02_08 TB Flyers 2 XHO.pdf 1 25/02/2022 11:34:22

Phindela kubanonopheli beTB ngokukhuselekileyo

- **Ubhubhane ikhoronavayirasi iphazamise ubomi bomntu wonke yenza izinto zanzima emntwini wonke.**
- **Siyayiqonda into yokuba uye wakha wathi xha awaya kwiiapoyintimenti zakho zaseklinikhi okanye akwawasela amayeza akho ngenxa yezi ngxaki.**
- **Ukugonya, ukunxiba imaski nokuchasela/ushiye umgama phakathi kwakho nabanye abantu, yimimiselo ebalulekileyo yonke leyo ekuntinteleni ukunwenwa kweCOVID-19.**
- **Kodwa kukwabalulekile nokuba uhlale unxibelelana neklinikhi yakho ukuze uqhube ufumana unyango.**

Kutheni siphindela kunonophelo lweTB?

- Ungaziva ungcono wakuqalisa ngonyango lweTB, kodwa kusabalulekile ukuba uligqibe ixesha olisikelwe unyango.
- Kuthatha ixesha elide ukuba zife ZONKE iintsholongwane zeTB ezisemiphungeni yakho.
- Ukuba akuziseli iipilisi zakho yonke imihla, iintsholongwane zeTB ziya kuphinda zikuhlasele zikugulise kwakhona.
- Ungaligqibanga ixesha lokusela amayeza ebelimiselwe, uyakwenza zinwenwele kumalungu osapho lwakho iintsholongwane zeTB nakwabanye abantu abahlala kwikhaya lakho. Bakhusele abantu bakho ngokuphinda kubanonopheli beTB.

Zigcine uphilile ngokugcina iiapoyintimenti

- Kubalulekile ukuba uye kwiapoyintimenti yakho yaseklinikhi ukuze unesi/ugqirha weTB ayijongisise imeko yakho, ekhangela ukuba unyango olu ikhona na into oluyenzayo ukuphucula imeko yakho.
- Ukusela iipilisi yonke imihla ixesha elide kunganzima. Ukuba uyaya kuzo zonke iiapoyintimenti zakho zaseklinikhi, unesi/ugqirha/umniki-ngcebiso uya kukunceda ekubeni ungakuphosi ukusela amayeza akho.
- Chaza xa iyeza lingangqamani nomzimba wakho (uneside effects) kunesi/kugqirha weTB. Baya kuyinyanga ingxaki yokungangqamani komzimba neyeza okanye bakutshintshe kumayeza obunyangwa ngawo bakunike amanye.

Phindela kwiziko-mpilo elilungelelene nawe

- Ungaphindela kubanonopheli beTB ngokuya kwiklinikhi ekufuphi kuwe.
- Kukhuselekile ukuphindela eklinikhi – iiklinikhi zinamanyathelo okhuseleko ukukukhusela ekubeni ungosulelwa yiCOVID-19 ngexesha uye eklinikhi.
- Nokuba iklinikhi odla ngokuya kuyo ikwenye idolophu/kwesinye iSixeko, ungaya kwiklinikhi ekufuphi nawe ubabonise ikhadi lakho leapoyintimenti – baya kukwazi ukuzibona iinkcukacha zakho zalaa klinikhi ubuhamba kuyo ukufumana unyango.

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02_08 TB Flyers 2 XHO.pdf 2 25/02/2022 11:34:24

Izinto eziphambili ekufuneka ungazilibali:

- I-TB iyanyangeka ngokusela amayeza eTB yonke imihla, iintsuku ezisixhenxe ngeveki ukusuka (ngoMvulo ukuya ngeCawe) ude ube uligqibile ixesha lakho lokusela amayeza.
- Musa ukusela amayeza omnye umntu.
- Musa ukuwanika abanye abantu amayeza akho bawasele.
- Iklinikhi yakho iya kukulungiselela amayeza oya kuwasebenzisa iinyanga ezi-2 xa kukho imfuneko.

Yikhathalele impilo yakho

- Lala ngokwaneleyo (iiyure ezi-6 – 8 ubusuku ngabunye).
- Yenza imithambo rhoqo ukuphephe ukutshaya.
- Zichaze zonke iingxaki zokungangqamani komzimba neyeza kunesi nakugqirha.
- Yiya eklinikhi ngeentsuku oneapoyintimenti ngazo uye kukhangela ukuba uyachacha na.
- Phindela kwiziko lezempilo ngokukhawuleza ukuba uyaminxeka xa uphefumla (short of breath), uva iintlungu esifubeni xa uphefumla, uziva ubuthathaka okanye unencilikithi/isiyezi okanye ukhohlela igazi.

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