



**I-MPOX
NOCANSI
OLUPHEPHILE**

IZINDLELA ZOKUNCIPHISA UKUBA SENCUPHENI KU-MPOX UMA UYA OCANSINI:

- Nciphisa inani labalingani bakho bocansi ukuze wehlise amathuba okuba sengcupheni.
- Izindawo ezifana namakilabhu ocansi angasese navulelekile, lapho kwenzeka khona ucansi ngokuthintana nabalingani abaningi ngaphandle kokuzidalula, yikho okungenza i-MPOX isabalale kakhulu.
- Amakhondomu (i-latex noma i-polyurethane) angase azivikele izitho zangasese zingabi sengcupheni ye-MPOX, kepha amakhondomu ewodwa angase angakuvikeli ngokuphelele njengoba ukuqubuka kungavela kwezinye izingxenye zomziba.
- Amagilavu (i-latex, i-polyurethane noma i-nitrile) nawo kungenzeka anciphise amathuba ukuba sengcupheni yokusuleleka uma kufakwa iminwe noma izandla esithweni sangasese. Amagilavu kufanele amboze sonke iskhumba esivelile esandleni futhi akhishwe ngokucophelela ukugwema ukuthinta izindawo ezingaphandle.



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I-MPOX NOCANSI OLUPHEPHILE

IZINDLELA ZOKUNCIPHISA UKUBA SENCUPHENI KU-MPOX UMA UYA OCANSINI (*IYAQHUBEKA*):

- Gwema ukuqabulana noma ukushintshana ngamathe ngoba i-MPOX ingasabalala ngaleyo ndlela.
- Yenza ucansi ngaphandle kokuthintana nomunye umuntu.
- Ningaya ocansini nigqoke izingubo noma nivale izindawo lapho kukhona ukuqubuka, ngaleyo ndlela unciphisa ukuthintana kweskhumba eskhumbeni.
- Khumbula ukugeza izandla zakho, amathoyizi ocansi kanye nanoma yiziphi izindwangu (izingubo zokulala, amathawula, izingubo zokogqoka) mawuqeda ukwenza ucansi.



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