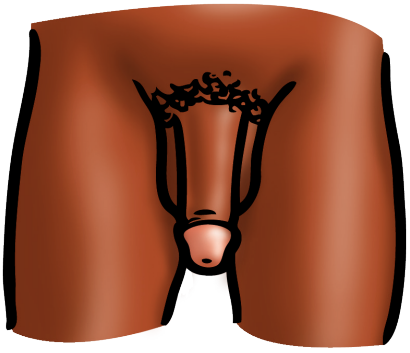
Lezi ezilandelayo yizinzuzo zokusokwa kwabesilisa:

- Kulula ukuhlanza ipipi
- Kuthuthukisa ubumnandi bocansi ngoba ijwabu elingase lihuzuke futhi lidabuke ngesikhathi nenza ucansi lizobe selisusiwe
- Amaseli aheha i-HIV asusiwe, ngakho-ke iyehla ingcuphe yokutheleleka nge-HIV ngesikhathi nenza ucansi olungavikelekile
- Kunciphisa ingcuphe yokuba indoda itheleleka nge-HIV ngoba akukho kudabuka nokuhuzuka
- Kunciphisa ingcuphe yomdlavuza wepipi

Buza esikhungweni sezempilo noma esibhedlela ukuthi abesilisa basokwa kuphi.

Ucansi olungavikelekile aluphephile ngaphansi kwanoma yiziphi izimo. Ukusokwa yingxenye eyodwa yeqoqo eligcwele lezinto zokuzivikela ekusabalaleni kwe-HIV.

Ukusoka ngokuphelele



Amacebiso Awusizo

KUBALULEKILE!
Amakhondomu kufanele asetshenziswe njalo kungakhathaleki ukuthi usokile noma cha.

Ukucwasa Nokubandlulula

Ukucwasa kubangela ukwesaba nokungaphathwa kahle kwabantu ngoba kukholelwa ukuthi bahlukile. Ukubandlulula kwenzeka lapho abantu bephathwa ngendlela ehlukile nengenaqiniso ngenxa yokucwasa. Endabeni ye-HIV, lokhu kwenza abantu ukuthi bangalufuni usizo abaludingayo, bese lokho kudala ukubhebhetheka kwe-HIV ngenxa yokuthi abantu bayesaba ukutshela abanye ukuthi baphila negciwane.

Ithebula 7: Izinkoleloze ezejwayelekile namaqiniso nge-HIV

Izinkoleloze nge-HIV	Amaqiniso nge-HIV
'I-HIV iyisijeziso esivela kuNkulunkulu, umuntu onayo uyisoni esingcolilie'	I-HIV yisifo. Ayisona isijeziso, akekho onecala nolungile
'Umuntu angayithola i-HIV ngokuthintana nomunye' Lenkoleloze iholele ekubeni izingane eziphila ne-HIV noma ezithintekayo zingavunyelwa ukuya ezikoleni ngenxa yokwesaba ukuthi zizothelela ezinye	Ngokomthetho izingane zinelungelo lokuya esikoleni noma zine-HIV noma zingenayo. I-HIV ayikwazi ukudluliseleka komunye ngokuthintana. Qaphela uma usiza umuntu owophayo ngokusebenzisa amagilavu e-rabha noma okunye
'Uma umuntu ebelesela ngokusebenzisa ikhondomu, lowomuntu uphila negciwane le-HIV'	Wonke umuntu kumele asebenzise ikhondomu noma uphila negciwane noma akanalo, ngoba ukuvikela impilo yomuntu kanye neyomlingane kuwumsebenzi wawo wonke umuntu. Abantu kufanele bakhathazeke uma othile engafuni ukusebenzisa ikhondomu
'I-HIV yinto yezitabane nongqingili, abantu abamnyama, abahluphekayo noma izifikanamthwalo'	Noma ngubani angayithola i-HIV. Akukhatheleki noma ucebile, umpofu, ufundile noma akafundanga noma ngabe wumholi ohloniphekile emphakathini
'I-HIV ithela imiphakathi ngehlazo' Abantu abane-HIV bayafihlwa, bayashiywa, kwesinye isikhathi babulawe	Umthetho-sisekelo waseMzansi ne-Afrika uyakuvikela ukubandlululwa kwabantu ngenxa yesimo sempilo yabo. Ukusekelwa wumndeni nabangane kubaluleke kakhulu ekuphepheni kwabantu abaphila negciwane le-HIV
'Abantu abaphila negciwane le-HIV bayagula, abasebenzi futhi bathwesa umthwalo izinkampani zabo'. Abantu abasebenza nabo abathandi ukusebenzisa ihovisi elilodwa nabo, ngenxa yokwesaba ukutheleleka ngegciwane	Umuntu ophila ne-HIV angaphila kahle, akwazi ukuqhubeka nokondla umndeni wakhe iminyaka emininingi, uma benakelela kahle impilo yabo, badle imishanguzo (ama-ARV) kahle. Abaqashi abavunyelwe ukuhlolela abaqashwa igciwane ngaphandle kwemvume enolwazi

Ikholera

Umuntu wazi kanjani ukuthi unekholera?

Ngesinye isikhathi izimpawu zekholera azinamandla kodwa ikholera ingabayimbi kakhulu. Igciwane lekholera litholakala emifuleni, emihosheni, emadamini noma emachibini anamanzi angcolile esetshenziswa njengendawo yokuzikhulula.

Amacebiso Awusizo

Phuza amanzi ahlanzekile njalo. Wahlanze amanzi aphuma emifuleni nasemihosheni, noma ngabe abukeka ehlanzekile. Kumele ahlanzisiswe ngaphambi kokuba aphuzwe noma asetshenziselwe ukupheka.

Ukuze amanzi aphephe:

- Yikha amanzi ahlanzekile zonke izinsuku
- Sefa amanzi ngendwangu ehlanzekile
- Yenza okukodwa kwaloku okulandelayo:
  - Thela ithisipuni elilodwa leblishi emanzini angamalitha angu-20 kuya ku-25. Kuhlanganise kahle bese ulinda okungenani imizuzu engu-30
    noma
  - Ubilise amanzi. Wayeke abile umzuzu owodwa ukuze ahlanzeke futhi aphephe
- Amanzi aphephile angangcola kalula. Gcina amanzi aphephile entweni ehlanzekile evalwayo
- Ukuze usebenzise amanzi aphephile:
  - Sebenzisa inkomishi ehlanzekile ukuze ukhe amanzi entweni akuyo
    noma
  - Uthele amanzi ngesigubhu uma uwadinga

Umuntu onalezizinkomba kungenzeka ukuthi unekholera futhi kudingeka athunyelwe esikhungweni sezempilo:

- Ukuhuda okungamanzi kakhulu, okufana namanzi okupheka irayisi
- Ukuhlanza
- Ukuphelelwa ngamandla nokudideka
- Amajaqamba emilenzeni

Ngokujwayelekile lezizimpawu zivela emva kwezinsuku ezimbili kuya kwezintathu emva kokuthola igciwane, kodwa kungenzeka ukuba umuntu agule kakhulu ngemva kwamahora ambalwa.

Amacebiso Awusizo

QAPHELA!
Izinsana nezingane ezisencane zingasheshe zigule kakhulu uma zihuda amanzi. Kungcono ukubaphuthumisa esikhungweni sezempilo oseduzane ngokushesha.

Isifo Sohudo (Ithayifodi)

Yiziphi izimpawu nezinkomba zethayifodi?

Ithayifodi isifo esibi impela esisakazeka ngokudla ukudla nokuphuza amanzi angcoliswe yindle yabantu abanegciwane le-Salmonella. Ngemva kokutheleleka, kuthatha isikhathi esiphakathi kwesonto elilodwa noma amabili ukuthi kuvele izimpawu. Uma umuntu eselitholile igciwane, kuthatha isikhathi esingalinganiselwa emasontweni amane kuya kwayisithupha egula. Babanezinye noma zonke zalezizimpawu ezilandelayo. Uma iklayenti linanoma yiluphi kulezi zimpawu, kumelwe lithunyelwe esikhungweni sezempilo:

- inhliziyo emnyama (ukungakuthandi ukudla)
- ukuphathwa yikhanda
- ubuhlungu kuwowonke umzimba
- ukushisa kakhulu
- ukukhathala
- ukuhuda
- ukuhlanza
- ubuhlungu esiswini obungaba ngamandla

Amacebiso Awusizo

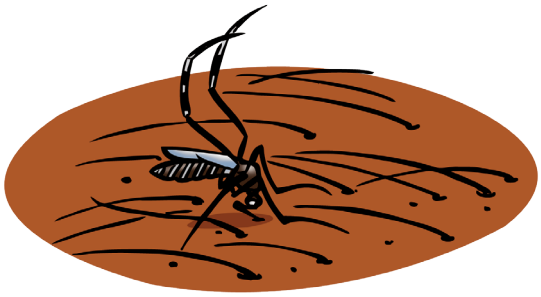
QAPHELA!
Emva kokwelashelwa isifo sethayifodi iziguli zingahlala negciwane laso isikhathi eside. Umsebenzi wezempilo uyonikeza imishanguzo ezokwenza isiqiniseko sokuthi igciwane liphele nya emzimbeni.

Abanye abantu bangaba nokugula okungatheni bangabinazo lezizimpawu ezibalwe ngenhla. Ngaleyondlela, iziguli azazi ukuthi zinesifo seThayifodi ngakho abayi nasesikhungweni sezempilo ukuyothola ukwelashwa. Leziziguli zingaqhubeka nokusabalalisa igciwane leThayifodi kwabanye, kwesinye isikhathi kube yiminyaka emininingi, uma bengelashwanga.

Amacebiso Awusizo

Hlanzisisa izandla ngensipho ngamanzi ahlanzisisekile (afakwe imithi) ngaphambi kokuwasebenzisela ukupheka noma ukuwaphuza nasemuva kokusebenzisa indlu encane noma kokushintsha inabukeni.

Umalaleveva



Yiziphi izimpawu nezinkomba zikamaleveva?

Bahlushwa:

- ukushisa
- ukuqhaqhazela
- ubuhlungu bemisipha
- ubuhlungu bekhanda
- ukukhathala

Ezinye iziguli zingaba nalokhu:

- ukucanuzela kwenhliziyo
- ukuhlanza
- ukukhwehlela
- ukuhuda

Umuntu angabona kanjani ukuthi omunye unomalaleveva?

Uma umuntu enezinye zalezimpawu ezingenhla, ehlala noma esandukuhambela indawo enomalaleveva, lowomuntu udinga ukuya esikhungweni sezempilo ngokushesha. Kungenzeka bathunyelwe esibhedlela ukuyohlolelwa umalaleveva. Kucofozwa umunwe ngenalithi kuthathwe iconsana legazi. Udokotela noma umsebenzi wezempilo uzobe eselibheka igciwane likamalaleveva ngesipopolo.

Amarabi

Izimpawu nezinkomba zamarabi zingase zihlanganise lokhu okulandelayo:

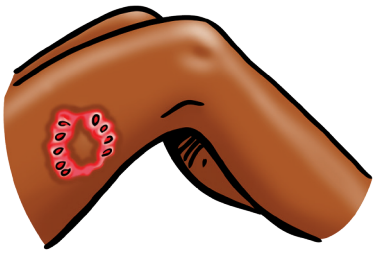
- Ukuba nexhala nokushesha ukucasuka
- Ukugxaza amathe
- Ukudlikiza (sengathi unesithuthwane)
- Ukukitazeka lapho umuntu elunywe khona
- Umzimba ubandiki-ndiki
- Imisipha izwakala sengathi ayisebenzi kahle
- Umzimba uyashisashisa
- Ukugoqana kwemisipha okunobuhlungu
- Ubuhlungu enxebeni lokulunywa
- Ukuphithizela
- Ubunzima uma ugwinya nokwesaba amanzi

Amacebiso Awusizo

Uma iklayenti linanoma yiluphi kulezi zimpawu, kumelwe lithunyelwe esikhungweni sezempilo.

Ukulunywa yizinja yiyonambangela enkulu yamaRabi Emzansi ne-Afrika. Ezinye izilwane zasendle ezingasabalalisa isifo samarabi yilezi:

- Uchakide/imvuzi
- Ikati lentaba
- Ilulwane



QAPHELA LOKHU!
Isikhathi esiphakathi kokuba umuntu athole isifo naleso ahlatshwa ngaso wukugula saziwa ngokuthi 'isikhathi sokufukamela'. Kungathatha izinsuku eziyishumi kuya emasontweni amayisikhombisa ngaphambi kokuba umuntu abe nezimpawu zokuguliswa amarabi. Kodwa-ke imvamisa kuthatha amasonto amathathu kuya kwayisikhombisa ngaphambi kokuba umuntu akhombise noma yiziphi izimpawu zokugula.

