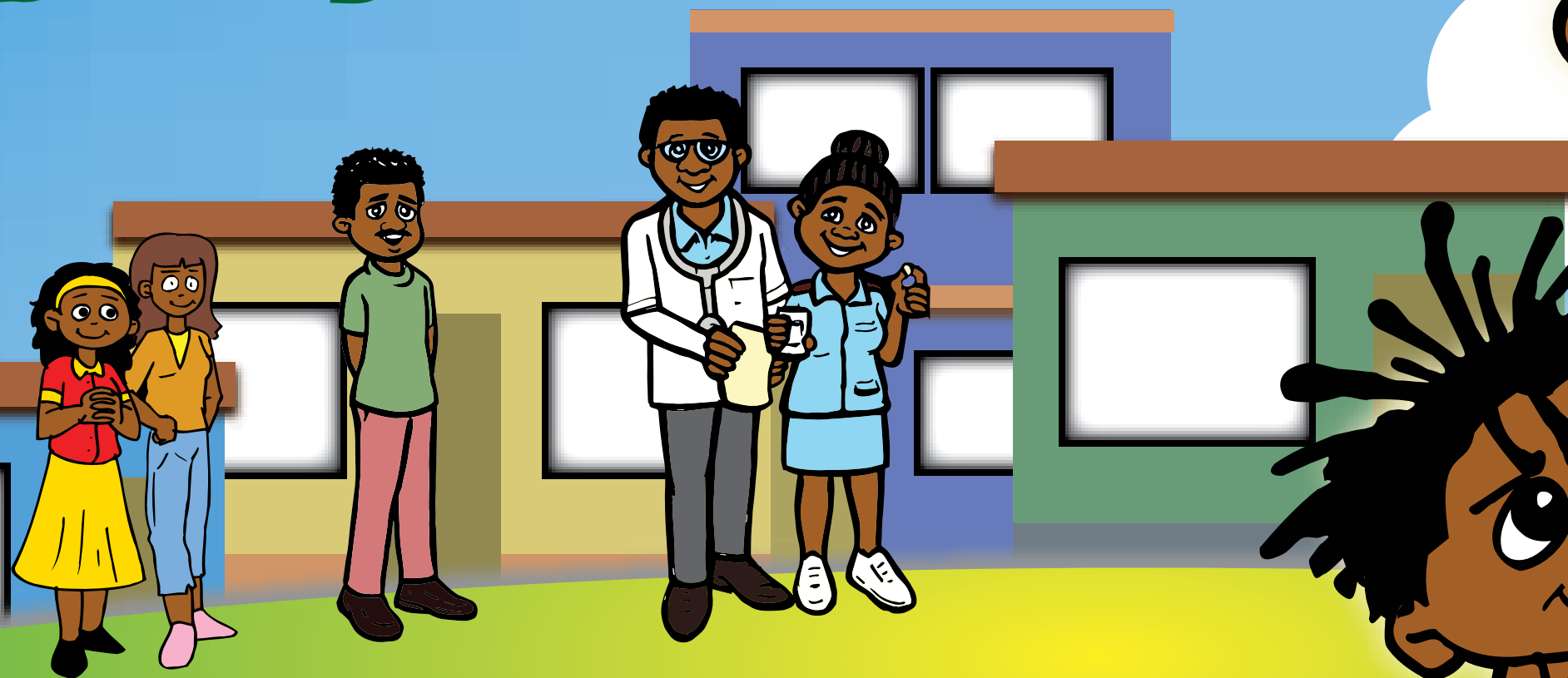


**IsiFo soFuba esingasazweli emaphilisini
(Multidrug –Resistant TB (MDR-TB)
i-MDR-TB ayizweli kwamanye
amaphilisi okwelapha i-TB,
kodwa iyelapheka!**



**I-MDR TB ayizweli emaphilisini
ajwayelekile e-TB, kodwa iyelapheka!**

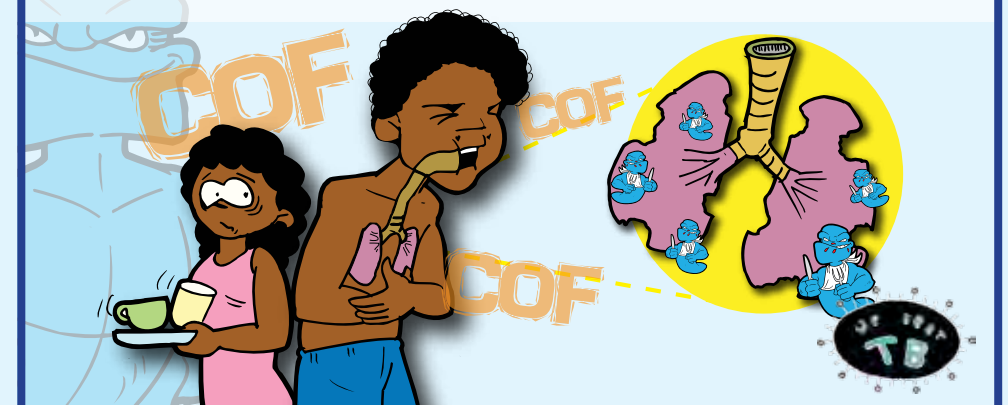


Amanothi Nesisebenzi Sezempilo

- Zisuka nje ekuqaleni zama ukubandakanya isiguli ukuze sikulalele futhi sikuqaphele okushoyo.
- Funa uvo lwabantu maqondana ne-TB.
- Bagqugquzele ukuba bayicabange- lokhu kuzobenza babe nokulangazelela ukukulalela uma ubanikeza izimpendulo.
- Sebenzisa leli shadi ngokukhulu ukucophelela: ukuze uqinisekise ukuthi isiguli siyaqonda futhi siyayilandela imigomo yokuphuza amaphilisi.

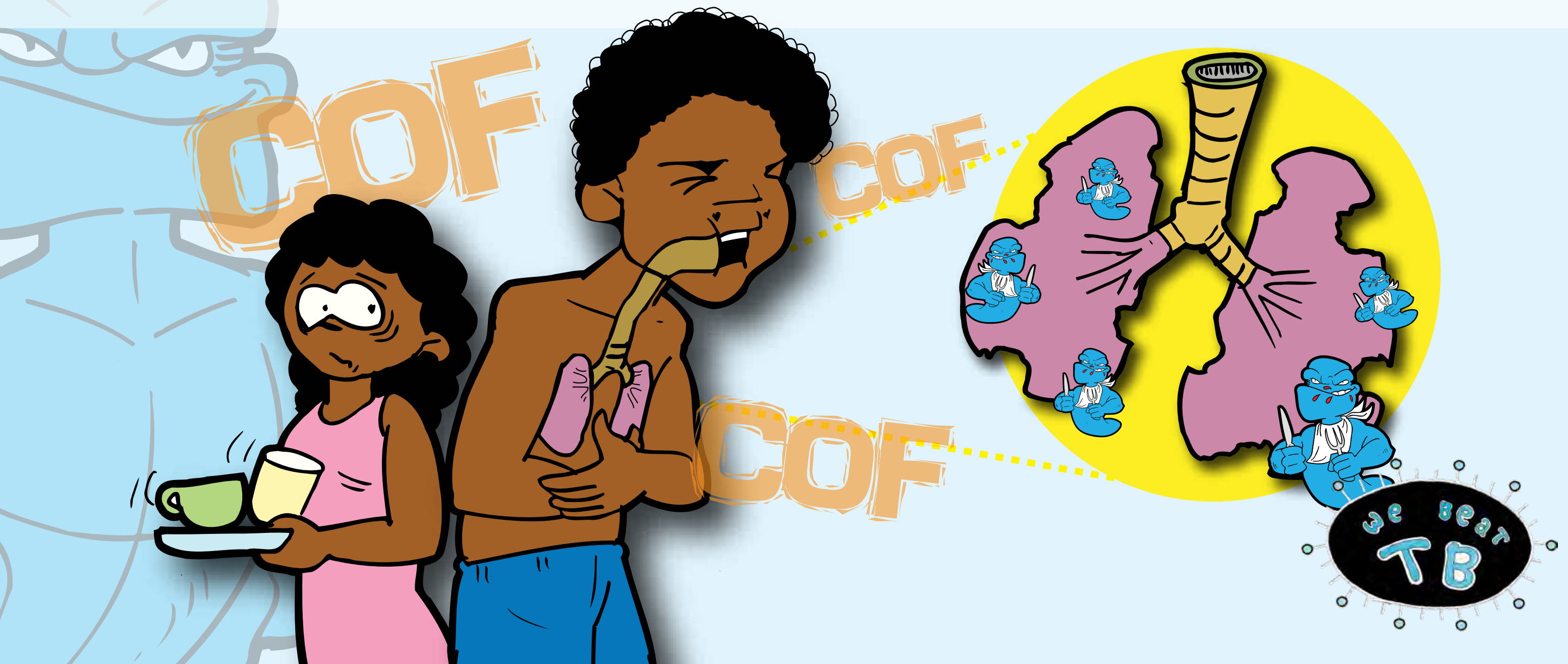
Siyini isiFo soFuba (TB)?

