

GCINA ZIHLANZEKILI HLANZA IZANDLA ZAKHO

- Igcwane iTyphoid lihlala endleni, nomuntu onempilo 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 IHLANZEKILE SEBENZISA INDLU YANGASESE

Iqhaza elibanjwa ngabaphathi bezempilo (EHP) bezempilo kwiTyphoid

AmaEHP asebenza ukuphenya izehlakalo zeTyphoid:-

- Ngokuthatha amasampula kuleyondawo esolaka ukuthi inegciwane, kungaba isekudleni, emanzini nasegazini ukuze iyocwaningwa eLabhorethri.
- Afuna umkhondo ngokuthatha umchamo namasampula endle ukuze ayocuthsun- gulwa.
- Akhuthaza umphakathi ukuthi usebenzise izindlu zangasese.
- Enza uhlelo lwesikhashana lwamanzi ahlanzekile kuzu kufike isikhathi lapho abantu bezothola amanzi abazowaseben- zisanjalonjalo.
- Aqinisekisa ukuthi imiyalelo imfucuzo 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 nyamehlo akho. Ngakhoke uma ubona izandla zakho zingena kungcola akusho ukuthi uphephile, kufanele yize zibukela zihlan- zekile uzihlanze ngaphambi kokuba uthinte ukudla.
- Abantu abahlala emaphandleni kanye nase mikhukhwini kumele baqwashe kakhulu. Lezizindawo zivamise ukungabi nawo amanzi ahlanzekile kanye nezindlu zangasese. Kanti lesisimo yiso usibhebhethekisa isifo kakhulu.
- Uma umuntu ephathwa imfiva, ikhanda, ukuqunjelwa yisisu, ufuna ukubuyisa noma ekhishwa yisisa kumele aphuthunyisue kudokotela noma emtholampilo.

Khumbula impilo yakho isezanbleni zakho.

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iTyphoid



iTyphoid Fever?

Iyini iTyphoid Fever?

Lesi isifo esibangwa igciwane elibizwa ngokuthi iSalmonella typhi futhi sitholakala ngokuphuza amanzi noma ukudla ukudla okunaleli gciwane iSalmonella. Kunezinhlubo ezingu 107 ezahlukahlukene zaleli gciwane.

Yiziphi Izimpawu zeTyphoid Fever?

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

Imithetho elula emithathu yokuvimbela iDysentry

- ❖ 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 isithebe kakhulukazi ngensipho namanzi.
- **Ukucwecwa kuvikela iTyphoid-** idla izithelo ezisanda kucwecwa, njengama hholonthsi kanye nobhanana.

Gcina kuhlanzekile futhi kupheke kucwecwe nomw ukuyeke.

Ingaba 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
- Ukwenza kalula ingxube yeklorini, thela ithisipuni elilodwa likajikhi ku 20 - 25 litha wamanzi.

PHUZA AMANZI AHLANZEKILE KUPHELA.

Kungabe amanzi akho okuphuza abekwe endaweni efanelekile na?

Isikalo sempuphu kajikhi ono 30% ngesisindo sikaklorini okhona.

Leso sikalo okuvunyelwana ngaso kumele sisetshenziswe kuJikhi okhono ezitolo zomphakathi

- Amanzi ahlanzekile angaba namagciwane

futhi uma engabekwanga endaweni efanelekile.

- Faka amanzi okuphuza ezigujini ezihlanzekile ezinomlomo omncane noma umboze. Wasebenzise emahoreni imizuzwini engu 24 x 3 yikha amanzi esigujini-ungacwilisi inkomishi esigujini.

GCINA EHLANZEKILE, BEKA AMANZI OKUPHUZA ENDAWENI EFANELEKILE

Izexwayiso

- Amagciwane abanga iTyphoid awabonakali.
- Angaba khona ezandleni zakho unga-waboni.
- **Hlanza izandla zakho njalo:**
 - * emva kokusebenzisa indlu yangasese,
 - * emva kokugeza izingane zakho.
 - * ngaphambi kokulungisa noma udle ukudla.
 - * ngaphambi kokuba udle noma ufunze izingana zakho.

Iyiphi indlela elungile yokuhlanza izandla zakho?

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