Amacebiso Awusizo

- Goma izilwane zasekhaya (izinja namakati) uzigomele amarabi
- Yazi izimpawu nezinkomba zesifo samarabi
- Khumbula ukugezisiza izilonda zokulunywa bese UYA esikhungweni sezempilo

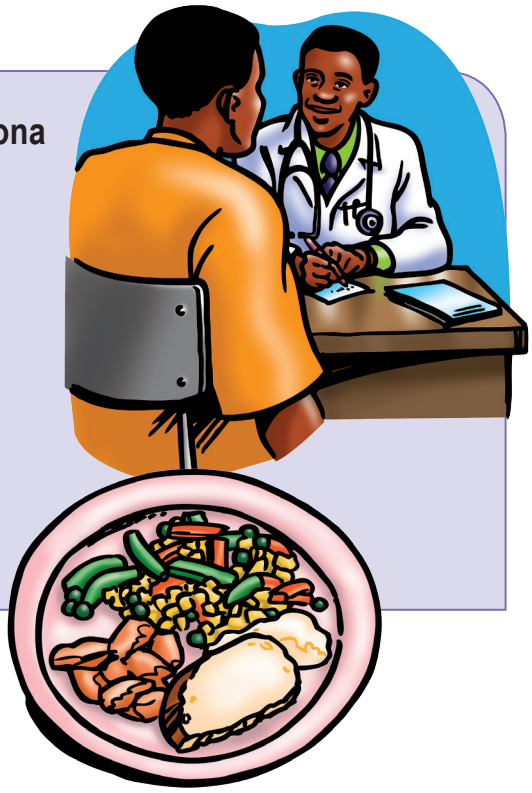
INgxenye 5
Izimo Ezingamahlalakhona

INgxenye 5
Izimo Ezingamahlalakhona

Izimo ezingamahlalakhona noma izifo ezingamahlalakhona yizifo ezingathathelani kodwa umuntu zimphatha ukuphila kwakhe konke futhi zingase zidinge ukwelashwa. Izifo ezingamahlalakhona ezivamile yisifo sikashukela, umfuthi wegazi ophezulu nekholesteroli ephezulu, okungabangela ukuhlaselwa yisifo senhliziyo nesifo sohlangothi. La macebiso ezempilo aqukethe ulwazi olubalulekile mayelana nazo zonke lezi zimo ezingamahlalakhona.

Amacebiso ezempilo mayelana nezimo ezingamahlalakhona

- Thatha yonke imithi njengoba nje uyalelwe udokotela
- Yeka ukubhema noma ukwehlise
- Zivocavoce – kubaluleile ukuze umzimba usebenze kahle
- Yehlisa isisindo somzimba uma ukhuluphele ngokweqile
- Yidla ukudla okunempilo
- Yiya kohlolwa njalo
- Yeka ukuphuza utshwala noma wehlise
- Phuza amanzi amaningi
- Landa imithi yakho njalo futhi uyohlolwa esikhungweni sezempilo



Umfutho Wegazi Ophakeme

Yini izinkomba zomfutho wegazi ophakeme?

Umuntu onesifo somfutho wegazi ophakeme kungenzeka angakhombisi zimpawu nakancane, kuze kuhambe isikhathi. Ababili kwabathathu abazazi ukuthi banesifo somfutho wegazi. Kungumqondo omuhle ukuthi abantu bavamise ukuhlolelwa isifo somfutho wegazi, ikakhulu uma sebekhulile.

Amacebiso Awusizo

OKUSEMQOKA!
Kubaluleke kakhulu ukuthi uma umuntu enalezizimpawu, aphuthume esikhungweni sezempilo ngokushesha ukuyohlolelwa umfutho wegazi.

INgxenye 5
Izimo Ezingamahlalakhona

Umfutho wegazi ophakeme ngokweqile ungaholela ekubeni nalezizinkomba:

- Ikhanda eliqaqambayo
- Ukukhathala noma ukudideka kwengqondo
- Isiyezi
- Ukunenkezela kwenhliziyo
- izidingo zokubona kalufifi (emehlweni)
- Izinhlungu esifubeni
- Ukuphefumula kanzima
- Ukungashayi kahle kwenhliziyo
- Ukubakhona kwegazi emchamweni
- Ukushaya kakhulu kwesifuba, intamo noma izindlebe

Ukusiza ekulawuleni umfutho wegazi

- Yidla izingxenye zokudla ezintathu kuya kweziyisithupha ezincane ngosuku, musa ukudla izingxenye ezimbili kuya kwezintathu zokudla okuningi
- Yidla ukudla okunempilo
- Abantu abakhuluphele kumele behlise isisindo
- Yehlisa usawoti ekudleni ngokugwema ukudla okunosawoti omningi kwemihla ngemihla
- Yehlisa izinga lokuphuza utshwala
- Yeka ukubhema
- Yehlisa eziphuzweni ezinobuthi i-‘caffeine’ (njengekhofi, itiye (ngaphandle kwe-‘rooibos’, iziphuzo ezizoyizayo noma lezo ezinika umdlandla)
- Vocavoca umzimba okungenani imizuzu engamashumi amathathu noma amane ngosuku kathathu noma kane ngesonto
- Phuza imishanguzo njengalokhu uyalelwe ngabezempilo

Isifo Sikashukela

Umuntu uyokwazi kanjani ukuthi unesifo sikashukela?

Uma umuntu enesifo sikashukela angaba nalezizinkomba:

- Ukukhathala
- Ukubona kalufifi
- Isiyezi
- Ukoma kakhulu
- Ukuchama njalo
- Ikhanda elibuhlungu
- Ukulamba
- Ukuba ndikindiki kwezinyawo

Amacebiso Awusizo

KUBALULEKILE!
Uma umuntu ephathwa yilezizinkomba, makahambele esikhungweni sezempilo ngokushesha ayohlolelwa isifo sikashulela.

Ukusiza ekulawuleni isifo sikashukela

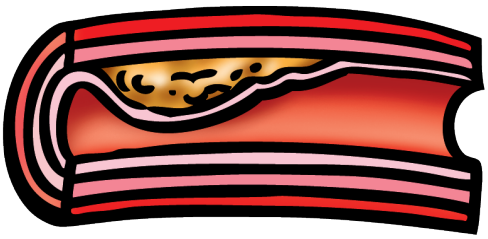
- Uma unesisindo eseqile, zama ukwehlisa isisindo somzimba uma ukhuluphele. Ukukhuluphala kudinga ukuthi umzimba ukhiqize i-'insulini' eningi kanti lokhu kuyawukhandla umzimba
- Yidla ngendlela enempilo
- Vocavoca umzimba okungenani kathathu noma kane ngeviki
- Gwema ukudla okunoshukela namaswidi
- Yeka ukubhema
- Jwayela ukuyohlolwa. Uma kukhona onesifo sikashukela emndenini, abantu abacele umhlengikazi esikhungweni sezempilo ukuthi abahlolele ushukela wabo wegazi njalo

Amacebiso Awusizo

- Nciphisa oswidi noshukela oshintsha ube ushukela osegazini
- Yidla kancane kancane njalo ukuze ugcine izinga likashukela likahle egazini
- Qapha ukuthi udla isitashi esingakanani futhi usidla ngasikhathi sini
- Yidla kakhulu ukudla okuyizinhlamvu eziphelele, njengezithelo namaveji. Kugayeka kancane futhi akungeni emgudwini wegazi kanyekanye
- Ungadli amafutha esikhundleni sesitashi. Kukhuphula ushukela, futhi kuyakhuluphalisa
- Yehlisa izinga lotshwala. Utshwala obuningi bakhiwe ngoshukela

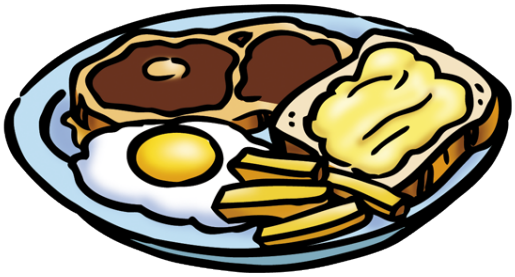
Ungwengwezi Lwamafutha Asegazini

Yini ikholestiroli?



Ikholestiroli ungwengwezi lwamafutha asegazini olukhiqizwa yisibindi kanti amafutha lawo ayatholakala ekudleni esikudlayo. Kunezinhlobo eziningi zaloluhlobo lwamafutha, amanye 'mahle' amanye 'mabi'. Njengoba lamafutha entanta emithanjeni yegazi, akhela ezindongeni zemithambo yegazi, ikakhulu leyomithambo ethumelayo (imithambo ethumelayo yileyo ethwala igazi eline-oksijini elisuka enhliziyweni ilihambise nomzimba wonke). Lokhu kwakhela kwamafutha kwaziwa ngokuthi ungwengwezi. Lapho lukhula lolu ngwengwezi, kulapho izindonga zemithambo ethumelayo zizoqina khona futhi zibe ugqinsi. Lokhu kuzoholela ekutheni ukugeleza kwegazi kuvimbeke.

Ungwengwezi lwamafutha asegazini lutholakalaphi?



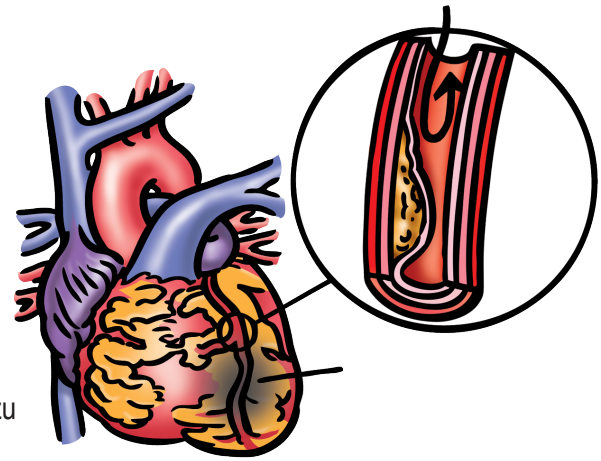
Ungwengwezi lwamafutha lutholakala ikakhulukazi ekudleni okuvela ezilwaneni njengamaqanda, inyama, ufishi, okusalubisi kanye nebhotela. Luyatholakala futhi ekudleni okwenziwe ngebhotela njengamakhekhe kanye namabhisikidi. Ungwengwezi lwamafutha alutholakali ezithelweni nakumaveji.

Abantu bazi kanjani ukuthi banongwengwezi lwamafutha egazini labo?

Uma umuntu enongwengwezi lwamafutha egazini ngokuvamile akazi ngoba azikho izimpawu ezikhombisayo. Ukuphakama kwezinga longwengwezi emzimbeni akusiyona into umuntu angayibona noma ayizwe. Ukuphela kwendlela umuntu angazi ngayo ukuthi unongwengwezi lwamafutha oluphezulu egazini ukuthi ahlolwe esikhungweni sezempilo. Abanye abantu bavama ukumilwa ngamaqhutshana aqinile afana nezinduna emisebeni yeso, lokhu kungakhombisa ubukhona bongwengwezi lwamafutha.

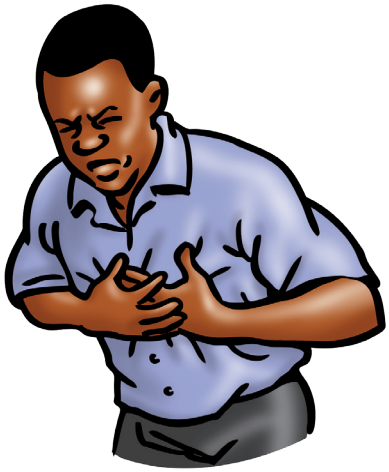
Isifo Senhliziyo

Yiziphi izimpawu zokuhlaselwa yisifo senhliziyo?



Izimpawu zokuhlaselwa yisifo senhliziyo yilezi:

- Into ecindezelayo, ukuqina, ubuhlungu obuqeda amandla (sengathi kukhona into esindayo esifubeni) phakathi nesifuba. Lokhu kungase kuzwakale njengokungagayeki kahle kokudla (isisu esixubhuzelayo), kuye emahlombe, ezingalweni, entanyeni noma emhlathini futhi/noma kuthathe imizuzu engaphezu kwengu-15. Kungase kunqamuke noma kwehle bese kubuye kubuya
- Ukujuluka noma ukuphelelwa ngumoya
- Ukuzizwa ugula noma nokuphalaza
- Isimo sokwethuka
- Ukuzwa sengathi uyaquleka noma ikhanda kube sengathi lilula
- Iphika
- Ukuzizwa ukhathele



Izimpawu zokuhlaselwa yisifo senhliziyo zingafika ngokushesha, kodwa ngezinye izikhathi zifika kancane kancane. Kwesinye isikhathi akubibikho zimpawu sampela, ikakhulukazi uma usumdala noma unesifo sikashukela.

