
UKUSOKWA KWABESILISA
NGOKWASESIBHEDLELA



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



Isibhedlela SaseManguzi

DEPARTMENT F HEALTH KZN

Private X301
kwangwanase
3973

Phone: 035 5920 150
Fax: 035920 158
E-mail: silungile.mthembu@kznhealth.gov.za

DEPARTMENT F HEALTH KZN

*Fighting disease, fighting poverty,
giving hope*

UKUSOKWA
KWABESILISA
NGOKWASESIBHEDLELA



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Tel: 035 5920 150

Uhlelo lokusokwa kwabesilisa lwaqalwa ngo April 2010, kulandelwa ubumbano phakathi kwamakhosi omdabu no hulumeni wakwaZuku Natal, ukuwaqhakambisa loluhlelo njengezinye zezinto ukuvikela isandulela ngculazi.

KUYINI UKUSOKWA?

Kuwukususwa kwejwabu kwisitho sangasese sowesilisa. Kwenziwa oDokotela kanye namaNesi aqeqeshiwe. Loluhlelo lokusokwa luthatha imizuzu engamashumi amabili kuya kwengama shumi amathathu. Kungaba nokupha nobuhlungu obuncane.

KUSIZA NGANI UKUSOKA?

- ◆ Kunciphisa amathuba okutheleleka ngezifo zocansi okubalwa kuzo izinsumpa, isandulela ngculazi, nokunye.
- ◆ Kunciphisa amathuba okuthola umdlavuza wesibeledo kubantu besifazane.

- ◆ Isitho sangasese sihlezi sihlanzekile.

OBANI ABANGASOKA?

- ◆ Abesilisa abaneminyaka eyishumi nesithupha kuya eminyakeni engamashumi ayisishiyagalombili.
- ◆ Abesilisa abanesandulela ngculazi nabo banelungelo lokusokwa, kodwa kumele amasotsha abe ngamakhulu amathathu namashumi amahlanu (350) nangaphezulu.

YINI OKUMELE UYENZE?

- ◆ Iya esibhedlela noma emtholampilo wangakini.

YINI OKUMELE UYENZE UKUZE USHESHE ULULAME?

- ◆ Gwema imisebenzi enzima nokuzivocavoca emva kokusokwa.
- ◆ Nakelela isilonda sakho.
- ◆ Hlanza isitho sakho sangasese kathathu ngelanga.....

.....ngamanzi wodwa.

- ◆ Ungadonsi izitishi noma unwebe isitho sakho sangasese ngenkathi isilonda sisaphola.
- ◆ Gwema ukuzibandakanya ocansini noma ukwenza indlwabu amaviki ayisithupha emva kokusokwa.
- ◆ Kubalulekile ukuya emtholampilo ngezinsuku onikwe zona, ngokujwayelekile emva kosuku kuya kuzinsuku ezingamashumi amabili nanye.

BUYELA EMTHOLAMPILO UMA:

- ◆ Unokopha okungapheli.
- ◆ Unezinhlungu ezingapheli kwesingezansi.
- ◆ Kunobunzima uma uchama.
- ◆ Unokuvuvukala esithweni sakho sangasese.
- ◆ Kunoketshezi oluphuma esithweni sangasese.