

Ukukhula



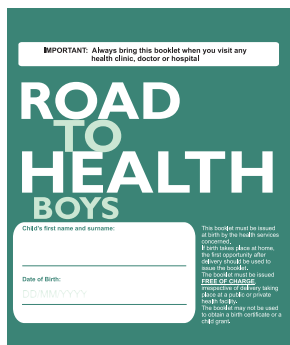
Emavikini angu-6 obudala ingane yakho kufanele:

- Iqale ukumamatheka
- Ilale amahora angu-1 – 3 ngemva kokudla ngakunye
- Ilale ngomhlane

Kubalulekile ngawe ukuba uphumule ngokwanele lapho ingane yakho ilele.

Ukuvakasha Kwasemtholampilo Okulandelayo

Ingane yakho kuzodingeka ukuba ibuyele emtholampilo esikhathini esiyinyanga engu-1 ukuze yenze ukuvakasha kweviki 10. Kulokhu kuvakasha, kuzohlolwa isisindo sengane yakho futhi izothola ukugoma. Khumbula njalo ukuletha Ibhukwana Lendlela Eya Empilweni emtholampilo noma esibhedlela ngakho konke ukuvakasha kwakho.



Izinkomba Zengozi

Iya emtholampilo **ngokushesha** uma ingane yakho inanoma yiziphi zalezi zimpawu zengozi:

- Yenqaba ukudla
- Ayikwazi ukuphefumula kahle noma iphefumula ngokushesha
- Ihlanza yonke into eyidlayo
- Isifo sohudo esihambisana namehlo ashone phakathi
- Isifo sohudo esihambisana nokuphuma kwegazi
- Ukudlikizeka/ukuwa
- Isangaphansi kwezinyanga ezingu-2 futhi inemfiva
- Ingane iyozele noma iqulekile
- Uma othile osondelene nengane yakho ephethwe i-TB



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Ukunakekela ingane yakho

Amaviki angu-6



Ukugoma

Ekuvakasheni kwasemtholampilo kweviki 6, ingane yakho izothola ukugoma. Kuzoba khona imijovo engu-3 kanye nokuconsiswa ngomlomo okungo-2.

Le mithi yokugoma ivikela ingane yakho ukuba ingatholi inyumoniya, isifo sohudo, isifo sokusha kolwelwesi lobuchopho, umpenge, umhlathi-ngqi, isifo sokusha kwesibindi, uvendle kanye nesifo sezindlebe.

Ingane yakho ingase ibe nemfiva noma ubuhlungu lapho ejove khona – kuvamile lokhu.



Buyela emtholampilo wakho ngokushesha:

- Uma imfiva ingabi ngcono
- Uma ingane ikhala ingathuli amahora angaphezu kwangu-3
- Uma indawo lapho umjovo onikezwe khona ivuvukala, noma
- Uma ingane iba nanoma yikuphi ukudlikizeka/ukuwa

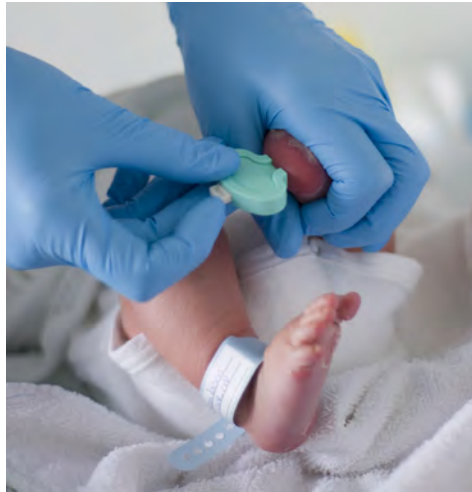
Isimo Se-HIV sikaMama Nengane

Uma umama wengane engenayo i-HIV:

- Uma kwatholakala ukuthi awunayo i-HIV lapho uhlolwa ngesikhathi ukhulelwe futhi uyancelisa, kufanele wenze ukuhlolwa kwe-HIV njalo ngezinyanga ezingu-3

Uma umama wengane ene-HIV:

- Ngemva kokuba ingane yakho izaliwe, ukuhlola kwe-HIV kokuqala kwenziwa emavikini angu-6
- Lokhu kuhlola kubizwa ngokuthi ukuhlola kwe-PCR futhi kuhlukile ekuhloleni okwenziwa kubantu abadala
- Imiphumela ngokuvamile itholakala ngeviki elingu-1
- Izingane eziphethwe i-HIV zingagula ngokushesha ngakho ungakuhlelisi ukubuyela emtholampilo ukuze uthole imiphumela



Uma ukuhlola kwengane kubonisa ukuthi ine-HIV:

- Ingane idinga ukuqala ukwelashwa ngemishanguzo (i-ART) ngokushesha ngokunokwenzeka (phakathi kwamaviki angu-2)

Uma ukuhlola kwengane kubonisa ukuthi ayinayo i-HIV:

- Kumelwe uqhubeke ne-ART yakho ngenkathi uncelisa ibele ukuze uvikele ingane yakho ekutholeni i-HIV
- Ingane izodinga okunye ukuhlola kwe-HIV ngemva kokuyeka ukuncelisa ibele kanye nalapho inezinyanga ezingu-18 ukuze kuqinisekwe ukuthi ayinayo i-HIV

Ukudla



Emavikini angu-6 obudala, ingane yakho idinga kuphela ubisi lwebele njalo emahoreni angu-2 – 3.

- Uzokwazi ukuthi ingane yakho ithola ubisi olwanele uma ichamela amanabukeni angu-5 – 6 nsuku zonke
- Izingane aziwadingi amanzi kulobu budala
- Ungayinikezi ingane noma yikuphi ukudla okuqinile noma iphalishi ize ibe nezinyanga zobudala ezingu-6

Isisindo sengane yakho kufanele sikhule nyanga zonke. Cela umhlengikazi emtholampilo ukuba akubonise ukuthi ingane yakho ikhula kanjani kushadi lokukhula kuBhukwana Lendlela Eya Empilweni. Uma ingane isisindo sengane yakho singakhuli nyanga zonke, khuluma nomhlengikazi wakho