Amacebiso Awusizo

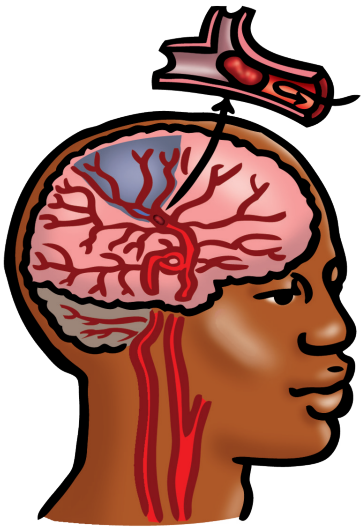
Uma umuntu esola ukuthi kukhona ohlaselwa yisifo senhliziyo, kufanele ushayele u-10177 acele usizo ngokushesha.

Ukunciphisa ingcuphe yokuhlaselwa yisifo senhliziyo

- Yeka ukubhema
- Yehlisa ikholestiroli ephezulu futhi ugweme ukudla okunamafutha
- Yehlisa umfutho wegazi ophezulu
- Lawula izinga lamafutha egazini uma unesifo sikashukela
- Hlala unyakazisa umzimba nsukuzonke; okungenani imizuzu engamashumi amathathu yokuzivocavoca ezinsukwini eziyisihlanu noma ngaphezulu esontweni ingasiza ukunciphisa umfutho wegazi, inciphise ikholestiroli futhi igcine umzimba usezingeni elinempilo
- Yehlisa isisindo somzimba uma ukhuluphele
- Kugweme ukucindezeleka komphefumulo
- Nciphisa izinga lotshwala obuphuzayo

Isifo Sohlangothi

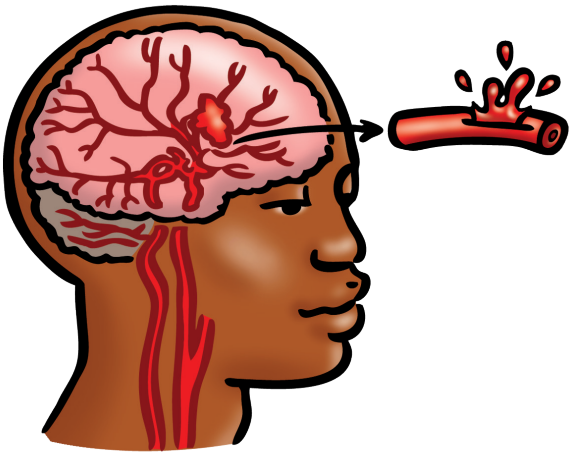
Isifo sohlangothi senzeka uma igazi lingakwazanga ukufinyelela ebuchosheni.



Ziyini izimpawu zesifo sohlangothi?

Kukhona izimpawu ezinkulu ezinhlanu zesifo sohlangothi:

1. Inkwashu eyenzeka ngokushesha noma ukudedeleka kobuso, ingalo noma umlenze ikakhulukazi ngasohlangothini olulodwa emzimbeni. Umuntu angakuthola kunzima ukuzinyakazela ngokwakhe. Kungenzeka kubekhona okuzwakala sengathi kuyakitaza kuleyondawo yomzimba ephazamisekile
2. Ukudideka kwengqondo okwenzeka ngokuphazima kweso noma ukukhuluma izinto ezikhombisa ukulahleka kwengqondo. Kwesinye isikhathi ukudedeleka kwezinyama zobuso kungabanga ukuvuza kwamathe
3. Ukungaboni kahle ngeso elilodwa noma ngawo omabili
4. Ngokushesha uyadiyazela, abe nenzululwane, angakwazi ukuzimela ngezinyawo
5. Ukuphathwa yikhanda elibuhlungu kakhulu elingaziwa isisusa salo, limsuka ngokushesha



Amacebiso Awusizo

Uma kukhona umuntu onanoma yiluphi lwalezizimpawu ezingenhla, lowomuntu **akaphuthunyiswe esibhedlela**.

Ukunciphisa ingcuphe yokuhlaselwa isifo sohlangothi

- Ngokuhlolwa njalo komfutho wegazi ushukela egazini kanye nekholesteroli
- Ngokuyeka ukubhema
- Ngokuvocavoca umzimba njalonjalo
- Ngokugwema ukuphuza ngokweqile
- Ngokwehlisa usawoti nokudla okunamafutha nokudla izithelo nokusamfino

Umdlavuza wamabele

Ziyini izimpawu zomdlavuza webele?

Uma usaqala umdlavuza webele awubi nazimpawu ezibonakalayo. Isigaxa sisuke sisencane kakhulu ukuthi sizwakale uma kupotozwa noma ukuthi singabangela ushintsho olubonakalyo.

Yingakho kubalulekile ukuthi ukupotoza amabele kufanele kwenziwe njalo. Ngesikhathi ukhula umdlavuza, izinkomba zingabandakanya lokhu:

- Isigaxa esiqinile, simahadlahadla futhi esingebuhlungu ebeleni noma ngaphansi kwekhwapha
- Ukushintsha kobungako nokuma kwebele noma ingono – isibonelo kungababomvu, kube nesifaca noma ukubukeka okufana nekhasi lewolintshi
- Okusamanzi okuphuma engonweni – kungabasagazi, kubenjengamanzi noma kubephuzi, kubeluhlaza noma kube nobomvu
- Ubuhlungu ebeleni
- Ubuhlungu engonweni noma ingono ebheke phezulu

Sebenzisa Umfanekiso 31 ukuze ukusize ubonise amaklayenti akho indlela yokwenza lokhu.

Amacebiso Awusizo

KUBALULEKILE!
Uma isiguli sikutshela ukuthi sinezinye zalezizinkomba, kumele baye emtholamapilo ngokushesha bayohlolisiswa. Njengeminye imidlavuza, kungcono ukushesha utholakale umdlavuza webele ukuze welashwe masinyane.

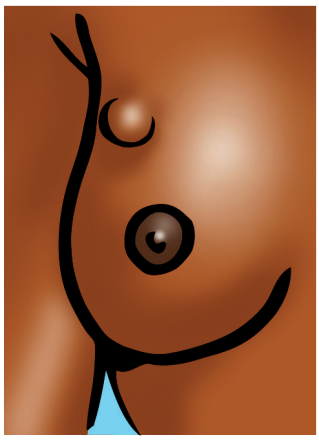
Ukuzihlola amabele

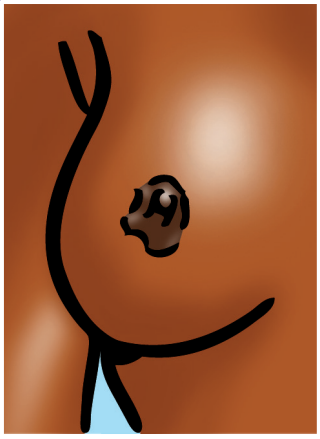
Kukhona indlela elula kakhulu yokuthola umdlavuza kusenesikhathi. Wonke umuntu wesifazane kumele akwazi ukuzihlola amabele njalo ngenyanga ngokuzipotoza amabele. Loku kuhlola kumele kwenzeke emva kwesonto ephumile esikhathini.

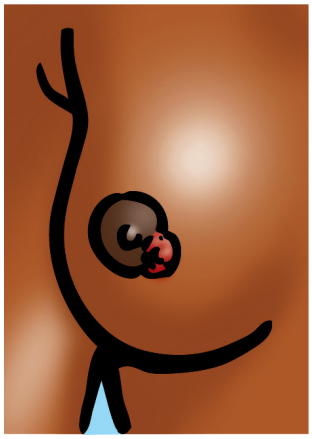
Bheka

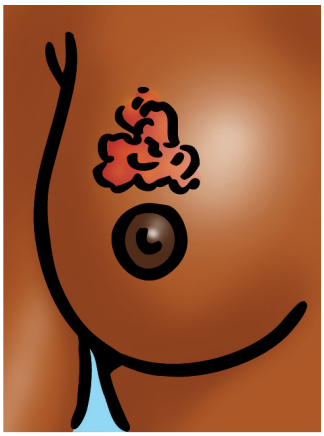
Yizwa

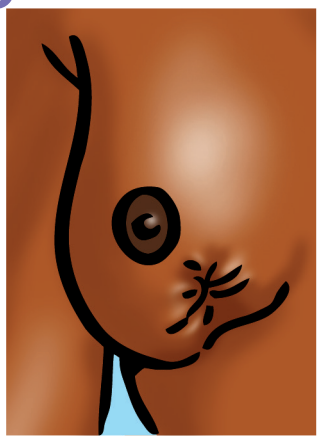
Umfanekiso 31: Ukuzihlola amabele

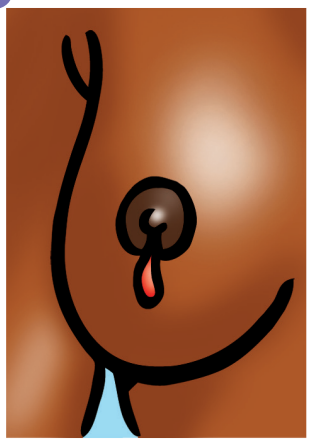
1

iqhuma

2

ingono ishone phakathi

3

ukudumba/ukuvuvukala

4

ukuba bomvu kwesikhumba

5

ukulimala kwesikhumba

6

uketshezi

Amacebiso Awusizo

Amadoda nawo angawuthola umdlavuza webele. Izinkomba kungaba yisigaxa, ubuhlungu bebele nobuhlungu uma lithintwa.

Umdlavuza womlomo wesibeletho

Umtholampilo ungenza ukuhlolwa koketshezi lomlomo wesibeletho okubizwa ngokuth phecelezi yi-PAP smear.

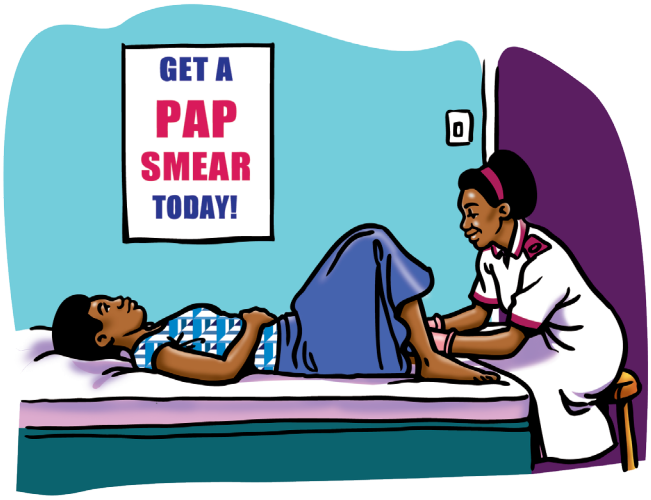
Amacebiso Awusizo

KUBALULEKILE!
Uma iklayenti lithi linolunye lwalezi zimpawu, kufanele liye esikhungweni sezempilo ngokushesha ngangokunokwenzeka ukuze lihlolwe.

Ziyini izinkomba zomdlavuza wesibeletho?

Ezikhathini eziningi umdlavuza wesibeletho awunazo izinkomba. Izinkomba ezingabakhona zibandakanya lezi:

- Ukopha kowesifazane okungajwayelekile
  - Ukopha okwenzeka phakathi nesikhathi esijwayelekile
  - Ukopha emva kocansi
  - Owesifazane oya esikhathini isikhathi eside futhi ophe kakhulu kunokwejwayalekile
  - Ukopha okwenzeka emva kokunqamuka kwesikhathi sowesifazane
- Ukwanda kwamanzi aphuma enkomeni yowesifazane
- Ubuhlungu esinyeni
- Ubuhlungu uma kwenziwa ucansi



Amacebiso Awusizo

Umdlavuza wesibeletho wande kakhulu kubantu besifazane abane-HIV. Khuthaza amaklayenti akho ukuba ayohlolelwa i-HIV ukuze azi isimo sawo se-HIV.

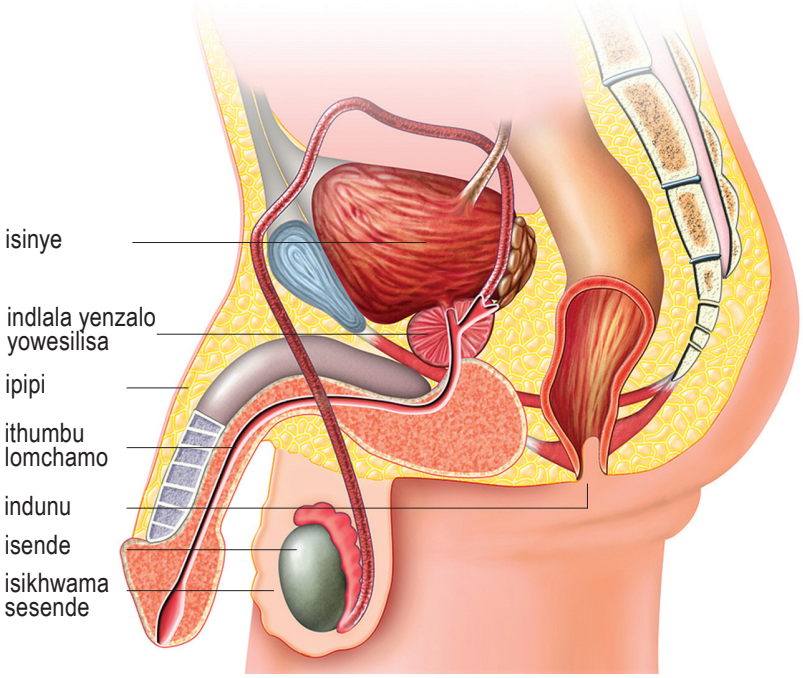
Umdlavuza wendlala yenzalo yowesilisa

Amacebiso Awusizo

KUBALULEKILE!
Uma owesilisa ehlaselwa yilezizinkomba, kumele avakashele umtholampilo ayohlolwa ngokushesha.

