



ISICELO ESIKHULU SIKANGQONGQOSHE WEZEMPILO KWAZULU-NATAL KUBANTU BESILISA:

**UNGAVUMELI
UMDLAVUZA OPHATHA
ABANTU BESILISA
ESITHWENI SANGASESE;
SONDELA UFUNE USIZO;**

**MASINGAKUVUMELI
NJJENGENTO EJWAYELEKILE
UKUTHI 'ABANTU BESILISA
KUMELE BASHONE KUQALA
KUNABANTU BESIFAZANE';**

**KHETHA UKUVELE UHAMBE UMA
ISIMO SIYA NGOKUBA NZIMA
KUNOKUBA ULIMAZE NOMA
UBULALE ABANTU BESIFAZANE
KANYE NEZINGANE**



Lukhombise ukuba impumelelo enkulu uhlelo luka Ngqongqoshe wezeMpilo esifundazweni KwaZulu-Natal uNomagagu Simelane endaweni yaseCabazini eMooi River njengoba kusokwe abantu abangamashumi amathathu (30) ngosuku olulodwa kanti kugonywe abangamashumi amahlanu nanhlanu (55) begomela igciwane le-Covid-19. Amakhulu ngamakhulu abantu athole ithuba lokuhlololwa izifo ezifana nomfutho wegazi kanye noshukela (106), isifo sofuba (TB-kuhlonzwe abangu 168 kwahlolwa abahlanu) kanye negciwane lengculazi kanye nengculazi uqobo (21).

Luluhlelo olwaziwa ngokuthi lkhosombe lamajita luqale naphezu kwesasasa ngemuva kokuba uNgqongqoshe uSimelane evakashela esikhungweni sokugibela amatekisi nalapho efike wagququzela abashayeli bamatekisi kanye namakhasimende asendaweni eseduze yokucima ukoma ukuba

ahlonzwe bese ehlolelwa umdlavuzaphatha abantu besilisa esithweni sangasese kanye nomdlavuzapha wamabele kubantu besilisa.

UNgqongqoshe uphinde wanikezela ngamajazi okuzivikela ocansini abantu besilisa nawesifazane waphinde wanxusa abantu besilisa ukuba bathole

amasu angcono okuxazulula izinkinga kunokuba bazimbandakanye nokuhlukumeza ngokobulili kanye nokubulalwa kwabesifazane nokuyisihlava okubikwa ukuthi siphezulu kahlanu eNingizimu Afrika uma uqhathanisa namazwe omhlaba.

iyaqhubeka ekhasini 02>>>

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Lolu hlelo beluhanjelwe izihambeli ezehlukene okubalwa kuzo iMeya yoMkhandlu Umgungundlovu District Municipality uCllr Mzi Zuma kanye neMeya yoMkhandlu i-Mpofana Local Municipality uCllr Maureen Magubane kanti bekukhona nosaziwayo abadumile okubalwa nomdlali wemidlalo yeshashalazi uMelusi Yeni kanye nomculi uMondli Ngcobo kanye noDJ Siyanda.

Amadoda endawo aphinde azimbandakanya nezemidlalo ezehlukahlukene okubalwa khona ibhola likanobhutshuzwayo, umlabalaba kanye neminye imidlalo yamabhodi nebidlalelwa enkundleni ebibekwe eduze kwezikhungo zezempilo ezingomahamba nendlwana nebezihlinzeka ngosizo lwezempilo olwehlukahlukene.

Ngokwenhlangano engenzi inzuzo yamadoda ebizwa nge-NGO Men's Foundation, owesilisa oyedwa (1) kwabangamashumi amabili nantathu (23) eNingizimu Afrika bazophathwa umdlavuzi wendlala empilweni yabo kanti bangaphezu kwa 4,300 abesilisa baseNingizimu Afrika abatholakala benomdlavuzi ophatha abantu besilisa esithweni sangasese unyaka nonyaka. Lenhlangano iphinde idalule ukuthi esikhathini esijwayelekile, abesilisa

abahlanu (5) baseNingizimu Afrika bayadlula emhlabeni nsuku zonke ngenxa yomdlavuzi ophatha abantu besilisa esithweni sangasese. Ngokubheka umlando womndeni kanye nezinye izithiyi eziyingozi, kugququzelwa ukuba kuqale ukuhlololwa umdlavuzi wendlala ekuqaleni eminyakeni yobudala engamashumi amane (40).

Ekhuluma ngokuqhubeka ohlelweni losuku, uNgqongqoshe uSimelane uthe "Inhlalo yalolu hlelo ukuhambela izindawo lapha abantu besilisa abagcwele ngakhona. Kunenkolelo esithanda ukuqina impela ethi abantu besilisa kulindeleke ukuba bashone kuqala kunabantu besifazane.

Lokhu akumele kwenzeka kepha kuyenzeka ngenxa yokuthi abantu besilisa abazinakekeli ngokwempilo. Yikho kanye lokhu esizama ukukushintsha. "Siphinde sathola ukuthi amadoda awafuni ukuhlololwa izifo ezifana nesandulela-ngculazi kunalokho baze bancamele ukulinda abalingani babo bahlolwe kanti lesi yisenzo esingesihle njengoba ezinye izithandani zixubile (omunye atholakale enalo igciwane lesandulela ngculazi kanti omunye angabi nalo).

Sifuna ukuqeda ngalo mkhuba. "Sithi

ikakhulukazi kumadoda asesifundazweni sakwaZulu-Natal kumele anakekele impilo yawo. Ezinye zezifo ezibulala amadoda izifo empeleni okungamele ngabe ziyababulala kepha ziyababulala ngoba abafuni ukuza ezikhungweni zethu. Emahoreni ambalwa edlule sikwazile ukusoka abesilisa abangu 15. Lokho kukhombisa ngokusobala ukuthi amadoda ayathanda ukuthola usizo lwethu kepha awafuni ukuzizela ezikhungweni zethu.

"Sifuna ukuphinde sigcizelele ngokusobala ukuthi ukuqeda ngodlame lwezobulili kanye nokubulawa kwabesifazane kuyinto eseqhulwini lapha esiFundazweni i-KwaZulu-Natal.

