

# EZINYE IZILUMKISO

## Qiniseka ukuba akukudalanga ukutya

I-listeria iyatshatyalaliswa kukupheka ngesiqhelo, ngoko ke ukutya okuphekiweyo kukhuselekile ukuba kutyiwe. Nangani kunjalo, ilisteria yenye yeentsholongwane ezimbalwa ezikwaziyo ukukhula ekutyeni okufakwe efrijini. Yiloo nto kanye ke ibangela ukuba kulunyukelwe ukutya osekulungisiwe kwakhenkceziwa nokutya okugcinwe efrijini.

- Musa ukutya ukutya obesekwenziwe kwaza kwagcinwa efrijini iiyure ezidlulileyo kwezili 12.
- Kulungile naxa ungenakuzisebenzisa iisaladi esenziwe zaserestyu, ezivenkileni okanye amacwecwana enyama ebandayo nezinye izinto yinto ezithengiswa sezilungele ukutyiwa.
- Ukutya okufakwe efrijini osekuphelelwe lixesha okudla ngokubhalwa 'use by' okanye u'best before' akulungelanga ukutyiwa.

## Qiniseka ukuba kuyatshisa

Ukuba uthenga ukutya osekulungele ukutyiwa, ukutya okutshisayo, qiniseka ukuba ukuphaka kusatshisa. Xa ukufudumeza ukutya kwimakhroweyivu ekhaya, qiniseka ukuba kuyaqhuma kukutshisa.

## Ukuya kutya kwiindawo zokutyela

Yitya ukutya okuphakwa kusatshisa. Musa ukutya ukutya okuphakwa sekudikidiki. Ukuba oko akwenzeki, khetha izidlo ezishushu kuphela. Kulumkele ukutya iisaladi esezilungile (ezifana neesalad bars)

## Gcina ukutya kwisimo sokuba kungatyeka

Thatha amanyathelo ezempilo alula ukuze unciphise ukuba semngciphekweni wokusuleleka yi-listeria nakokunye ukutya okubangela izigulo.

- Rhoqo kunyibilikise efrijini okanye kwimakhroweyivu ukutya okukhenkceziwayo osekulungele ukutyiwa - ungakubeki ngaphandle ukuze kuzinyibilikele ngokwamaqondo obushushu bendlu
- Yigqume inyama engaphekwa ngayibeki nokutya okuphekiweyo okanye ukutya osekulungele ukutyiwa
- Yibeke ngaphantsi kokunye ukutya efrijini inyama engekaphakwa ukunqanda ukuba ingakonakalisi
- Hlamba izandla, iimela namaplanga okunqunqela wakugqiba ukusebenza ngokutya okungekaphakwa ukuthintela ukonakaliswa kokutya osekuphekiwe nokutya okusekulungele ukutyiwa.
- Kuphekisise konke ukutya okuvela ezilwanyaneni okufana nenyama yenkomo, inyama yehagu okanye yenkuku
- Kugcine ukutya okutshisayo kutshisa (ngaphezu kweqondo elungu-60°C) kuze okubandayo ukugcine kubanda (ngaphantsi kweqondo elingu 5°C)
- Musa ukukuyeka kude kuphole ukutya ube ukubeke nje. Kufake efrijini kwakuba sekuyekile ukuqhuma.
- Xa ufudumeza kufudumeze kutshise kude kuqhume ukutya
- Lumkela ukusebenzisa ubisi olungacocwanga kwanokutya okungacocwanga

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## Intsholongwane iListeria nokuKhulelwa



Isigulo iListeria okanye i-listeriosis, isigulo esibangelwa kukutya ukutya okutyefwe yintsholongwane eyaziwa ngokuba yi-Listeria monocytogenes.

## Ingaba yintoni isigulo iListeria?

Ilisteria okanye ilisteriosis sisigulo esibangelwa kukutya ukutya okutyefwe ziibhakthiriya ebizwa ngokuba yiListeria monocytogenes. Ibhakthiriya yelistria ifumaneka endalweni (umz. emhlabeni) nakokunye ukutya okungenwe yile bhakthiriya. Nakuba singaxhaphakanga nje isigulo ilisteria sinazo iimpawu ezimbalwa, okanye zingabikho kwaukubakho kubantu abasempilweni kodwa siyingozi.

Ukuba uthe wanesigulo selisteria ngexesha ukhulelwe, lungasesichengeni esikhulu sokusuleleka nosana olungekagalwa. Ukusuleleka kosana olungekagalwa sisigulo selisteria kungakhokelela ekuphumeni kwesisu, ekuzalweni komntwana odiniweyo (ozelwe seswelekile), azalwe enobunzima obuphantsi okanye agule kakhulu umntwana esanda kuzalwa.

## Zeziphi iimpawu zayo?

Kumabhinqa asakhulelweyo, isigulo iListeria sidla ngokuba sisigulo igastro-intestinal kodwa esingezi ngamandla. Ukunyuka kwamaqondo obushushu ngaphambi nangasemva kokubeleka lolona phawu luye luqapheleke. Nangani kunjalo, lungachaphazeleka kakubi usana olungekagalwa nokuba asizanga ngamandla esi sigulo.

## Ingaba isigulo iListeria singanyangeka?

Ewe, imeningitis ebangelwa kukusuleleka yiListeria inyangeka ngempumelelo ngamachiza e-antibiotics xa unyango olo luqalwe kwangoko.

I-Gastro enteritis eyenziwa yiListeria ayinachiza ngaphandle kokulumkela ezi zinto zibangela iListeria.

## Ukuthintela

Kubalulekile ukunciphisa amathuba okuba usuleleke sesi sigulo ngexesha lokukhulelwa. Ungakwenza oko ngokumana usitya ukutya okunempilo, uyikhethe into oyityayo nexesha otya ngalo, ulumkele nokutya ukutya okuthile okungakubeka emngciphekweni wokusulelwa yi-listeria.

## Ungawanciphisa njani amathuba okuba sesichengeni selisteria ngexesha lokukhulelwa?

- Okulungele impilo yakho nosana lwakho olungekagalwa, kubalulekile ukukhetha izidlo ezondlayo kwizidlo ezahlukeneyo ezifana nemifuno, iziqhamo, izidlo zemveliso yobisi, isonka, iicerial, ipasta, inyama engenamanqatha, intlanzi, amaqanda neengoba (nuts). Nangani kunjalo, kufuneka utye ukutya okuphekiweyo okanye ukutya okutsha (fresh) kuphela.
- Kubalulekile ukungakutyi kutya ongaqinisekanga nokuba bekusenzelwa kwindawo ecoceke nenempilo kangakani na, kunye/ okanye bekugcinwe njani na.
- Kulumkele ukutya izidlo ezingathi kanti zinelisteria ngexa ukhulelwe. Izidlo ezinjalo zezi zikhenkceziweyo, izidlo esezilungele ukutyiwa kuqakwa kuzo nezi:
  - isonka samasi (itshizi) ethambileyo njenge-feta, i-bic, ne-camembert
  - inyam'enkukhu eyi-takeaway esikwe yazizicwibi (njengelungiselwe ukufakwa kwisendiwitshi)
  - inyama ebandayo (njengefakwa esonkeni)
  - ii-pates
  - iisaladi esele zenziwe okanye ebeziccinwe
  - ukutya okuyimveliso yolwandle okungaphekwananga (njengembaza neshashimi)
  - ukutya okuyimveliso yolwandle okuphekwe ngomphunga njenge-smoked salmon, smoked oysters
  - (okunkonkxiweyo kokona kukhuselekileyo)