Ziyini izinkomba zomdlavuza wendlala yowesilisa?

- izidingo zokuchama
  - Kube nzima uma kufanele aqale noma aqede ukuchama
  - Kudingeka achame njalo, ikakhulukazi ebusuku
  - Umchamo ophuma ngokudebesela
  - Umchamo ophumayo ubuye uyeke
  - Ubuhlungu noma ukushisa komchamo
- Ubunzima bokuma kwenduku
- Igazi emchamweni noma esidodeni
- Ukuvama kobuhlungu beqolo, izinqulu, noma emathangeni ngasenhla



Amacebiso Awusizo

Kufanale ukhuthaze wonke amaklayenti akho esilisa aneminyaka esukela kwengamashumi amahlanu (50) yobudala, ukuba avakashele umtholampilo njalo ngonyaka ayohlolwa ukuze kubonakale ukuthi indlala yenzalo ikhukhumele yini.

Umdlavuza Wamasende

Ziyini izimpawu zomdlavuza wamasende?

- Isigaxa esingebuhlungu noma ukuvuvukala esendeni
- Ubuhlungu noma noma ukuzizwa ungemnandi esendeni noma esikhwameni sesende
- Ukuba-kukhulu kwesende noma ushintsho endleleni elizwakala ngalo
- Ukuzwakala sengathi liyesinda isende
- Ubuhlungu obungatheni esinyeni, eqolo, noma enyongeni
- Ukugcwala kwamanzi ngokushesha esendeni

Amacebiso Awusizo

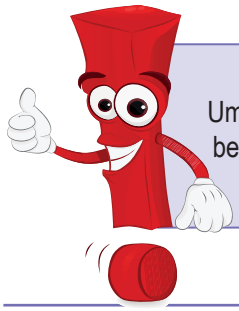
KUBALULEKILE!
Uma iklayenti linanoma yiziphi kulezi zinkomba, kufanele liye esikhungweni sezempilo ngokushesha.

Ukuzihlola amasende

Indoda ingahlola amasende ayo njalo ngenyanga. Kufanele iye esikhungweni sezempilo ngokushesha uma ithola isigaxa noma olunye lwezimpawu zomdlavuza wamasende.

Sebenzisa izithombe eziseMfanekisweni 32 ukuze zikusize ubonise amaklayenti akho indlela yokuzihlola amasende.

Umfanekiso 32: Ukuzihlola amasende



Amacebiso Awusizo

Umdlavuza wamasende wande kakhulu kubantu besilisa abane-HIV. Khuthaza amaklayenti akho ukuba ayohlolelwa i-HIV ukuze azi isimo sawo se-HIV.

Ukugula Ngengqondo

Izifo zengqondo yizimo ezithinta ukucabanga komuntu, indlela ezwa ngayo noma abona ngayo izinto, isimo sokuhlala noma ukusebenza nabanye, ukuphila kwabo imihla ngemihla. Njengoba ungwengwezi lwamafutha egazini lubangela ukugula enhliziyweni, kanjalo nesifo sengqondo siwukugula okubangela abantu ukuthi bangakwazi ukumelana nempilo yemihla ngemihla. Ngokuvamile abantu abagula ngengqondo kuthiwa baqalekisiwe futhi abanikezwa ukwelashwa abakudingayo.

Izimpawu zokugula ngengqondo

Ukuziphatha okungajwayelekile noma imicabango elokhu ishintsha ehlanganisa:

- Ukulahlekelwa wuthando lokwenza izinto umuntu abejwayele ukuzenza
- Ngokushesha umuntu akasenzi kahle emsebenzini noma esikoleni
- Ukushintsha okuthusayo ngendlela umuntu enza ngayo izinto
- Umuntu ozilimazayo, njengokuzisika
- Ukushintsha kwendlela umuntu adla ngayo: ukudla ngokweqile, ukudla aphinde akuphalaze, noma ukungadli nhlobo
- Ukungafuni ukwenza ucansi, noma ukufuna ucansi ngokweqile
- Ukungalali kahle
- Ukungxama,ukubukeka ekhathazekile, nokuphaphazela
- Ukukhathala nokuphelelwa ngamandla
- Ukungathandi ukuhlala nabantu; ukuhlala ngokulala
- Ukufuna ukuhamba njalo kunokwejwayelekile, ukulala isikhathi esincane kakhulu, ukubanamandla amaningi, ukuqala abangani abasha ngokushesha, ukwethemba izihambi noma ukusaphaza imali eningi
- Ukuzwa noma ukubona izinto abanye abantu abangaziboni
- Umehluko ekuboneni izinto umuntu ezenzeka kuye; isibonelo ukukholelwa ngokungenaqiniso ukuthi kukhona umuntu ozama ukukwenza into embi, okuhlekayo noma ozama ukukwephuca umzimba wakho

Kudingeka ufune abantu abagula ngengqondo emphakathini ukuze uqiniseke ukuthi bathola ukunakekelwa nokusekelwa abakudingayo.

Amacebiso Awusizo

Ungafonela i-South African Depression and Anxiety Group (SADAG) kulenombolo 0800 205 026 noma ku- Suicide Crisis Line 0800 567 567 noma uthumele umqhafazo kulenombolo 31393.

Ukuhlukumezeka Komndeni

Ukuhlukumezeka emndenini yilapho umuntu osondelene nomunye ebudlelwaneni emlimaza. Lokhu kungenzeka ebudlelwaneni phakathi kwabesilisa nabesifazane noma kwabesifazane ababili noma abesilisa ababili. Izimpilo zezingane, abantu, imindeni kanye nemiphakathi zithinteka kakhulu uma kunokuhlukumezeka emindenini.

Ungamsiza kanjani umuntu ohlukunyeziwe?

- I-CCG ingamtshela umuntu ohlukumezekile ukuthi iyamkhathalela futhi ibuze nokuthi uzizwa kanjani
- I-CCG mayikhombise ukumkholwa umhlukunyezwa ngokuthi ithi 'ngiyathokoza ukuthi ungitshelile'
- Ungabaphoqi ukuthi bakhiphe ingonyuluka
- Benze bakholwe ukuthi lokhu kuyenzeka nakwabanye
- Batshele ukuthi usizo luyatholakala, isibonelo ukusekelwa nokwelulekwa, usizo lokwelashwa ngemishanguzo yodokotela kanye nokuvikeleka kumhlukumezi
- Bikela amaphoyisa ngokuhlukumeza okubonayo

Uma umuntu ecindezelekile ezizwa edinga usizo ukuze adlule kulesisimo bangashayela **i–Lifeline kulenombolo esebenza imini nobusuku yokusiza Ukulwa Nokuhlukumeza Ngokobulili (Stop Gender Violence helpline) 0800 150 150 noma eyosizo lwezingane (Childline South Africa) esebenza imini nobusuku 0800 055 555 noma 031 312 0904 ngesikhathi somsebenzi (kusukela ngehora lesishiyagalombili ekuseni kuya kwelesine) ntambama uma kuyingane.**

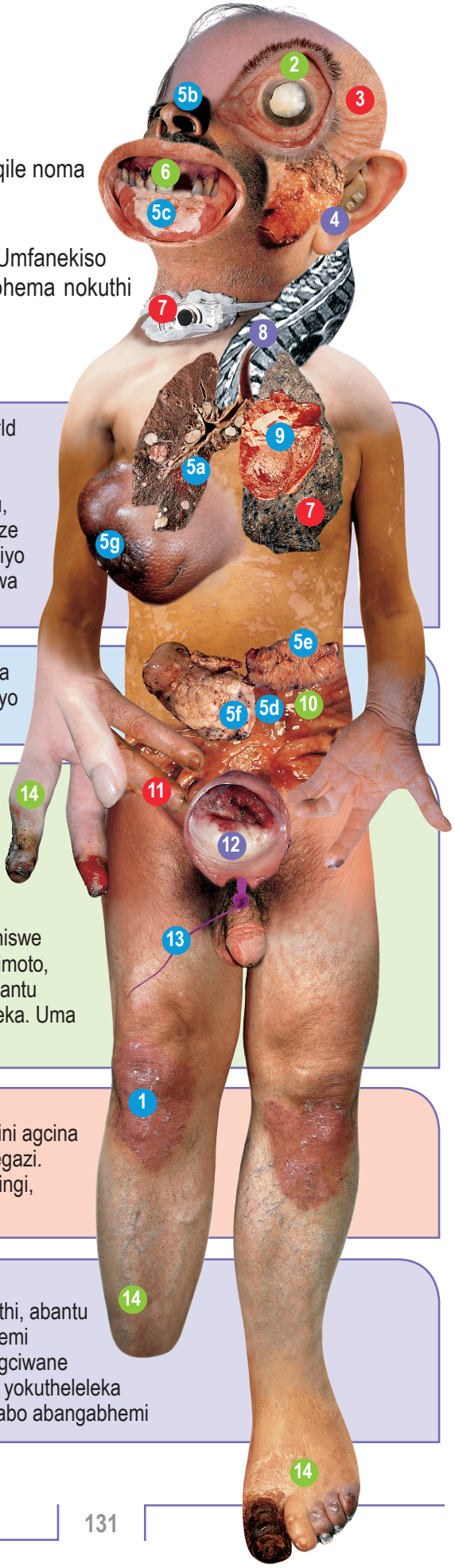
INgxenye 5
Izimo Ezingamahlalakhona

Ukugqilazwa Yizidakamizwa

Ukugqilazwa yizidakamizwa, kulapho umuntu ephuza utshwala ngokweqile noma edla izidakamizwa eziyingozi kuye.

Ukubhema kunemithelela eyingozi eminingi emzimbeni. Sebenzisa Umfanekiso 33 ukuze ubonise amaklayenti akho izitho zomzimba ezilinyazwa ukubhema nokuthi yimiphi le mithelela.

Umfanekiso 33: Imiphumela yokubhema



Njalo emizuzwaneni engu-6.5 kufa umuntu ngenxa yokubhema, kusho i-World Health Organisation. Ucwaningo lusikisela ukuthi abantu abaqala ukubhema besabancane, njengoba abangaphezu kamaphesenti angu-70 benze njalo, futhi baqhubeke bebhema iminyaka engamashumi amabili noma ngaphezulu, bayosheshe bafe ngeminyaka engu-20 kuya kwengu-25 kunalabo abangakaze babheme. Akuwona nje kuphela umdlavuza wamaphaphu noma isifo senhliziyo okubangela izidingo zempilo nokufa. Lapha ngezansi kunemithelela engaziwa kakhulu yokubhema – kusuka ekhanda kuya ozwaneni

1. I-psoriasis: Abantu ababhemayo babonakala benamathuba amaningi okuba ne-psoriasis. I-psoriasis yisimo sesikhumba esishiya amabala alumayo, avuzayo nabomvu emzimbeni wonke. Asithelelani

2. I-cataracts: Kukholelwa ukuthi ukubhema kubangela noma kwenza izimo ezithile zamehlo zibe zimbi kakhulu. Ababhemayo banamathuba angamaphesenti angu-40 okuba ne-cataracts, okuwungqimba oluba songwengwezini lwamehlo luvimbele ukukhanya futhi lungase lubangele ubumpumputhe. Ukubhema kubangela i-cataracts ngezindlela ezimbili: ngokuphatha kabi amehlo bese kudedeleka amakhemikhali emaphashini abe esehamba emigudwini yegazi aye emehlweni. Ukubhema kuphinde kuhlotshaniswe nesinye isimo samehlo esinomthelela ekhonweni lethu lokufunda, ukushayela imoto, ukubona ubuso obuthile noma imibala, kanye nokubona ngokucacile izinto. Abantu babona kaluvindi, kushintshe isimo sezinto, noma babone amabala uma bebheka. Uma bebheka phambili babona ngengxenye yehlo ephakathi