"Sinxusa abantu besilisa ukuba bathole izindlela ezingconywa zokusombulula izinkinga uma bengaboni ngaso linye nabalingani babo. Sithanda ukubakhumbuzwa ukuthi kuhlezi kunezindlela ezingcono ezisemthethweni futhi ezihlelekile zokuxazulula ukungaboni ngaso linye kunokukhetha udlame.

"Sesitholile ukuthi indlela esiyisebenzisayo iyasebenza kakhulu njengoba ikwazi ukusinika ithuba lokukhuluma ngqo namadoda kanye nokuwanika ithuba lokubuzwa imibuzo bathole nokucaciseleka kwezinye izinto."



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COVID-19 STATISTICS IN KZN

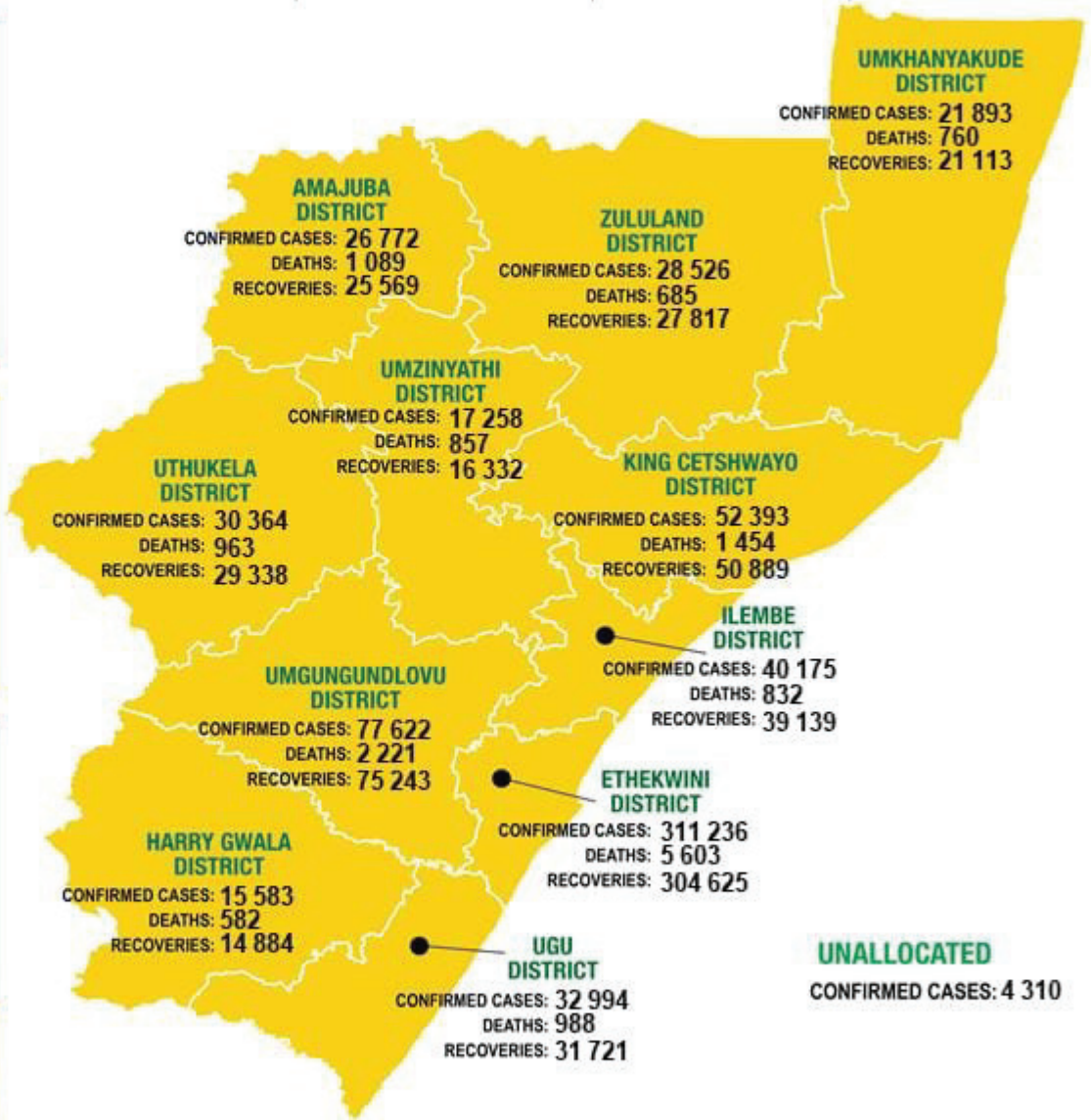
659 337	2 195	640 887	16 044	109
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

TUESDAY
29
MARCH
2022

Learn more to **Be READY** for #COVID19: www.sacoronavirus.co.za
Covid-19 public hotline: **0800 029 999**
WhatsApp 'Hi' to **0600 123 456**

DOWNLOAD the **COVID Alert SA** app
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UNGOQONGQOSHE WEZEPILO KWAZULU-NATAL UCACISA KABANZI NGOKUPHAZAMISEKA KWAKAMUVA ESIKHUNGWENI SEZEPILO

Emasontweni nasezinsukwini ezimbalwa ezidlule sibone izehlo ezingezinhle neziphazamise ukusebenza ngokwejoywayelekile kwezikhungo zethu zezempilo.

Sithanda ukucacisa kabanzi ngalolu hlobo:

UKUHLASELWA KWESIBHEDLELA I-MADADENI HOSPITAL

Sidumele kakhulu futhi sishaqekile ngemizamo yakamuva yenhlangano yezopolitiki Inkatha Freedom Party kanye nabalingani bayo ngokuzifaka nokugxambukela ezintweni zokusebenza koMnyango wezeMpilo KwaZulu-Natal.

Imikhuba yabo ekhohlakele isidale ukuphazamiseka kokusebenza okujwayelekile esibhedlela iMadadeni kanye ne St Francis nokubeka engcupheni izimpilo zabantu abamsulwa. NgoMsombuluko, uSekela Meyi woMkhandlu i-Newcastle

uKhansela Musa Thwala weqembu lezopolitiki i-Team Sugar South Africa nabasebenzisana ngokubambisana neqembu le-IFP babone kuwumqondo ophusile ukungena esibhedlela i-Madadeni Hospital bagqugquzele iqeqebana labekade besebenza esibhedlela abekade betelekile nabebeqashwe inkampani ezimele yokuhlaza njengoba bebefuna ukuqashwa inkampani entsha eqokelwe ukuhlaza isibhedlela.

