



UNKK NOMAGUGU SIMELANE  
UNGQONGQOSHE WEZEMPILO

# ISIFO SOFUBA

SIWUMBULALAZWE  
ONGAHLASELA NOMA WUBANI,

KEPHA SIYAGWEMEKA,  
FUTHI SIYELAPHEKA

**KULULA ukuzikhohlisa ngokucabanga ukuthi isifo sofuba (i-TB) sikude nawe, futhi ngeke sikuphathe ngoba siphatha abantu abathile, kakhulukazi labo abathathwa "njengabampofu."**

**Kepha iqiniso elingephekiswe wukuthi lesi sifo esiwumbulalazwe singahlaselela noma wubani, noma nini.**

**Okumele sikuqaphele wukuthi ziningi izindlela ezingasisiza sikwazi ukusigwema, kanti futhi kubalulekile ukuziqonda izimpawu zaso, ukufuna usizo ngokushesha, kanye nokudla imishanguzo yokuselapha ngendlela efanele ukuze sigcine usinqobile.**

**Kungakho kubalulekile ukuthi sisiqonde lesi sifo.**

**Njengoba siqwashisa nge-TB kule nyanga kaMashi, kule ngosi sizimisele ngokukuxwayisa ngaso ngokuchaza lokhu okulandelayo:**

## YINI ISIFO SOFUBA (I-TB)?

Isifo Sofuba (i-TB) yisifo esibangelwa ngamagciwane (Mycobacterium tuberculosis) asabalala ngomoya esuka kumuntu aye komunye. Imvamisa i-TB ihlasela amaphaphu kepha-ke ingahlaselela nanoma iyiphi ingxenye yomzimba.

I-TB ihlobene kakhulu ne-HIV/AIDS, futhi ingamuhlasela kalula umuntu onamasosha omzimba abuthakathaka – okuyinto ejwayele ukudalwa wukungayidli ngendlela efanele imishanguzo.

Njengoba i-TB iyisifo esihamba ngomoya, umuntu angahogela umoya onamagciwane bese lawo magciwane edlulela emaphashini. Enjalo nje la magciwane angahamba nangegazi esuka emaphashini aye kunanoma iyiphi ingxenye yomzimba. Lolu hlobo lweSifo Sofuba lubizwa ngeSifo Sofuba Esihlaseleli Amaphaphu kuphela (i-Extra Pulmonary TB).

I-TB yisifo esiyingozi uma ungakutholi ukwelashwa futhi ingadlulela kwabanye abantu.

## Izinhlobo ze TB yilezi:

- I-TB ejwayelekile ephatha abantu abaningi (Susceptible TB): Iyelapheka kalula kodwa kumele uzimisele ukuthatha uhambo lokwelashwa okungaba izinyanga eziyisithupha noma ngaphezulu.

- Multi-Drug Resistant TB (MDR TB): Lena i-TB engalopheki kalula ngezinhlobo eziningi eziywayelekile zemishanguzo. Le-TB idalwa wukungawathathi ngendlela efanele amaphilisi e-TB eyejwayelekile bese iyawajwayela engabe esasebenza ukuyibulala. Ngaleyo ndlela isuke isidinga amaphilisi anamandla kakhulu ongawathatha izinyanga ezingaphezulu kwezizisishiyagalolunye (9 months). Umshini wokuxilonga obizwa nge-Gene Xpert Ultra usiza kakhulu ekuhloleni i-TB kanye nokubakhona kokungasazweli emaphilisini (resistant to treatment).

- Extreme Drug Resistant TB (XDR TB) or XXDR TB. Ungafisi ukuba nalolu hlobo ngoba luyingozi enkulu. Ayizweli emaphilisini sanhlobo, kanti nayo yenziwa ukungawathathi kahle amaphilisi e MDR TB bese engabe esakwazi ukubulala leli gciwane le TB. Ambalwa amaphilisi akwazi ukuyelapha.

## YIZIPHI IZINDAWO EZINGAKUBEKA ENGUPHENI YOKUTHOLA KUZO I-TB NOMA I-MDR-TB KALULA

Lezi yizindawo okuhlanganela kuzo abantu abaningi, ebe engavuliwe amafastela. Isibonelo nje ematekisini, emasontweni, emahostela, emajele, ezinxanxatheleni zezitolo, kolayini abade ababa sezakhiweni ezinjengamabhange nakwezinye izindawo.

Gwema ukusondelana nesiguli esine-TB engakaqali ukwelashwa, ikakhulukazi ezindaweni ezingawungenisi kahle umoya.

