



**HEALTH**

**KwaZulu-Natal**

# ukuVikela KUNGCONO kunokweLapha

## YIKUPHI ENGINGAKWENZA UKUZE NGIZIVIKELE EMKHUHLANENI WE-INFLUENZA A (H1N1) ?

Indlela evamile yokuthelana ngegciwane lesifo esisha i-Influenza A (H1N1) ibukeka ifana naleyo yomkhuhlane ojwayelekile, lesifo sandiswa amaconsana amanzi aphuma ngesikhathi ukhuluma, ukuthimula noma ukukhwehlela. Ungakugwema ukuthelana ngokuba ungavumi ukuthintana nabanye abantu ababonakala benezimpawu zalomkhuhlane (uzame ukuthi okungenani uqhele ngebanga eliyimitha, uma kwenzeka, ngokulandela lezizindlela ezilandelayo:

Gwema ukuthinta umlomo nekhala;  
Geza izandla ngokuphelele ngensipho namanzi, noma uzigeze ngengxube exutshwe notshwala besilungu bese ugoba umuthi ngazononke izikhathi ezindaweni ezijwayekile ikakhulukazi uma uwayele ukuthinta umlomo nekhala, noma izindawo ezingathetheleleka kalula. Gwema ukusondelana nabantu okungenzeka ukuthi bayagula.  
Nciphisa isikhathi osichitha ezindaweni eziminyene. Yandisa ukushweza komoya endaweni ohlala kuyo ngokuvula amafasitela;  
Zijwayeze imikhuba emihle yezempilo okubandakanya ukulala okwenele, ukudla ukudla okunempilo, uzigcine usesimweni esifanele.

## NGIZOKWAZI KANJANI UKUTHI NGINOMKHUHLANE WE-INFLUENZA A (H1N1) ?

Ngeke ukwazi ukubona umehluko phakathi komkhuhlane ojwayelekile kanye ne-Influenza A (H1N1) ngaphandle kosizo lodokotela. Izimpawu ongabona ngazo ziyefana nezomkhuhlane ojwayelekile okubandakanya imfiva, ukukhwehlela, ikhanda, izinhlungu zomzimba, izilonda emphinjeni kanye namafinyila amaningi emakhaleni. UDokotela wakho kuphela noma (umhlengikazi) kanye nezinsiza-kusebenza ezitholakala emtholampilo wakho okungakusiza ukuba ube nesiqiniseko sokuthi uphethwe umkhuhlane Influenza A (H1N1) yini?

## YINI OKUFANELE NGIYENZE UMA NGIGULA ?

Uma uzizwa ungaphilile kahle, unemfiva, ukhwehlela noma unezilonda emphinjeni:

- Hlala ekhaya, ungayi emsebenzini, esikoleni, unganglangani nabantu abanengi.
- Phumula futhi uphuze amanzi amaningi
- Mboza ikhala nomlomo wakho uma ukhwehlela futh uthimula kanti uma usebenzisa amaphepha okusula ukungcola emakhaleni, yenza isiqiniseko sokuthi uyawalahla endaweni efanele. Hlanza izandla zakho masinyane emuva kwalokho ngensipho namanzi noma uzihlambulule ngendwangu ecwiliswe kugologo;
- Uma ungenalo iphepha lokusula ukungcola eduze kwakho, uma ukhwehlela noma uthimula, mboza umlomo wakho ngendololwane;
- Sebenzisa isifihla-buso esizokulekelela ekunqandeni ukusabalala kwamaconsana uma unabanye abantu, qiniseka ukuthi lokho ukwenza ngendlela efanele;
- Yazisa umndenani nabangani ngokugula kwakho kanti kufanele ukugweme ukuhlalana nabanye abantu;
- Uma kungenzeka, xhumana nochwepheshe wezeMpilo ngaphambi kokuba uhambe uye esikhungweni sezeMpilo lapho nizofike nibonisane khona ukuthi kudingekile yini ukuba uxilongwe udokotela wezeMpilo;