Abagcinanga ngokubeka izinsolo ezingenasisekelo ngokuqokwa

kosonkontileka esibhedlela, uKhansela uThwala uphinde wagqugquzele abasebenzi abatelekile ukuba bangene ngenkani enkampanini entsha eqokiwe nalapho edalule ukuthi iphoqelekile ukuba ibaqashe okungenani izinyanga eziyisithupha.

Uqhubeke wanxenxa iMeyi yase Newcastle kanye namalungu oMkhandlu okuabalwa kuwo noSomlomo kanye namaKhansela nawo angenile esibhedlela ngaphandle kwemvume nalapho ephikelele wayobamba umhlangano ongekho emthethweni egumbini lokuhlanganela esibhedlela.

UKUPHAZAMISEKA ESIBHEDLELA I-ST FRANCIS HOSPITAL

Esikhathini esicishe sifane naleso, iMeyi yoMkhandlu i-Zululand District neholwa inhlangano ye-IFP kanye nomlingani wakhe woMkhandlu Ulundi Local Municipality uKhansela Wilson Ntshangase bagqugquzele abantu basoLundi ngesibhedlela i-St Francis Hospital nokugcina kudala ukuba kube nzima ukuphuma nokungena esibhedlela.

Inhlangano i-IFP izimisele ukudala uqhekeko emphakathini

ngokuphazamisa imizamo yoMnyango yokulula ukusebenza kwesibhedlela i-St Francis Hospital ukuze kuqinisekiswa ukusebenza ngendlela kwemisebenzi yezikhungo zempilo.

Ngenxa yezizathu ezimbalwa, siqoke ukwenza izaba ngokuhlinzeka ngosizo lwezempilo ezikhungweni zonke zezempilo esifundazweni ngenxa yezizathu ezindala zokuthi zakhiwe ngokusondelana kakhulu.

Lolu hlelo luhlose ukuqeda ngokuba nezinto eziyimpinda, ezimoshayo, ukungabi nabasebenzi abanele kanye

nokungahleleki kahle uma kuziwa ekuhlinzekeni ngezempilo. UMnyango usalugqeda kudala uhlelo lokuxoxisana nazo zonke izinhlelo ezithintekayo nobuholi bendawo, ubuholi bomdabu, ibhodi lesibhedlela, izinhlelo zabasebenzi, izinhlelo ezisebenza ngokubambisana noMnyango kanye nomphakathi othintekayo.

Ngeshwa ke iqembu le-IFP ngokuba ngosiyazi selibone kungcono ukuba lintshontshe ukuqaliswa kwalolu hlelo

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ukuze lizuze amaphuzu ezeopolitiki.

Okuphikisana nezinsolo ezingenasisekelo kanye neminininingwane engamanga ephehlwa iqembu le-IFP, akulona iqiniso ukuthi siyasivala isibhedlela kepha siphokophela phambili nohlelo lokusihlela kabusha.

Empeleni, uma seluphelile uhlelo lokuhlela kabusha isibhedlela, umphakathi uyothola usizo olungcono kakhulu kunakuqala khona esibhedlela kanye nasesibhedlela iNkonjeni Hospital nesakhelene nesibhedlela i-St Francis Hospital.

Uhlelo lokuhlela kabusha lezi zikhungo ezikhethiwe esifundazweni bese lusemaphethelweni ngesikhathi izwe lihlaselwa ubhubhane lwe-COVID-19 nokuholele ekumisweni kwalo.

Isibhedlela i-St Francis ithole ukulungiswa ukuze ikwazi ukulekelela ekusizeni iziguli ezihaqwe yigciwane i-Covid-19.

Ukuhlela kabusha sekuyaqhubeka ezikhungweni eziningi lapho ebekuke kwaphazamiseka khona ngenxa yobhubhane kanti luhamba kahle kakhulu ngaphandle kokugxambukela kwezepolitiki.

Yize kunjalo, ikakhulukazi esibhedlela St Francis Hospital, abasebenzi bezeMpilo bakuthola kunzima ukuqhubeka nohlelo ngenxa yokugxambukela kwezepolitiki ikahulukazi iqembu le-IFP.

Yingakho sinxenxa leli qembu ukuba liyeke ukugxambukela ezindabeni zokuphathwa kwesibhedlela.

Njengo Mnyango olawula ingxenye ethize yesabelo mali, sinesibophezelo sokuqinisekisa ukuthi bonke abasebenzi baqashwe ngendlela futhi nezinsiza zethu ezincane zisetshenziswe ngendlela.

Sithanda ukukhumbuzisa iqembu le-IFP ukuthi izibhedlela ziyindawo ekhethekile ebhekelele izimo ezibucayi eziphakathi kokufa nokuphila. Yingakho ke kungamele zibandakanywe nezokugxambukela kwezepolitiki noma ukuphazamiseka okuthize.

Angeke sibukele noma sivumele izikhungo zethu zezempilo okuyizikhungo zomphakathi ukuba ziphenduke inkundla yokuqakisana ngokwezepolitiki ngabantu abanezinhloso zabo.

SIGXEKA UKUHLASELWA KWABASEBENZI BESIKHUNGO SEZEEMPILO SAKWA MASHU

Sithanda ukugxeka kakhulu izehlo zakamuva zokuhlaselwa kwabasebenzi beKwaMashu Community Health Centre nokuholele ekuphazamisekeni kokusebenza ngokweywayelekile kwesikhungo ekuqaleni kwesonto.

Izgameko ezimbili zakamuva kulempelasonto esiphuma kuyo zibandakanya ukugwazwa kukanogada nogwazwe indoda okubikwa ukuthi ugwazwe indoda ebizama ukungena ngenkani esikhungweni ngesikhathi iphelezela isiguli ebesigwaziwe kanye nesigameko esehlukile esibandakanya ukushaywa ebusweni komhlengikazi nokubikwa ukuthi ushawe isihlobo sesiguli ebesingeneme emuva kokushona kwesihlobo.

