



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

I-LISTERIOSIS



 KwaZulu-Natal Department of Health

 KZN Department of Health

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**GROWING
KWAZULU-NATAL
TOGETHER**

1. Yini i-Listeriosis

I- Listeriosis yisifo esibucayi, kepha eselaphekayo futhi esingagwemeka esibangelwa igciwane elibizwa ngokuthi i- Listeria monocytogenes. Leli gciwane lingatholakala enhlabathini, emanzini kanye nasezitshalweni. Imikhizozo yokudla evela ezilwaneni nasezitshalweni esingabala kuzo izithelo namaveji ingaba nawo la magciwane.

2. Ngabe ngubani ongangenwa yilesi sifo i-Listeriosis

Nanoma ngubani angangenwa yi-Listeriosis. Abasengcupheni enkulu yokungenwa yilesi sifo izinsana ezisanda kuzalwa, asebekhulile, abantu abanamashosha omzimba abuthaka, abantu besifazane abazithwele nabantwana babo abangakazalwa; kanjalo nabanezifo esingabala kuzo isandulelangculazi, ushukela, umdlavuza, isifo sesibindi esingasalapheki kanjalo nesifo sezinsu.

3. Izinkomba nezimpawu zalesi sifo

Lesi sifo singaquba emzimbeni isikhathi kuye ngomuntu, singaquba phakathi kwezinsuku ezintathu (3) kuya kwezingamashumi ayisikhombisa (70) - (ngokujwayelekile amasonto amathathu).

Babalelwa kuma- 10% abantu okungenzeka ukuthi banalesi sifo kodwa izimpawu zaso zingabonakali.

Izimpawu zalesi sifo azidle ngokuqina kanti kungabalwa kuzo ukuzizwa sengathi ungenwa ngumkhuhlane, imfiva, ubuhlungu bemisipha, ukutubeka komzimba futhi kwesinye isikhathi ucanuzelelwe yinhliziyu noma ukhishwe isisu.

Kulezo ziguli ezivele zisengcupheni enkulu, ukusabalala kwegciwane nomzimba kungenza uphathwe isifo solwembu lobuchopho (i-meningitis), unkenkethelwe ikhanda, uhanjelwe ngumqondo, kuqine intamo, udiyazele noma udlikize.

Igciwane lingasabalalela nasegazini lonke.

4. Ukuhlonzwa kwalesi sifo

kwenziwa ngokuthi kuthathwe amasampula egazi, oketshezi lobuchopho nomgogodla (i-CFC) kanye noketshezi lwesibeletso ayohlolwa ubukhona begciwane i- Listeria monocytogenes.

5. Ukwelashwa kwalesi sifo

Ngokuvamile isifo sohudo esibangelwe yi- Listeria akudingeki ukuthi size selashwe. Isifo solwembu bobuchopho (Menengitis) noma segazi (septicaemia) esibangelwa yi- Listerias sinobungozi obukhulu obungaholela ekufeni ngakho-ke kumele selashwe ngama- antibhayothikhi azongena ngedriphu okungaba i-ampicillin yodwa noma iyona ihlanganiswe namanye ama-antibhayothikhi, anjenge- gentamicin.

6. Ukunqandwa kwalesi sifo

- I-Listeria monocytogenes ayifani namanye amagciwane atholakala ekudleni, yona iyakhula ngisho ekudla okusefrijini osekuvele kuthelelekile. Ukuze kugwenywe lokhu, kubalulekile ukuthi iifriji lakho libe sezingeni elingaphansi kwama- 4oC; bese kuthi idifrizwa yona ibe sezingeni elingangaphansi kwe-18oC.

- Ngakho-ke abantu abasengcipheni enkulu yokungenwa i- Listeriosis bayaxwayiswa ukuba bagweme ukudla lokhu kudla okulandelayo:

- Ubisi olungahloliwe noma imikhiqizo yobisi olungahloliwe;
- Ushizi othambile (isib. feta, goat, Brie);
- Ukudla osekulungele ukudliwa okudayisa ezitolo (isib. isaladi eselenziwe, izinhlobonhlobo zopholoni) okungazange kuphekwe/ kufudunyezwe ngokwanele;
- Izigcobisi zesinkwa ezihlala efrijini.

- Awukho umjovo wokugoma noma okokuvimbela ukuthi ungangenwa yilesi sifo. Ongakwenza ukuqinisekisa ukuthi uhlale ulandela izindlela zenhlanzeko ezivamile. Okubalwa kuzo:

- Ukusebenzisa imikhiqizo yobusi oluhloliwe;
- Ukuphekisa ukudla okuyimikhiqizo yezilwane okungaba yinyama yenkomo, eyengulube noma eyenkukhu;
- Ukuhlanza izandla ngaphambi kokuba upheke, udle noma uma ubuya endlini encane;
- Ukuhlanza kanye nokusebenzisa izibulalimagciwane ematafuleni nakuzo zonke izinto ezisetshenziwa ekhishini (izithebe, imimese) njalo emva kokupheka ikakhuluni inyama yenkomo, inkukhu kanye namaqanda, kubandakanywa nasemakhishini asezimbonini;
- Ukuhlanzisa amaveji nezithelo ngaphambi kokuba ukudle.

INhlangano Yamazwe Omhlaba Ebhekele Ezempilo (i-WHO) ikhiphe lezi zexwayiso ezinhlanu ezimaqondana nokuphepha kokudla:

- Hlala uhlanzekile. Hlanza izandla ngaphambi kokuba uthinte ukudla, ulokhu uqhubeka futhi noma usakwenza. Uyacelwa ukuba ungakhathali ukuhlanza izandla ngisho ngabe lokhu kusho ukuthi uzihlanza izikhawu eziyikhulu ngosuku, kwenze!
- Uma uphethe noma ubeka ukudla okuluhlaza, ungalokothi uthinte ukudla osekuvuthiwe ngaphandle uma izandla zakho kanye nokusebenzisayo kokulungisa ukudla sewukuhlanzile. Ngamanye amazwi, hlukanisa ukudla okuluhlaza kokuvuthiwe.
- Phekisisa ukudla, ungalinge udle ukudla okungavuthisiwe noma okungaphekiwe nhlobo ikakhulu inyama. Lokho kudla okungaphekwa kumele kuhlanzisiwe ngamanzi ahlanzekile ahambayo ngaphambi kokuba kudliwe. Kuleyo mindeni engenawo amanzi ahambayo kumele baqale bawabilise ngaphambi kokuba bawasebenzise.
- Beka ukudla endaweni esezingeni lokushisa eliphephile. Ukudla okumele kudliwe kubanda kumele kubekwe efrijini, bese kuthi lokho okudliwa kushisa kumele kudliwe kusashisa.
- Ngaso sonke isikhathi sebenzisa amanzi aphephile uphinde usebenzisa imikhiqizo yobisi ehloliwe. Ezimweni lapho kungelula ukuthola ubisi oluhloliwe, qala ulibilise ngaphambi kokuba ulisebenzise.

