

I-MENINGITIS

Yintoni i-meningitis?	I- <i>Meningitis</i> sisifo esichaphazela inwebu ejikeleze ingqondo kwakunye nomnqonqo. Ingabangelwa ziintsholongwane ezibizwa ngokuba ziibhaktheriya (<i>bacteria</i>) (umz. i- <i>meningococcal meningitis</i>) okanye ziintsholongwane ezibizwa ngokuba ziivayirasi (<i>viral meningitis</i>). Kwiimeko ezininzi i-meningitis ibangelwa yivayirasi yaye ayinabuzaza bungako. Ukanti i-meningitis ebangelwa ziibhaktheriya sisigulo esixhomis' amehlo.
Ixhaphake kangani i-meningitis?	Kubakho amaxesha okuqhambuka kwe-meningitis ebangelwa ziibhaktheriya (ingakumbi kwi-Afrika engezantsi kweSahara) kodwa i-meningitis ebangelwa ziivayirasi yeyona ixhaphakileyo.
Ungazi njani ukuba umfundi ugula yi-meningitis?	Umfundi angagula kakhulu abonise iimpawu ezinokuvela nangayiphi na indlela, eziquka umkhuhlane omkhulu, ukuqina kwentamo, isizaphu-zaphu nokukhupha, intloko ebuhlungu, umrhawuzelelane (amaqhakuvana abomvu), ukubhideka engqondweni nokuxhuzula.
Uyifumana njani i-meningitis?	Ngokudibana ngqo nangokungadibani ngqo nolwelo oluvuza lusuka empumleni okanye emqaleni (amaqabazana aphuma xa uphefumla esuka empumleni nasemqaleni kumntu osulelekileyo xa ekhohlela okanye ethimla).
Ukuba usulelekile (yakuba intsholongwane isemzimbeni wakho) iba lixesha elingakanani phambi kokuba ugale ukuziva ugula?	Ingaba lusuku olunye okanye ezili-10; kuqheleke iintsuku ezi- 3 - 4
Inyangwa njani i-meningitis?	Ukuba utitshala urhanela i- <i>meningitis</i> , makamthumele umfundi kugqirha, eklinikhi okanye esibhedlela. Ukuba umfundi ugula yi-meningitis ebangelwa ziibhaktheriya (<i>bacterial meningitis</i>), uya kunyangwa ngee- <i>antibiotics</i> . Akukho mfuneko yee- <i>antibiotics</i> kwimeningitis ebangelwa ziivayirasi (<i>viral meningitis</i>), kodwa umfundi kuya kufuneka aphumle aze agimye iipilisi zeentlungu ezifana ne-paracetamol (umz. iPanado). Iimpawu ze- <i>viral meningitis</i> ziqhele ukuba zinyamalale kwisithuba seeveki ezimbini.
Ingaba umfundi one-meningitis kufuneka angezi esikolweni?	Ewe.
Umfundi ogula yi-meningitis uyekiswa isikolo ixesha elingakanani ?	Iiyure ezingama-24 emva kokuqalisa unyango. Umfundi makabuyela esikolweni kuphela xa eneleta kagqirha.
Zinto zini ezingaba nobuzaza xa ubani ene-meningitis?	Ukulibaziseka ekufumaneni unyango kwimeningitis ebangelwa ziibhaktheriya kungakhokelela kumonakalo wengqondo ngokupheleleyo kwaye oku kungakhokelela kubunzima ekufundeni, kwakunye nokufa kwamalungu omzimba. Ezinye iimeko ezinobuzaza ziquka ukungeva, ukuxobuka kolusu, kwakunye nokuphulukana neenyawo neengalo ngenxa yokungahambi kwegazi emzimbeni.
Omakuqatshelwe:	Unyango olukhawulezileyo ngugqirha lubalulekile kakhulu. Zichaze ezi meko zilolu hlobo kwiSebe lezeMpilo ngoko nangoko. Ukuthintela ukunaba kwesifo, umntu okhe wadibana nezigulane ze-meningitis anganikwa ii-antibhayotikhi. I- <i>Meningococcal meningitis</i> yeyona isulela ngamandla kwaye luhlobo oluzibonakalisa ngomrhawuzelelane. Lungabangela ukufa.

