

UKUNAKEKELA INXEBA LAKHO

EMUVA KOKUSOKA
EMTHOLAMPILO
KWABANTU
BESILISA (MMC)

Siyakubongela ngokusoka! Qiniseka ukuthi ululama ngokuphelele (100%) futhi ufunde lokhu okulapha ubone indlela yokunakekela inxeba lakho.

SIZIMISELE UKUKUNAKEKELA

Khumbula le nombolo: Uma ukhathazekile ngenxeba lakho shayela ucingo iNombolo Yosizo yamahora angama-24 ye-MMC noma uthumele i-Please Call Me Yamahhala futhi ukhulume nomunye wabahlengikazi bethu.

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OKUSEMQOKA!

I-MMC inciphisa ubungozi bokuthola i-HIV nezifo ezithathelwana ngocansi (ama-STI) kodwa ayibususi ngokuphelele ubungozi. Ukuze uthole ukuvikeleka okukhulu, njalo sebenzisa ikhondomu futhi ube nomlingani oyedwa. Amakhondomu abuye avimbele nokukhulelwa okungahleliwe.

KHUMBULA:

Yize noma inxeba liphola ngokushesha, lingavuleka kalula ngoba isikhumba sithambile. Gwema ucansi nokushaya indlwabu amaviki ayisithupha emuva kwe-MMC ukuqinisekisa ukuthi inxeba liphola ngendlela efanele. Uma udabula inxeba, kuzothatha isikhathi eside ukuphola, futhi kungandisa ubungozi bokungenwa yizifo kanye nezinye izinkinga.

Khuluma nomlingani wakho ngesidingo sokugwema ucansi lapho usaphola ukuze nobabili nikhululeke ngendaba yokugwema ucansi.

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Emva kwamahora ambalwa usokile:

- Emva kokuba umjovo usuphelile egazini, uzozwa ubuhlungu obuthile ngasenxebeni.
- Phuza amaphilisi ezinhlungu owanikwe emtholampilo njengoba uyalelwe.
- Gqoka ama-anda ahlanzekile, anganamatheli emzimbeni. Ilastiki yempahla yakho yangaphansi mayibe ngaphezu komphambili ukuze uhlale ubheke phezulu. Lokhu kuzonciphisa ukuvuvukala nokopha.
- Ungahlanza umzimba wakho ngendwangu kodwa ungawugezi umphambili wakho.

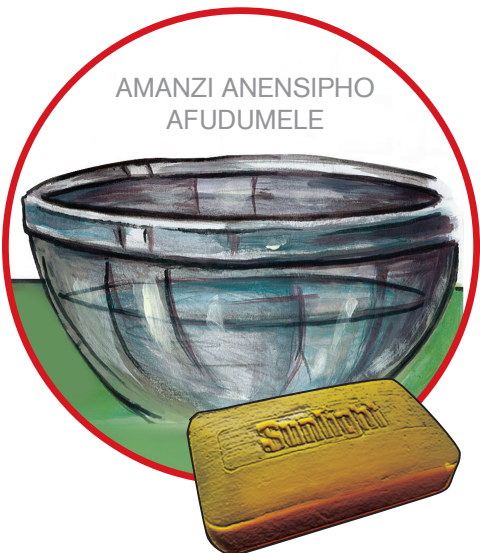
Emva kwezinsuku ezimbili zokuqala usokile:

- Phumula kangokunokwenzeka futhi ugweme ukuzivocavoca nomsebenzi onzima.
- Shintsha impahla yakho yangaphansi nsuku zonke.
- Gqoka impahla yangaphansi ehlanzekile, anganamatheli emzimbeni futhi ugcine umphambili wakho ubheke phezulu.
- Ungalikhphi ibhandishi. Uma liziphumela ungalifaki. Yiya emtholampilo.
- Ungawugezi umphambili wakho.
- Buyela emtholampilo noma kudokotela emva kwezinsuku ezimbili usokile ukuze ungoti wezempilo akhiphe ibhandishi futhi ahlale inxeba.

Usuku 3–7 emva kokusoka:

- Ungazivocavoci futhi ungenzi umsebenzi onzima.
- Qhubeka ugqoka impahla yangaphansi ehlanzekile futhi ugcine umphambili wakho ubheke phezulu.
- Emva kokukhishwa kwebhandishi ungageza umzimba wakho ngendlela ejwayelekile.
- Kudingeka ugeze inxeba kathathu ngosuku ngamanzi ahlanzekile nensipho yokugeza ethambile. Situsa kube yinsipho yokugeza yeSunlight eyellow.

AMANZI ANENSIPHO
AFUDUMELE



Indlela yokuhlaza umphambili wakho:

- Bilisa amanzi, uwayeke aphole ukuze angakushisi uma uwathinta. Lokhu kuzoqinisekisa ukuthi amanzi ahlanzekile futhi awanawo amagciwane.
- Hlanza isitsha ngamanzi abilisiwe.
- Faka amanzi abilisiwe esitsheni.
- Manzisa ithawula elihlanzekile noma indwangu bese ufaka insipho kulo.
- Sula inxeba ungabi namawala ngethawula noma indwangu. Ungadonsi izitishi.
- Yomisa inxeba ungabi namawala ngethawula elihlanzekile.
- Ungayisebenzisi i-cotton wool ngoba ingase ingene enxebeni ikubangele izifo.