- 1 I-TB yisifo uberculosis (TB) yisifo esidalwa ngamagciwane ahamba nomoya esuka komunye umuntu angene komunye. Esikhathini esiningi i-TB ihlasela amaphaphu, kodwa futhi ingazihlasela ezinye izitho zomzimba, okuwubochopho, izinso noma umgogodla.
- 2 Iyingozi uma ungakutholi ukuyelashelwa, futhi ungayifafaza kwabanye.
- 3 Iyelapheka ngamaphilisi atholakala kuyona yonke imitholampilo.



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- 3 Iyelapheka ngamaphilisi atholakala kuyona yonke imitholampilo.



Amanothi Nesisebenzi Sezempilo

- Buza iziguli ukuthi zicabanga ukuthi yini umehluko phakathi kwe-TB kanye ne MDR-TB.
- Liyefana igciwane kukona kokubili- kodwa kunzima ukuyelapha i-MDR-TB. Ukwelapha i-MDR kungathatha izinyanga ezingama-24 noma ngaphezulu. I-TB engasazweli emaphilisini ajwayelekile ayelapheki ngamaphilisi lawa okuqalwa ngawo e-TB.
- Uma ulashelwa i-TB, kusemqoka ukuba usebenzisane nomsebenzi wezempilo ukuze uqinisekise ukuthi uyaqeda ukuphuza amaphilisi akho ngesikhathi esimisiwe ukugwema ukungahlaselwa yi- MDR-TB.
- I-MDR-TB iyingozi ngoba kunzima ukuyelapha. Uma ungawaphuzi amaphilisi akho ngendlela enqunyiwe ungafa nokufa.
- Yiba nesibindi, gcina umzimba wakho uphilile futhi uhlale uwunakekela uphuze amaphilisi njengalokhu kumisiwe. I-MDR iyelapheka.

Iyini i-MDR-TB?

I-MDR-TB idalwa yigciwane elidala isiFo soFuba, kodwa ayelapheki ngamaphilisi ajwayelekile okwelapha i-TB.



Ukwelashwa kwe-TB ejwayelekile:

- kuthatha izinyanga eziyisithupha noma ngaphezulu
- ezinyangeni ezimbili zokuqala zokuphuza amaphilisi amane bese kuthi ezinyangeni ezine zokugcina kube ngamaphilisi amabili
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Ukwelashwa kwe-MDR-TB:

- kuthatha iminyaka emibili noma ngaphezulu
- kudinga izinhlobo ezehlukene zamaphilisi kubandakanya nemijovo
- uma uyeka ukuphuza amaphilisi ungahlaselwa yile ebizwa nge- extreme drug resistant TB

Kunzima ukuyelapha, kodwa uma usheshe waqala ukwelashwa iyelapheka.



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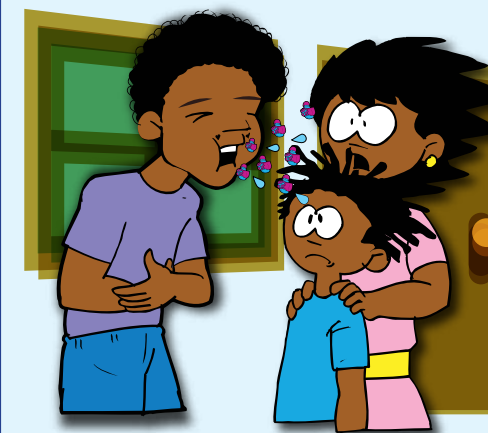


Amanothi Nesisebenzi Sezempilo

Kungabe i-MDR-TB ibhebhetheka kanjani futhi ukubhebhetheka kwayo kunganqandwa ngaziphi izindlela?

- Phinda, uqale ubuze abantu ukuthi bacabanga ukuthi yandiswa yini i-TB - ungathola nezimpendulo ezihlaba umxhwele!
- Ungalingisa ukukhwehlela nokuphimisa ngendlela eyihaba - into ehlekisayo yenza abantu banake futhi ukuhleka kuzobenza bakhululeke kakhulu.
- Cela isiguli ukuba sichaze ikhaya laso, nhloboni yamafasitela abanawo, bahlala nobani ekameleni lokuphumula /ekameleni lokulala. Lokhu akwenzelwa ukuthi bazizwe bephoxeka ngamakhaya abo kodwa ukuze ukwazi ukuqonda isimo nokuthi yiziphi izeluleko ongabanika zona.

Kungabe abanye abantu batheleleka kanjani nge-MDR-TB?



Ibhebhetheka njengayona le ejwayelekile.

Uma umuntu one-MDR-TB ekhwehlela, ethimula, ehleka noma ecula, abe esesabalala emoyeni amagciwane e-MDR-TB.

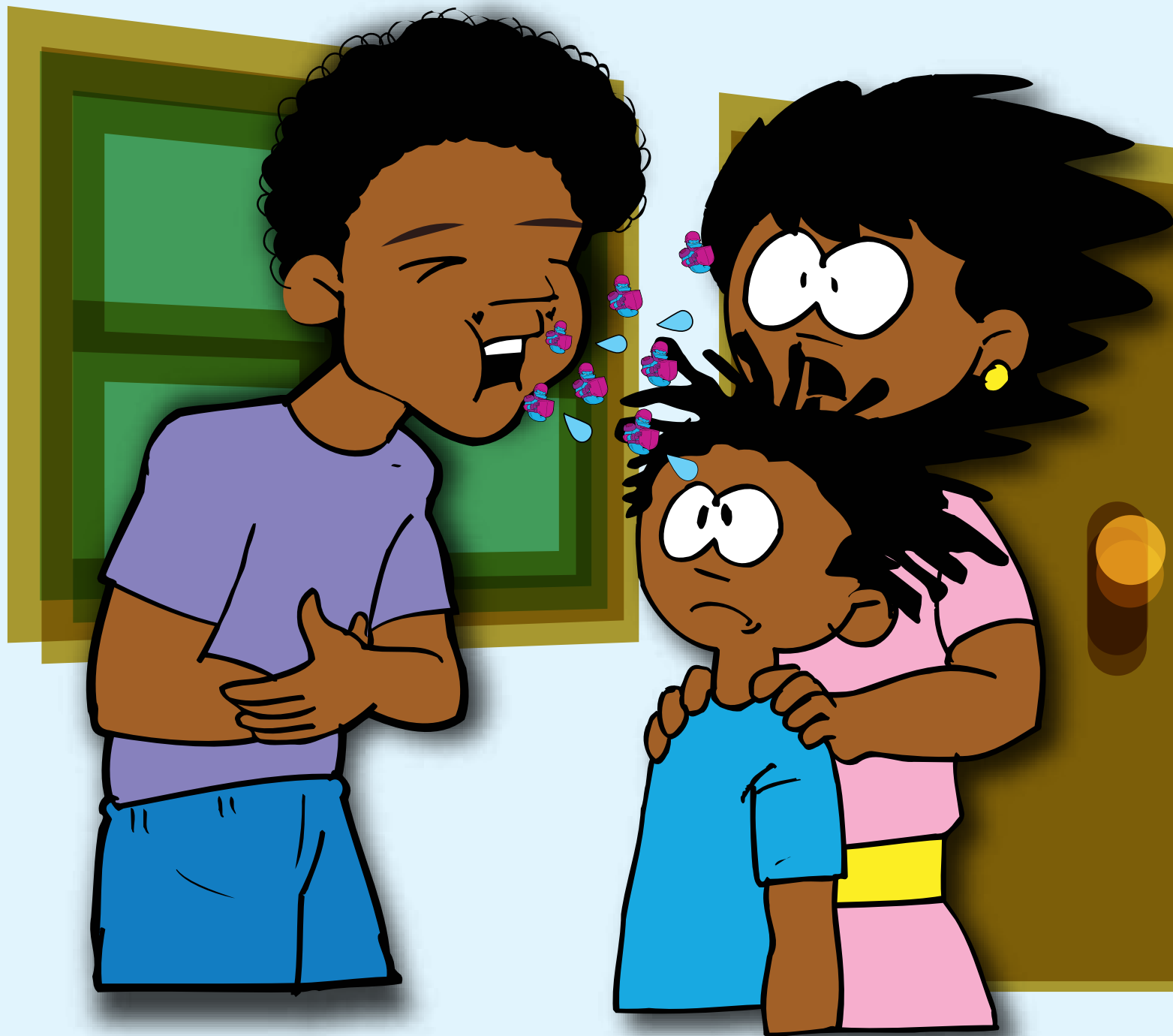
Nanoma ngubani oseduze ohogela lowo moya angahlaselwa yi-MDR-TB.

