

- Ucansi oluvikelekile kuchaza ukuthi sebenzisa ijazi lomkwenyana zikhathi zonke.
- Ucansi oluvikelekile luchaza ukuthi isitho sangasese sowesilisa singangeni esithweni sangasese sowesifazane.
- Kuchaza ukuthi iya ocansini nomngani oyedwa. (ubungani obuthembekile).
- Ucansi oluvikelekile kuchaza ukuthi wena nomngani wakho nihlolwe igazi ukuze kutholakale ukuthi animalo igciwane. Nobabili seningaya ocansini. Nakho lokhu kuseyilo ucansi oluphephile.
- Ukungayi ocansini.

Umuntu onegciwane lengculaza angaphila isikhathi eside uma ezinakekela.

IMPILO EPHEPHILE

- Phuza amanzi ahlanzekile. (Abilisiwe noma afakwe amakhemikhali athile okuhlanza amanzi)
- Sebenzisa indlu yangasese ebizwa ngokuthui iVIP toilet, noma ezinye izindlu zangasese eziphephile.
- Mboza ukudla ukuze izimpukane zingeukwandisa amagciwane.
- Geza izandla emva kokusebenzisa indlu yangasese.
- Geza izandla ngaphambi kokudla.
- Lahla udoti ngendlela efanele.
- Gcina ikhaya nendawo ohlala kuyo ihlanzekile.
- Pheka kahle ukudla, ikekhlukazi okunemisoco kugcinwea endaweni ehlanzekile.

UKUBAMBISANA

UMnyango weZempilo neNhlanzeko uzosizana kanye nezinye iziNhlangano zeZempilo ukwenza lokhu okulandelayo ukuze kululekwe futhi kufundiswe abantu ngesifo sengculaza:

- Ukugqugquzela ukusetshenziswa kwamajazi omkhwenyana.
- Ukugqugquzela inhlanzeko.
- Ukugqugquzela ucansi oluphephile.
- Nokuthi cha ocansini.

AMALUNGELO ABANTU ABANENGULAZA

abantu abanengculaza nabo banamalungelo njengawo wonke umuntu.

- Ilungelo lokuhlonishwa.
- Ilungelo lokuba nomuzi.
- Ilungelo lemfundo.
- Ilungelo lokusebenza.
- Ilungelo lokuvikelwa kweminining wane ngabo.

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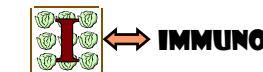
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INGCULAZA



ACQUIRED



IMMUNO



DEFICIENCY



SYNDROME



INGCULAZA

Inculaza isifo esibulala amasosha omzimba sishiye umuntu engavikelekile ezifweni.

Inculaza ibangwa ukuphelelwa amandla kwamasosha omzimba. Umuntu angaphila negciwane lengculaza iminyaka eminingi engatshengisi izimpawu.

Inculaza noma isandulela nculaza iphakathi kwethu, iyiqiniso, kanti futhi iyabhebhethuka ngesivinini esiphezulu. Lesisifo singasinqoba kuphela uma singahlangana sibambane ngezandla ukuze sisindise isizwe sethu. Sonke lesikhathi besivale amehlo sithemba ukuthi ingculaza akusilo iqiniso. Ngokwenza njalo sivumele isandulela nculaza ukuba sibhebhethike yonke leminyaka. Izwe lethu lihamba phambili ngalesisifo. Usuku nosuku isibalo esingango 1500 sabantu batheleleka ngalesisifo eMzansi Afrika. Abantu abangaphezu kwezigidi ezintathu sebenaso lesisifo.

Njengabahlanganyeli abalwa nesandulela nculaza noma inculaza kumele sihlanganise sonke izinhla zethu, kanye namandla nemiqondo yethu.

Ikhambi lokulapha inculaza alikatholakali.

Ayikho enye indlela esingavikela ngayo ukwanda kwengculaza ngaphandle kokuziphatha kahle kwethu.

Kumele sisebenzisane futhi sisekele izikhungo zezempiro ekuphenyeni ikhambi lengculaza nesan-

dulela sayo.

Kumele sazise zonke izingcebo zesizwe ukuthi zihambise imilayezo yokuvikela inculaza, sinike uxhaso kulabo asebenaso lesisifo nabasondelene nabo.

Kumele sibambane ngezandla njengabahlanganyeli, sazi ukuthi ukuhlangana kwethu kungaba nemiphumela emihle.

Kumele sazi ukuthi esikwenza namhlanje sikwenzela ikusasa lethu nesizwe sethu.

Umasindawonye njengabahlanganyeli silwa nengculaza nesandulela nculaza singanqoba.

INDLELA ESITHATHELANA NGAYO

Igciwane lesandulela nculaza lingena emzimbeni ngezindlela ezilandelayo:

- Ngokuya ocansini ngaphandle kokuse benzisa isivikeli e.g ihazi lomkhwenyana,
- Nangokuphuma igazi ezinsinini kusukela:
 - Kowesilisa kuya kowesifazane
 - Kowesifazane kuya kowesilisa
 - Kowesilisa kuya kowesilisa
 - Kowesifazane kuya kowesifazane
- Umama angathelela ingane yakhe ngesikhathi ingaphakathi kuye, noma ngesikhathi ebeletha.
- Ngokuthelekisa ngegazi elinegciwane.
- Ngokujova noma ukusebenzisa inaliti enegciwane.
- Ukuthinta igazi lomuntu onegciwane lengculaza e.g igazi lihlangane nokuvuleka kwasikhumba, noma isikhumba esilimele.

IZIMPAWU NEZIBONAKALISO

Izimpawu zokuqala:

- Ukuncipha komzimba
- Ukuvuvukala entanyeni, emva kwezindlebe, ngaphansi kwekhwapha noma kwizimvilapho.
- Izilonda ezingapholi emlonyeni.
- Izimpawu zisifo sofuba, ukukhwehlela nokujuluka.
- Ukucobeka nokujuluka ebusuku
- Ukuhishwa isisu okungapheli okubuye kuhambisana nokuphalaza.

Izimpawu zokugcina

- Isifo sofuba.
- Amashashazi abuhlungu
- Ukuhathala
- Ukuhleka komqondo nokukhohlwa kalula.

UKUZIVIKELA

Ziningi izindlela zokuvikela inculaza. Isikhathi esiningi inculaza ithelelana ngokocansi. Kumele uye ocansini oluvikelekile uma ufuna ukuphepha.