Kuze kwaphoqeleka ukuba unogada aphuthunyiswe esibhedlela ukuyothola ukwelashwa kanti uyalulama. Umhlengikazi yena usathukile ngesehlo esimehlele kanti usahlabe ikhefu emsebenzini. Zombili lezi zigameko ziyaphenywa izinhlobo zomthetho. Lezi zigameko zakamuva zenzeka

emuva kokuhlaselwa kwesikhungo esifanayo ekuqaleni kwenyanga ka-February nalapho kwalimala khona abasebenzi bezimo eziphuthumayo lapho badutshulwa balinyazwa abantu abangaziwa ngesikhathi bezama ukubanjwa inkunzi.

Yize kunjalo ke sigculisekile emuva kwemihlangano nabasebenzi boMnyango, izinhlobo zabasebenzi, onogada kanye nabaholi bomphakathi, isikhungo sesiyasebenza njengenjwayelo.

Siyafisa ukuveza ukuthi sidumele kakhulu ngalezi zigameko ezinobulwane futhi ezingamukelekile.

Nanoma ubani ophakamisa isandla esiphakamisela umsebenzi wezempilo noma umsebenzi kaHulumeni ngesikhathi somsebenzi kumele akhishwe emphakathini, ahlamukwe bese egwetshwa isigwebo esikhulu esihambelana nezigwebo zobugebengu.

Abasebenzi bethu akumele bazizwe benokusaba umphakathi abawusebenzelayo. Kumele bakwazi

ukusebenza ngokukhululeka futhi basebenze bazi ukuthi bathwelwe ukwesekwa umphakathi abawusebenzelayo ngoba umsebenzi wabo ufaka phakathi ukusindisa izimpilo nokunikeza ithemba kulabo asebelahlekelwe ithemba. Ngakho ke iqhaza labo libalulekile.

Sinxusa imiphakathi yakithi ukuba ivikele abasebenzi bezempilo iphinde ibaqinisekise ukuthi akukho okuzobehlela nokungagcina kuholele ekutheni kuvalwe ezinye zezikhungo zempilo njengoba umsebenzi abawenzayo ubalulekile ekuphileni kwabantu.

Inhlonipho isebenza izindawo zombili. Yize sihlezi sigxeka abasebenzi bethu uma bengawaphethe kahle amalungu omphakathi futhi sihlezi sigcizelele ukuba kube nezinyathelo ezithathwayo kubalulekile ukuthi lokho kugxeka kubhekiswe nakuzo izigilamkhuba ezilimaza ziphinde zihlukumeze abasebenzi bethu bezempilo. Kumele batholakele baboshwe ukuze babhekene nengalo yomthetho.

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UKUQONDA UBUDLELWANO PHAKATHI KWE-COVID - 19 KANYE NESIFO SOFUBA (TB)

IMIPHUMELA EBANZI EKUBHEKANENI NESIFO SOFUBA KANYE NE-COVID-19 IYAFANA: YAZI IZINKOMBA NEZIMPAWU, HLOLWA, FUTHI UQEDELE IMISHANGUZO.



Lesi yiseluleko sikaNkk Jacqui Ngozo onguMqondisi woHlelo lokuLawulwa kweSifo soFuba eMnyangweni wezeMpilo KwaZulu-Natal ngesikhathi ekhuluma ohlelweni lwezingxoxo loMnyango i-KZN Chat Bulletin ngesikhathi sihlola ukufana nobungozi obukhona ezigulini ezitheleleke ngokuhlanganyela nesifo sofuba kanye ne-COVID-19.

UZINIKE ISIKHATHI SOKUPHENDULA IMIBUZO YETHU NGALE NDLELA ELANDELAYO:

Yibuphi ubungozi obungaholela ekuthelelekeni ngokubambisana kwe-TB kanye ne-COVID-19?

“Okwamanje okudle ubhedu ekuthelelekeni kwe-COVID-19 kanye ne-TB ngamaconsi okuphefumula, futhi inhloso yawo enkulu amaphaphu, nokungaholela ekutheni kube

nompumela omubi phakathi kweziguli ezine-COVID-19 kanye ne-TB.”

Ngabe i-TB ihlobene kanjani ne-COVID-19?

“Isifo sofuba kanye ne-COVID-19 yize kuyizifo zokuphefumula, kodwa zinomehluko. I-TB ibangelwa amagciwane; kanti i-COVID-19 ibangwa igciwane elihlobene ngokofuzo kanye ne-acute respiratory syndrome, i-SARS-CoV. Zombili lezifo zisabalaliswa ngokusondelana kanye nokuthintana ngokomzimba. Uma umuntu one-TB ekhwehlela, isifo sofuba i-Mycobacterium singahlala silenga emoyeni isikhathi eside, size sihogelwe ngomunye umuntu, ngokuvamile endaweni evalekile.”

Ngabe kukhona ukufana kwezimpawu ze-TB ne-COVID-19?

“Isifo sofuba (i-TB) ne-COVID-19 yizifo lezi zombili ezikusabalala kwemagciwane okuphefumula. Yize i-TB ne-COVID-19 kuyizifo ezihlukene ezinezimpawu ezihlukene, zikhona ezinye izimpawu ezifanayo njengokukhwehlela, ukhuhlane, ukuphelelwa umoya, ukukhathala nokuphelelwa umdlandla wokudla.”

Yiziphi izinkomba zemtholampilo kanye nokubikezelwa kwe-COVID-TB?

“Izimpawu eziyishumi ezijwayeleke kakhulu ze-COVID-TB bekuyimfiva (77.78%), ukukhwehlela (64.2%), ukuphelelwa umoya (35.8%), ukwehla kwesisindo (16.05%), ukukhathala (11.11%), expectoration (9.88%), ubuhlungu besifuba (9.88%), ikhanda elibuhlungu (8.64%), i-myalgia (8.64%), nokuhlansa (7.41%). Ukubikezela kwe-TB ne-COVID kuyefana: yazi izinkomba nezimpawu, hlolwa, uqedele imshanguzo. I-TB yisifo esilaphekayo.”