Izindawo okunamathuba amakhulu okuthola kuzona i-TB kalula

Ilezi zindawo yilapho kuhlanyanisa khona abantu abaningi, okungekho amafasitela avuliwe. Isibonelo nje: etekisini egcwele noma lapho kuhlathwe uhele ngaphakathi ebholidini elingenawo amafasitela avuliwe. Abantu abahlala ngokuminyana, abantu abalala ngabaningi egunjini elilodwa basengcupheni yokungenwa yi-TB.



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Amanothi Nesisebenzi Sezempilo

Omunye umuntu angeke atheleleka nge-MDR-TB ngo.....

- Lapha sifuna ukuba ukhulume nesiguli mayelana nokubekwa izici kanye nokuqeda ukungaqondi ngalesi sifo.
- Angeke wangenwa yi-TB ngokusebenzisa izimpahla ezizodwa nomuntu analesi sifo okungaba izitsha, ukudla, izingubo zokugqoka, esihlalweni sendlu yangasese (kodwa uma indlu yangasese yenu incane futhi engenawo amafasitela noma kungangeni umoya kuyona- ungayithola-ke lapho i-TB noma i-MDR - ngaso sonke isikhathi qikelela ukuthi endlini yangasese amafasitela avuliwe) noma ngokuxhawulana. Khumbuza isiguli ukuthi i-TB kanye ne-MDR TB yisifo esithwalwa yigciwane elihamba emoyeni- okusho ukuthi yisifo esibhebhethekiswa umoya- ngakho-ke ungayisabalalisa i-TB kanye ne-MDR TB ngokuqabula, uma uphefumulela komunye umuntu.
- Ukubekana izici kungancishiswa ngokuba abantu bafundiseke. Fundisa isiguli futhi usikhuthaze nazo ukuba sifundise umndeni waso.

Yini enye abantu abangayenza ukulwa ne-TB kanye ne MDR-TB?

Ongakwenza nje okumqoka ukuzivikela ekungenweni i-TB ukugcina umzimba wakho uphilile futhi wondlekile.

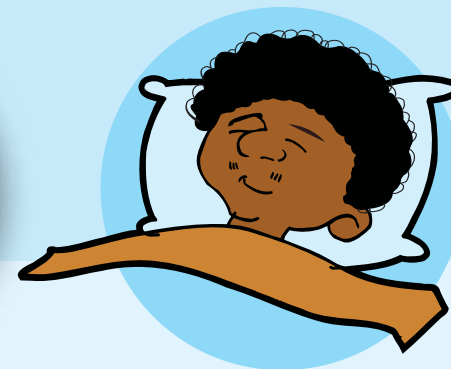
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Amanothi Nesisebenzi Sezempilo

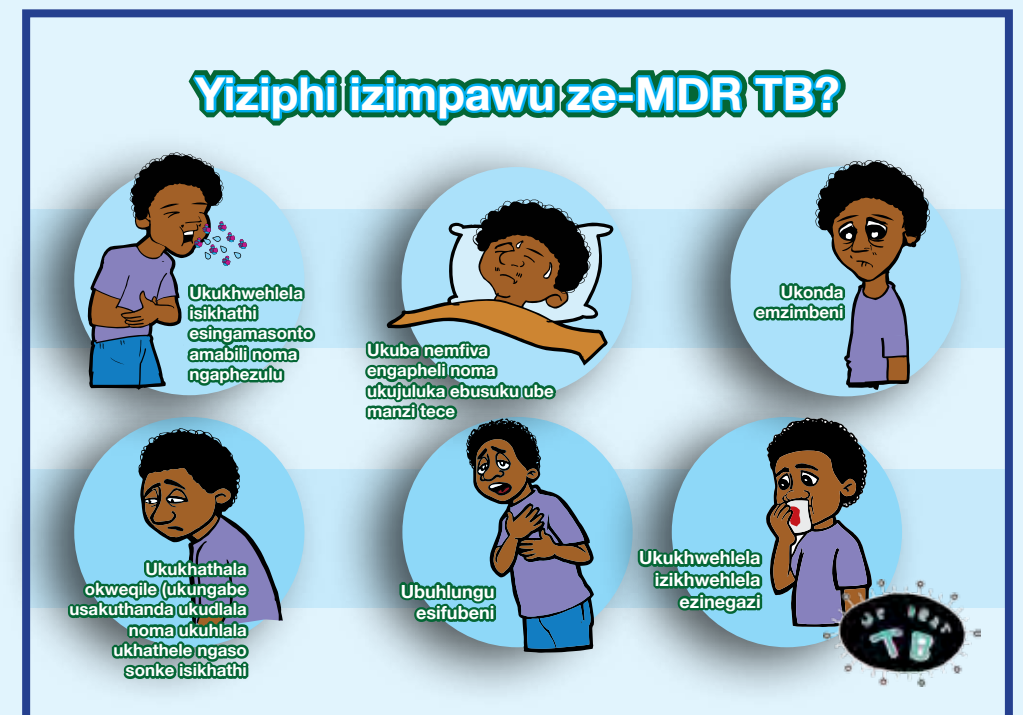
Abantu bazibona kanjani uma bene-TB?

Iziguli zingazibona kanjani uma zisola ukuthi zine MDR TB?

- Babuze ukuthi bakhona yini abantu ababaziyo abane-TB nokuthi babenaziphi izimpawu?
- Phinda ubanike isiqiniseko sokuthi ukukhwehlela nje akusho ukuthi khona manjalo sebene-TB, – i-Bronchitis ingakudala ukukhwehlela kodwa lokhu kungaphela emva kwesonto elilodwa noma amabili.
- Ukukhwehlela okunganqamuki kuze kudlule amasonto evile kwamabili, kuhambisana nezinye izimpawu, kukhomba i-TB.

Yini engenziwa ngabantu uma becabanga ukuthi bane-TB?

- Mamatheka futhi ube nomusa - kumele abantu bacabange ngomtholampilo oyindawo ephephile futhi enobungani umuntu angayivakashela.
- Gcizelela ukuthi bangachithi isikhathi- kumele beze emtholampilo ngokushesha.
- Uma i-TB ibonakale ngokushesha, ingelapheka ngokushesha, futhi nabo bangasheshe babe ngcono.
- Chaza ukuthi amasampula esikhwehlela athathwa kanjani futhi ubakhombise nezitsha zokuwafaka – uma beyiqonda indlela okumele benze ngayo, angeke besabe futhi bazokwazi nokuyichazela abanye.



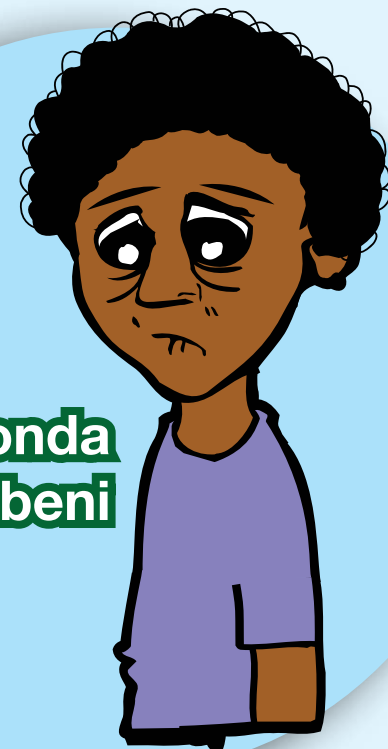
Yiziphi izimpawu ze-MDR TB?



