


# KUNGABE UZITSEHELA 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 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

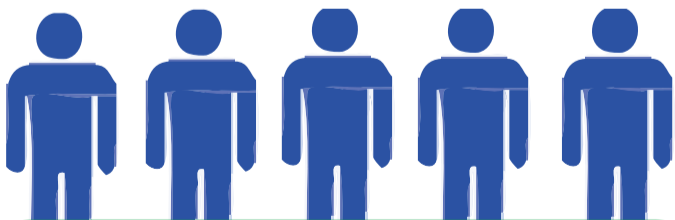


Ngasosonke isikhathi sebenzisa amakhondomu ngendlela efanele

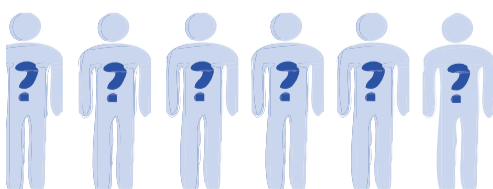


Lapho kunokwenzeka, cela umuthi ophuzwayo kunokujova

### 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 leSandulelangculaza (i-HIV)

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