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UKULANDELA IMIGOMO YOKWELASHWA KUYINDLELA ENGCONO KAKHULU YOKULWISANA NE-TB: INDABA YOWASINDA KWI-TB



Igama lami ngingu Nkanyiso Mbhele, ngiyinsizwa eneminyaka engu-30 ubudala yaseGreytown. Ngale nyanga kaMashi, okuyinyanga yokuqwashisa nge-TB, ngithanda ukusho ngesibindi ukuthi ngingumuntu osinde kwi-TB.

Isifo sofuba esibulalayo sacishe sathatha ukuphila kwami, ngenxa nje yokuthi ngangingakwazi ukufunda izinkomba mpawu ezinobungozi. Ngangikhwehlela njalo, ngijuluka ebusuku, ngikhathela njalo, futhi ngase nginciphe kakhulu ngokwe sdumbu.

Lokhu kwaqhubeka isikhathi esingangonyaka, lapho nganginganakile kakhulu ubungozi bokuthi ngangizigulisa kakhulu ngingaqondile ngokungayi okohlola. Ngikhumbula ukuthi kwakungo-2019, ngaphambidlwana nje kwalolu bhuhane. Ngaleso sikhathi ngangisanda kuthuthela lapho okuhlala khona umzala wami eThekwini, nokuyilapho kwatholakala khona isifo

sofuba, eNanda Community Health Care Centre (Inanda Newtown C).

Ngazidela ngayo khona ngiyohlolwa, kodwa udokotela wabe esetusa ukuba ngithathwe i-X ray. Ngikhumbula indlela udokotela ayemangele ngayo ngokuthi ngase ngifinyelele ibanga elingaka ngoba, ngokwezithombe ze-X-Ray, amaphaphu ami ayelimele kakhulu. Ngokuphazima kweso kwabe kutholakala ukuthi ngine-Multi Drug-Resistant TB (MDR), eyangethusa kakhulu. Kwadingeka ngelaphe i-MDR-TB izinyanga eziyisi-9.

Izinto zazinzima ngesikhathi ngiqala uhambo lwami lokwelashwa. Ngangihlanza kakhulu, okwakuwumphumela okhathazayo. Kodwa ngokushesha ngaqala

ukwamukela kahle kakhulu ekwelashweni. Namuhla anginayo i-TB futhi ngingasho ukuthi ngizizwa ngingcono kakhulu, futhi umzimba wami usululeme. Kufanele futhi ngisho ukuthi inqubo yokufuna usizo nokukoleka imishanguzo yayiyinselelo impela, ngenxa yobhubhane lwe-COVID-19, okwakusho ukulinda isikhathi eside ngaphandle komtholampilo njengoba iziguli zazidinga ukuhlolwa.

Kepha ngaqonda ukuthi kufanele sihambisane nemikhawulo yokuvalwa, ngakho-ke lokho akuzange kungivimbe ukuthi ngilwe nalokhu kugula. Abantu kumele bakhumbule ukuthi i-TB ayibandlululi. Isifo esingathinta noma ubani, kungakhathalekile ibala, inkolo noma isimo somnotho.

Ngakho-ke ngithanda ukunxusa noma ngubani onezimpawu ezinjengokukhwehlela njalo, ukukhwehlela igazi, ukujuluka ebusuku, nokuncipha ngendlela engaqondakaliyo, ukuba ayohlolwa. Kubaluleke kakhulu ukuqaphela lezi zimpawu ezingajwayelekile ukuze i-TB yelashwe ngokushesha. Kulabo abadla imishanguzo ye-TB, angikwazi ukugcizelela ngokweqile isidingo sokuhambisana nezinhlelo zokusetshenziswa kokwelashwa.

Nge-TB, awukwazi ukugcina ukwenqaba ukwelashwa, njengoba lokho kuzoholela ezinkingeni, zokudlondlobalisa igciwane luye esigabeni se-MDR-TB enzima kakhulu ukuyelapha.

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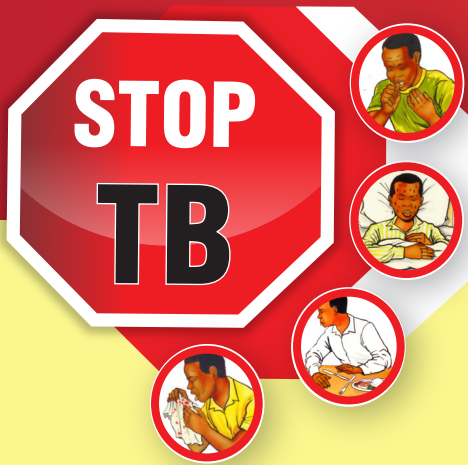


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MULTI DRUG RESISTANT TUBERCULOSIS (MDR-TB)



INingizimu Afrika kubikwa ukuthi ingelinye lamazwe angu-30 anesifo sofuba (i-TB) esiwumthwalo osindayo kakhulu nalapho kubikwa ukuthi inomthelela ku-87% wezigameko ezihlawumbiselwayo emhlabeni jikelele.

ngexxa yokungaqedeleli imishanguzo - amagciwane awakwazi ukumelana nemishanguzo emibili ye-TB enamandla nesebenzayo, i-Isoniazid ne-Rifampin.

UYITHOLA KANJANI I-MULTI DRUG RESISTANT TB?

Kunezindlela ezimbili:

Uma une-TB futhi ungayiphuzi imishanguzo yakho njengoba uyalelwe umsebenzi wezempilo. Kuthatha izinyanga ezi-4 (phambilini kwakuba eziyi-6) ukuthi imishanguzo ye-TB ibulale wonke amagciwane e-TB emzimbeni wakho. Kodwa-ke, abanye abantu bayayeka ukuphuza imishanguzo yabo, okwenza amagciwane abemandla ngolunye ohlubo, amasosha omzimba angasabeli ekulashweni ngemishanguzo ye-TB ebucayi.

Ungase futhi uthelaleke kumuntu one-MDR-TB ongakatholi imishanguzo, noma osanda kuqala imishanguzo yakhe kodwa esathelelanayo, lapho ekhwehlela/ ethimula ngaphandle kokuvula umlomo nakhala. Lokhu kubizwa ngokuthi ukuchayeka okuyinhloko. I-MDR-TB inzima kakhulu ukuyelapha, kodwa ingelapheka uma ukwelashwa kuqala kusenesikhathi, futhi iziguli zilandela izimiso zokwelashwa ezibekiwe.