Ukukhwehlela
isikhathi
esingamasonto
amabili noma
ngaphezulu



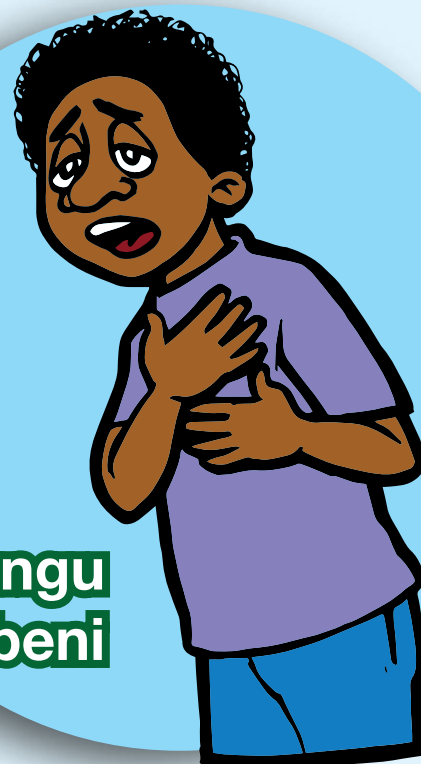
Ukuba nemfiva
engapheli noma
ukujuluka ebusuku ube
manzi tece



Ukonda
emzimbeni



Ukukhathala
okweqile (ukungabe
usakuthanda ukudlala
noma ukuhlala
ukhathele ngaso
sonke isikhathi



Ubuhlungu
esifubeni



Ukukhwehlela
izikhwehlela
ezinegazi



Amanothi Nesisebenzi Sezempilo

Ukubaluleka kokukhwehlela ngendlela ephephile

- Linganisa ukuze utshengise isiguli ukuthi siwumboze kanjani umlomo nekhalala.

Ungakunqanda kanjani ukutheleleka kwabanye abantu nge-MDR TB?

Uma ukhwehlela noma uthimula, mboza umlomo nekhalala ngephepha lokuzesula noma ngengalo kumbe ngendololwane.

Fulathela abantu uma ukhwehlela noma uthimula. Ungavumeli abantu bakhwehlelele noma bathimulele kuwena.

Hlanza izandla ngeso sonke isikhathi uma kade ukhwehlela noma uthimula futhi ulibhileleli phepha lokuzesula obulisebenzisa.

Ngokuba uphuze amaphilisi akho njengalekhu kumisiwe futhi uwaphuze kuze kuphele isikhathi esinqunyiwe.

• Vula amafasitela - Igciwane elidala i-TB libulawa ukushisa kwemisebe yelanga ngakho - ke kubalulekile ukuhlala uwavulle amafasitela ekhaya lakho, ukuze kungene ukukhanya kanye nomoya ozowaphephula uwakhiphele ngaphandle amagciwane.

• Kuyancomeka ukuba ulale wedwa egunjini lakho okungenantlizi ingabe isaba namandla okusabalala (sekuphele amasonto amabili unqale ukuphuza amaphilisi futhi noma ungasenzazi inkombaze-TB ezibonakalayo).

• Uma kunokwenzeka, gwema ukuba nezivakashii kuze kube ayisenawo amandla okusabalala.

Hamba uyohlola ngokushesha uma usola ukuthi une-TB qinisekisa ukuthi uphuthume uye kohlola.

Ukuthathelana kwe-TB

Uthelelwe ngumuntu othile nge-TB futhi nawe usengabathelela abanye. Ukuze kunqandwe ukubhebhetheka kwayo kumele sihlonzwe futhi selaphe bonke labo asebehaqwe yilesi sifo. Abasengcupheni kakhulu yilabo abahlala nawe ekhaya kanye nasemsebenzini. Kusemqoka ukuba nabo bahlolwe i-TB, ikakhulukazi uma beneminyaka yobudala engaphansi kweyi-5. Nanoma yiziphi izingane oke wasondelana nazo kudingeka ukuba zithole ukwelashwa okungaba ukulashelwa i-TB kumbe ukulashelwa ukuvikela lesi sifo.

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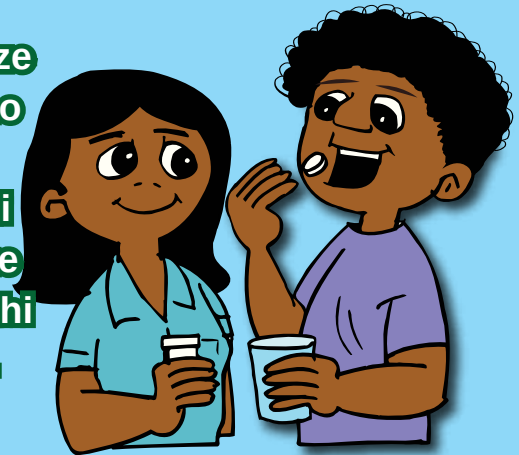


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Amanothi Nesisebenzi Sezempilo

Ngalezi zindlela ezimbili ezilandelayo:

- (1) Uma une-TB nje ejwayelekile bese uyeka ukuphuza amaphilisi, igciwane le-TB liyadlana lingabe lisabulawa amaphilisi ajwayelekile okuqalwa ngawo nje ukulashwa kwe-TB.
- (2) Umuntu oshlaselwe yi-MDR TB -kodwa ongayilaphi - akhwehlele futhi athimule bese uhogela lawo magciwane akhe - ungayithola kanjalo-ke i-MDR TB- yize ungakaze ube nayo nje le ejwayelekile i-TB noma ngabe uyeke ukuphuza amaphilisi.

Yelashwa kanjani i-MDR TB: YINI ISIGULI OKUMELE SIKULINDELE ZINYANGA ZONKE UMA SIYE ESIBHEDLELA ESELAPHA I-MDR TB?

- Ukuthathwa kwesikhwehlela ukuze siyohlolwa, ukuze kuhlonzwe ukuthi selingakanani igciwane le-TB noma le-MDR TB elisasemaphashini (kungabe umzimba uyezwela yini emaphilisini).
- Uzohlolwa umfutho wegazi, ushukela, isisindo somzimba kanye nezinga lokushisa komzimba-bese kubhalwa phansi ukuze kuhlolwe ukuthi igciwane liyehla yini noma cha emzimbeni.
- Udokotela noma umhlengikazi oqeqeshiwe maqondana ne- MDR kumele axilonge isiguli ukuze abone ukuthi igciwane liyehla yini noma cha noma kukhona yini okunye okungumthelela ongemuhle okhona.
- Xoxa nesiguli ngesimo saso bese usitshela lokho okutholile ngokusixilonga kwakho.
- Kumele usitshale ngokubaluleka kokuphuza amaphilisi ngokwethembeka, sitshale nangemithelela engemihle engase ibe khona ngenxa yokuphuza amaphilisi kanye nokuthi yini okumele siyenze ukuqeda leyo mithethelela engemihle. Hlola ikhadi isiguli eliligcwalisa usuku nosuku uma liphuza amaphilisi aso.
- Uma ubona kunesidingo sokusihlola isiguli futhi, isb ukuthatha igazi ukuze lihlolwe, ukuhlola ukusebenza kwesibindi. lokhu kumqoka kakhulu ngoba imishanguzo ye-MDR TB inamandla kakhulu kanti ingasilimaza isibindi kanye nezinso.
- Sihambise ku X-ray yesifuba uma udokotela ekuyalele ukuba wenze njalo.
- Gxila kakhulu ekuhloleni: ukuphazamiseka kwesibindi ngenxa yokuphuza amaphilisi, ukuphazamiseka emqondweni, ukungezwani namaphilisi athile, ukuba nenkinga ephathelene negazi kanye nokulimala kwengaphakathi lezindlebe.
- Njalo ngenyanga uma iziguli zize emtholampilo zizojova noma sekuphele izinyanga ezi-3 ziqede ukujova kumele zihlolwe izindlebe.
- Zinikezwa amaphilisi ezizowaphuza kuze kuphele inyanga.

Ukulandelela emva kokuba isiguli sesiqedile ukuphuza amaphilisi esikhathini esinqunyiwe: njalo emva kwezinyanga eziyi-6 kuze kuphele iminyaka emi-2, ukuhlola ukuthi akubuyi yini ukugula.

Ngenkathi isiguli size emtholampilo noma esibhedlela:

1. Kuhlolwa izimpawu zesifo.
2. Kuthathwa isikhwehlela ukuze siyohlolwa.
3. Singayiswa naku X-ray yokuhlola isifuba.



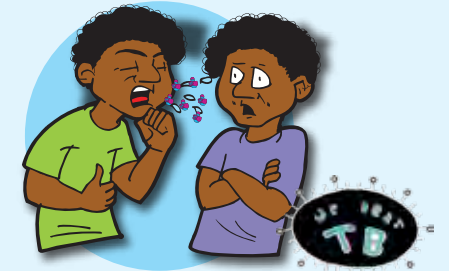
Ikuhlasela kanjani i-MDR TB?

Uma une-TB bese ungawaphuzi amaphilisi akho ngendlela umsebenzi wezempilo ekuyalele ngayo.

