



NYANGA

PHELISA ISIFOSORHUDO NENYUMONIYA:



Masibanyange ngendlela efanelekileyo abantwana bethu

- Ukuphefumlela phezulu lumphawu olungundoqo olubonisa inyumoniya kanye nesifo sorhudo. Ukutsalekela ngaphakathi kwesifuba nako kunobungozi. Musa ukulinda mse ekliniki umntwana.
- Ezinye iimpawu zezi: umntwana akhonto ihlalayo xa eyisele; ugabha yonke into; axhuzule, angabinamandla kwaye athi phuhlu amehlo; kubekho negazi kwilindle lakhe.
- Xa kukho iimpawu ezibonakalisa ubungozi **mse ekliniki umntwana** ngoko nangoko.
- Ukuba umntwana ungaphantsi kweenyanga ezintathu kwaye unezi mpawu **funa uncedo kwangoko**. Inobungozi.
- Yiya ngqo** kumsebenzi wezempiro. Musa ukuma ethywini ekliniki.
- Mselise amanzi amaninzi okanye ubisi lwebele** umntwana endeleni eya ekliniki.
- Qiniseka ukuba wonke umntu okhoyo endlini uyakwazi ukwenza **umxume weswekile netyuwa** ukunyanga isifo sorhudo. Mniqe amathanyana rhoqo. (Xuba kwilitha yamanzi amatisipuni asi-8 eswekile kanye nehafu yetisipuni yetyuwa).
- Umntwana onesifo sorhudo kufuneka anikwe **iipilisi zezinki**.
- Umntwana ogula kakhulu kungafuneka anikwe amayeza awongeziwego kanye ne-
- okhsijini kwaye unako nokulaliswa esibhedlele.
- Ithi gqolo umntwana umnika ukutyana okuncinane ngexesha**.
- Qhubekaka umncancisa / umnika ubisi lwebele nokuba uyahambisa** kwaye egabha.
- Umntwana obegula **utya ukutyana okuncinane ngexesha**. Mphe ukutyana rhoqo (kwiiyure ezi-2 okanye ezi-3 ka-5 ngemini ubuncikane).
- Esi sehlo masibhalwe kwikhadi lomntwana **laseklinski(iRoad to Health)booklet**.



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KHUSELE

Yintoni isifo sorhudo?

Isifo sorhudo kukuhamisa kwesisu okunokuthi sibulale abantwana. Ixesha elininki umntwana uye agabhe. Xa umntwana ethe waphulukana namanzi amaninzi unokuthi agule kakhulu kwaye angafa.

Musa ukumcima umntwana. Musa ukumnika amachiza okumnqamla.

Yintoni inyumoniya?

INyumoniya lusuleleko oluba semiphungeni. Imiphunga iya ibe namanzi kube nzima ukuphefumla.

MASIKHUSELE abantwana bethu kurhudo nakwinyumoniya

- Mawakhuthazwe amabhinka ukuba asebenzise ucwangciso-ntsapho ngendlelala echanekileyo. Umntwana ngamnye kufuneka abe ngumntwana olungiselelwego nofunekayo.
- Lunike ubisi lwebele lodwa usana kwiinyanga ezi-6 luzelwe
- (ungalunki okunye ukutya, ungalunki namanzi).
- Ubisi lwebele luyazikhuela iintsana zingafumanzi zigulo/usuleleko nealeji.
- Qinisekisa ukuba usana ngalunye luyasifumana isongezelelo seVithamini A



THINTELE

MASITHINTELE abantwana bethu bangaguli sisifo sorhudo nenyumoniya .

- Umntwana kufuneka agonywe ngePCV xa eneeveki ezi-6, 14 kunye naxa eneeenyanga ezi-9. Ugonyo Iwe-Pneumococcal Conjugate Vaccine (PCV) luthintela inyumoniya.
- Umntwana makanikwe ichiza logonyo Iwe-rotavirus xa eneeveki ezi-6 naxa enezili-14. Le nto ikuhsela isifo sorhudo.
- Amachiza ogonyo lwemasisi, iHib nepethasis (ukhohlokhohlo / unkonkonko) nawo ayafuneka
- Fundisa wonke umntu ngokuhlamba izandla zabo ngamanzi nesepha ngakumbi xa bevela ngasese naphambi kokuba baphathe ukutya.
- Abantwana abavele benobunzima obuncinane kunoko kulindelekileyo kwaye bengondlekanga kufanele bandedwe babe **nobunzima obusempilweni** njengoko le nto inokuthi ithintele inyumoniya kunye nesifo sorhudo. Mse ekliniki umntwana.
- Gcina umoya ucocekile ekhaya ngokuthi usebenzise izitovu ezingcono kuvulwe neefestile khon'kuze kungene umoya omtsha.
- Qiniseka ukuba amanzi acocekile/awanazintsholongwane. Ukuba akuqinisekanga wabilise.
- Amanzi uwagcina kwinto enempompo/isivalo sefatyi.Ukuba ayikho, sebenzisa ibhakethi elicocekileyo elinesiciko.
- Qiniseka ukuba ilindle lilahlwa kwindawo efanelekileyo.
- Sebenzela ukuba iHIV ingabikho ebantwaneni. Bonke abantwana banako ukuvela bengenayo i-AIDS.
- Indawo esempilweni ingasisiqalo esihle emntwaneni.
- Ikhaya lakho ligcinelicocekile ngakumbi xa usenza ukutya.
- Kugqume ukutya ukuze kungabi nazimpukane.