

Ukwelapha uTwayi

1. Hamba uye emtholampilo ukuze uthole ukwelashwa uma unotwayi.

2. Khuhla/geza umzimba ngamanzi afudumele kanye nensipho bese usula umzimba ngaphambi kokugcoba umuthi.

3. Gcoba kahle umuthi kanje:

* Gcoba umuthi kusukela entanyeni kuwo wonke umzimba ngaphandle kwasebusweni nasekhanda, usebenzise uvolo (cotton wool), bese uyalinda imizuzu emi- 5 ukuze kome.

* Ungawugezi umuthi kuze kuphele amahora angama - 24.

* Gqoka izingubo ezihlanzekile futhi ezi -ayiniwe. Hlanza ngamanzi abilayo lezo zingubo okade uzigqokile.

* Qeda wonke umuthi njengokomyalelo wasemtholampilo.

4. Okokugcoba umzimba okwelapha utwayi kuqukethe i- permethrin, i-lindane noma i-crotamiton kutholakala ngencwadi kadokotela.

Ukunqanda Utwayi

Abafundi abanotwayi kumele bangayi esikoleni kuze kube bathola ukwelashwa, Kodwa-ke bangabuyela esikoleni ngosuku olulandelayo uma nje sebeqalile ukwelasha .

Wonke amalungu omndeni nawo kumele athole ukwelashwa ukuvikela ukutheleleka futhi (kubandakanya nalabo abangaqubukile).

Ezinye Izindlela Zokulunganda zibandakanya lokhu:-

- * Wonke amalungu omndeni kumele ahlolwe.
- * Ukugezisa umzimba ngensipho enganawo usende kakhulu kanye namanzi afudumele, ukukhuhla izindawo ezithintekile ngendwangu uyokugeza.
- * Ukuzesula wome ngethawula elihlanzekile.
- * Ukugqoka izingubo ezihlanzekile emva kokugcoba umuthi.
- * Ukuhlanza indlu yonke ngesibulali-magciwane.

IMINININGWANE YOKUXHUMANA

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Ukuze uthole ulwazi olugcwele iya emtholampilo oseeduze nawe

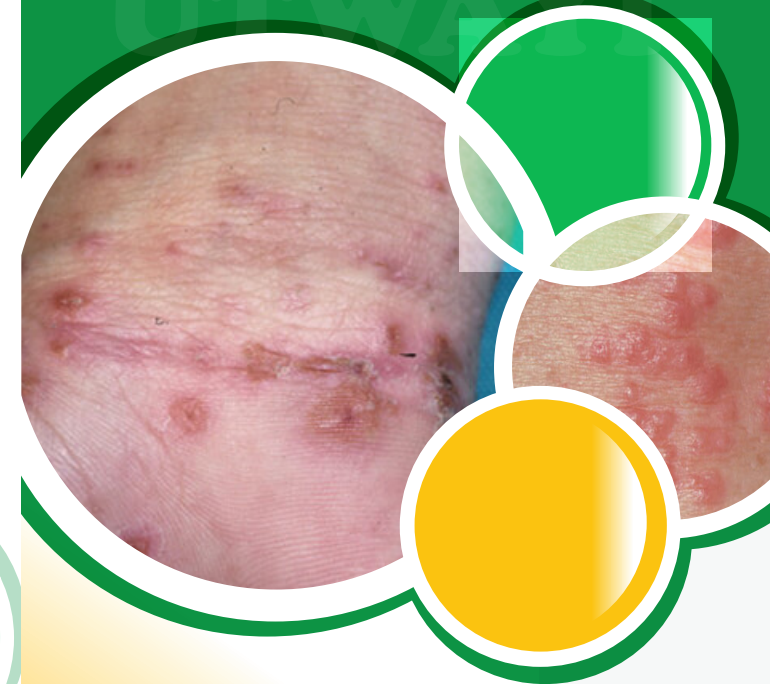


KWAZULU-NATAL PROVINCE
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UTWAYI

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**GROWING
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Yini uTwayi?

UTwayi yisifo sesikhumba esithathelanayo imvamisa esihlasela izingane njengazo zonke ezinye izifo ezithathelanayo ezidalwa yizinambuzane ezincane kakhulu ezingandizi ezibizwa ngokuthi yi-Sarcoptes scabiei. Lezi zibungwana ezidala utwayi zivukuza ngaphansi kwesikhumba bese kudaleka amaqhutshana alumayo noma imigojana.

Izimpawu neZinkomba

* Ukuqubuka okulumayo esikhunjeni esihlanganisa iminwe nasezinzwaneni, emaqakaleni, ezindololwaneni, emadolweni, emakhwapheeni, ezihlakaleni, okhalweni kanye nasezindaweni ezizungenze isitho sangasese (ukunwaya kumbe ukuluma kudlanga kakhulu ebusuku).

Lusabalala kanjani?

Utwayi ludalwa yisibungwana esincane esincinzayo (esithi asifane nekhizane, kodwa sona sincane kakhulu). Uma nje sesingene esikhunjeni, siyavukuza ngaphansi kwesikhumba senze isikhumba silume.

- * Sisuka komunye umuntu siye komunye ngokuthintana komzimba
- * Ukusebenzisa izingubo kanye nempahla yokulala ekade isetshenziswa ngumuntu obenotwayi ingazange ihlanzwe.
- * Izimpawu zibonakala emasontweni amabili kuya kwayisithupha kubantu abangakaze batheleleke ngotwayi phambilini.
- * Abantu abake baba nalo utwayi phambilini bona izimpawu ziye zibonakale ngosuku kuya ezinsukwini ezine emva kokuba bephinde batheleleka.
- * Umuntu uyabathelela abanye ngotwayi kuze kube izibungwana namaqanda azo abulawa yimithi yokulelapha.
- * Abantu bakuwo wonke amazinga empilo bangatheleleka ngotwayi alukhethi ubudala, ubulili kumbe uhlanga.
- * Imvamisa luqubuka ezindaweni okuhlanganelwa kuzo abantu abaningi, ezindaweni okunakekelwa kuzo iziguli nasezikhungweni zokunakekela izingane.

Ukuvikela uTwayi

1. Inhlanzeko yomuntu ngqo - ukugeza okungenani kanye ngosuku:-
 - * Hlanza uphinde u- ayine izingubo ngoba uku-ayina kuyawabulala amaqanda ezinambuzane
2. Zama ukungasondelani nabantu abanotwayi
3. Gwema ukusebenzisa izingubo zokugqoka nezokulala okungezomunye umuntu
4. Ningasebenzisi amanzi awodwa okugeza ngoba lokho kungaba yindlela yokwandisa lesi sifo
5. Abantu abakha amanzi emifuleni emile kumele bawabilise ngaphambi kokuba bageze ngawo.
6. Gcina izinzopho zeminwe nezezinzwane zizimfushane futhi zihlanzekile ukugwema amagciwane

UTWAYI