3. Ukushwabana: Ukubhema kubangela isikhumba ukuba siguge ngaphambi kwesikhathi ngokuqeda amaphrotheni asenza sithambe; ngokudla amavithamini agcina isikhumba sisisha futhi sikwazi ukunyakaza kahle futhi siqaphe ukugeleza kwegazi. Isikhumba somuntu obhemayo somile, siqinile futhi sinemigqa emincane eminingi, ikakhulukazi ezungeze izindebe namehlo

4. Ukungezwa: Ngenxa yokuthi ukubhema kubangela ukwakheka kongqimba emithanjeni yegazi, kunciphise ukugeleza kwegazi eliya endlebeni engaphakathi, abantu ababhemayo bangase basheshe ukulahlekelwa ukuzwa kunabantu abangabhemi futhi basengcupheni enkudlwana yokungezwa okubangelwa ukutheleleka ngegciwane endlebeni noma umsindo omkhulu. Ababhemayo baphinde babe sengcupheni yokutheleleka ngegciwane phakathi nendawo endlebeni izikhathi eziphindwe kathathu kunalabo abangabhemi

5. Umdlavuza: Amakhemikhali angaphezu kuka-40 kugwayi kuye kwaboniswa ukuthi abangela umdlavuza. Ababhemayo banamathuba aphindeke izikhathi ezingu-20 okuba nomdlavuza wamaphaphu kunalabo abangabhemi. Ukubhema kubangela amaphesenti angaba ngu-90 omdlavuza wamaphaphu kwabesilisa kanye namaphesenti angu-80 kwabesifazane **5a** futhi ngokocwaningo oluningi, lapho umuntu ebhema isikhathi eside, kulapho kwanda ingcuphe yokuba nomdlavuza ezindaweni eziningi emzimbeni, kuhlanganise nengcuphe ephindwe kabi yokuba nomdlavuza phakathi ekhaleni **5b**; umdlavuza womlomo **5c** (ngokuphindwe ka-4 kuya ka-5); ingcuphe ephindwe kabili kuya kahlanu yokuba nomdlavuza wekhanda nowentamo; wezwi (izikhathi ezingu-10); womminzo (izikhathi ezingu-2 kuya kwezingu-5); isisu **5d** (izikhathi ezingu-2); wamanyikwe **5e** (izikhathi ezingu-2 kuya kwezi-4) kanye nowezinso **5f**. Olunye ucwaningo lwamuva nje luye lwasikisela ukuthi kunokuxhumana phakathi kokubhema kakhulu nomdlavuza wamabele **5g**, futhi ukuyeka ukubhema kuyinciphisa kakhulu ingcuphe yale midlavuza eminingi ebalwe ngenhla ehlobene nokubhema

6. Amazinyo abolayo: Ukubhema kuphazamisana namakhemikhali kanye namathe emlonyeni, okuholela ekutheni kwakheke ungqimba olweqile futhi amazinyo abe phuzi. Kunobufakazi obuthile bokuthi ukubhema kuholela ekuboleni kwamazinyo. Ababhemayo banamathuba aphindwe ngelilodwa nohhafu ukulahlekelwa amazinyo abo

7. I-emphysema: Ngaphezu komdlavuza wamaphaphu, ukubhema kubangela i-emphysema, ukuvuvukala nokuqhuma kwezikhwama zomoya zamaphaphu okube sekunciphisa ikhono lamaphaphu lokufaka i-oksijini futhi akhiphe isikhutha. Ezimweni ezimbi kakhulu, i-tracheotomy ivumela iziguli ukuba ziphefumule. Kuvulwa imbobo ephayiphini lomoya ukuze iphoqelele umoya ungene emaphashini. I-bronchitis engelapheki (engabonisiwe) inqwabelanisa amafinyila agcwele ubomvu, okwenza umuntu akhwehlele kabuhlungu futhi kube nzima ukuphefumula

8. Isifo sokuwohloka kwamathambo (osteoporosis): I-carbon monoxide, igesi eyinhloko eyingozi ekhishwa yizimoto kanye nentuthu kagwayi, inamathela egazini kalula kakhulu kune-oksijini, inciphise amandla egazi lexhwele likagwayi okuthwala i-oksijini ngamaphesenti angafika ku-15. Ngenxa yalokho, amathambo omuntu obhemayo ayawohloka, aphuke kalula futhi athathe isikhathi eside ngamaphesenti angu-80 ukwelulama. Ababhemayo bangase babe sengcupheni nakakhulu yokuba nezinkinga zeqolo: olunye ucwaningo lubonisa ukuthi abasebenzi basemafemini ababhemayo banamathuba aphindwe kahlanu okuphathwa yiqolo ngemva kokulimala

9. Isifo senhliziyo: Umuntu oyedwa kwabathathu abafayo emhlabeni ubulawa yisifo senhliziyo. Ukubhema kungenye yezinto ezibekana engcupheni enkulu yokuba nesifo senhliziyo. Ukubhema kwenza inhliziyo ishaye ngokushesha, kukhuphula izinga lomfutho wegazi futhi kwandise ingcuphe yomfutho ophezulu wegazi kanye nemithambo evalekile futhi ekugcineni kubangele isifo senhliziyo nonhlangothi

10. Izilonda esiswini: Ukubhema kunciphisa ikhono lomzimba lokulwa namagciwane abangela izilonda esiswini. Kuphinde kwenze buthaka ikhono lesisu lokunciphisa umthelela we-esidi yesisu ngemva kokudla, bese i-esidi idla untwentwesi lwesisu. Izilonda zasesiswini zabantu ababhemayo kunzima ukuzelapha futhi maningi amathuba okuba zibuye

11. Iminwe eshitshe umbala: Itiyela elisentuthwini kagwayi linamathela eminweni nasezinzisheni, lizenze zibe nombala ophuzi ngokunsundu

12. Umdlavuza wesibeletho nokuchitheka kwesisu: Ngaphandle kokwandisa ingcuphe yomdlavuza wesibeletho, ukubhema kungaholela ekutheni kube nezinkinga ngokukhulelwa kwabesifazane futhi babhekane nobunzima uma bekhulelwe noma bebeletha. Ukubhema lapho ukhulelwe kwandisa ingcuphe yokuzala abantwana abanesisindo esiphansi futhi babe nempilo engeyinhle uma bekhula. Ukuchitheka kwesisu kuvame ngokuphindwe izikhathi ezingu-2 kuya kwezingu-3 kubantu ababhemayo, kanjalo nokuthola abantwana asebeshonile. Lokhu kubangelwa ukuthi umntwana ongakazalwa akayitholi i-oksijini eyanele kanye nezinkinga zomzanyana, okuyiwona ophakela umntwana ongakazalwa i-oksijini. Lezi zinkinga zilethwa i-carbon monoxide ne-nicotine esentuthwini kagwayi. Ukufa kwezinsana ngokuzumayo nakho kuhlotshaniswa nokubhema. Ngaphezu kwalokho, ukubhema kunganciphisa amazinga e-oestrogen kubangele ukuba umuntu asheshe anqamuke ifindo lokuya esikhathini

13. Isidoda esikhubazekile: Ukubhema kungase kuphazamise isidoda futhi kusishintshe kulimaze ne-DNA yaso, okungase kubangele ukuchitheka kwesisu noma ukuba umntwana azalwe enokukhubazeka. Olunye ucwaningo luye lwathola ukuthi amadoda abhemayo asengcupheni enkulu yokuba nengane ethola umdlavuza. Ukubhema kubuye kunciphise inani lesidoda futhi kunciphise ukugelezela kwegazi empipini, okungase kubangele ukuba induku ingavuki. Ukungazali kuvame kakhulu kubantu ababhemayo

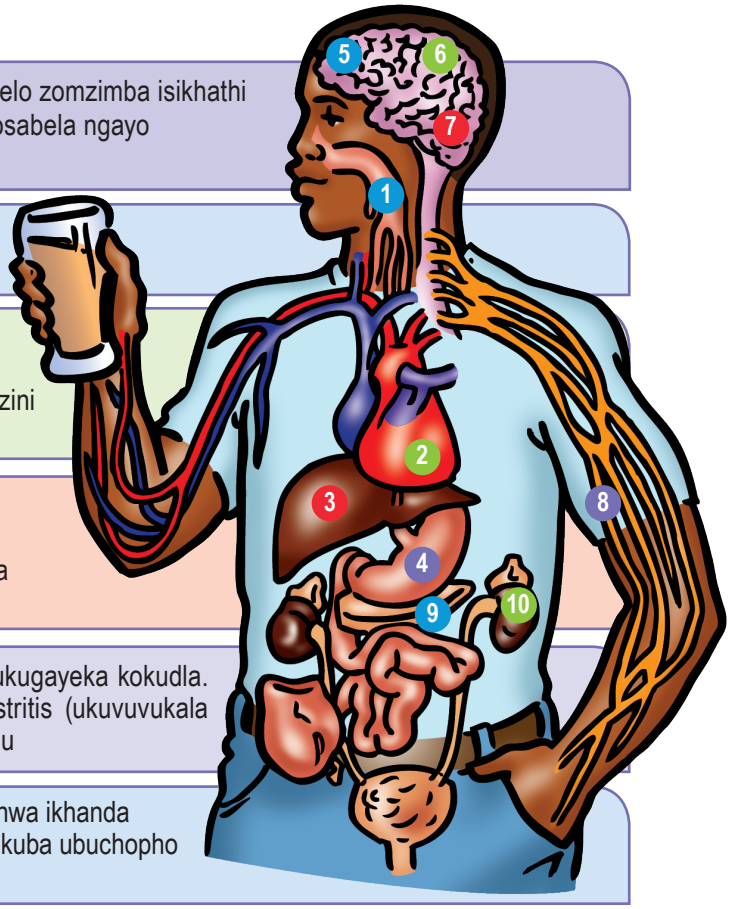
14. Isifo se-Buerger: Isifo se-Buerger ukuvuvukala kwemithambo yegazi kanye nezinzwa emilenzeni, ikakhulu okubangela ukuncipha kwegazi eligelezayo. Uma singelashiwe, isifo se-Buerger singabangela i-gangrene (ukufa kwethishu yomzimba) kanye nokunqunywa kwezindawo ezithintekile

Amacebiso Awusizo

QAPHELA LOKHU!
Kufanele ukhulume namaklayenti akho ngemiphumela emibi yokubhema.

Umfanekiso 34: Imiphumela yotshwala

Isikhawu sokuphuza kakhulu sinomthelela cishe kuzo zonke izinhlelo zomzimba isikhathi esingafika emahoreni angu-24. Lokhu kubonisa indlela umzimba osabela ngayo emthamweni omkhulu wotshwala



1. Umphimbo nomlomo kuyoma futhi kulume ngenxa yokuphelelwa ngamanzi emzimbeni
2. Bungabangela ukuba buthaka kwezicubu zenhliziyo okungase kubangele ukuba inhliziyo iyeke ukushaya. Utshwala bubangela nomfutho ophakeme wegazi nezinga eliphezulu lekholesteroli egazini
3. Bubangela izidingo zesibindi ezinzima. Omunye wemithelela ukuthi kuthikameza ikhono lesibindi lokugaya ushukela. Lokhu kubangela izinga eliphansi likashukela egazini, okungabangela izidingo zokuba buthakathaka ngesimo somuntu (isib. ukucasuka kalula)
4. Utshwala buphazamisa untwentwesi lwesisu futhi bubambezele ukugayeka kokudla. Ukuphuza utshwala kwandisa i-esidi esiswini, okubangela i-gastritis (ukuvuvukala kontwentwesi lwesisu). Uphawu oluvamile lwe-gastritis isicanucanu
5. Imithambo yegazi esebuchosheni iba mikhulu, okubangela ukuphathwa ikhanda elinkenkethayo. Ukuphelelwa ngamanzi emzimbeni kungabangela ukuba ubuchopho buhlehle ontwentwesini lwabo, okwenza ubuhlungu bube bubi
6. Utshwala bubangela ubuchopho ukuba benze inani elingafanele lamahomoni. Omunye wemithelela yalokhu ukuthi lapho ulele awuphumuli kahle
7. Utshwala bunomthelela ebuchosheni nangezinye izindlela. Bungase bubangele ukuba uhambe kanzima; ubone kaluvindi; ungakwazi ukukhuluma ngokucacile; ungakwazi ukukhumbula izinto; ujuluke kakhulu
8. Izicubu zomzimba ziba buthaka ngenxa yokuphelelwa amanzi emzimbeni kanye namazinga aphansi kashukela egazini
9. Amanyikwe enza amakhemikhali amaningi okugaya ukudla kunalawo adingwa umzimba. Lokhu kubangela ubuhlungu, isicanucanu nokuphalaza
10. Izinso ziba nenkinga yokuphinde zamukele amanzi. Lokhu kubangela ukuba uchame kaningi futhi uphelelwe amanzi emzimbeni

Yimiphi imibuzo okufanele ibuzwe ukuze kubonakale ukuthi ukhona yini ogqilazwe wutshwala noma izidakamizwa?