NOMA

Angakuthelela umuntu one-MDR TB uma ekhwehlela engawumbozanga umlomo nekhala futhi ongawaphuzi amaphilisi, noma osanda kuqala ukuphuza amaphilisi kodwa esanamandla okuthelela abanye.

Kuthatha izinyanga eziyisithupha ukuba amaphilisi okwelapha i-TB awabulale nya amagciwane emzimbeni. Abanye abantu bayayeka ukuphuza amaphilisi abo uma nje sebezizwa bengconywa kanti lokhu kusizakalisa igciwane ukuba lidlange kunakuqala bese amaphilisi ajwayelekile e-TB angabe esazwela.





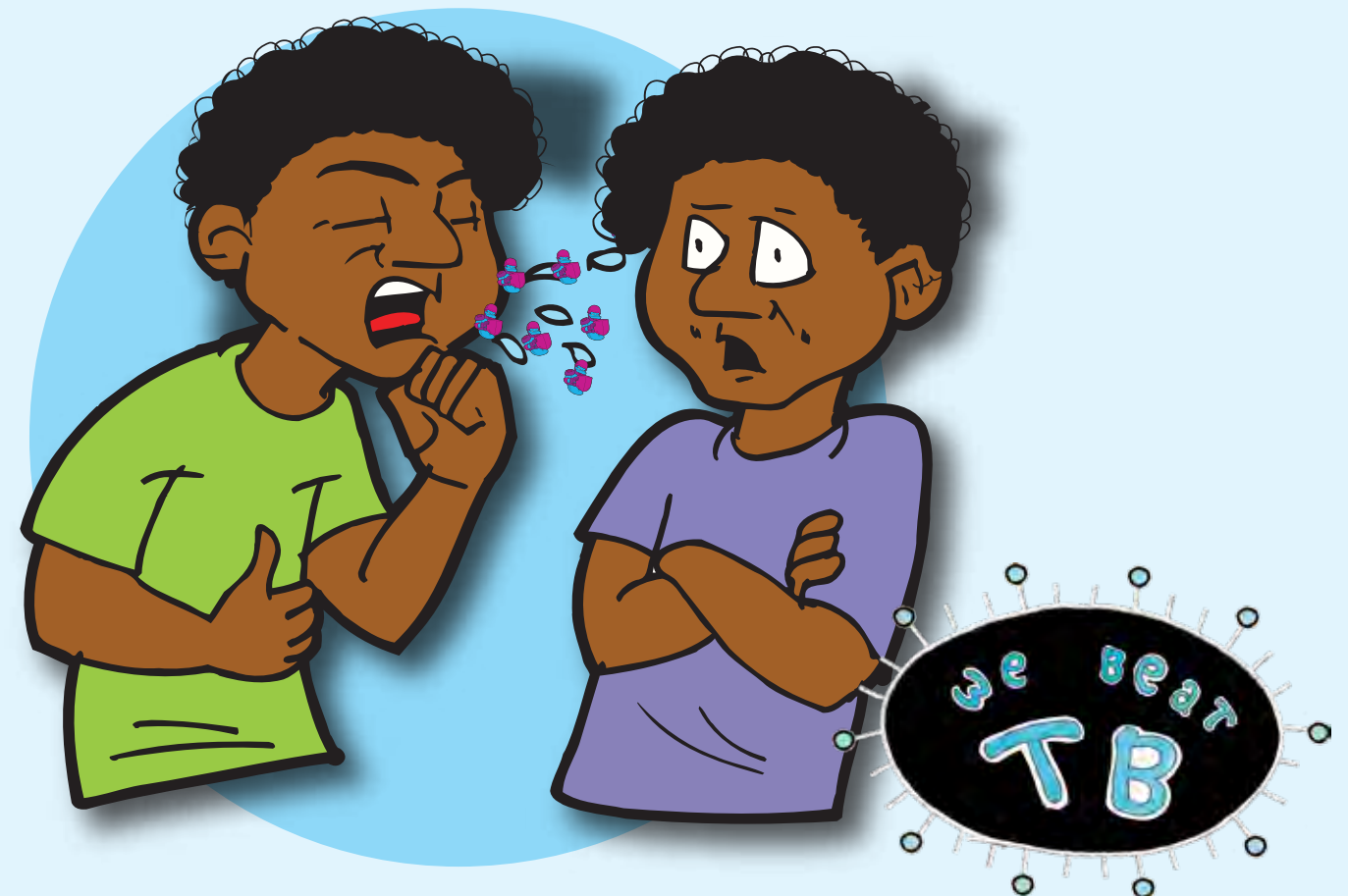
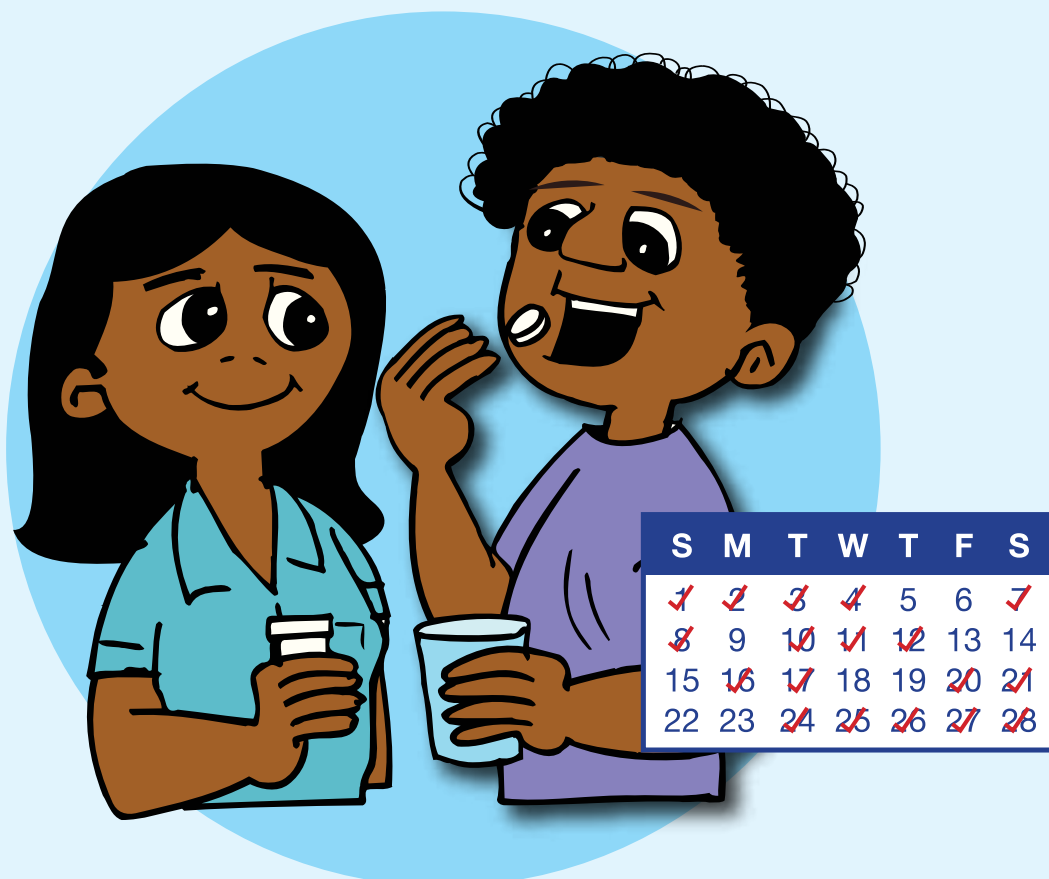
Ikuhlasele kanjani i-MDR TB?

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Amanothi Nesisebenzi Sezempilo

Kungabe iyelapheka i-TB?