YIZIPHI IZIMPAWU ZE-MULTI DRUG RESISTANT TB?

Izimpawu ze-TB ziyefana. Ukukhwehlela amasonto amabili noma ngaphezulu.

Uma une-HIV+, ukukhwehlela kwanoma yisiphi isikhathi kufanele kuphenywe.

- Ukushisa okungapheli/ ukujuluka ebusuku ube manzi te
- Ukuncipha kwesisindo noma ukulahlekelwa umdlandla wokudla
- Ukukhathala/ ukukhathala njalo. Ezinganeni, kuchazwa njengokungadlali kangako.
- Ubuhlungu besifuba
- Ukukhwehlela isikhwehlela esinegazi.
- Abesifazane abakhulelwe kufanele futhi baqaphele ukuthi izimpawu zokukhulelwa zingafihla izimpawu ze-TB. Isibonelo nje uvamise ukuzizwa ukhathelele uma ukhulelwe, lokhu futhi kuwuphawu lwe-TB. Esinye isibonelo ukuthi uyakhuluphala uma ukhulelwe ukudala ukuthi ungaboni kahle ukuthi wehlile yini.

Isifundazwe saKwaZulu-Natal, ngakolunye uhlangothi, siseyisizinda se-TB kanye ne-HIV/AIDS, okuyinto ekhathaza kakhulu.

Isifo sofuba (TB) yisifo somoya esihlasela amaphaphu, esibangwa igciwane elibizwa ngokuthi i-Myco-bacterium tuberculosis, esikazwa ngokuthelalana kwabantu, ngamaconsi okuphefumula emoyeni. I-TB ivamise ukuba nomthelela emaphashini, kodwa futhi ingahlasela noma iyiphi ingxenye yomzimba.

Yize abantu bengase baphefumulele amagciwane emaphashini, amagciwane angahamba esuka emaphashini ngegazi futhi alale kunoma iyiphi ingxenye yomzimba. Lokhu kubizwa nge-Extra-pulmonary TB.

I-Multi Drug-Resistant TB ibangelwa yigciwane elifanayo naleli elibangela isifo sofuba, kodwa ayikwazi ukwelapheka njengokwelashwa kwe-TB ebucayi

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Ngakhoke kubalulekile ukuthi uhlolwe i-TB ngokugcwele ngaphambi kokubeletha kanye nabo bonke abesifazane abakhulelwe abane-HIV kumele bahlolwe i-TB ngesikhathi senyanga yokuqala sokuvakasha emtholampilo.

IZIKHUNGO ZOKWELAPHA I-TB NE-MDR-TB:

Akudingekile ukuthi uphendule ngokuthi “yebo” kuzo zonke izimpawu ezibalwe ngenhla. U-“yebo” kunoma yimuphi kubo kufanele kwenziwe uphenywo ukuthi i-TB noma i-MDR-TB. Uzodinga ukuya emtholampilo oseeduze uyohlolwa.

Ukuhlolwa i-TB kanye nezinsizakalo zokwelashwa ziyatholakala futhi zitholakala kuzo zonke izikhungo zezempilo zikahulumeni ezingama-798 kuso sonke isifundazwe.

UMnyango Wezempilo KwaZulu-Natal unezinsiza kuzo zonke izifunda nezigodi ezihlinzeka ngemithi yokwelapha i-TB engazweli emishanguzweni eminingi. Eminyakeni eminingi edlule iziguli ezine-TB engazweli emishanguzweni kwadingeka zilaliswe esibhedlela esikhulu eThekwini, kude namakhaya nemindeni yazo, isikhathi esingafika ezinyangeni eziyi-18.

Ngendlela entsha yokwelapha i-TB engazweli emishanguzweni, iziguli ziyakwazi ukuqaliswa ukwelashwa esikhungweni se-MDR-TB esiseduze nasekhaya. Uma sebezinzile, bayakwazi ukwelapha ngaphandle kwesiguli, balande imithi yabo nyanga zonke.

Kubalulekile ukuthi izikhungo zokunakekelwa kwempilo

ziquinisekise ukuthi iziguli ziyavikeleka ekukhishweni inyumbazane uma ziza ukuzohlolwa, kanye/noma ukuthola imishanguzo yazo ye-TB, ne-HIV/AIDS.

IHLOLWA KANJANI I-TB NOMA I-MDR-TB?

Umshini wokuxilonga obizwa nge-Gene Xpert Ultra usebenza kakhulu ekuxilongeni i-TB kanye nokuba khona kokungazweli emishanguzweni. Nakuba ngezinye izikhathi isifo sofuba kunzima ukusixilonga ezinganeni, ukuhlolwa okubizwa ngokuthi i-Tuberculin Skin Test kungaba yimpumelelo. Uma ukuhlolwa kubuya nokuthi unayo, kungathathwa i-X-Ray ukuze kuqinisekise i-TB.

Uma ingane ithintana nesiguli se-TB futhi ukuhlolwa kwesikhumba se-tuberculin kukhombisa ukuthi unayo, ukwelashwa kwe-TB kuyaqalwa. Uma ukuhlolwa kwesikhumba se-Tuberculin kungenayo i-TB, ingane ingaqaliswa nge-TB Preventative Therapy ukuze igweme ukuthola i-TB. Enye indlela yokuxilonga i-TB ezinganeni ukuthatha uketshezi oluphuma esiswini, olubizwa ngokuthi i-gastric wash, futhi lokhu kuhlolwa ukuba khona kwe-TB.

UYITHOLA KANJANI IMIPHUMELA YAKHO YOKUHLOLA?

Imiphumela ye-TB kufanele ihlolwe esikhungweni ngemva kwamahora angama-48.

Uma uye wahlolwa i-MDR-TB, kubaluleke kakhulu ukuqinisekisa ukuthi unikeze okungenani izinombolo zocingo ezimbili ezifanele, ukuze abasebenzi bezempilo bakwazi ukuxhumana nawe ukuze bakunikeze imiphumela yokuhlolwa kanye nokuqokwa okungenzeka kokulandelela.

