

UKUKHATHALELA INXEBA LAKHO

EMVA
KOLWALUKO
LWAMADODA
LWEZONYANGO

Sivuyisana nawe ngokwaluswa! Qinisekisa ukuba uyachacha kangange-100% yaye ufunde oku ukuze uyazi indlela yokukhathalela inxeba lakho.

SILAPHA NGENJONGO YOKUKUKHATHALELA

Khumbula le nombolo: Ukuba ukhathazekile ngenxeba lakho tsalela umNxeba woNcedo we-MMC weeyure ezingama-24 okanye thumela uthi Nceda uNdiFowunele Simahla uze uthethe nomnye wabongi bethu

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OKUBALULEKE KAKHULU!

I-MMC inciphisa ingozi yakho yosulelo lwe-HIV ne-STI kodwa ayisusi ingozi ngokupheleleyo. Ukufumana olona khuselo lukhulu, ngamaxesha onke sebenzisa ikhondom yaye ube nayo neyomlingane wakho. Ikhondom zikwathintela neemeko zokukhulelwa okungacwangciswanga.

KHUMBULA:

Nangona inxeba liphola ngokukhawuleza, lingakrazuka lula ngenxa yokuba isikhumba sibuthathaka. Phepha ukwabelana ngesondo nokuzanelisa ngokudlala ngomzimba ithuba -leeveki ezintandathu emva kwe-MMC ukuqinisekisa ukuba inxeba liphola ngokufanelekileyo. Ukuba ukrazula inxeba, liya kuthatha inxesha elide ukuphola, yaye lingandisa ingozi yosulelo nezinye iimpixano.

Thetha nomlingane wakho malunga nemfuneko yokuphepha ukwabelana ngesondo xeshikweni uphola ukuze nobabini nonwabele ukuzila ukwabelana ngesondo.

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Iiyure ezimbalwa emva kokwaluswa kwakho:

- Emva kokuba isitofu siphelile, ukujikeleza inxeba.
- Thatha izibulali-ntlungu ezinikelwa yitliniki njengoko kuyalelwe.
- Nxiba izinxibo zangaphantsi ezicocekileyo, ezingaqinisi. Beka ibhanti elinwebekayo kwimpahla yakho yangaphantsi ngaphezu kwentonga yomthondo ukuze uhlale uthe nkqo. Oku kuya kunciphisa ukudumba nokopha.
- Ungacoca umzimba wakho ngelaphu kodwa musa ukuhlamba umthondo wakho.

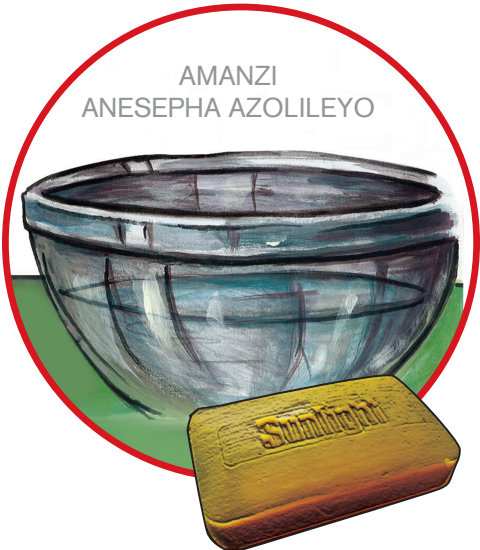
Iintsuku ezi-3–7 emva kolwaluso lwakho:

- Musa ukwenza nayiphina imithambo nomsebenzi onzima.
- Qhubeka ukunxiba impahla yangaphantsi ecocekileyo yaye ugcine umthondo uthe nkqo.
- Emva kokuba isibopho sisusiwe ungalamba umzimba wakho ngokwesiqhelo.
- Kufuneka uhlambe inxeba kathathu ngemini ngamanzi acocekileyo nesepha ezolileyo. Sikhuthaza isephu emthubi ye-Sunlight.

Iintsuku ezimbini zokuqala emva kokwaluswa kwakho:

- Phumla kangangoko unakho yaye phepha ukuzilolonga kwakunye nomsebenzi onzima.
- Tshintsha impahla yakho yangaphantsi yonke imihla.
- Nxiba impahla yangaphantsi ecocekileyo, ekulingana ngokukhululekileyo yaye ugcine umthondo umi nkqo.
- Musa ukususa isibopho. Ukuba siyawa musa ukubopha ngesinye. Yiya ekliniki.
- Musa ukuhlamba umthondo wakho.
- Buyela ekliniki okanye kugqirha kwiintsuku ezimbini emva kokwaluswa kwakho ukuze ingcali yezempilo ingasusa isibopho yaye ihlole inxeba.

AMANZI
ANESEPHA AZOLILEYO



Indlela yokucoca umthondo wakho:

- Bilisa amanzi uze uwayeke aphole ukuze uwonwabele xa uwathinta. Oku kuya kuqinisekisa ukuba amanzi acocekile yaye akanazo iintsholongwane.
- Coca isitya ngamanzi abilisiweyo.
- Zalisa isitya ngamanzi abilisiweyo.
- Manzisa itawuli okanye ilaphu uze ukhuhle isepha ethile kulo.
- Sula inxeba ngobunono ngetawuli okanye ngelaphu. Musa ukutsala izitishi.
- Yomisa inxeba ngobunono ngetawuli ecocekileyo.
- Musa ukusebenzisa uboya bomqhaphu ngenxa yokuba bungangena enxebeni yaye budale usulelo.