IRHASHALALA (CHICKEN POX)	
Yintoni irhashalala?	Irhashalala (<i>chicken pox</i>) sisifo esibangelwa yintsholongwane encinane kakhulu eyivayirasi (<i>varicella virus</i>), engenakubonwa ngeliso lenyama.
Ixhaphake kangani irhashalala?	Irhashalala ixhaphake kakhulu ebantwaneni kodwa inako ukubakho nakubantu abadala.
Ungazi njani ukuba umfundi unerhashalala?	Umfundi uya kuba namaqhakuvana arhawuzelelayo evela ikakhulu esifubeni, emqolo nasebusweni (nasezi-ntsinini). La maqhakuvana mancinci athi gweve ukuvela qho ngeentsukwana ezimbalwa. Iqala njenga-maqhakuvana amancinci, ize ibe ngamadyunguza azele lulwelo (angathi abe bubovu). Ayoma aze enze izikhokho okanye amaxolo. La maqhakuvana ahlala iintsuku ezi-8 ukuya kwezi-10. Umfundi angaba nomkhuhlane, intloko ebuhlungu aze azive enokudinwa kwakunye nokuqaqamba komzimba.
Uyifumana njani irhashalala?	Irhashalala iyosulela kakhulu, kwaye isasazeka xa umntwana onayo ekhohlela okanye ethimla, aze agqithisele intsholongwane kwabanye abantwana. Omnye umntu angosulelwa yirhashalala ukuba ngaba udibana ngqo nencindi esuka kumadyunguza.
Ukuba usulelekile (yakuba nje intsholongwane isemzimbeni wakho) iba lixesha elingakanani phambi kokuba uqalise ukuziva ugula?	Intsholongwane ingaba semzimbeni wakho iintsuku ezili-10 ukuya kwezingama-21 phambi kokuba uqalise ukuziva ugula.
Inyangwa njani irhashalala?	Ukuba kurhanelwa irhashalala, umntwana makabonwe ngugqirha. Umntwana makanikwe i-paracetamol (umz. iPanado) yomkhuhlane, kwakunye nekhalamayini ukuze ithanjiswe kuloo maqhakuva ukunciphisa ukurhawuzelela. Ukuba irhashalala yondele okanye iyosulelayo, ugqirha makamnike iipilisi zokurhawuzelelwa kunye ne-antibhayotikhi.
Ingaba umfundi onerhashalala kufuneka angezi esikolweni?	Ewe.
Umfundi onerhashalala uyekiswa isikolo ixesha elingakanani ?	Umfundi onerhashalala ufuna ukugcinwa ekhaya anyangwe ngugqirha. Umfundi angabuyela esikolweni kuphela xa eneleta evela kugqirha.
Ingaba ziintoni ezinobuzaza xa ubani unerhashalala?	Amaqhakuvana angabangela usuleleko, ngoko ke kubalulekile ukuba ukuthintele ukuwakrwempa. Oku kungahle kuchaphazele nemiphunga yakho, ingqondo yakho kunye nokuhamba kwegazi.
Omaquqatshelwe:	Ugonyo luyafumaneka. Alufumaneki eziklinikhi, kodwa lungenziwa ekhemesti.

