

*STOP TB /
VIMBA ISIFO
SOFUBA*



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health

Department:
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PROVINCE OF KWAZULU-NATAL

**OKUMELE UKWAZI
NGESIFO SOFUBA!**



MARCH IS TB AWARENESS MONTH

STOP TB



**STOP
TB**

People with TB have some or all of these symptoms:

- Coughing for more than 2 weeks, sometimes there is blood in the sputum (spit)
 - Chest pain and feeling of out of breath
 - Tiredness and loss of appetite
 - Night sweats
 - Weight loss
- If you experience any one of these symptoms
visit to your local clinic immediately*

FIGHTING DISEASE. FIGHTING POVERTY. GIVING HOPE.

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SIYINI ISIFO SOFUBA?

Isifo sofuba isifo esithelelana ngokuhogela umoya onegciwane. Uma umuntu onesifo sofuba ekhwehlela, ethimula, ekhuluma noma ethimisa, ukhipha amagciwane abizwa phecelezi nge (bacilli) emoyeni. Umuntu udinga ukuhogela amagciwane ambalwa ukuze atheleleke ngalesifo.

Umuntu onesifo sofuba engathelela abantu abangu-10 kuya kwabangu-15 ngonyaka kodwa akusho ukuthi uma usuthelekile uyoba usugula njalo.

ISANDULELA NGCULAZI NESIFO SOFUBA

Isandulela ngculazi nesifo sofuba kuyezwana futhi kuyasebenzisana. Umuntu onesandulela ngculazi usemathubeni amaning okuthola isifo sofuba kunomuntu ongenaso isandulela ngculazi.

Isifo sofuba sihamba phambili ngokubulala abantu abanesandulela ngculazi.

UNGASIVIKELA KANJANI ISIFO SOFUBA?

Ezinganeni:

- ◆ Ingane ezelwe kumele iye emtholampilo oseduze iyohlololwa lesifo bese inikwa umgomo i(BCG) wokuvikela kanti nokunceliswa ibele kuyakhuthazwa kakhulu.
- ◆ Indawo ehlanzekile, ukuvulwa kwamawindi neminyango kanye nokusetshenziswa kweziqandisi.
- ◆ Izingane ezingaphansi kweminyaka eyisithupha kumele ziye emtholampilo eseduze ziyohlola. Uma singatholakalanga isifo sofuba kumele zinikezwe imishanguzo yokuvikela ebizwa nge (INH).

Kubantu abadala:

- ◆ Ukufundiswa nokukhonjiswa (demonstrate) kubasebenzi bezempilo kuyasiza ukuvikela isifo sofuba.
- ◆ Ukuvala umlomo ngephepha lokusula noma ngendololwane uma ukhwehlela noma uthimula.
- ◆ Ukudla ukudla okunempilo ngaso sonke isikhathi.

OKUNGENZEKA UMA UYEKA IMISHANGUZO SINGAKAFIKI ISIKHATHI

Kuyingozi kakhulu ukuyeka imishanguzo yesifo sofuba. Ungagcina uphathwe olunye uhlobo lwesifo sofuba olubizwa nge MDR-TB okudlulela lapho kungaba yi (XDR-TB).

Ngokubona kwabezempilo, kuyingozi kakhulu ukuqala imishanguzo bese ungayiqedi kunokungayi qali nhlobo.

OKUMELE UKUQAPHELE NGESIFO SOFUBA

oyedwa kwabathathu abantu emhlabeni wonke abahlaselwe isifo sofuba (mycobacterium Tuberculosis). Ngaphandle kokuthi isifo sofuba siyelapheka, sibulala abantu abalinganiselwa kwizigidi ezimbili Ngonyaka emhlabeni jikelele. Ingingizimu Afrika ingelinye lamazwe kwangamashumi amabili anezinga eliphezulu lokuhlaselwa isifo sofuba kanti iKwaZulu Natali ingesinye sezifundazwe esinenani eliphezulu lokuhlaselwa yilesifo.