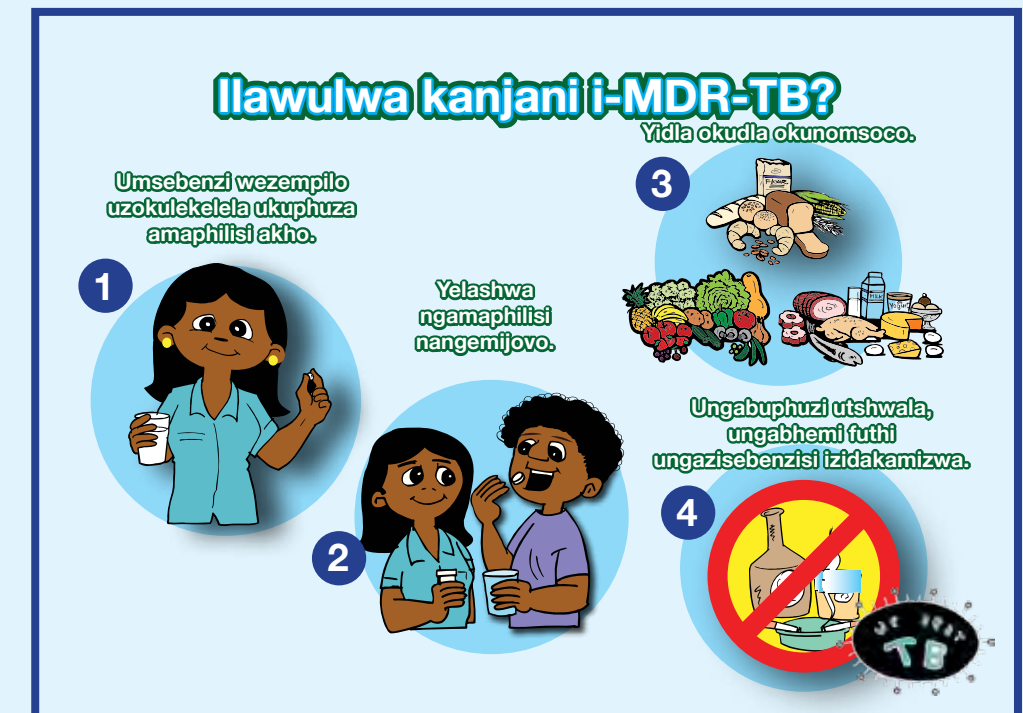
- Kubaluleke kakhulu ukugcizelela ukuthi ikhona imishanguzo yokwelapha i-TB nokuthi ingelapheka – uma abantu bezizwa kunento eya phambili abangayenza ngesifo, aba maningi amathuba okuthi beze emtholampilo bazokwelashwa.
- Kumele ukugcizelele ukuphuzwa kwamaphilisi kuze kuphele isikhathi esimisiwe- lona ngomunye wemiyalezo ebaluleke kakhulu okumele bahlale beyikhumbula futhi bayishumayele nakwabanye.
- Gcizelela iphuzu lokuthi ngisho izinsana kanye nezingane ezisencane zingalapheka-uma laba bekwazi ukwelashelwa i-TB, kusho ukuthi iphephile kithina sonke.

Inikezwa kanjani le mishanguzo ye-TB?

- Lona ngomunye wemiyalezo esemqoka , ngakho wuchaza ngokucacile nangendlela elula.
- Wuphindaphinde usebenzise izindlela eziningi ukuze ungene ugxile.
- Cela abantu ukuba basho lokho obukusho kubo ukuze uqinisekise ukuthi wonke umuntu uyakuqonda futhi ukuze wonke umuntu akhumbule.
- Khombisa isiguli imishanguzo.

Ngobani/bayini abeseki be - DOT?

- Abeseki be-DOT bayingxenye esemqoka yohlelo lokwelapha.
- Gcizelela ukuthi bangabantu “njengawe nami” abaqhamuka emphakathini.
- Chaza ukuthi kungani kufanele amaphilisi uwaphuze ngokuthembeka.
- Gqugquzela abantu ukuba babuze imibuzo uma bengaliqondi iphuzu elithile – uma abantu beyiqonda indlela okumele benze ngayo, maningi amathuba okuthi bayeseke futhi bayilandele.
- Gcizelela ukuthi umeseki we - DOT ukhona ukuze abasize - uma benanoma yiziphi izinkinga, kufanele bazidingide nomeseki wabo we- DOT ukuze kutholakale isixazululo.



Ilawulwa kanjani i-MDR-TB?

Yidla okudla okunomsoco.

Umsebenzi wezempilo
uzokulekelela ukuphuza
amaphilisi akho.

1



Yelashwa
ngamaphilisi
nangemijovo.

2



3



Ungabuphuzi utshwala,
ungabhemi futhi
ungazisebenzisi izidakamizwa.

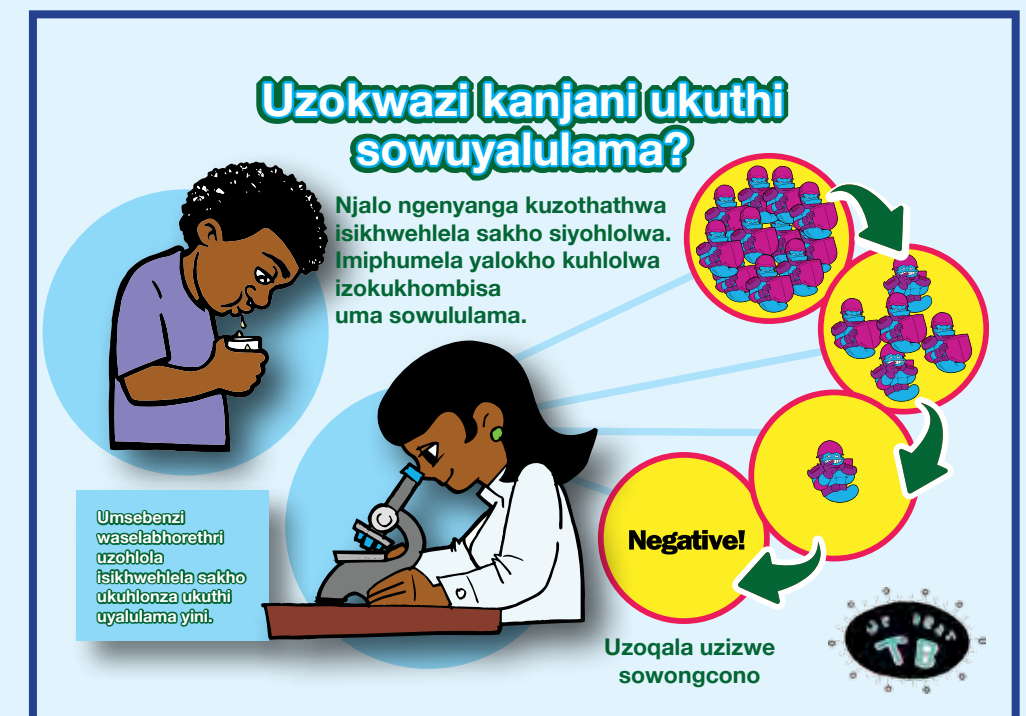
4



Amanothi Nesisebenzi Sezempilo

Kuthatha isikhathi esingakanani ukuba abantu abalashelwa i-TB bazizwe sebengcono?

- Kubalulekile ukuba abantu baqonde ukuthi angeke bavele bazizwe bengcono nje ngokuqala ukuphuza amaphilisi, kunalokho bazizwa sengathi ayisebenzi bese beyeka ukuwaphuza.
- Gcizelela ukuthi njalo ngosuku kukhona ubungcono obenzekayo kancane kancane, noma ngabe ababuzwa.
- Okunye okusemqoka ukuthi kumele bazi ukuthi noma ngabe bazizwa sebengcono kumele baqhubeke nokuphuza amaphilisi kuze kube sekupheleni kwesikhathi esibekiwe.
- Chaza ukuthi kungani kumele baye njalo emtholampilo ukuyoxilongwa nokuthi kubaluleke ngani.
- Chaza ukuthi kungani amaphilisi eshintshwa emuva kwezinyanga ezimbili uma sekubonakala ubungcono.
- Uma isiguli siqonda ukuthi kungani nokuthi uhlelo lusebenza kanjani, sizizwa sinamandla futhi kuyisona esengamele ukwelashwa kwaso okuyikhona okwenyusa amathuba okusinda.