Usuku lwesi-8 ukuya kwiiveki ezi-6 emva kolwaluko:

- Imithungo iya kuqalisa ukuwa ngokwayo emva kweentsuku ezili-10 ukuya kwezili-14 njengoko inxeba liqalisa ukuvaleka.
- Musa ukuzitsala izitishi. Ziyeke ziwe ngokwazo kungenjalo ungavula inxeba yaye kuvele usulelo.
- Qhubeka ukucoca inxeba ngobunono, naxa izitishi seziwile.
- Ungaqalisa ukuziqhelisa xa uninzi lwezitishi luwile.



KHUMBULA: Ungaze usebenzise naziphina izithambiso ezifana ne-Dettol, amayeza ezityalo okanye amayeza asekhaya afana nomthuthu okanye ubulongwe bezilwanyana enxebeni njengoko oku kungadala usulelo.



IZINTO EKUFUNEKA ZIQWALASELWE

lingxaki emva kokwaluswa zinqabile, kodwa ngamanye amaxesha lungakhona usulelo, ukopha, ukudumba nobuhlungu. Ngenkathalelo elungileyo, ezi meko zinyangeka lula.

Nceda utyelele iikliniki yakho okanye ugqirha okanye utsalele umnxeba wasimahla weeyure ezingama-24 zomxeba woNcedo we-MMC kule nombolo 082 808 6152 ukuba ufumanisa nayiphi yemiba elandelayo, njengoko kunokwenzeka kubekho uphawu lokuba unosulelo.

- Unobushushu obuphezulu okanye uziva ushushu kakhulu.
- Uziva ugula, okufana nokuba buthathaka okanye unobucaphucaphu.
- Isisu sakho siqinile okanye silukhuni.
- Umhlathi wakho uqinile.
- Unesifo sokuwa okanye isithuthwane.
- Kukho ukunuka okubi okuvela enxebeni.
- Kukho ubomvu obuvela enxebeni.
- Unobunzima bokuchama.
- Ulusu lwakho lutshintsha umbala.
- Unokudumba okanye ukuthamba kumphakatho okanye ukujikeleza inxeba.
- Unobuhlungu besiqophe enxebeni, ngokukodwa ukuba ubungenabo ubuhlungu.

Ngamaxesha onke gcina inombolo yoNcedo ye-MMC kwifowuni yakho. Ungafowuna okanye uthumele nangaliphi ixesha i-PCM (Nceda uNdifowunele) uze uthethe nomnye wabongi bethu.

082 808 61 52



IZINTO EKUFUNeka UzITHATHELE INGQALELO ZIYAQHUBEKA..

Ukopha:

Kuqhelekile ukuba kubekho ukopha okuncinci emva kwe-MMC. Ukumisa ukopha, bamba umthondo wakho esandleni sakho, thatha ilaphu lobuso elicocekileyo uze ucinezele kwindawo eyophayo imizuzu eli-10 ukuya kweli-15. Ukuba ukopha kuyaqhubeka okanye kuba mandundu tyelela itliniki yakho yengingqi/ umboneleli weenkonziso kamsinya kangoko unakho okanye tsalela uMnxeba woNcedo we-MMC.

Ukulawula intlungu:

Kuqhelekile ukuba nentlungu ezolileyo emva kolwaluko lwakho. Thatha izibulala-ntlungu ozinikwe ziingcali zempilo emva kolwaluko. Ukuba intlungu isevakala ngokugqithisileyo, nceda uqhagamshelane netliniki yakho okanye tsalela uMnxeba woNcedo we-MMC.

Ukudumba:

Oku kuqhelekile kwakamsinya emva kwe-MMC. Ukudumba kufuneka kuthotho emva kweentsuku ezimbalwa. Gcina umthondo wakho umi nkqo usebenzisa indawo etwabulukayo yesinxibo sakho sangaphantsi ukuthomalalisa ukudumba. Ukuba ukudumba kuba mandundu, okanye ukuba kukho ubomvu obuphumayo kwinxeba nceda uqhagamshelane netliniki yakho okanye tsalela uMnxeba woNcedo we-MMC kwangoko.

Amathuba okubatywa:

Amathuba okubatywa angakhathaza xeshikweni unyangeka kwi-MMC. Uninzi lwamadoda lufumana kuluncedo ukupholisa imithondo yawo ngokuyiphulula ngobunono ngelaphu elicocekileyo ngamanzi abandayo okanye ngokubeka igaga lomkhenkce kwilaphu elicocekileyo nokulibeka phezu komthondo. Kananjalo kuyanceda ukusela amanzi amaninzi ukuze uchame rhoqo. Zama ukulala ngecala, utsalele amadolo phezulu ukuya esifubeni sakho. Zama ukungalali ngomqolo.

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082 808 61 52

Le ncwadana ivelise ngolwahlulelwano ne-PEPFAR, iSebe leSizwe lezeMpilo (National Department of Health) kunye neLungelo lokuKhathalela (Right to Care) ngenkxasomali evela kwi-USAID. Iziqulatho azibonisi ngokuyimfuneko iibonzo ze-USAID okanye i-United States Government.