Utshwala

IK – Ingabe wake waba nomuzwa wokuthi kufanele unciphise ukuphuza?
H – Ingabe abantu bake bakucasula ngokugxeka ukuphuza kwakho?
E – Ingabe wake wazizwa kabi noma unecala ngokuphuza kwakho?
JI – **Kuvula amehlo:** Ingabe wake wathi uvuka nje wawuphuza utshwala ukuze uzole noma ukhiphe ibhabhalazi?

Sebenzisa Umfanekiso 32 ukuze ukhombise umthelela katshwala emzimbeni ukuze usize amaklayenti akho aqonde ukuthi kuyingozi kangakanani ukugqilazwa wutshwala.

Amacebiso Awusizo

QAPHELA LOKHU!
Khuluma namaklayenti akho ngokubaluleka kokungagqilazwa wutshwala.

Izidakamizwa

- Masinyane umuntu wenza izinto ngendlela engajwayelkile
- Ngesinye isikhathi ujabule, masinyane usethukuthele, aphinde ajabule
- Ukungathandi ukuba lapho kukhona umndeni
- Ukungazinakeleli (ngokugeza nokuwasha)
- Ukuphelelwa wuthando lwezinto abezithanda njengemidlalo nokunye
- Abalali kahle, bayaqwasha ebusuku, balale emini
- Banamehlo abomvu
- Banamakhala agxaza amafinyila

Abantu bangathola usizo nokusekelwa lapha:

- **I-Alcoholics Anonymous South Africa** Inombolo yosizo – 0861 435 722 kusukela 9am kuze kube u 2:30pm Ngomsombuluko kuya kuLwesihlanu noma ushayele 031 464 8301 noma uMakhalekhukhwini 084 551 3941
- **(Umkhandlu kazwelonke obhekene nokugqilazwa wutshwala nezidakamizwa).** I-Nombolo Yosizo 031 202 2241 kusukela 8am kuya ku 4pm noma 031 303 2202 ngemva kwesikhathi somsebenzi
- **I-Al-non** INombolo yisizo 0861 252 666 kusukela ngo 8am kuya ku 4pm noma 031 539 1142 noma 031 402 1086 noma uMakhalekhukhwini 072 458 3119
- **I-Narcotics Anonymous SA** INombolo kazwelonke yisizo – 083 900 6962

UKuhlukunyezwa Kwezingane

Ukutholakala masinyane kokuhlukunyezwa kwezingane, kunika amathuba angcono okuphola nokwelapheka enganeni. Ukuhlukunyezwa kwezingane akubonakali ngaso sonke isikhathi. Ngokwazi ngezinye zezinkomba ezivamile zokuhlukunyezwa nokunganakelelwa kwezingane, kungakwazeka ukuthi inkinga itholakale kusenesikhathi ukuze kusizwe ingane kanye nomhlukumezi wayo ngosizo abaludingayo.

Ezinye izimpawu eziyisixwayiso zokuhlukunyezwa kwengane nokunganakwa kwayo

- Ingane iba nenkinga yokuhamba noma ukuhlala
- Eyenza izinto ezingajwayelekile, isibonelo ukuncela isithupha, ukuthukuthela ngokweqile
- Ingane ibanemihuzuko, izibazi noma ukusikeka okungaziwa ukuthi kubangwa yini
- Akukho ukuhlanzeka, isibonelo umzimba awugezwa, izinwele ezibophene futhi ezingagezwa, iphunga emzimbeni
- Ukugula nezilonda zokulimala akwelashwa
- Ingane iba nenkinga yokuhamba noma ukuhlala
- Ingane ikhulelwe
- Ingane ithanda izenzo zocansi ezingayilungele iminyaka yayo

Amacebiso Awusizo

Uma usola ukuthi ingane iyahlukunyezwa noma ayinakwa, bika ngokushesha kusonhlalakahle wendawo noma emaphoyiseni e-SAPS.

INgxenye 6
Ukunakelelwa Nokusekelwa Komphakathi

IMali Yesibonelelo Sikahulumeni Yabantu Abadala

UMthethosisekelo waseNingizimu Afrika uthi izakhamuzi kanye nabantu abanobuzwe baseNingizimu Afrika banelungelo lokuthola usizo lukahulumeni uma bengakwazi ukuzisekela bona kanye nemindeni yabo. Lokhu kwaziwa ngokuthi imali yesibonelelo sikahulumeni. Kunezimfuneko nezincwadi ezihlukene ezidingekayo ukuze umuntu afanelwe ukuthola imali yesibonelelo sikahulumeni.

Ithebula 8 libonisa ukufingqwa kwazo zonke izinhlobo zemali yesibonelelo sikahulumeni etholakalayo kubantu abadala nezingane eNingizimu Afrika nokuthi yiziphi izincwadi ezidingekayo ukuze ufake isicelo ohlotsheni ngalunye lwemali yesibonelelo.

Sebenzisa Ithebula 8 ukuze uxoxe namaklayenti akho ukuthi hlobo luni lwemali yesibonelelo sikahulumeni angafaka isicelo sayo uma edinga usizo.

Ithebula 8: Imfuneko yokufaka isicelo semali yesibonelelo sikahulumeni kubantu abadala nasezinganeni

	Ukuze Ufanelwe	Izincwadi Ezidingekayo
ABANTU ABADALA		
Omazisi		• Incwadi yokuzalwa • Uma ingekho incwadi yokuzalwa kufuneka ◦ ilunga lomndeni uma likhona limkhaphe lona obhalisa umazisi ◦ uma umzali noma abazali sebeshonile angaletha amakhophi ezitifiketi zokushona ◦ isitifiketi sombhabhadiso noma ◦ incwadi evela esikoleni lapho ufunde khona ibanga lokuqala (lencwadi kufanele ibe nesiqxivizo sesikole) • Umuntu angakwazi futhi ukuthola omusha umazisi uma: ◦ beba izakhamuzi zaseNingizimu Afrika ◦ beshintsha isibongo (isibonelo uma beshada noma behlukanisa) ◦ behlala kwelinye izwe okwesikhashana kade benomazisi waseNingizimu Afrika ngaphambili

	Ukuze Ufanelwe	Izincwadi Ezidingekayo
ABANTU ABADALA		
Imali Yesibonelelo Sengculaza Negciwane Layo (Izinyanga ezingu-6 kuphela)	Eyabantu abanesibalo samaseli e-CD4 esingaphansi kwezinga elithile	• Zonke izimfuneko ezifana nalezi ezingenhla KANYE • Nobufakazi bemiphumela yokuhlolwa kwesibalo samaseli e-CD4
	Eyabantu abanezinye izifo ezingosomathuba eziyingozi njenge-TB	
Imali Yesibonelelo Yabantu Asebekhulile	Kumelwe ube isakhamuzi saseNingizimu Afrika futhi uhlale eNingizimu Afrika	• Umazisi oluhlaza onamagabelo • Isitifiketi somshado (uma ushadile) • Ikhopi yesiliphu somholo noma incwadi evela kumqashi ebonisa ukuthi uhola malini • Ikhopi yesiliphu somholo somlingani wakhe noma incwadi evela kumqashi ebonisa ukuthi umlingani wakhe uhola malini (uma eshadile) • Kuyofuneka babhale phansi izinto yena nomlingani wakhe (uma eshadile) abanazo njengendlu yabo nemoto uma benayo • Uma bene-akhawunti yasebhange kufanele bathathe isitatimende sasebhange sezinyanga zokugcina ezintathu • Uma bengenayo i-akhawunti yasebhange bazodinga incwadi efungelwe
	Eyabantu abangahlali endaweni enakekelwa nguhulumeni njengejele noma ikhaya lasebekhulile	
	Eyabantu abangatholi noma iyiphi enye imali yesibonelelo sikahulumeni	
	Eyabantu abanomholo ongenele ukuthi ungabasekela	
Imali Yesibonelelo Sikahulumeni Yokusiza Abahluphekile (SROD)	Eyabantu abakade bebhalisele imali yesibonelelo kodwa abahlupheke ngendlela yokuthi abakwazi ukuphila kuze kufike imali yesibonelelo	• Uhlobo oluthile lwesiqinisekiso sokuthi umuntu uludinga kangakanani usizo lwezimali njengencwadi evela esibhedlela noma incwadi efungelwe • Uhlobo oluthile lwencwadi yokumazisa – umazisi, iphasiphothi noma isitifiketi sokuzalwa
IZINGANE		
Imali Yesibonelelo Sikahulumeni Sezingane (CDG)	Eyezingane ezikhubazeke kakhulu ezingaphansi kweminyaka engu-18 ezidinga ukunakekelwa okwengeziwe	• Umbiko wezokwelashwa ovela kudokotela wasesikhungweni sezempilo noma wasesibhedlela obonisa ukuthi ingane ikhubazekile • Kudingeka nokuba kugcwaliswe ifomu elithile. Leli fomu liyatholakala esibhedlela naseMnyangweni Wezokuthuthukiswa Komphakathi
Imali Yesibonelelo Yokunakekela Izintandane (FCG)	Eyezingane ezingahlali nabazali babo – ezilahliwe noma ezashonelwe abazali	• Iya kusonhlalakahle osenhlanganweni ebhalisile (njengenhlangano enakekela inhlalakahle yezingane), ozosiza umuntu ukuba abhalisele imali yesibonelelo yokunakekela izintandane

Imali Yeqolo (CSG)	Imali Yeqolo isiza ukunikezela izidingo eziyisisekelo ezinganeni zaseNingizimu Afrika zize zibe neminyaka engu-18 uma abazali bazo noma abanakekeli bangeke bakwazi ukuzisekela ngoba bengasebenzi noma bengenamali yokunakekela izingane zabo	• Isiqinisekiso salokho abakuholayo (isiliphu somholo noma incwadi evela kumqashi) noma incwadi efungelwe uma engasebenzi • Umazisi oluhlaza onamagabelo nesitifikethi sengane sokuzalwa
	Eyabantu abahola imali engaphansi kuka-R800 ngenyanga uma behlala ezindaweni zasemakhaya, noma uma behola imali engaphansi kuka-R1 100 ngenyanga uma behlala endaweni ethe ukuthuthuka eduze nedolobha noma edolobheni	

Incwadi ebaluleke kakhulu edingekayo ukuze ufake isicelo semali yesibonelelo sikahulumeni ngumazisi oluhlaza onamagabelo (i-ID).

Izingadi Zokudla

Kubalulekile kakhulu ukuthi sidle ukudla okunempilo ukuze sihlale siyimiqemane futhi siphile kahle. Imizimba yethu idinga izinhlobonhlobo zokudla ukuze ihlale iqinile futhi ikulungele ukulwa nezifo. Ngezinye izikhathi ayibi khona imali eyanele yokuthenga loku kudla. Enye indlela yokonga imali nokuba namaveji amaningi ukuziqalela ingadi yakho yokudla.

Amacebiso Awusizo

Bheka ISiqondiso Somfundi Sezifundo Eziyisisekelo Ze-CCG ukuze ukhumbule indlela yokufundisa amaklayenti akho ukuzenzela izingadi zawo zokudla.

Omazisi

Umazisi incwadi esemthethweni esetshenziselwa ukukhomba umuntu. Wonke umuntu Oneminyaka eyishumi nesithupha nangaphezulu udinga ukuba nomazisi. Lencwadi iwubufakazi bokuthi abantu bayibo ngempela njengoba besho. Iyasiza uma ufaka isicelo semali yomxhaso kahulumeni, iyasiza futhi uma ufaka isicelo semali mboleko ebhange kanye nezinsizakalo zomuzi. Umazisi uyadingeka uma ufaka isicelo somsebenzi, kungaba kuhulumeni noma izinhlangano ezizimele.