Usuku 8 ukuya emavikini angu-6 emva kokuba usokile:

- Izitishi zizoqala ukuziphumela ngokwazo emva kwezinsuku ezingu-10–14 lapho inxeba liqala ukuvaleka.
- Ungazidonsi izitishi. Ziyeke ziziphumele ngokwazo kungenjalo ungase wenze inxeba livuleke bese ungenwa yisifo.
- Qhubeka uhlanza inxeba ungabi namawala, ngisho nangemva kokuba izitishi seziphumile.
- Ungaqala ukuzivocavoca lapho izitishi eziningana seziphumile.



KHUMBULA: Ungalokothi ufake izinto zokugcoba njenge-Dettol, amakhambi noma izinsiza zasekhaya njengomlotha noma ubulongwe bezilwane enxebeni ngoba lokhu kungabangela izifo.



IZINTO OKUMELE UZIQAPHELE

Akuvamile ukuba nezinkinga emva kokusoka, kodwa ngezinye izikhathi ungase ungenwe yisifo, kube nokopha, ukuvuvukala nobuhlungu. Uma zinakekelwa kahle, lezi zinkinga zelapheka kalula.

Sicela uye emtholampilo wakho noma kudokotela noma ushayeke ucingo kule Nombolo Yosizo yamahhala yamahora angama-24 ye-MMC ethi 082 808 6152 uma uba nanoma yiziphi zezinkinga ezilandelayo, ngoba zingase zibe uphawu lokuthi ungenwe yisifo.

- Unezinga lokushisa eliphezulu noma uzizwa ushisa kakhulu.
- Uzizwa ugula, njengokuba buthaka noma ukuba nesicanucanu.
- Isisu sakho sibophene noma siqinile.
- Umhlathi wakho uqinile.
- Unesithuthwane.
- Kunephunga elibi elivela enxebeni.
- Kunobovu enxebeni.
- Uchama kanzima.
- Isikhumba sakho sishintsha umbala.
- Unokuvuvukala noma ukuthamba kuyimbilapho noma ngasenxebeni.
- Usuzwa ubuhlungu enxebeni, ikakhulukazi uma ubungenabo ubuhlungu.

Njalo gcina iNombolo Yosizo ye-MMC isocingweni lwakho. Ungashaya ucingo noma uthumele i-Please Call Me yamahhala nganoma yisiphi isikhathi futhi ukhulume nomunye wabahlengikazi bethu.

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IZINTO OKUMELE UZIQAPHELE ZIYAQHUBEKA.

Ukophha:

Kuyinto ejwayelekile ukophha kancane emva kwe-MMC. Ukuze uvimbe ukophha, bamba umphambili wakho ngesandla, thatha indwangu yokugeza ubuso ehlanzekile bese ucindezela indawo eyophayo imizuzu engu-10-15. Uma ukophha kuqhubeka noma kuba kubi kakhulu yiya emtholampilo wasendaweni yakini/kumhlinzekeli wezinsiza zempilo ngokushesha ngangokunokwenzeka noma ushayeke ucingo iNombolo Yosizo ye-MMC.

Ukubhekana nobuhlungu:

Kuyinto ejwayelekile ukuba nobuhlungu obuncane emva kokusoka. Phuza amaphilisi ezinhlungu owanikwa ngongoti bezempilo emva kokusoka. Uma usenobuhlungu obukhulu, sicela uthinte umtholampilo wakho noma ushayeke ucingo iNombolo Yosizo ye-MMC.

Ukuvuvukala:

Lokhu kujwayelekile emva nje kwe-MMC. Ukuvuvukala kufanele kuphele emva kwezinsuku ezimbalwa. Gcina umphambili wakho ubheke phezulu ngelastiki ye-anda yakho ukuze ukuvuvukala kubohle. Uma ukuvuvukala kuba kubi kakhulu, noma uma kuphuma ubovu enxebeni, sicela uthinte umtholampilo wakho noma ushayeke ucingo iNombolo Yosizo ye-MMC ngokushesha.

Ukuvukelwa:

Ukuvukelwa kukwenza ungazizwa kahle lapho usaphola ku-MMC. Abesilisa abanengi bathola ukuthi kuyasiza ukupholisa umphambili wabo, ongakwenza ngokusula umphambili ngamanzi abandayo noma ngokufaka iqhwa endwangwini ehlanzekile bese uyibeka phezu komphambili. Kuyasiza nokuphuza amanzi amaningi ukuze uchame kaningana. Zama ukulala ngohlangothi, ugoqe amadolo aze ngasesifubeni sakho. Zama ukungalali ngomhlane.

J7528 - H - 0860 / PAPEKA

QAPHELA: KHUMBULA, SIZIMISELE UKUKUSIZA. UMA UKHATHAZEKILE NOMA UBA NANOMA YIZIPHI IZIMPAWU ZOKUNGENWA YISIFO, SHAYELA Ucingo NOMA UTHUMELE I-PLEASE CALL ME YAMAHALA KU-

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Le ncwajana ikhishwe ngokubambisana ne-PEPFAR, i-National Department of Health ne-Right to Care ngoxhasomali oluvela ku-USAID. Okuqukethwe akuvezi imibono ye-USAID noma kaHulumeni Wase-United States.