Futhi, qiniseka ukuthi unikeza ikheli lakho lendawo elilungile. Uma uphuthelwa ukuvakasha kwezempilo okubalulekile noma bedinga ukukunikeza imiphumela yokuhlolwa ebalulekile, lolu lwazi luyadingeka ukuze usize abasebenzi bezempilo bakuthole.

TB & MDR-TB CONTACTS:

Ukuze kuvinjelwe ukusabalala kwe-TB ne-MDR-TB, uMnyango Wezempilo kufanele uhlonze futhi uhlole bonke abantu abaseduze nesiguli se-TB. Othintana nabo be-MDR-TB balandelwa njalo ngemva kwezinyanga eziyi-6 okungenani izikhathi ezi-3 kuya kwezi-4.

Abasengozini enkulu yilabo abasondelene nesiguli se-TB ekhaya, emsebenzini noma esikoleni. Kubalulekile ukuthi bonke abasondelene nabo bahlolwe, ikakhulukazi uma bengaphansi kweminyaka emi-5 ubudala.

Noma yiziphi izingane isiguli se-TB esike sahlangu nazo, kuzodingeka ukuthi zilashwe - kungaba ukwelashwa kwe-TB noma ukwelashwa kokuvimbela ukuthola i-TB. Abantu abadala noma abantu abane-HIV+ nabo basengozini enkulu.

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IZINDAWO EZIJWAYELEKILE LAPHO ESIKHATHINI UNGATHOLA KHONA ISIFO SOFUBA:

Lezi izindawo lapho abantu abaningi bebuthana khona, lapho amafasitela evuliwe. Isibonelo ematekisini, emasontweni, ezikoleni, ezindaweni zokuhlala zomphakathi (amahostela), ezikhungweni zokuhlunyeleliswa kwezimilo (emajele), ezinxanxatheleni zezitolo, olayini abagcwele emabhilidini afana namabhange noma ezekhaya. Izikhungo zezempilo, njengabanakekeli bezempilo, zinomthwalo wemfanelo owengeziwe wokuqinisekisa ukuthotshelwa kwezindanganiso eziphakeme Zokuvimbela Nokulawula Ukutheleleka, ukuze kungabikho ukusulelana kwe-TB ngaphakathi kwezakhiwo zazo.

BANGENZANI ABANTU UKUZIVIKELA UKUTHOLA I-TB NOMA I-MDR TB?

Gwema ukuthintana eduze nesiguli esine-TB ethathelwanayo, ikakhulukazi ezindaweni ezingenawo umoya. Uma ungenakho ukukhetha, hlanganani ngaphandle ekukhanyeni kwelanga ngoba ukukhanya kwelanga (UV) kubulala amagciwane e-TB.

Zijwayeze ukuhlanzeka kokukhwehlela: ungakhwehleli noma uthimule kwabanye abantu; futhi ungavumeli abanye abantu ukuthi bakhwehlele noma bathimule kuwe.

Indlela engcono kakhulu yokuvimbela ukuthola i-TB ukwenza lokhu okulandelayo:

- Yidla ukudla okunomsoco: ukudla okungenamsoco kungase kuzwakale kumnandi, kodwa akuwunikezi umzimba wakho imisoco oyidingayo.
- Phuza amanzi amaningi ahlanzekile.
- Zivocavoce.
- Yeka ukubhema ugwayi noma insangu.
- Uphuzo oludakayo kufanele lugwenywe ngesikhathi sokwelashwa kwe-TB ukuze kugwenywe ukwanda kwemiphumela engemihle yokwelashwa; kokubili i-Isoniazid ne-Rifampin kungathinta isibindi.
- Yenza ucansi oluphephile. Yazisa isimo sakho se-HIV. Zihlolele i-HIV. Abantu abaphila ne-HIV basengcupheni enkulu yokuthola i-TB ngenxa yamasosha abo omzimba asengozini.
- Uma une-HIV+ ungaqalwa ngemishanguzo ye-antiretroviral (Anti-Retroviral Therapy) kanye ne-Bactrim kusenesikhathi ukuze uthuthukise indlela osabela ngayo emithini ye-TB futhi uvimbele izifo ezingosomathuba.
- Uma unesifo sikashukela, yazisa umsebenzi wezempilo. Abantu abanesifo sikashukela nabo basengcupheni yokuthola i-TB ngenxa yokungaqini kahle kwamasosha omzimba.
- Lala ngokwanele.
- Zijwayeze ukuhlanzeka, geza izandla ngaphambi kokulungisa ukudla nangemuva kokuya endlini yangasese nokushintsha izingane amanabukeni.
- Zihlole njalo impilo njengomfutho wegazi kanye noshukela wegazi.



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VIKELA INDODAKAZI YAKHO EKUTHOLENI UMDLAVUZA WOMLOMO WESIBELETHO

ENingizimu Afrika, umdlavuzi womlomo wesibeletso uhlasele owesifazane oyedwa kwabangama-40. Yize iyelapheka uma isheshe yatholwa, ibulala abesifazane abangaba ngu-3500 ngonyaka.

Yingakho uMnyango wezeMpilo KwaZulu-Natal ugomela izingane zamantombazane igciwane iHuman Papillomavirus (HPV), ebanga umdlavuzi womlomo wesibeletso. Umkhankaso wethu wokugomela i-HPV, oqale ngomhla ziyi-14 kuNhlolanja kuze kube zingama-25 kuNdasa wezi-2022, uqondise amantombazane aneminyaka esukela kweyi-9 noma eyi-10, noma lawo aseBangeni lesi-5.

Abesifazane abadala abangakaze bagonyelwe i-HPV manje nabo sebefanele ukugonywa. Kodwa okuningi ngalokho kamuva. NjengoMnyango wezeMpilo, sinxusa abazali ukuthi basayine amafomu emvume ukuze izingane zabo zamantombazane zikwazi ukugwema ukushona ngenxa yomdlavuzi womlomo wesibeletso okungenzeka udalwe yi-HPV kamuva.

Iyini i-HPV?

I-Human papillomavirus (HPV) isifo esithathelwana ngokocansi esivame kakhulu (STI). Ukutheleleka ngegciwane elidluliselwa phakathi kwabantu ngokuthintana kwesikhumba nesikhumba.