IINTWALA ZASENTLOKO	
Ziintoni iintwala zasentloko?	Iintwala zizinambuzane ezincinane (½-3mm ubude) ezingenamaphiko ezizizimunguny-gazi nezixhomekeke ebantwini ukuze ziphile. Zinemizimba enoboya esicaba kwakunye neenzipho ukuze zincamathele ngazo entlonzeni. Zihlala kufutshane nolu ukuze zifumane ubushushu kwaye zitya ngokumungunya umlinganiselo othile wegazi entlonzeni. Imazi yentwala izala amaqanda ayo (abizwa ngokuba ngoonomoyi), nancamathela nca kwizikhondo zeenwele. Oonomoyi bafana neenkozwana ezincinci ezimhlophe.
Zixhaphake kangamani iintwala zentloko?	Iintwala zixhaphakile ebantwaneni. Abantwana ababhinqileyo ngabo abathanda ukuba neentwala. Ucoceko nezempilo azidibananga kangako nobukho beentwala (nangona iimeko zokungacoceki emzimbeni ezifumaneka kwiindawo ezihlwe-mpuzekileyo nezixineneyo, zenza zisasazeke ngokulula). Nakuba iinwele zihlanjwa rhoqo, zingakho iintwala. Eneneni intwala yentloko iphila kakuhle kwiinwele ezicocekileyo nezihlanjwe kakuhle.
Ungazi njani ukuba umfundi uneentwala zentloko?	Intlonze yomfundi ingarhawuzelela kakhulu. (Nangona kunjalo iintwala azibangeli kurhawuzelelwa kangangeenyanga ezi-3 emva kokuba ubani esulelekile.) Yena anganamaqhakuvana amancinci kumva wentamo okanye ubone intwala ngokwayo okanye oonomoyi kwizikhondo zeenwele. Eyona ndawo yomzimba idla ngokuchaphazeleka kakhulu ngumva wendlebe.
Usuleleka njani ziintwala umntu?	Iintwala zingahamba ukusuka kule ntloko ziye kwenye ukuba zayamene, kodwa azikwazi kudada, kubhabha, kungcileza okanye kutsiba. Zingahamba ukusuka entlokweni yomnye ziye kumphezulu wento nokuba ngowomqamelo okanye ikepusi, ukusuka apho ke ziye entlokweni yomnye umntu.
Iba lixesha elingakanani phambi kokuba amaqanda (okanye onomoyi) aqandusele ?	Iintsuku ezi-7 ukuya kwezi- 10 emva kokuba ezalelwe.
Zinyangwa njani iintwala zentloko?	Susa iintwala ngokuzihlamba iinwele ngeshampu yohlobo oluthile yasekhemesti ukuze zipheliswe nya iintwala (umz. i-Quellada okanye i-Gambex). Oonomoyi abaseleyo mabasuswe ngekama enamazinyo amancinane zize iinwele zipulwe ngamanzi afudumeleyo aneviniga. Kwithuba leentsuku ezili-10 zitshekishe kwakhona iinwele uze uphinde uzihlambe ngeshampu ususe noonomoyi. (Jonga ifom eqhotyoshelweyo eya kubazali.)
Ingaba umfundi oneentwala kufuneka angezi esikolweni?	Ewe.
Umfundi oneentwala uyekiswa isikolo ixesha elingakanani ?	Umfundi oneentwala ufuna ukugcinwa ekhaya <i>de</i> kube kuqalisiwe ngonyango. Nje ukuba kuqalisiwe ngonyango (nokuba ngaba oonomoyi basekhona) umfundi angavunyelwa aye esikolweni, ukuba ngaba kusaqhutyekwa nokunyanga iinwele nokususwa koonomoyi. Uphando lubonise ukuba ayingabo bonke oonomoyi abakhula babe ziintwala, ngoko ke akuyomfuneko ukumyekisa esikolweni umfundi ukuba ngaba unoonomoyi kuphela.
Ingaba ziintoni ezinobuzaza xa ubani eneentwala zentloko?	Iintwala azidli ngakubangela iingxaki zempilo ngokwasemzimbeni, nakuba ukuzikrwempa entlonzeni kungakhokelela kusuleleko. Eyona ngxaki inkulu ngeentwala kukuba zonke iintsapho, amakhaya kunye nezikolo zingasuleleka.
Omakuqatshelwe:	Bonke abazali okanye abagcini babantwana mabaxelelwe xa kukho usuleleko ziintwala ngaphakathi esikolweni, kwaye kufuneka bacelwe ukuba batshekishe abantwana babo rhoqo ukuba abanazintwala na (Imizekelo yeeleta ezinjalo iqhotyoshelwe apha.)

