**I AVIAN INFLUENZA**

**YINTONI I “AVIAN INFLUENZA”?**

* iAvian influenza, ikwaziwa/ikwabizwa ngokuba yi avian flu okanye i “bird flu”.
* Isisifo esifunyanwa kwiinkukhu, iintaka, amadada, iinciniba njalo njalo.
* Iintsholongwane ze “Avian flu” zingadala izifo ebantwini kodwa oku kunqabile.

**NGUBANI ONUKUPHATHWA YI “AVIAN FLU”?**

* Abantu abasebenza kwiifama zeenkukhu, amadada okanye iinciniba, ezinentaka ezifunyenwe yi-Avian flu (ezigulayo, ezifileyo okanye ezikhangeleka ziphilile) basengozini yokusulelwa yintsholongwane ye Avian flu.
* Umkhuhlane weentaka i Avian flu, awunabungozi bungako eluntwini.
* Kunqabile ukuba iintsholongwane ze Avian flu zisuke komnye umtu zichaphazele omye umntu.

**ZINTONI IIMPAWU ZESIFO SE AVIAN INFLUENZA EBANTWINI?**

* Iimpawu ze avian flu eluntwini zinganga xhomisi mehlo, ziquka impawu zomkhuhlane weflu ezinjengee mpumlo ezivuzayo, umzimba obuhlungu, ukutshisa

komzimba (ifiva) amehlo abomvu, ukukhohlela, umqala obuhlungu; ziyokutsho kwimpawu ezibonakalisa ukugula kakhulu, ziquka ukuphelelwa ngumoya nokuvaleka kwesifuba.

**KUFUNEKA WENZENI XA UNEMPAWU ZE AVIAN FLU?**

* Xa uneempawu zomkhuhlane weflu ezinjengee mpumlo ezivuzayo, umzimba obuhlungu, ukutshisa komzimba(ifiva), amehlo abomvu, ukukhohlela, umqala obuhlungu, okanye ukuphelelwa ngumoya nokuvaleka kwesifuba kwaye ubusebenza ngeentaka/iinkukhu/amadada/ iinciniba ezinentsholongwane ye Avian influenza, kufuneka:
  + Wazise umphathi wakho
  + Uye kwiziko lezempilo elikufutshane nawe (eKliniki) ubachazele ukuba usebenza ngeentaka/ iinkukhu/amadada/iinciniba ekunokwenzeka ukuba zinesifo se Avian influenza.
  + Ukuba awukwazi ukuya ekliniki, chazela umphathi wakho emsembenzini oku, azokuthi akwazi ukukuncedisa ukuba udibane nabezempilo.
* Umongikazi okanye ugqirha uzakuthata incindi/imifinya empumlweni nasemqaleni wakho, esebenzisa umcinga othambileyo ofana ne “earbud”.
* Ukuba nempawu zomkhuhlane nokusebenza ngeentaka/iinkukhu/amadada/iinciniba akuthethi ukuba usulelwe yi Avian flu, luvavanyo (test) lwaselaborathri qha elinokuqinisekisa ukuba uneAvian influenza.
* Ukuba awukwazi ukuya ekliniki, chazela umphathi wakho emsembenzini oku, azokuthi akwazi ukukuncedisa ukuba udibane nabezempilo.

**UNGAZIKHUSELA KANJANI?**

* Amathuba okusulelwa yi Avian flu mancinci kakhulu, kodwa xa usebenza ngentaka (iinkukhu, amadada, iinciniba) kufuneka uqinisekise ukuba uhlala unxibe iimpahla zokuzikhusela ezinjenge “face mask”, iiglavs ne ovaroli.
* Yaye kufuneka ulandele imigaqo yokukuzicocisisa xa ugqiba ukusebenza.

**NGAYO YONKE INTO OFUNA ULWAZI NGAYO:**

Department of Health: Health Programmes Communicable Disease Control (CDC)

Tel: 021 483 3156/9964/6878