Kunezinhlobo ezingaphezu kwe-100

ze-HPV, ezingaphezu kuka-40 zazo ezidluliselwa ngocansi futhi zingathinta isitho sangasese somuntu, umlomo, noma umphimbo. I-HPV ivame kakhulu kangangokuthi abantu abaningi abaya ocansini bayothola uhlobo oluthile lwayo ngesikhathi esithile, ngisho noma benabalingani abambalwa bocansi.

Ezinye izimo zokutheleleka nge-HPV ezithweni zangasese zingase zingabangeli izinkinga zempilo. Nokho, ezinye izinhlobo ze-HPV zingaholela ekwakhekeni kwezinsumpa zangasese ngisho nomdlavuzi womlomo wesibeletso, isitho sokuhlala nomphimbo.

Ngenxa yokuthi i-HPV iwukutheleleka kwesikhumba kuya esikhumbeni, ukusulelana kungenzeka ngisho noma kungekho ukuya ocansini. Abantu abaningi bane-HPV futhi abayazi nakancane, okusho ukuthi usengakwazi ukuyithola ngisho noma umlingani wakho engenazo izimpawu. Kungenzeka futhi ukuba nezinhlalo eziningi ze-HPV.

Ezimweni ezingavamile, umama one-HPV angadlulisela igciwane enganeni yakhe ngesikhathi sokubeletha. Uma lokhu kwenzeka, ingane ingase ibe nesimo esibizwa ngokuthi i-recurrent breathing papillomatosis, lapho iba khona izinsumpa ezihlobene ne-HPV ngaphakathi komphimbo noma emigudwini yomoya.

Izimpawu ze-HPV

I-HPV ingabangela nomdlavuzi womlomo wesibeletso kanye neminye imidlavuzi yesitho sangasese, ekhanda, entamo,

nasemphinjani. Izinhlobo ze-HPV ezibanga izinsumpa zihlukile ezinhlotsheni ezibanga umdlavuzi.

Ngakho-ke, ukuba nezinsumpa ezibangelwa i-HPV akusho ukuthi umuntu uzoba nomdlavuzi. Imidlavuzi ebangelwa yi-HPV kaningi ayibonisi zimpawu kuze kube yilapho umdlavuzi usezigabeni zakamuva zokukhula. Ukuhlola okuvamile kungasiza ukuhlolisa izinkinga zezempilo ezihlobene ne-HPV kusenesikhathi. Lokhu kungathuthukisa umbono futhi kwandise namathuba okusinda.

Ukuvimbela i-HPV

Indlela elula yokuvikela i-HPV ukusebenzisa amakhondomu nokwenza ucansi oluphephile ngaso sonke isikhathi. Umuthi wokugomela i-HPV uyatholakala ukuze uvimbele izinsumpa zangasese kanye nomdlavuzi odalwa yi-HPV. Umgomo ungavikela ezinhlotsheni eziyisishiyagalolunye ze-HPV ezaziwa ukuthi zihlotshaniwa nomdlavuzi noma izinsumpa zangasese.

UMnyango Wezempilo uncoma umgomo we-HPV wamantombazane aneminyaka engu-09 noma 10. Imithamo emibili yomgomo inikezwa okungenani izinyanga eziyisithupha ngokuhlukana.

Ukwengeza, abantu abaphakathi kweminyaka engama-27 no-45 abangakaze bagonyelwe i-HPV manje sebefanele ukugonywa nge-Gardasil 9. Ukuze uvimbele izinkinga zempilo ezihlobene ne-HPV, qiniseka ukuthi uyahlolwa njalo impilo, uhlolwe, futhi wenze i-Pap smear.

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ABASEBENZI BASENHLOKHOVISI BABUNGAZE USUKU LWEZEMPILO!



Kube nesasasa elikhulu muva nje lapho abasebenzi baseNhlokohovisi eMnyangweni Wezempilo KwaZulu-Natali (ibhilidi iNatalia, eMgungundlovu) ngesikhathi abasebenzi behwebelana ngamasudi abo, izicathulo nezinethende eziphakeme kanye namataku namabhulukwe ezingoma, njengengxenye yoSuku Lwezempilo.

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Lomcimbi uhlelwe uphiko Lwezempilo Nempilo Yabasebenzi kanti uSuku Lokuphila Kwezempilo lubanjwe ngenhloso yokukhuthaza abasebenzi ukuthi bamukele futhi babe umhlahlandlela-mpilo enempilo, ukuze baphile isikhathi eside futhi baphile impilo engcono.

Abasebenzi bakhunjuzwe ukuthi indlela yokuphila enempilo ingaphezulu kokudla izithelo nemifino, kodwa futhi idlulela empilweni yomuntu ngokwengqondo, ngokobulili, ngokomzimba nangokwenhlalo. Ukwenza lo msebenze kuvumela abasebenzi ukuthi baphume emahhovisi abo futhi bashawe umoya ngenkathi bexhumana nozakwabo abavela kwamanye amayunithi ehlukile.

USUKU LWEZEEMPILO LUBE YIMPUMELELO ENKULU FUTHI LWABONA ABASEBENZI ABANINGI BETHEMBISA UKUPHILA IMPILO ENEMPILO FUTHI ENGCONO. INQWABA YEZINSIZAKALO ZOKUNAKEKELWA KWEZEEMPILO BEZIKHONA NGALOLU SUKU, OKUHLANGANISA:

- Ukuhlola ushukela wegazi
- Ukuhlolwa kwe-cholesterol
- I-Body Mass Index (BMI)
- Ukushaya kwegazi
- Ukuhlola i-HIV ngokuzithandela kanye nokwelulekwa (HTC)
- Ukuhlola kwamehlo
- UMkhandlu Kazwelonke WaseNingizimu Afrika Ophathelene Nokusebenzisa Utshwala Nokuxhomekeka Kwezidakamizwa (SANCA)
- Ukudla okunomsoco
- Amamasaji
- Ukuhlolwa komdlavuzwa womlomo wesibebeletho

Usuku Lokuphila Bezempilo lubonise ikilasi le-aerobics elijabulisayo elaliholwa umqeqeshi womuntu siqu.

Abasebenzi baseHhovisi Eliyinhloko bangabheka phambili ekwenzeni ukusebenze okwengeziwe okufanayo esikhathini esizayo esiseduze.



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