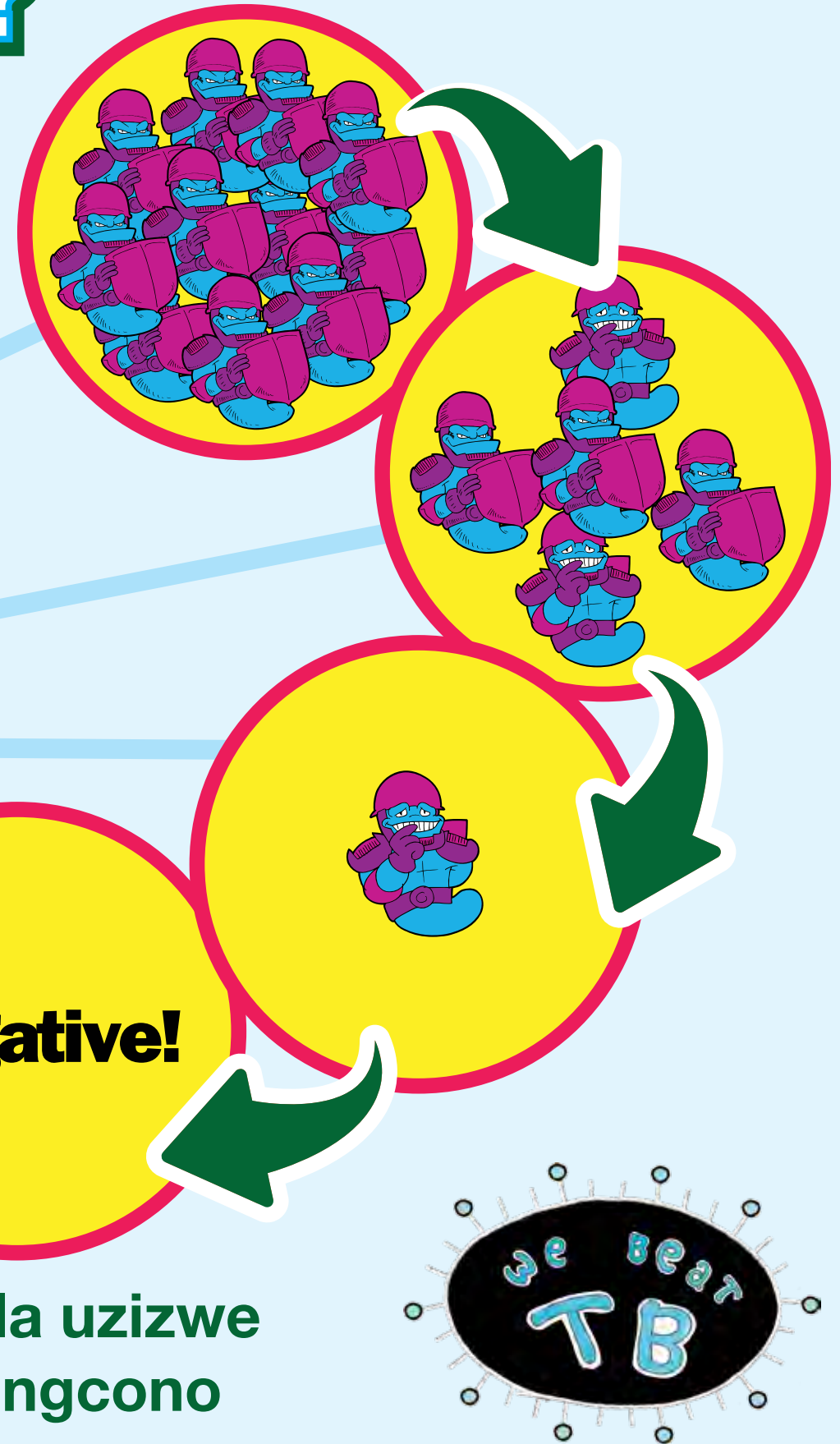


Uzokwazi kanjani ukuthi sowuyalulama?

Njalo ngenyanga kuzothathwa
isikhwehlela sakho siyohlolwa.
Imiphumela yalokhokuhlolwa
izokukhombisa uma
sowululama.



Umsebenzi
waselabhorethri
uzohlola
isikhwehlela sakho
ukuhlonza ukuthi
uyalulama yini.



Uzoqala uzizwe
sowongcono

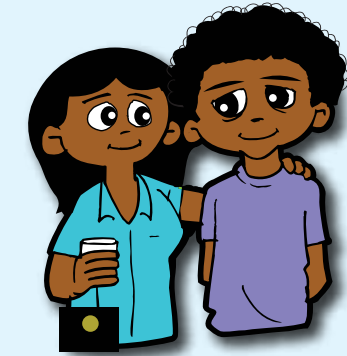
Amanothi Nesisebenzi Sezempilo

Imithelela engemihle uma uphuza amaphilisi e-TB engase ibe khona.

- Kubalulekile ukuba sithembeke ezigulini bese sizichazela ukuthi amanye amaphilisi e-TB angaba nemithelela engemihle.
- Chaza ukuthi yini imithelela engemihle. Eminye imithelela engemihle ayithandeki kepha wena kumele ucabange ngomgomo wesikhathi eside wokubulala amagciwane e-TB.
- Akusibo bonke abantu ababa nale mithlelela engemihle/ abanye baba nenhlanhla bangabi nayo.
- Buza isiguli ukuthi sizokwenzenjani uma sibhekana nemithelela engemihle.
- Gcizelela ukuthi isiguli singayeki ukuphuza amaphilisi ngenxa yemithelela engemihle kodwa kumele siye emtholampilo noma kudokotela ukuze sithole imithi ezoqeda leyo mithlelela engemihle.



Kungabe ukuphuza amaphilisi kuyaba yini nemithelela engemihle?



YEBO

Ungazizwa ucanuzelwa yinhliziyi

Ungaba nobuhlungu esiswini



Amehlo angaba phuzi

Kungenzeka ungabe esezwa kahle ezindlebeni

Ungezwa ubuhlungu lapho ojove khona

Kodwa yonke le mithelela engemihle uma uphuza amaphilisi :

- iyelapheka kalula ngale kokuyeka ukuphuza amaphilisi
- tshela umsebenzi wezempilo uma unale eminye yale mithelela engemihle
- ungalokothi uyeke ukuphuza amaphilisi
- kuyaye kwenzeke ukuthi eminye yemithi yesintu iyashayisana namaphilisi e-TB okwenza angasebenzi ngendlela efanele; ukusetshenziswa kwako kokubili lokhu kumele kugwenywe ngayo indlela ukuze kuqinisekiswa ukusebenza ngempumelelo kwamaphilisi e-TB. Eminyane imithi yesintu iba nemithelela engemihle efana ncamashi nale yamaphilisi e-TB bese kuba nzima kakhulu uma isiguli siba nemithelela engemihle ukuhlonza ukuthi kungabe yikona kuphi okudala le mithelela engemihle. Ngakho-ke kumqoka ukuba iziguli zikuveze uma kukhona imithi yesintu eziyithathayo.



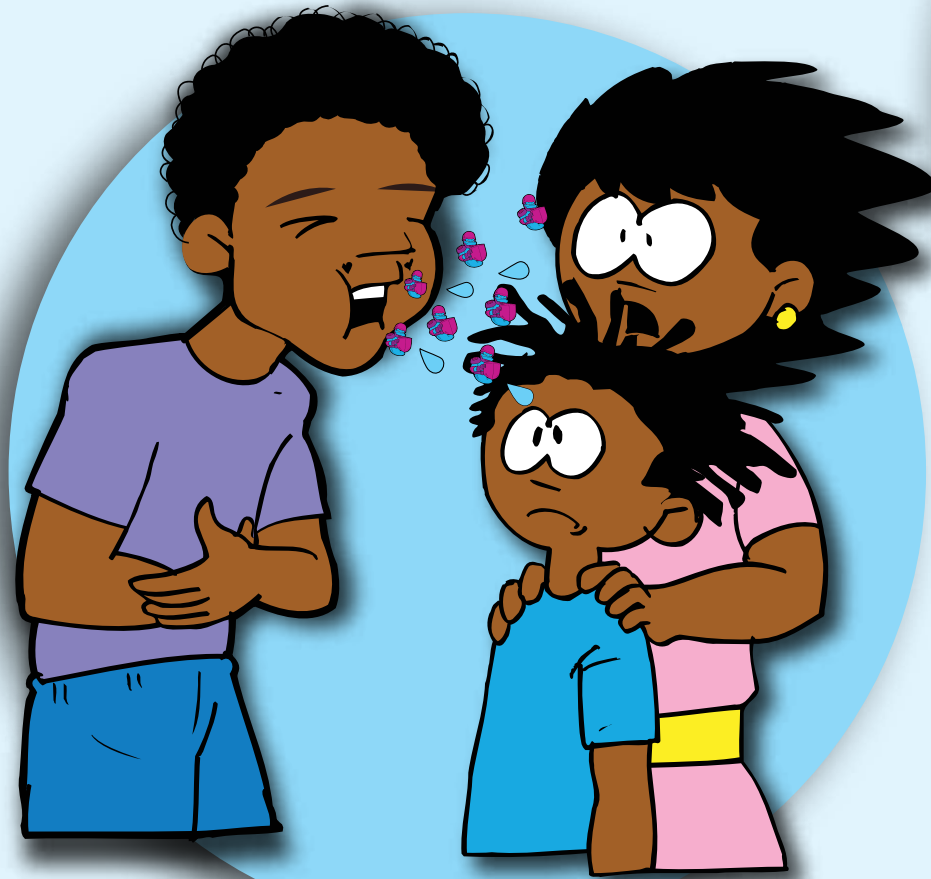
Amanothi Nesisebenzi Sezempilo

Kwenzakani uma abantu beyeka ukuphuza amaphilisi e-TB?