I-MASISI	
Yintoni imasisi?	Sisifo esosulela kakhulu nesibangelwa yintsholongwane encinane ebizwa ngokuba yivayirasi yemasisi.
Ixhaphake kangakanani imasisi?	Kwixa langaphambili abantwana abaninzi abangaphantsi kweminyaka emi-5 babegula yimasisi ngamathuba athile. Kodwa ngenxa yokuba ngoku abantwana abaninzi bagonyelwa imasisi, ayisaxhaphakanga kangako.
Ungazi njani ukuba umfundi unemasisi?	Imasisi ibonwa ngeempawu zomkhuhlane omkhulu, amaqhakuvana athe tshitshilili emzimbeni wonke. iimpawu zikwaquka ukukhohlela, amehlo alilayo abuhlungu ekukhanyeni okuqaqambileyo kwakunye nempumlo evuzayo.
Usuleleka njani yimasisi?	Imasisi isasazeka ukusuka komnye umntu iye komnye ngokusasazeka kwamathana umzekelo ngokukhohlela, nangokuthimla. Ukudibana nencindi ephuma empumleni okanye emqaleni womntu osulelekileyo kungayisasaza imasisi. Abantwana ngabona badla ngoku- suleka phambi kokuba babhaqwe ukuba bagula yimasisi.
Ukuba usulelekile (yakuba nje intsholongwane isemzimbeni wakho) iba lixesha elingakanani phambi kokuba uqalise ukuziva ugula okanye ubonakalise iimpawu zokugula?	Ingaba ziintsuku eziphakathi kwezisi-7 nezili-14 .
Inyangwa njani imasisi?	Ukuba kurhanelwa imasisi emntwaneni, makabonwe ngugqirha. Mekanikwe i- <i>Paracetamol</i> (umz. iPanado) ukunyanga umkhuhlane omkhulu. Ngamanye amaxesha ugqirha angamnika u-Vitamin A osisongezelelo ukuthintela iimeko ezinobuzaza. Abantwana abanemasisi mabakhuthazwe basele kakhulu izinto eziselwayo .
Ingaba umfundi onemasisi kufuneka angayi esikolweni?	Ewe.
Umfundi onemasisi uyekiswa isikolo ixesha elingakanani ?	Iintsuku ezisi-7 emva kokuvela kwamaqhakuvana amancinane athe tshitshilili.
Ingaba ziintoni ezinobuzaza xa ubani egula yimasisi?	Ukuminxeka isifuba (inyumoniya), ukugula kwendlebe ephakathi, ukuhambisa kwesisu, izilonda ezibuhlungu emlonyeni, kwakunye nohlobo lwesifo samehlo esingakhokelela ekubeni ubebumfamarha
Omaquqatshelwe:	Imasisi sisifo esixhomis' amehlo nesignabangela ukufa. Nangona kunjalo ingathintelwa okanye incitshiswe ngogonyo (amakhadi eenkulisa/ eecreche kufuneka atshekishwe ngootitshala). Kubalulekile ukuba abazali bakhuthazwe ukuba babagonye ngokupheleleyo abantwana phambi kokuqala isikolo .

