

GCINA IZANDLA ZIHLANZEKILI HLANZA IZANDLA ZAKHO

- Igciwane iTyphoid lihlala endleni, nomuntu ophilile angayithola iTyphoid endleni.
- Gcina indlu yangasese ihlanzekile.
- Chitha indle yezingane endlini yangasese okanye uyimbele.
- Hlanza izandla zakho ngensipho namanzi ahlanzekile emuva kokusebenzisa indlu yangasese.

GCINA INDLU YANGASESE IHLANZEKILE.

Iqhaza elibanjwa ngabaphathi bezempilo (EHP) kwiTyphoid

AmaEHP asebenza ukuphenya izehlakalo zeTyphoid:-

- Ngokuthatha amasampula kuleleyondawo esoleka ukuthi inegciwane, kungaba isekudleni, emanzini nasegazini ukuze iyocwaningwa eLabhorethri.
- Afuna umkhondo ngokuthatha umchamo namasampula endle ukuze ayocutshungulwa.
- Akhuthaza umphakathi ukuthi usebenzise izindlu zangasese.
- Enza uhlelo lwesikhashana lwamanzi ahlanzekile kuze kufike isikhathi lapho abantu bezothola amanzi abazowasebenzisanjalo.
- Aqinisekisa ukuthi imfucuza ilahlwa endaweni efanelekile. Khumbula amanzi angcolile ayindawo eyejwayelekile lapho iTyphoid itholakala khona.

Isiphetho

- iTyphoid iyisifo esivikelekayo. Uma umphakathi ukwazi ukugcina izixwayiso ezibhalwe ngenhla lesisifo singavikelwa. Okubalulekile kakhulu ukuthi igciwane leli ngeke ulibone ngamehlo akho. Ngakho-ke uma ubona izandla zakho zingenakungcola akusho ukuthi uphephile, kufanele yize zibukeka zihlanzekile uzihlanze ngaphambi kokuba uthinte ukudla.
- Abantu abahlala emakhaya kanye nase mikhukhwini kumele baqwashiswe kakhulu. Lezizindawo zivamise ukungabi nawo amanzi ahlanzekile kanye nezindlu zangasese. Kanti lesisimo yiso esibhebhethekisa isifo kakhulu.
- Uma umuntu ephathwa imfiva, ikhanda, ukuqunjelwa yisisu, efuna ukubuyisa noma ekhishwa yisisu kumele aphuthunyiswe kudokotela noma emtholampilo.

Khumbula impilo yakho isezandleni zakho.

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iTyphoid



iTyphoid Fever?

Iyini iTyphoid Fever?

Lesi isifo esibangwa igciwane elibizwa ngokuthi iSalmonella typhi futhi sitholakala ngokuphuza amanzi, nobisi noma ukudla ukudla okunaleli gciwane iSalmonella. Kunez-inhlobo ezingu 107 ezahlukahlukeni zaleli gciwane.

Yiziphi Izimpawu zeTyphoid Fever?

- Umkhuhlane ongapheli.
- Ukuphathwa ikhanda.
- Inhliziyo encane noma ukungathandi ukudla.
- Ukuqunjelwa noma ukuhuda.
- Ukukhwehlela okomile.

Imithetho elula emithathu yokuvimbela iTyphoid

- ❖ Pheka ukudla kwakho.
- ❖ Bilisa noma ufake ujikhi emanzini akho okuphuza.
- ❖ Hlanza izandla zakho.

Amasu okulungisa ukudla.

Kungabe uvikelekile kwiTyphoid? Ngabe upheka ngendlela evikelekile?

- **Ukuphekisisa kuyayibulala iTyphoid** phekisisa inyama, ufishi kanye nezithelo bese ukudla kungakabandi.
- **Ukuhlanza kuvikela iTyphoid**- hlanza

izandla zakho ngaphambi kokuba ulungise ukudla.

- **Hlanza izitsha zakho ngensipho kanye namanzi.**
- Hlanza isithelo nemifino okudliwa luhlaza.
- **Ukucwecwa kuvikela iTyphoid**- idla izithelo ezisanda kucwecwa, njengama wolintshi kanye nobhanana.

Kugcine kuhlanzekile futhi kupheke noma kucwecwe.

Ingabe uvikelekile yini kwiTyphoid?

Kungabe amanzi akho owaphuzayo abilisiwe noma ahlanziwe?

- Nomangabe abukeka ehlanzekile, angaba negciwane leTyphoid. Amanzi okuphuza angahlanzwa ngezindlela ezimbili:
- Wabilise ukuze ubulale igciwane leTyphoid
- Ujikhi ubulala amagciwane eTyphoid
- Thela ithisipuni elilodwa likajikhi ku 20 - 25 litha wamanzi. Uwamboze ubsuku bonke bese ephuzwa ngosuku olulandelayo.

PHUZA AMANZI AHLANZEKILE KUPHELA.

Kungabe amanzi akho okuphuza abekwe endaweni efanelekile na?

- Amanzi ahlanzekile angaba namagciwane futhi uma engabekwanga endaweni efanelekile.
- Faka amanzi okuphuza ezigujini ezihlanzekile ezinomlomo omncane noma

ambozwe. Yikha amanzi esigujini / emgqomeni ngenkezo enesibambo.

GCWAINE EHLANZEKILE, BEKA AMANZI OKUPHUZA ENDAWENI EPHEPHILE.

Izexwayiso

- Amagciwane abanga iTyphoid awabona-kali.
- Angaba khona ezandleni zakho ungawaboni.
- **Hlanza izandla zakho njalo:**
 - * emva kokusebenzisa indlu yangasese;
 - * emva kokushintsha inabukeni ingane yakho;
 - * ngaphambi kokulungisa noma udle ukudla;
 - * ngaphambi kokuba udle noma ufunze izingane zakho.

Iyiphi indlela elungile yokuhlanza izandla zakho?

- Sebenzisa insipho ngaso sonke isikhathi.
- Sebenzisa amanzi anele ahlanzekile.
- Hlanza izandla zakho nxazonke nangaphakathi kweminwe nezinzipho.

