

- Bikela ochwepheshe bezilwane ngesilwane esiziphatha ngokungajwayelekile, futhi kusoleka amarabi kuso.
- Abantu abasengcupheni yokuthola amarabi, abagonywe ngaphambi kokuba bangene esimweni esinjalo.

### Ukuvikela nokulawula amaRabi

#### Ngokusebenzisana kweminyango

- ❖ Izikhungo zezempilo, odokotela abazise umxhumanisi wezifo ezithathelanayo (CDC) naba Hloli Bezempilo ngokushesha.
- ❖ AbaHloli Bezempilo balandela isimo, baphenye bese beyaluleka (bacebise).
- ❖ Abezempilo yomphakathi (Environmental Health) baqinise uqwashiso.
- ❖ Abahloli bezempilo basizane nochwepheshe bezilwane emikhankasweni yokugoma izilwane (zasemakhaya) noku qwashisa.
- ❖ Kuqiniswe isigungu sabashabasheki ngamarabi kuya emphakathini.

### Ukuhlolwa

- Isilwane esigulayo siyabulawa kahle, bese kuthathwa.
- Ubuchofho baso buyathathwa ze kuhlolwe ukuthi isilwane besinamarabi.
- Kumuntu osegula kuthathwa amathe ahlolwe.
- Isilwane esisolisayo siyavalelwa/siboshwa izinsuku eziyishumi (10) kubhekwa ukuthi asishintshi yini.

- Uma sitshengisa izimpawu zamarabi, sibese siyabulawa kahle ukuze ubuchopho buye kocwaningwa.
- Uma umuntu olunyiwe elashwa ngokushesha, angeke agule-afe.
- Umuntu olunyiwe akageze inxeba ngamanzi nesibulala-magciwane imizuzu emihlanu (5), engakayi emtholampilo.

### Ukwelashwa

- Yana emtholampilo oseduzane.
- Udokotela noma umhlengikazi uyomqalisa ohlelweni lokuvikela amarabi, ukubulala amarabi emzimbeni.
- Kubalulekile ukuthi uyilandele yonke imijovo uze uqede.
- Ugala umjovo ngosuku lokulunywa (0), kulandele olwesithathu (3), lwesikhombisa (7), 14, kugcine lwama 28.

### Uma ufuna ulwazi olungaphezulu, thintana nabesoLimo noma isikhungo sezeMpilo.

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# amaRabi



# AMARABI

## Incazelo

Amarabi isifo esithathelanayo esibangwa yivariyasi (igciwane) yezilwane ezinawo. Siyisifo esisuka esilwaneni esinomgodla negazi elifudumele siye kwesinye.

## Isingeniso

Amarabi yisifo esibi kakhulu kubantu, nakwizilwane ezinegazi elifudumele nomgodla; lesisifo sandiswa yizilwane ezinaso ikakhulukazi izinja. Amavariyasi ahlala ematheni ikakhulukazi. Abantu abaguliswa amarabi basuke bekade bengalashwanga emva kokulunywa noma ukuklwejwa isilwane esinawo, kumbe bengayitholanga yonke imigomo eyisihlanu.

## Indlela Ahamba Ngayo

- ❖ Amarabi asuka ezilwaneni ezinjengezinja, izimpungushe, amakati, ochakide, kanye nezithuthamadlebe (amalulwane).
- ❖ Ivayirasi isuke isikhona ematheni uma ekuqala isifo.
- ❖ Amathe aqukethe lamavayirasi angena kumuntu ngukulunywa, nokuklwejwa, inqobo nje uma kuvuleke isikhumba.
- ❖ Leligciwane lihamba ngemizwa lize lifike ebuchosheni.
- ❖ Izidumbu zezilwane ezife zinamarabi

zingaba yingozi, uma zihlinzwa, buchaphazelwa ubuchopho, amathe, noma besikwa ummese.

## Izinkomba nezimpawu zamaRabi

### Ezilwaneni:

Kwazise ukuthi amarabi ahlasela imizwa nomqondo, aziveza ngokuziphatha kwesilwane okungajwayelekile. Izimpawu ezibonakalayo (zamarabi) yilezi:

### Ezinjeni:

Ukuguqukelwa ukuziphatha (ulaka), ukuluma noma yini, ukungazinzi, ukwesaba, ukubindwa kungekho lutho, ukugxaza amathe, ukushaya umkhulungwane kungazelele, ukulwayiza, ukuzilimaza, ukuhlanguka kwemihlathi, ukudlithiza, bese ifa esingezansi.

### Emakatini:

Ulaka, inhlamvu yeso iyanwebeka, ukundwaza, ukwenza imisindo engajwayelekile, ukungamthobeli umnikazilo, ukuhlasele lingachukuluzwanga, ukudlithiza, ukufa esingezansi, bese liyafa.

### Ezinkomeni:

Ukubhonga ngesihosha, ulaka, ukuhlasele izinto ezingaphili nabantu, ukuzahlula emhlambini, ukungadli, ukudiyazela, ukukhinyabezeka esingezansi, ulimi, imihlathi, ukugxaza amathe, ukukhuthalela ucansi, ukunwebeka kwenhlavu yeso, ukundwaza, nokuququda imihlathi.

### Ezimvwini nasezim buzini:

Ukukhuthalela ucansi, ukukhala okwevile, ulaka, ukugijima okungenasidingo, ukuququda amazinyo, ukukhinyabezeka isingezansi.

### Ezilwaneni zasendle:

Zona zivele ziphelelwe ukwesaba abantu, zingene emizini nasemasimini, zihlasele abantu nezinto zingaxwayisanga, zife esengezansi.

### Kubantu:

- Kuthatha amasonto amabili kuya kwayishumi nangaphezulu, umuntu elunywe yisilwane esinamarabi ukuthi abe nezimpawu zamarabi eguliswa yiwoi.
- Izimpawu zokuqala: ukuphathwa yikhandanda, umkhuhlanganyana, ixhala, ukuhlanza, ukwesaba amanzi, umphimbo obuhlungu, ukungakuthandi ukudla, ukukhathazeka, ukuqwasha, kukhinyabezeka esingezansi, ukuquleka, bese eyafa.
- Uma umuntu esetshengise izimpawu zamarabi, usuke esezofa.

## Ezingeni loMphakathi

- Akugonywe izilwane zasemakhaya, ukwehlisa ingozi yamarabi kubantu nakwezinye izilwane.
- Imidlwane ayigonywe inezinyanyanga ezintathu (3), iphindwe ineziyisikhombisa (7). Bese iqinisiswa isinonyaka, bese kuba minyaka-yonke emva kwalokho.
- Imigomo iphephile, ayisigulisi isilwane sakho.
- Ungathinti noma usondele esilwaneni ongasazi, noma sibukeka singesokufuywa, futhi ungasibalekeli.