UKHWEKHWE	
Yintoni ukhwekhwe?	Sisinambuzane esincinci okanye ingolwane elihlala phantsi kolusu lizalele amaqanda. La maqanda ayaqandusela emva kweentsuku ezimbalwa ze kuzalelwe amanye amaqanda angaphezulu kunoko. Lo mjikelo uyaqhubeka yaye lungawugqiba wonke umzimba.
Luxhaphake kangakanani ukhwekhwe?	Ukhwekhwe luxhaphake kwiindawo zokuhlala ezixineneyo ezinabantu abaninzi behlala ndawonye nalapho kungelula ukuhlamba qho. Lusasazeka apho kukho ukudibana rhoqo ngolusu phakathi kwabantu njengasezibhedlele, kumaziko okugcina abantwana, ezikolweni, njl. njl. Abantu abadala kunye nabantwana banganalo ukhwekhwe. Abantu abadala okanye abo babuthathaka kwindlela yendalo yokuzikhusela komzimba ngokwawo ekuguleni badla ngokuba babe semngciphekweni wokosulelwa lukhwekhwe.
Ungazi njani ukuba umfundi onokhwekhwe ?	Amabalana abomvu amancinane okanye imingxunya eba semzimbeni. Iba kwiindawo ezinemiphetho, phakathi kweminwe, esinqeni, njl. njl. Nakuba kunjalo oku kungawonwenwa kugqibe wonke umzimba. Ukurhawuzelelwa kakhulu ngakumbi ebusuku okanye xa kukho ubushushu.
Usuleleka njani lukhwekhwe?	Lugqithiselwa komnye umntu ngomnye ngokudibana ngqo kolusu nolunye ulusu ixesha elide okanye ngokunxibelana impahla, ngeeshiti neengubo, iiglavu, ikepusi, iminqwazi njl. njl. Ukuxhawulana ngezandla nokuwolana akudli ngakubangela ukudibana okunokuthi kususasaze esi sifo.
Ukuba usulelekile (yakuba intsholongwane isemzimbeni wakho) iba lixesha elingakanani phambi kokuba uqalise ukuziva ugula okanye ubonakalise iimpawu zokugula?	Ziintsuku ezimbalwa ukuya kwiiveki ezimbalwa.
Lunyangwa njani ukhwekhwe?	Ukuba kurhanelwa ukhwekhwe, umfundi makaye kwagqirha ukuze afumane amayeza kwakunye nezinto zokuthambisa. (Jonga isiHlomeleo A malunga nokuqatywa kwento yokuthambisa.)
Ingaba umfundi onokhwekhwe makangayi esikolweni?	Ewe.
Umfundi onokhwekhwe uyekiswa isikolo ixesha elingakanani ?	Iiyure ezingama -24 emva kukuqaliswa konyango.
Ingaba ziintoni ezinobuzaza xa ubani enokhwekhwe?	Ngenxa yokuchachamba kolusu, usuleleko olulandela olo lungakho. (Oko kuthetha ukuba ulusu olonakeleyo losulelwa yenye intsholongwane kwakhona). Oku maku- nyangwe ngamagosa ezempilo aqeqeshiweyo.
Omaquqatshelwe:	Ukhwekhwe mayingabi sisifo osibhaqa ngokwakho ukuba unaso kwaye sukuzinyanga ngokwakho Kungenzeka ukuba luphazanyiswe nesinye isigulo solusu ngoko ke oko makufunyaniswe ngugqirha, umongikazi okanye ligosa lempilo eliqeqeshiweyo. Izikolo ke ngoko ziyacetyiswa ukuba zisebenzise le leta iqhotyoshelweyo ngononophelo, ingakumbi xa iimpawu zibonisa ukuba lukhwekhwe.

