health
Department:
Health
PROVINCE OF KWAZULU-NATAL

ISICHENENE

Yini isichenene?

Isichenene yisifo esidalwa yizibungwana ezitholakala emifuleni nasemadanyini athile eNingizimu Afrika.

Umuntu usithola kanjani isichenene?

Ngokusebenzisa amanzi angahlanzekile ngokwanele futhi analezi zibungwana, lapho:

- ebhukuda
- egeza
- ewasha izingubo
- edlala imidlalo yasemanzini
- edoba

Ubona kanjani ukuthi unesichenene?

- Umchamo onegazi
- Ukukhathala
- Ubuhlungu besisu
- Ukukhishwa isisu okunegazi
- Ubuhlungu uma uchama

Singavikelwa futhi silawulwe kanjani isichenene?

- Ukwelapha imiphakathi esengcupheni yokuthola lesi sifo nge - Praziquantel
- Ukusebenzisa amanzi ahlanzekile
- Ukuba nezindlu zangasese ezisesimweni esihle
- Ukufundisa ngenhlanzeko
- Ukunqanda ukubakhona kweminenke

Ungasinqanda kanjani isichenene?

- Sebenzisa indlu yangasese
- Fundisa abanye abantu ngalesi sifo sesichenene
- Hamba uye emtholampilo oseduzane ukuze uthole ukwelashwa

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA