

USUKU **LWESIFO SESIBINDI** ESIBIZWA **NGE-HEPATITIS**
OLUGUJWA UMHLABA WONKE: **ZINGU-28 KUNTULIKAZI** (28 JULY)

KUNGABE UZITSELA UKUTHI AWUKHO ENGCUPHENI **YESIFO** **SESIBINDI I-HEPATITIS?**

USHAYE PHANSI KWASHUNQA UTHULI.

Izinhlolo zamagciwane i-Hepatitis A, B, C, D kanye no-E adala ukuvuvuka kwesibindi okungaholela ekuguleni kanye nasekufeni.

I-HEPATITIS A NO- E

- Isabalala ngokudla amanzi angahlanzekile kanye nokungabibikho kwezindlu zangasese
- Maningi amathuba okusithola ezindaweni zasemakhaya nase mazweni asathuthuka kodwa futhi ungasithola noma ikuyiphi indawo

5 IZINDLELA ONGAZIVIKELA NGAZO



Buza ngomgomo we-hepatitis A emtholampilo kumbe esibhedlela sangakini



Phekisisa ukudla futhi ukudle kusashisa. Gwema ukudla izimbaza (shellfish) nenyama kungaphekiwe



Ngasosonke isikhathi emva kokusebenzisa indlu yangasese HLANZA izandla ngensipho namanzi noma kade ushintsha ingane inabukeni ngokunjalo nangaphambi kokulungisa okudla noma futhi udla



Hluba izithelo nemifino, ukuhlanze ngamanzi ahlanzekile uma wenza amasaladi

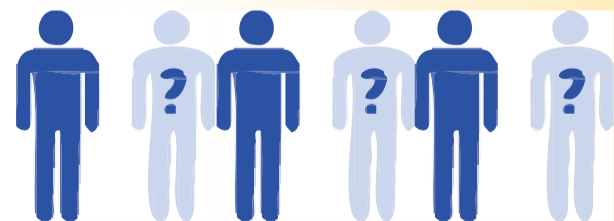


Phuza amanzi ahlanzekile kuphela

Babalelwa ezigidini ezingama-20 abantu abangenwa yi-**hepatitis E**

Kanti bayisigidi nangaphansana kwengxenye (1.4 MILLION) abafa ngenxa

ye-**hepatitis A** ngonyaka



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



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I-HEPATITIS B, C NO- D

 Ithathelana ngegazi, isidoda kanye nokunye okusaketshezi lomzimba womuntu

5 IZINDLELA ONGAZIVIKELA NGAZO



Buza ngomgomo we-hepatitis B emtholampilo kumbe esibhedlela sangakini



Ungalokothi usebenzise izinaliti, amareyiza kumbe izixubho okusetshenziswa ngomunye umuntu



Uma ukhulelwe, buza udokotela wakho ukuthi ungakunqanda kanjani ukusedlulisela kumntwana wakho



Sebenzisa imishini ehlanzekile yokwenza ama- tattoo nokuchambusa emzimbeni

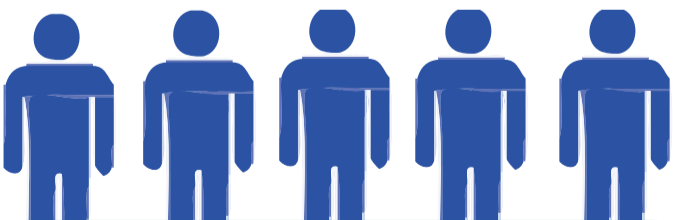


Ngasosonke isikhathi sebenzisa amakhondomu ngendlela efanele

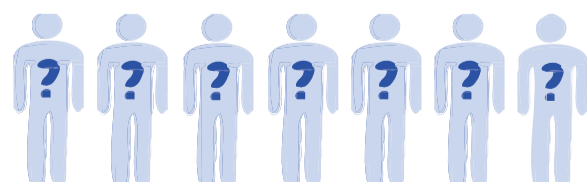


Lapho kunokwenzeka, cela umuthi ophuzwayo kunokujova

HAMBA UYOHLOLA!



Bangaphezu kwesigidi abantu abafa ngenxa ye-hepatitis B no- C ngonyaka



USENGCUPHENI UMA:



Sewake wasebenzisa izinsiza zokwelashwa noma eziqondene namazinyo ezingahlanzekile



Sewake wafakelwa igazi ezweni elingasihloleli isifo sesibindi (i-Hepatitis)



Umama wakho wayenalesi sifo sesibindi ngesikhathi uzalwa



Sewake wathatha izidakamizwa usebenzisa umjovo



Unegciwane leSandulelangulaza (i-HIV)

Iningi labanalesi sifo abazi ukuthi banaso, nokuyinto eyandisa amathuba okuba sengcupheni yokuba nesifo sesibindi esingasalapheki kanye nokuthelela abanye ngaso.



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