UQWILIKANA	
Yintoni uqwilikana?	Sisifo esosulelayo esibangelwa yintsholongwane encinane ebizwa ngokuba yivayirasi kaqwilikana (<i>mumps virus</i>).
Ungazi njani ukuba umfundi unoqwilikana?	Umfundi uya kuba nomkhuhlane kuze kubekho ukudumba nokuthamba kwelinye lamadlala amathe (amadlala aphambi kwendlebe).
Usuleleka njani nguqwilikana?	Intsholongwane isasazeka ukusuka komnye umntu ukuya komnye ngamathana asulelekileyo, umz. ukukhohlela nokuthimla okanye ngokudibana namathe omntu osuselelekileyo.
Ukuba usulelekile (yakuba intsholongwane isemzimbeni wakho) iba lixesha elingakanani phambi kokuba uqalise ukuziva ugula okanye ubonakalise iimpawu zokugula?	Oku kungathatha iintsuku eziphakathi kwe-14 nama-21.
Unyangwa njani uqwilikana?	Ukuba kurhanelwa uqwilikana kumfundi, makasiwe kwagqirha. Angawanikwa amayeza eentlungu ukunyanga umkhuhlane neentlungu. Kubalulekile ukuba kukhuthazwe ukucoca umlomo. Kwezinye iimeko ukudumba kungadala iintlungu ezigqithisileyo kangangokuba umntwana onoqwilikana angatya izinto eziselwayo kuphela kwiintsuku ezimbalwa. Makusoloko kukhuthazwa ukusela ngokwaneleyo .
Ingaba umfundi onoqwilikana kufuneka angezi esikolweni?	Ewe.
Umfundi onoqwilikana uyekiswa isikolo ixesha elingakanani?	Iba ziintsuku ezisi-7 ukuya kwezisi-9 emva kokubela kokudumba. Yena unokubuyela esikolweni ngencwadi kagqirha.
Ingaba ziintoni ezinobuzaza xa ubani enoqwilikana?	Ukukralla kweendawo ezithile zengqondo kwakunye nokungeva. Amalungu enzala obudoda okanye abantu ababhinquleyo angachaphazeleka, kuze oko kudale iintlungu kakhulu. Nangona kunjalo oku akuxhaphakanga ebantwaneni abangekafikisi.
Omaquqatshelwe:	Ukugonywa kwabantwana kungamthintela uqwilikana. Abazali kufuneka bakhuthazwe ukuba bamgonye ngokupheleleyo umntwana wabo phambi kokuba aqalise isikolo. Ugonyo alufumaneki eziklinikhi kodwa lungafumaneka ekhemesti.

Isihlomelo A:

ILETA EYIFOM YABAZALI BABANTWANA ABANOKHWEKHWE

Mzali/Mgcini womntwana Obekekileyo

Sixhalatyiswe kukuqaphela ukuba umntwana wakho _____
unamabalana abomvu okanye imingxunyana ezizilonda emzimbeni wakhe ANOKUBA lukhwekhwe.

Ukukhusela umntwana wakho kunye nabanye abantwana ukuba bangasuleleki ngaphezu koku, uyacelwa ukuba use umntwana wakho kugqirha wakho okanye kwiklinikhi yezempilo ukuze axilongwe.

Ukuba umntwana wakho unokhwekhwe, uya kunikwa iyeza lokuthambisa elilulwelo kwaye uyacelwa ke ngoko ukuba wenze oku kulandelayo:

1. Mgcine ekhaya iiyure eziyi- 24 emva kokuba uqalisile ngonyango.
2. Cheba iinzipho zomntwana wakho.
3. Hlamba zonke iimpahla zomntwana wakho kunye neengubo zakhe ngamanzi ashushu uze uziyeke zome elangeni iiyure ezisi-8. Ukuba kunokwenzeka, zi-ayine zonke iimpahla nge-ayini eshushu.
4. Umzimba wonke mawuhlanjwe ngesepa namanzi ashushu. Wosule ngetawuli ecocekileyo.
5. Thambisa into yokuthambisa eyilowushini (oyinikwe ngugqirha okanye yiklinikhi) emzimbeni wonke, ngaphandle kobuso kunye nentamo. Qinisekisa ukuba le lowushini (into yokuthambisa) ingena kuzo zonke iindawo ezinemiphetho. Yiyeke yomele elufeleni. Phinda kwakhona umthambise. Yiyeke apha emzimbeni iiyure eziyi-24 uze uwuhlambe umzimba. Ukuba ukurhawuzelelwa akupheli kwisithuba seentsuku ezi-3 zolu nyango, phinda amanyathelo ale nkqubo ukusuka kwinyathelo 3 ukuya ku-5.
6. Bonke abantu abahlala kuloo ndlu okanye abadibana nabo qho nabo mabanganywe.