## NINGAZITHATHA YINI IZIBULALA –MAGCIWANE MANJE UKUVIKELA UMKHUHLANE UMA KWENZKA NGIGULA?

Cha, Kufanele usebenzise isibulala-magciwane, esifana ne-oseltamivir noma zanamivir, uma lowo okunikeza imishanguzo ekweluleka kanjalo. Abantu abazimele ngabodwana (individuals) akufanele bathenge imithi ukulwa noma ukuvikela lomkhuhlane ngaphandle kokusebenzisa imithi ekhishwe udokotela, kanti kufanele baqikelele kakhulu uma bethenga izibulala-magciwane kwi-Internet.

## NGENZENJANI NGOKUNCELISA? KUFANELE NGIME UMA KUTHOLAKALA UKUTHI NGIYAGULA?

Cha, Akufanele uyeke, ngaphandle kokuthi uma lowo okunikeza imithi esho njalo. Ucwango olwenziwe kwezinye izinhlobo zemikhuhlane lutshengisa ukuthi ukuncelisa kuyazivikela izingane – kudlulisele enganeni izakhi-mzimba zikamama ezivikela ingane ezifweni kanti kunciphisa inani lezifo ezingadlulela enganeni. Ukuncelisa kunikeza izingane ukudla okuphelele kanti kwandisa amandla okulwa nezifo.

## KUNGASIPHI ISIKHATHI LAPHO UMUNTO KUFANELE AFUNE USIZO?

Umuntu kufanele afune usizo lwezeMpilo uma ephelelwa umoya noma ephefumula kanzima, noma ebona iqhubeka imfiva isikhathi esingaphezulu kwezinsuku ezintathu. Abazali abanengane encane egulayo, kufanele bafune usizo uma ingane iphefumula ngokushesha noma iphefumula kanzima, inemfiva eqhubekayo noma ukuqhaqhaqha okungalawuleki (seizures).

Ukunakekelwa okuthola ekhaya – ukuphumula, ukuphuza amanzi amaningi kanye nokusebenzisa imishanguzo yokudambisa izinhlungu – konke lokhu kwenele ukuba kukusindise ezikhathini eziningi. (Isidambisa-zinhlungu esingenayo i-aspirin kufanele sisetshenziswe yizingane kanye nezingane esezikhulile ngenxa yengozi yokuthola isifo esaziwa nge-Reye's syndrome.)

## KUFANELE YINI NGIYE EMSEBENZINI UMA NGINOMKHUHLANE KODWA NGIZWA UKUTHI NINGASEBENZA ?

Cha, Uma unomkhuhlane (influenza A H1N1) noma umkhuhlane ofika ngesikhathi esithile (seasonal influenza), kufanele uhlale ekhaya ungayi emsebenzini uma nje usenezimpawu zokugula. Lokhu kucophelela kungavikela ozakwenu emsebenzini kanye nabanye nje.

## NINGALUTHATHA YINI UHAMBO ?

Uma ungazizwa kahle noma unezimpawu zomkhuhlane (influenza), akufanele uvakashe. Uma unokungabaza ngesimo sempilo yakho, kufanele uhlolwe isimo sempilo yilowo ongumhlazekazi wezidingo zakho zezempilo.

## Zivikele ngalezizindlela !

Hlanza izandla zakho ngaso sonke isikhathi Hlanza izandla zakho ngensipho namanzi, bese uzomisa ngokwanele. Sebenzisa ithawula lokuhlilikhela elicwiliswe oketshezini lotshwala besilungu (alcohol-based) uma ungakwazi ukuthola amanzi nensipho.



Manzisa izandla



Gcoba insipho ezandleni



Geza izandla zakho ngaphakathi nangaphandle naphakathi kweminwe



Hlambulula izandla



Yesulisisa kahle ngethawula eliyiphepha

# INFLUENZA A (H1N1) SWINE FLU