Ngokujwayelekile amashibhi yizindawo eziminyene ezingangeni umoya ngokwanele, futhi ezinomoya onentuthu. Lena-ke yindawo evundile yokubhebhethaka kwe-TB kanye ne-MDR TB. Utshwala nabo futhi benza abantu bangakwazi ukuzilawula, kanti-ke lokhu kuholela ekuziphatheni budlabha, okungenza umuntu angakwazi ukugwema i-TB.

## YIZIPHI IZIMPAWU NEZINKOMBAKUGULA ZESIFO SOFUBA ESIPHILAYO?

- Ukukhwehlela amasonto amabili noma ngaphezulu. Uma unegciwane lesandulelangculazi (HIV), nanoma yikuphi ukukhwehlela kumele kubhekiswwe.
- Umkhuhlane ongapheli
- Ukujuluka kakhulu ebusuku
- Ukwehla emzimbeni okungachazeki
- Ukuhlala ukhathela. Ezinganeni, kubonakala ngokuba zingabe zisathanda ukudlala.
- Izinhlungu esifubeni
- Ukukhwehlela izikhwehlela ezinegazi.

## UNGAKUNQANDA KANJANI UKUTHELELEKA NGE-TB KANYE NE-MDR TB?

Kubalulekile ukuvikela abanye uma ukhwehlela.

Mboza umlomo nekhala nge-tissue noma ngengalo kumbe ngendololwane, noma ufake umlomo kanye namakhala ngaphakathi kwehembe ngesikhathi ukhwehlela noma uthimula.

Fulathela abantu uma ukhwehlela noma uthimula. Ungavumeli abantu bakhwehlelele noma bathimulele kuwena. Fundisa izingane zisencane ukukhwehlela ngendlela ephaphile.

Hlanza izandla ngaso sonke isikhathi uma kade ukhwehlela noma uthimula futhi ulilahle emgqonyeni leli phepha lokuzesula obulisebenzisa.

**PHUZA AMAPHILISI UZE UWAQEDE:** Kubaluleke kakhulu ukuphuza amaphilisi akho njengalokhu uyalelwe abezempilo.

**VULA AMAFASITELA:** Ngaso sonke isikhathi hlala uwavulile amafasitela ekhaya ngoba imisebe yelanga iyawabulala amagciwane e-TB, kanti futhi nomoya ohlanzekile uyawaphephula amagciwane aphumele ngaphandle.

## Nakhu okunye okumele ukuqaphele:

- Uma une-TB kungcono ukuba ulale wedwa egunjini lakho okungenani iTB ize ingabe isaba namandla okusabalala. Ngokujwayelekile lokhu kuba ngemuva kokuba sekuphele amasonto amabili uqale ukuthatha imishanguzo futhi usukhombisa ukwelulama (ungasenazo izinkombakugula ze-TB).

- Kubalulekile ukuzivikela ngaso sonke isikhathi uma wenza ucansi, kanye nokwazi ngesimo sakho sempilo maqondana ne-HIV. Hlolela i-HIV. Abantu abaphila ne-HIV basengcupheni yokuhlaselela yi-TB ngenxa yamasosha omzimba antekenteke.

- Uma une-HIV ungabe sewuqaliswa ukuthatha ama-ARV kanye ne-Bactrim ngokushesha ukuze ukwazi ukuthi umzimba wakho usheshe uzwane namaphilisi e-TB, futhi kunqandwe nokuthi ungenwe izifo ezingosomathuba.

- Uma unesifo sikashukela, mazise umsebenzi wezempilo. Abantu abenesifo sikashukela basengcupheni yokungenwa yi-TB ngenxa yobuthakathaka bamasosha emizimba yabo.

- Lala ngokwanele ukuze umzimba uthole ukuphumula.

- Zwana nenhlazeko, hlamba izandla ngaphambi kokulungisa ukudla nangemuva kokusebenzisa indlu yangasese, kanjalo noma kade ushintsha ingane inabukeni.

- Zijwayeze ukuhlala uya kozihlola umfutho wegazi kanye noshukela.

- Uma une-TB, gwema ukungenwa yi-MDR kumbe i-XDR TB ngokuqinisekisa ukuthi aweqiwa yizikhathi zokuphuza amaphilisi, uwadle uze uwaqede. Uma kwenzeka uguliswa ngamaphilisi, yazisa udokotela noma umsebenzi wezempilo.

- Uma kudingeka ukuba uthathe uhambo, nganoma yisiphi isizathu, qinisekisa ukuthi unamaphilisi enele ozowadla ngesikhathi sohambo lwakho.



**Sifisa ukuphinda sikugcizelele lokhu: Uma une-TB, kubalulekile ukudla imishanguzo njengokwemiyalelo oyinikwe abezempilo ukuze usinde, futhi ungangenwa ezinye izinhlobo ze-TB exakile.**



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