Umuntu angawuthola umazisi uma:

- ezalelwe eNingizimu Afrika futhi eneminyaka eyishumi nesithupha noma ngaphezulu
- ezalelwe ngaphandle kwaseNingizimu Afrika kodwa abazali bengabaseNingizimu Afrika
- eshade nesakhamuzi saseNingizimu Afrika
- bafike eNingizimu Afrika besuka kwelinye izwe bathola imvume yokubayisakhamuzi esemthethweni egcwele
- banemvume yomsebenzi yokusebenza eNingizimu Afrika

Amacebiso Awusizo

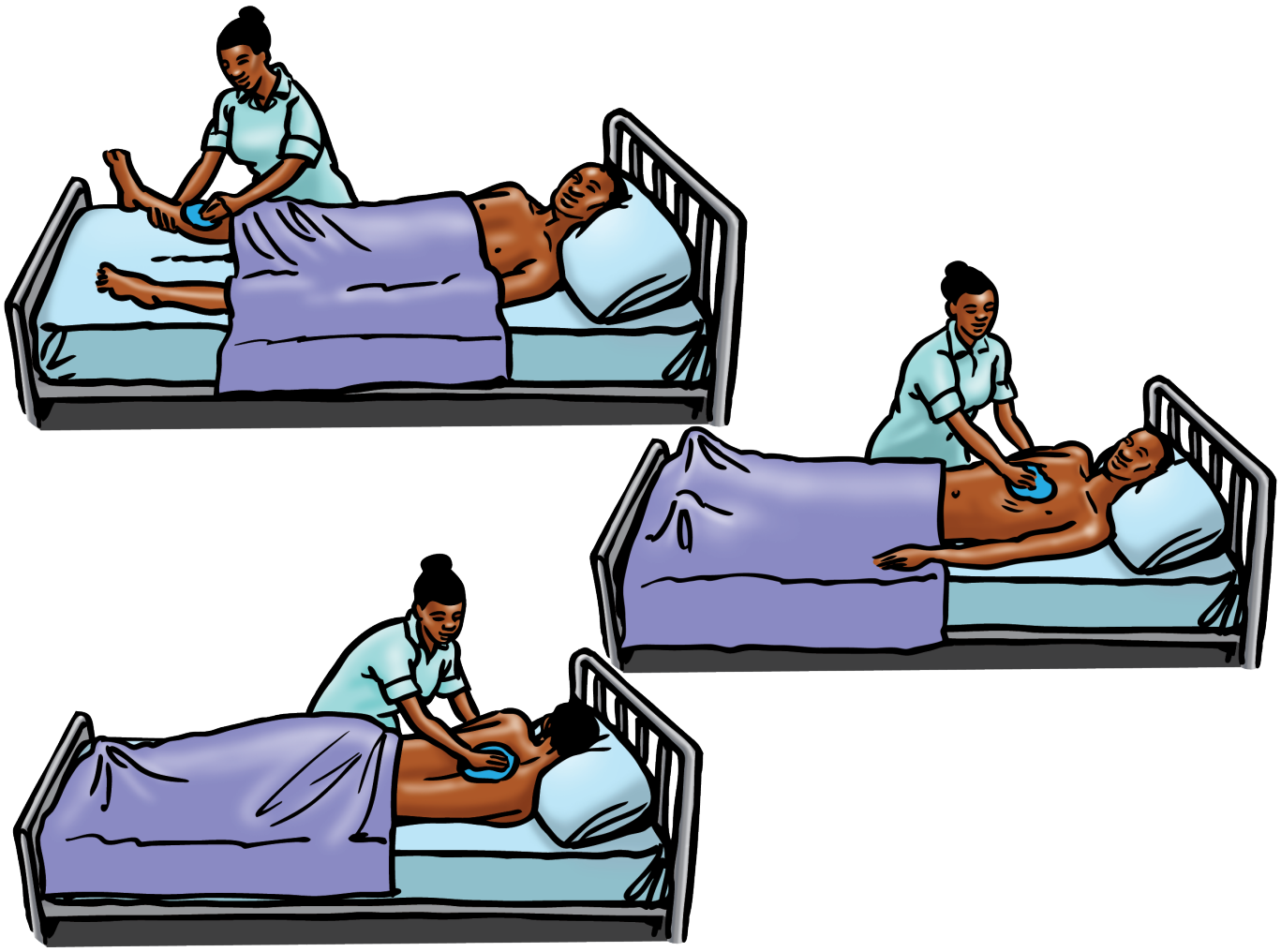
KUBALULEKILE!
Gcina umazisi wakho usendaweni ephephile ngaso sonke isikhathi.

Sicela ubheke Ithebula 8 ukuze ubone ukuthi yiziphi izincwadi ezidingekayo ukuze amaklayenti akho afake isicelo se-ID.

Ukunakelelwa koMphakati eMakhaya nokuNakelelwa kwasebezoshona

Ukunakekela umphakathi emakhaya kusho ukunakelela isiguli ekhaya laso. Lokhu kungenziwa omunye welunga lomndeni, noma ilunga lomphakathi noma uNompilo. Ukunakelela emakhaya kungafezwa yithimba elakhiwe abantu abahlukahlukene, belekelelana ukusiza ogulayo ngezidingo ezinqala. Iizidingo ezinqala zibandakanya ukumgeza, ukunakelela lezondawo ezingaba nezilonda zokulala emzimbeni, ukuhlanza indlu yalowo ogulayo, ukumthengela iznto azidingayo njengokudla kanye nokumsiza aye endlini encane.

Thola amaklayenti adinga ukunakekelwa komphakathi emakhaya futhi uwathumele kuma-NGO anikeza lolu hlobo lokunakekela.



Ukunakekelwa Kwabantu Abadala

Abantu abadala ilabo abangaphezu kweminyaka engamashumi ayisithupha. Njengoba abantu sebephila isikhathi eside, sebeyanda abantu abanezifo ezingamahlalakhona njengoshukela nesifo senhliziyo. Laba bantu abadala bangadinga ukunakekelwa okukhethekile. Abanye abantu abadala bangahlala emakhaya okugcina abantu abadala, kodwa abaningi bazohlala nemindeni yabo.

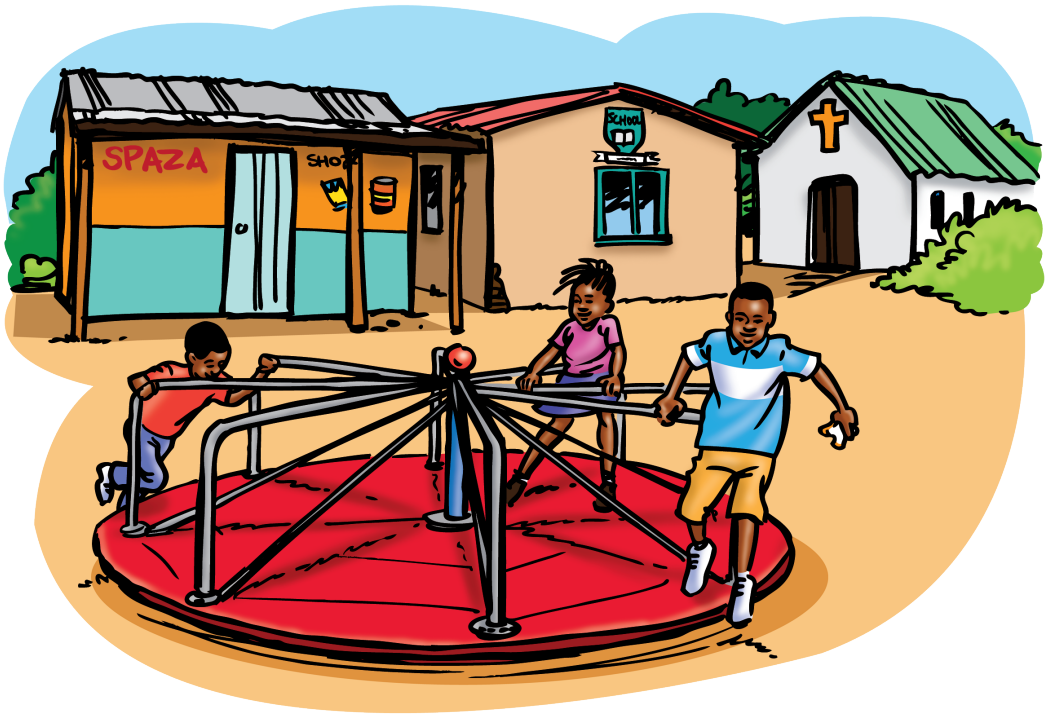
Kubalulekile ukuqapha abantu asebekhulile endaweni yakho ukuze uqiniseke ukuthi banakekelwa kahle futhi abashiyiwe dengwane noma abahlukunyezwa nganoma iyiphi indlela.

Usizo Lwezenhlalakahle Yezingane

Izingane zinamalungelo emiphakathini yethu. Kubalulekile ukukhumbula la malungelo futhi sifundise imiphakathi yethu ngawo.

Zonke izingane zinelungelo lalokhu:

- Ukuba negama, anakekelwe umndeni, abe nokudla, indawo yokuhlala, nokunakekelwa ngezempilo
- Avikelwe ekuphathweni kabi, ukunganakwa, ukuhlukunyezwa, ukuthelwa ngehlazo futhi avikelwe ekwenzeni imisebenzi yabantu abadala
- Anikwe ithuba lokuveza umbono wakhe futhi alalelwe
- Abantwana bangagxekwa noma bakhishwe inyumbazane ngesimanga sebala, ubuhlanga, ubulili, ulimi, inkolo, umbono welunga lomndeni noma umbono ngezepolitiki, ubuzwe noma ukukhubazeka komzali noma umndeni
- Alandele inkolo yakhe, isiko nezinkolelo ngaphandle kokwesaba
- Avikelwe kuzona zonke izihlobo zokuhlukumezwa, njengezomzimba, ezomphefumulo, ezokukhuluma, ezocansi, ubuhlanga, ekhaya, esikoleni, emphakathini noma emgwaqweni
- Anikwe imfundo yamahhala nelinganayo, engenabuhlanga, engenabulili, futhi ephoqelekile. Leli ilungelo hayi inhlanhla
- Avikelwe ekwenzeni imisebenzi yobugqila
- Angaphoqwa ukuhlala emgwaqweni noma ukubuyela ekhaya uma amalungelo akhe ayisisekelo ezoqhubeka nokuhlukumezeka. Izingane ezingenamakhaya kufanele zigqugquzelwe ukubuyela ekhaya uma kuphephile kubo ukwenza njalo



Imisebenzi Eyisidingo Yentsha

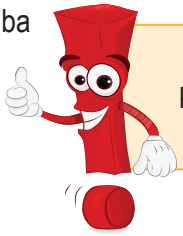
Ukuhlinzeka ngemisebenzi eyisidingo sentsha kumayelana nokuhlinzeka ngezinsizakalo entsheni uqonda kahle ukuthi abantu abasha bakulowo mphakathi badingani ngoba banezidingo eziqondile nezihlukene. Imisebenzi eyisidingo entsheni ukwakha insizakalo abantu abasha abayethembayo futhi abanomuzwa wokuthi ikhonela bona nezidingo zabo. Kubalulekile nokuqinisekisa ukuthi lezi zinsizakalo zisezindaweni intsha engafinyelela kuzo kalula.

Ikwenza kanjani i-CCG ukumelela nokusekela imisebenzi eyisidingo sentsha?

Indlela yemisebenzi eyisidingo entsheni kudingeka iqale khona kanye ekhaya ne-CCG. Ukuqonda izinto abantu abasha ababhekana nazo, njengokucindezela kontanga nokwazi ukuthi ungasenza kanjani isimo esinobungane entsheni kuyokwenza uzizwe ukhululekile ukufinyelela ezinsizakalweni zezempilo nezinye ezidingayo. Ngakho-ke kubalulekile ukuba i-CCG yakhe inethiwekhi enhle yabahlinzeki bezinsizakalo zezempilo nezinye endaweni ukuze ikhuthaze intsha ukuba ikhululeke ukufinyelela lezi zinsizakalo.

I-CCG kufanele:

- Izazi izinto eziphathelene nentsha nezinsizakalo ezikhona emphakathini njengokuthi zinto zini ezikhona zemidlalo namakilabhu entsha futhi iyithumele kulezi zindawo
- Igqugquzele intsha ukuthi ijoyine amakilabhu, izibandakanye nezinto ezivumelekile zokuzijabulisa, ezemidlalo, nokunye
- Izame ukugqugquzela intsha ukuthi iqale amaqoqo ayo okusekelana, amaqoqo ezemidlalo, njll. Uma ingekhoi misebenzi yetsha ekhona, yibe usuyisiza intsha ukusungula iqembu lezemidlalo
- Ibandakanye intsha kunoma iziphi izinhlelo ezihlelelwe intsha
- Ibize imihlangano yentsha ukuzothola izidingo zayo bese isebenzisana nayo intsha kokuqhubekayo
- Ibuze intsha ukuthi yiziphi izinhlobo zezinsizakalo ezidingayo bese iyisa le mibono ezinhlanganweni ezifanele, ngokwesibonelo, ukucela ukuba umtholampilo uvulwe ngemva kwesikole
- Ixhumane nezinhlangano zomphakathi ezaziwa ngama-NGO kanye nama-CBO ezinikeza usizo nezinhlelo ezidingwa emphakathini
- Ikhuthaze intsha ukuba ithole ulwazi esikhungweni sezempilo nakwezinye izindawo lapho kutholakala khona usizo lwentsha
- Ikhuthaze intsha ukukhuthalela ukuthola amakhono okusebenzisa amakhompuyutha ukulungiselela imisebenzi esikhathini esizayo
- Ikhuthaze intsha ukwenza imisebenzi yesikole bese icela usizo uma kunesidingo
- Igqugquzele intsha ukubamba iqhaza emakilabhini omculo uma kungenzeka
- Ibe nolwazi lwezinto ezibhekene nentsha emphakathini njengokuntuleka kwemisebenzi, ukungabibikho kwamathuba okufunda, isizungu, ucansi, ukukhulelwa kwentsha esencane, ukuba isigqila sotshwala nezidakamizwa, izifo zocansi ezithathelanayo kanye nengculazi ukuze ithumele intsha ezinhlanganweni ezifanele
- Ikhuthaze intsha ukuthi ingazikhuluma izinto eziyisifuba nayo, bese nayo iyihlonipha imfihlo futhi isebenze njengommeleli wemisebenzi ewusizo entsheni



Amacebiso Awusizo

Kubalulekile ukuba nawe ube nobungane entsheni!