Siya kuyivuyela intsebenziswano yakho.

Ozithobileyo

Utitshala weklasi

Umhla

Isihlomelo B:

ILETA EYIFOM YABAZALI BOMNTWANA ONEENTWALA

Mzali/Mgcini womntwana Obekekileyo

Kuvavanyo olwenziwe apha esikolweni, sifumanise ukuba umntwana wakho _____ uneentwala noonomoyi ezinweleni zakhe.

Nceda wenze oku kulandelayo:

1. Mgcine ekhaya de ube uqalise ngonyango.
2. Zihlambe iinwele zakhe ngeshampu yohlobo oluthile umz. i-Quellada okanye i-Gambex, ezifumaneka kwikhemesti ekuloo ndawo uhlala kuyo, kwiziko lolunto lempilo (isibhedlele ekungalaliswayo kuso) okanye eklinikhi. Oku kuya kuzibulala iintwala.
3. Emva kokuhlamba iinwele, oonomoyi bangasuswa ngekama enamazinyo amancinane okanye eyamashiya. Zikamisise iinwele, uqala kumphezulu uhle uye ezikhondweni zeenwele, utshekishe amazinyo ekama kwixesha ngalinye umkama, nantoni na encinane, engwevu neshukumayo yintwala ke leyo. Yipule ikama ngamazni abalekayo phambi kokuba umkame qho ngexesha ngalinye.
4. Ukuba kukho iintwala okanye oonomoyi abashiyekileyo ngosuku olulandelayo, pula iinwele ngamanzi aneviniga (umxube owenziwe nge- $\frac{1}{2}$ yeviniga kunye ne- $\frac{1}{2}$ yamanzi afudumeleyo).
5. Qhubeka ukame iinwele ngekama enamazinyo amancinane de baphele oonomoyi.
6. Kwiintsuku ezili-10 emva kokuba uzihlambile iinwele, zihlambe kube kanye kwakhona ngeshampu yohlobo olulodwa.
7. Wonke umntu apha elusatsheni okanye ekhaya ochaphazelekayo makanyangwe.
8. Musa ukusebenzisa idraya yeenwele emva kokusebenzisa ishampu yohlobo olulodwa.
9. Musani ukusebenziselana iikama, iibhrashi, iitawuli okanye izinto ezinxitywa entloko
10. Cocisisa indlu ngehuva ukususa naziphi na iinwele ezingaba noonomoyi abathe nca kuzo.
11. Zihlambe zonke iimpahla (ingakumbi izinto ezinxitywa entloko) nezinto zokulala ngamanzi ashushu. Siya kuyivuyela intsebenziswano yakho.

Ozithobileyo

Utitshala weklasi

Umhla

Isihlomelo C:

ILETA EYIFOM YABAZALI
EYAZISA NGOKUHLASELWA ZIINTWALA

Mzali/Mgcini womntwana Obekekileyo

Iqela labafundi esikolweni sethu lihlaselwe ziintwala. Aba bafundi abazi kuvunyelwa ukuba beze esikolweni de kube kuqaliswe ngonyango.

Nceda wenze oku kulandelayo ukuze kuthintelwe ukusasazeka kweentwala:

1. Zibhrashe iinwele zomntwana wakho ubuncinane yonke imihla.
2. Qinisekisa ukuba iinwele zomntwana wakho zichetywe zakufutshane umzekeko iinwele eziphothiweyo.
3. Zitshekishe qho iintwala entloko.
4. Yazisa isikolo ukuba ukhe wazibona iintwala entloko.
5. Ukuba umntwana wakho uneentwala, mgcine ekhaya de ube uqalise ngonyango.

Ozithobileyo

Utitshala weklasi

Umhla