- Buza abantu ukuthi bacabanga ukuthi kuzokwenzekani uma beyeka ukuphuza amaphilisi abo e-TB singakapheli isikhathi esinqunyiwe – kufanele ukube sebeyaqonda manje ukuthi kubaluleke ngani ukuba bawaqede wonke amaphilisi.
- Uma bephendula ngokungeyikho, sebenzisa leli thuba ukuphinda uchaze ukuthi kubaluleke ngani.
- Ungadinwa uma uthola izimpendulo okungezona noma wenze abantu bazizwe beyizithutha uma benze iphutha - kubalulekile ukuthi abantu bakhululeke uma benabasebenzi basemtholampilo, futhi beyiqonda kahle indaba yokuhlonipha imiyalelo yokwelashwa.
- Ngesikhathi abantu beluqonda uhlelo lokwelashwa kanye nezizathu eziholela ekwenzekeni kwezinto, yilapho bewaphuza ngendlela efanele futhi bewaqeda amaphilisi abo.
- Ziningi izizathu eziholela ekutheni abanye abantu bayeke ukuphuza amaphilisi abo. Xoxisana nesiguli ngezinto ezingahle zibe yizizathu eziholele kulokho. Ezinye zezizathu yilezi: Uma umuntu esephuza amaphilisi akhe uyaye azizwe esengcono, bese ekubona kungasabalulekile ukuqhubeka nawo. Kwesinye isikhathi kuba nzima emsebenzini ukuthola isikhathi sokuya emtholampilo. Olayini abade basemtholampilo baqeda umdlandla. Kuyabiza ukugibela uya emtholampilo. Kwesinye isikhathi awunako ngisho ukudla ekhaya ngakho awuthandi ukuphuza amaphilisi ungadlile. Amanye amaphilisi e-TB anemithelela engemihle ekwenza ungazizwa kahle. Kodwa- ke ngokusebenzisana, singakwazi ukubhekana nalezi zingqinamba futhi siqinisekise ukuthi uyakwazi ukuqeda amaphilisi akho ngezinyanga eziyisi-6. Uma uqoke umtholampilo oseduze nalapho uhlala khona, ngeke udinge imali yokugibela. Imitholampilo eminingi inezingadi zokudla kumbe okokwelekelela izakhamzimba okunikwa iziguli eziphethwe yi- TB. Uma kuyinkinga ukuthola isikhathi emsebenzini, abasebenzi basemtholampilo/ umdidiyeli wezinhlalo ze- TB/ abelekeleli be-DOT bangangenelela bakumele futhi bachazele umqashi wakho ngokubaluleka kokuya kwakho emtholampilo.



Kwenzekani uma uyeka ukuphuza amaphilisi singakapheli isikhathi esimisiwe?



Ungabathelela abathandiweyo bakho nge MDR TB - ikakhulukazi izingane.



Liba namandla igciwane bese kuba nzima kakhulu ukulilapha.



Ugula kakhulu futhi ungafa nokufa.



Amanothi Nesisebenzi Sezempilo

Yikuphi okunye abantu abangakwenza ukulwa ne-TB?

- Cela imibono yabantu ukuthi yini abangayenza ukwelekelela ukulwa ne- TB - bayeke bacabange.
- Benze bazizwe kuyibona abalawulayo, banikeze igunya lokwengamela isifo sabo - lokhu kuzokhuphula amathuba okuthi bahambisane nohlelo lokwelashwa.
- Ungabenzi bazizwe benokuzisola - akusilona iphutha labo ukuthi bane- TB, kunalokho gcizelela ekutheni yini abangayenza, kanye noshintsho abangalwenza ukwenza ngcono isimo sabo sempilo kanye nesendawo.

Zikhethele!!

- Lapha kugxilwe kakhulu kubantu abayinakekelayo implio yabo.
- Sonke ziyazikhethela- basize bakhethe okufanele.
- Abantu abadala laba – ngeke sibaphoqelegele ekutheni baphuze amaphilisi.
- Uma abantu beqonda ukuthi kungani kwenzeka izinto nokuthi zenzeka kanjani, maningi amathuba okuthi bagxile ekuphuzeni amaphilisi abo.
- Gcizelela ukuthi abasebenzi basemtholampilo kanye nabelekeleli be-DOT bakhona ukuze basize abantu ngokusemandleni abo, nangayo yonke indlela.
- Hhayi ukuthi” thina kanye nabo”- siyimbumba “Ubuntu”.

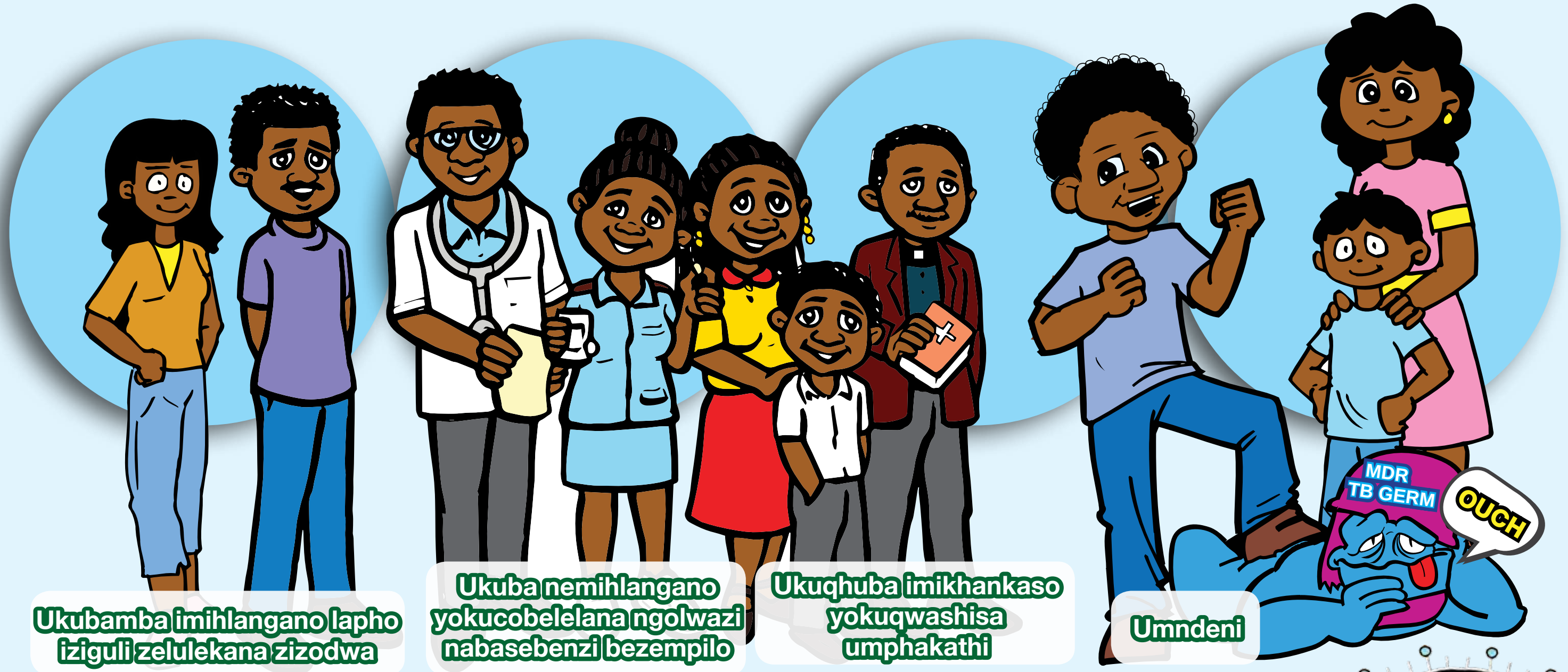
Ukwedluliselwa kweziguli kwezinye izibhedlela:

Iziguli kufanele zikuqonde ukubaluleka kokuqhubeka nokwelashwa. Uma kwenzeka zidluliselwa esigabeni esilandelayo sokwelashelwa i-TB kumele zithole igama lomtholampilo oseduzane namakhaya azo ukuze kwenziwe amalungiselelo afanele okudluliselwa kwaleso siguli kulowo mtholampilo ukuze silashwe sibe ngcono kakhulu.



Ungawuvikela kanjani umndeni, abangani kanye nomphakathi ku-MDR TB?

Phuthuma uye kohlola ngokushesha • Phuza amaphilisi akho njengalokhu uyalelwe umsebenzi wezempilo



Sikhonela ukukusiza!!! Awuwedwa!!!

