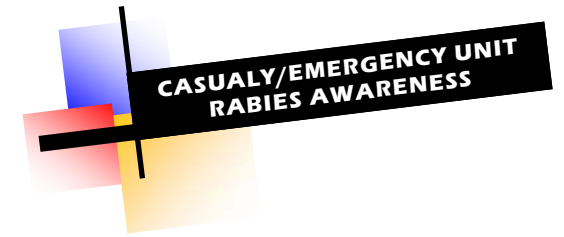


VII. IZIMPAWU EZITHOLAKALA
KUMUNTU OSENGENWE AMARABI

- * Ikhanda elibuhlungu
- * Ukuvuza amathe
- * Ukunyakaza okunokudideka komqondo
- * Ukuphalaza
- * Ukujuluka
- * Ukungakuthandi ukudla
- * Ukwesaba amanzi
- * Ukuluma nokuklwebha
- * Ukufa zingakapheli izinsuku ezintathu.



UKUQWASHISA
NGESIFO SAMARABI



"AMARABI AYABULALA"

UKUQWASHISA NGESIFO SAMARABI

I. AMARABI

- * Isifo esingelapheki esitholakala ngenxa yokulunywa isilwane esinamarabi.
- * Lesisifo singavikeleka ngokuthi uye esibhedlela esiseduzane, uthole ukwelashwa okuphuthumayo ungakapheli (24-36 hours), zingakapheli izinsuku ezimbili ulunyiwe.

II. IZILWANE OKUTHOLAKALA

KUZO AMARABI

Inja, inkomo, ikati, imbongolo, umuntu, imbuzi, kanye nonogwaja, nezinye.

III. IZIMPAWU / IZINKOMBA

- * Ukuvuza amathe
- * Ukudideka komqondo
- * Ukukhubazeka
- * Ukulenga kwemihlathi yangezansi
- * Ubukeka sengathi yinja, uhlahle amehlo sengathi angaluma abantu,

kokunye akulume. Akukhwise ngamathe.

- * Aphethe ngokushona/ngokufa

IV. YIKUPHI OKUFANELE NGIKWENZE

EMUVA KOKULUNYWA INJA

- * Thola amanzi ngokushesha; ugeze inxeba uliphindaphinde kuze kusuke amathe kulo.
- * Vala isilonda ngendwangu ehlanzekile noma ikhasi labhanana.
- * Thola umnikazi wenja ukuze uthole incwadi eshoyo ukuthiinja igonyiwe.
- * Yiya esibhedlela esiseduzane ngokushesha
- * Ungayi emtholampilo ngoba kuzokulibazisa
- * Emuva kokuba usuwutholile umjovo wokuqala esibhedlela, bheka injakulezinsuku eziyishumi kuya kweziyishumi nane (10-14 days)
- * Uma inja ifa abezemvelo bakwahulumeni bayokwaziswa, ukuze bathathe ubuchopho baso isilwane buyohlolwa.

V. ESIBHEDLELA

- * Ikhambi lamarabi litholakala esibhedlela hhayi eclinic
- * Angeke ulashwe ngokuphuthuma uma inxeba lakho lingelibi kakhulu
- * Uzobuzwa imibuzo eyahlukene ukuze iminini-

wane iyonikezwa abezemvelo kawahulumeni wezempilo.

- * Uzonikezwa ipheshana elinezinsuku okufanele uyojova ngazo emtholampilo wangakini
- * Emuva kokubonwa udokotela uzothola incwadi yokubhandisha isilonga e kliniki yangakini

VI. IZINTO OKUMELE UZIKHUMBULE

- * Amarabi ayabulala
- * Zivikele ngokulandela imihla onikwe yona yemijovo
- * Uma ikliniki ivaliwe ngosuku olunikiwe ungangabazi ukuya esibhedlela
- * Impilo yakho neyengane yakho incike kuwena
- * Qikelela ukuthi iphepha lakho lisayiniwe esibhedlela noma emtholampilo emuva kokuthola umjovo
- * Alikho ikhambi lokwelapha umuntu okhombisa izimpawu zamarabi.