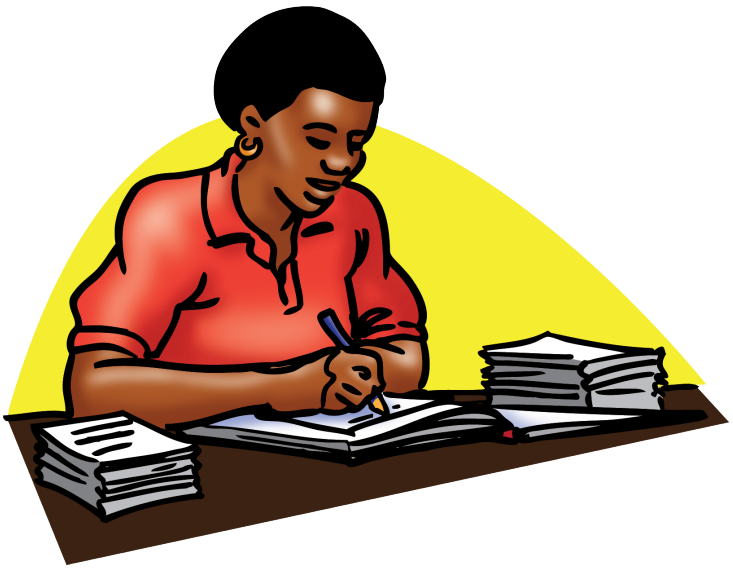
Amaqoqo Okusekelana

Amaqoqo okusekelana:

- Yindawo ehlanganisa abantu abanezinkinga ezifanayo, kwazise wonke umuntu uyakudinga ukuxoxisana nabanye ngezinye izikhathi. Kuyindawo lapho abantu becobelelana ngemizwa yakwezomoya nendlela izinto ezingenziwa ngayo, kanye nolwazi
- Yindawo lapho abantu babelana ngolwazi mayelana ngenhlalakahle kanye nezempilo, bayibheke impilo injengokujwayelekile, bafundisane noma baziphumulele nje

Amacebiso Awusizo

OKUBALULEKE KAKHULU!
Khumbula ukurekhoda nokubika wonke umsebenzi wakho, lokho okutholile nalokho okwenzile futhi ugcwalise wonke amafomu okuqoqa imininingwane adingekayo ukuze kwenziwe ukuqapha nokuhlola – wanikeze umphathi wakho la mafomu.



Uhlu Losizo Olutholakalayo

Uhlu Lwezinsizakalo

Ukuze sikusize unikeze usizo olungcono kumakhasimende akho, sifake Ithebula 9: Uhlu Lwezinsizakalo, oluhlanganisa izinamba zokuxhumana nezinhlangano oyokwazi ukuthumela amaklayenti akho kuzo.

Kunezikhala ezingenalutho ekugcineni kwethebula ukuze wenezele noma yiziphi ezinye izinamba ozozithola ziwusizo.

Sebenzisa amakhono akho okuxhumana nabanye ukuze wenezele imininingwane yokuxhumana nezinye izinhlangano kanye nabantu abayokwazi ukusiza amaklayenti akho futhi abasebenza endaweni yakini.

Ithebula 9: Uhlu lwezinhlobo zosizo

Amaphoyisa e-SAPS	10111
I-Al-Anon Family Groups and Al-Ateen	Ulayini wosizo – 0861 252 666 kuya ku-4pm bese kuthi ngemuva komsebenzi 031 539 1142 noma 031 402 1086 noma uMakhalekhukhwini 074 458 3119
I-Alcoholic Anonymous South Africa (AA)	0861 435 722 kusuka ngo-9am kuya ku-2:30 pm ngoMsombuluko kuya kuLwesihlanu bese kuthi ngemva kwesikhathi somsebenzi 031 464 8301 uMakhalekhukhwini 084 551 3941
I-ambulensi	10177
I-ambulensi (Yezibhedlela ezizimele)	082 911
I-Independent Complaints Directorate	031 310 1300
I-Lifeline Southern Africa	0861 322 322 noma 0800 012 322
I-Mothers2mothers	0866 684 377 ngesikhathi somsebenzi
I-Narcotics Anonymous SA	083 900 6962
Inombolo yamahhala ye-Marie Stopes Clinic	0800 117 785 ngesikhathi somsebenzi
I-SAPS Crimestop	08600 10111
Isikhungo Sezingcingo Sokuphepha Kwesikole	0800 454 647 ngesikhathi somsebenzi
Isikhungo Sokuthumela se-HIV-911	0860 HIV 911 (0860 448 911) ngesikhathi somsebenzi Ukuze uthole iNsizakalo Yokwelulekwa Yamahhala Ngomakhalekhukhwini thumela i-SMS ku-45080 ukuze uthole uhlu Uhlu Lwamahhala Kumakhalekhukhwini: Shayela u-*130*448# ukuze ucinge uhlu lwe-HIV-911 kumakhalekhukhwini wakho (Akudingeki mali yocingo ngaphandle kwe-Vodacom)
Isikhungo Solwazi Sentsha SikaZwelonke	08600 96884

Uhlu Lwezinsizakalo

I-South African Depression and Anxiety Group (SADAG)	0800 205 026
I-South African National Council on Alcoholism and Drug Dependence (SANCA)	Ulayini wosizo – 031 202 2241 kusuka ngo-8am kuya ku-4pm nangemva kwesikhathi somsebenzi 031 303 2202
Ulayini kaZwelonke ka-Eskom	08600 37566
Ulayini kaZwelonke we-HIV Health Care Workers	0800 212 506 ngesikhathi somsebenzi
Ulayini wabafuna ukuzibulala	0800 567 567 noma uthumele i-SMS ku-31393
Ulayini we-Lovelife Sexual Health	0800 121 900 ngesikhathi somsebenzi
Ulayini Wemali Yesibonelelo Nokukhwabanisa	0800 601 011
Ulayini Wempilo Yabesifazane	0800 116 941
Ulayini weSibhedlela sezingane ezidle ushevu we-Red Cross	021 689 5227
Ulayini we-Swine Flu	0861 364 232
Ulayini Wokuhlukunyezwa Kwabesifazane	0800 150 150
Ulayini wokulwisana neNkohlakalo nokuKhwabanisa	0800 701 701
Ulayini wokuvimba inzalo ezimweni eziphuthumayo	0800 246 432 ngesikhathi somsebenzi
Ulayini wokwelulekwa ngamaLungelo abantu	011 484 8300
Ulayini wolwazi wenhlangano yokuthekela ngegazi (SANBS)	0800 119 031
Ulayini wosizo kaZwelonke we-AIDS	0800 012 322
Ulayini wosizo kaZwelonke we-Narcotics anonymous	083 900 6962
Ulayini wosizo lokwelulekwa ngezoMthetho-Legal Aid South Africa	0800 204 473
Ulayini wosizo lwamaNtombazane naBafana eNingizimu Africa	0861 585 858
Ulayini wosizo lweSifo Sikashukela eNingizimu Africa	011 886 3765
Ulayini wosizo lwezezimpesheni eNingizimu Africa (SASSA)	0800 601 011
Ulayini wosizo mayelana nokukhipha isisu	0800 117 785
Ulayini wosizo mayelana noMdlavuza eNganeni	0861 113 500
Ulayini wosizo mayelana nomsebenzi ongawufundela	0800 212 641 ngesikhathi somsebenzi
Ulayini wosizo wabanengculaza	0860 100 646
Ulayini wosizo Wemigomo (Vaccine)	0860 160 160
Ulayini wosizo wemishanguzo ye-HIV	0800 212 506 ngesikhathi somsebenzi

Uhlu Lwezinsizakalo

Ulayini wosizo weNhlangano yeNgculaza kaZwelonke eNingizimu Africa (SANAC)	012 395 9078 – 9090
Ulayini wosizo weZingane eNingizimu Africa amahora angu-24	0800 055 555 noma 031 312 0904 ngesikhathi somsebenzi (08h00 – 16h00)
Ulayini wosizo weziNgane eziyizisulu zokuXhashazwa ngokoCansi, ngokweMizwa nangokoMzimba	0800 035 553
Ulayini wosizo woKukhulelwa Kwentsha	0800 035 553
Ulayini wosizo wokunqanda udlame olubhekiswe kwabobulili obuhlukile	0800 150 150
Ulayini wosizo Wokushushunjiswa Kwabantu	08000 RESCUE (0800 073 7283)
Ulayini wosizo woMnyango Wezasekhaya	0800 601 190 ngesikhathi somsebenzi
Ulayini wosizo woMnyango Wezemfundo	0800 202 933 ngesikhathi somsebenzi
Ulayini wosizo wenhlangano emayelana noMdlavuza	0800 226 622
Ulayini wosizo woMnyango Wezokuthuthukiswa Komphakathi Wokusetshenziswa Kwezidakamizwa	0800 121 314
Ulayini wosizo woMnyango Wezempilo	0800 005 133

AMANOTHI:

Umshwana Wokungabi Nasibopho

Umshwana Wokungabi Nasibopho we-USAID

Ukwakhiwa kwale ncwadi kwenzeke ngenxa yokusekela kwaBantu BaseMelika nge-U.S. Agency for International Development (USAID) ngaphansi kweSivumelwano Sokubambisana No. AID-674-A-12-00016. Okuqukethwe kuyo kuwumthwalo we-BroadReach Healthcare futhi akuvezi imibono ye-USAID noma uHulumeni Wase-United States.

I-BroadReach Healthcare

I-BroadReach Healthcare yinkampani yezixazululo zokunakekelwa kwempilo emhlabeni wonke ezibophezele ekwakheni nasekuthuthukiseni izixazululo ezinkulu ukuze kwandiswe ukufinyelela kosizo lwezempilo emhlabeni jikelele. Sisebenzisa ubuchule bethu empilweni yomhlaba wonke ezinsizakalweni eziyisihlanu eziyisisekelo: amanethiwekhi okuphakela; ukuqinisa izimiso zezempilo; ukufundisa isiguli nokuhlela umphakathi; ubumbano lukahulumeni nezinhlangano ezizimele; nokuxhumana nabanye ukuze kutholakale amasu. Emkhakheni ngamunye kulezi zinsizakalo, umsebenzi wethu uhlanganisa imikhuba engcono kakhulu evela kuhulumeni enokuphumelela ebhizinisini kanye nokusebenza kahle kwemboni ezimele ukuze ibhekelele izinselele namathuba ezempilo emazweni ngamazwe. Le nhlanganisela yethu kahulumeni nezinhlangano ezizimele iye yasiza i-BroadReach ukuba yakhe iphothifoliyo yamaphrojekthi ezempilo aqala izinto ezintsha zamaklayenti ahlukahlukene kuhlanganise izinhlangano zamazwe ngamazwe, amabhizinisi amancane naphakathi nendawo, ama-ejensi abanikelayo anezingxenye ezimbili, amabhange okuthuthukiswa kokuthile anezingxenye eziningi, kanye nezinye izinhlangano zomphakathi.

I-BroadReach Healthcare inamahhovisi eWashington, DC; eKapa naseGoli, eNingizimu Afrika; eNairobi, eKenya; eShanghai, eChina; naseZurich, eSwitzerland.

I-BroadReach Healthcare (Pty) Ltd
EKapa Ucingo: (021) 514 8300
EGoli Ucingo: (011) 727 9500

Umshwana Ovamile Wokungabi Nasibopho

Le ncwadi iye yenziwa kusetshenziswa imithombo eqashelwa emhlabeni wonke ebonisa ulwazi olungcono kakhulu olutholakalayo namuhla mayelana neNgculaza Negciwane Layo kanye nezihloko ezihlobene nayo, ngesikhathi inyatheliswa. I-BroadReach Healthcare LLC noma iyiphi enye inhlangano ebihlangene nokulungiselelwa nokushicilelwa kwale ncwadi, ngeke iqinisekise ukuthi ngokuya ngolwazi olusha lwezesayensi noma intuthuko ezinqubweni zalo mkhakha, lolu lwazi luyohlala lunembile futhi/noma luphelele njalo esikhathini esizayo. Le ncwadi ayithathi indawo futhi ayedluli noma yiluphi ulwazi olunikezwe ngumnakekeli wakho wezokwelashwa.

SOUTH AFRICANS AND AMERICANS IN PARTNERSHIP TO FIGHT HIV/AIDS
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