



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

SIYINI ISIFO I-MENINGO COCCAL



SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA

Isifo i-Meningococcal sidalwa yigciwane elibizwa ngokuthi i- Neisseria meningitidis. Lesi sifo singadalwa ukuvuvukala kontwentwesi olwemboze ubuchopho kanye nomgogodla (i-meningitis) noma ubuthi obusegazini (i-septicaemia). Lesi sifo i-Meningococcal siyingozi kakhulu futhi ingakubulala esikhathini esifishane kakhulu.

Sisabalala kanjani lesi sifo?

Lesi sifo sisabalala ngokusuka kumuntu singene komunye ngokuthola uketshezi oluphuma ekhaleni noma emlonyeni (isb. ngokuqabulana, ngokuthimula, ngokukhwehlela noma ngokusebenzisa izitsha zokudla ezingcolile ebezisetshenziswa ngomunye umuntu). Abantu batheleleka ngalesi sifo uma leli gciwane liphuma ekhaleni nasemphinjani lingena lihlasele umzimba.

Obani abasengcupheni?

Bonke abantu ngokungakhethi minyaka yobudala bangatheleleka yilesi sifo, nakuba-ke sivamise ukuhlasele izingane ezineminyaka emihlanu. Ngokuvamisile, ukuze utheleleke ngaleli gciwane kuba ngokuthi useduze kakhulu noma uhlele unaye lowo muntu onaleli gciwane.

Yiziphi izimpawu okumele ngiziqaphele?

Izingane ezincane zingaba nalezi zimpawu ezilandelayo:

- Imfiva
- Ukubuyisa
- Ukukhala zingathuli, ukungakuthandi ukudla, ukulokhu izibhongqa kanye/ noma ukuhlala yozela
- Ukudlikiza
- Ukuqina noma ukuvuvuka okhakhayini
- Ukuqubuka umzimba wonke noma ukuba nezisihla
- Ukuphefumula ngamandla noma ukuphefumula kanzima.

Izingane esezithe ukukhula zingaba nalezi zimpawu ezilandelayo:

- Imfiva
- Ukunkenkethelwa yikhanda
- Intamo ebuhlungu uma uyinyakazisa
- Ukuba nenzululwane noma ukudideka emqondweni

- Ukuxhopheka emehlweni uma usekukhanyeni
- Isicanucanu noma ukubuyisa
- Ukudlikiza kanye noma
- Ukuqubuka umzimba wonke kumbe ukuba nezisihla.

AKUYENA WONKE UMUNTU OBA NALEZI ZIMPAWU, ZIYEHLUKA KUMUNTU NOMUNTU.

Yini okumele ngiyenze?

Phuthuma esibhedlela noma emtholampilo oseduze ukuze welashwe! Bonke abantu ondelene nabo kumele baye kothola imishanguzo ukuze bavikele ukutheleleka.

**UNGABE USACHITHA ISIKHATHI!
I-MENINGOCOCCAL
YISIFO ESIFUNA
UKWELASHWA
NGOKUSHESHA!!**



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