

## Ukukhula



Ukuze usize ingane yakho ukuba ikhule ibe ingane ejabulile nenempilo, kubalulekile ukuba udlale futhi ukhulume nengane yakho zonke izinsuku.

- Nikeza ingane yakho izinto ezimubalabala ezozibuka
- Buka emehlweni engane yakho bese umamatheka ubheke kuyo
- Culela ingane yakho



## Ukuvakasha Kwasesmtholampilo Okulandelayo

Ingane yakho kuzodingeka ukuba ibuye emtholampilo lapho iba namaviki angu-14. Ukuvakasha kweviki 14 kubalulekile ngenxa yokuthi ingane yakho izothola ukugoma, futhi izohlolwa ukuze kuqinisekwe ukuthi ikhula ngendlela efanele.

## Izinkomba Zengozi

Kufanele ubuye emtholampilo ngokushesha uma ingane yakho inanoma yiziphi zalezi zinkinga:

- Yenqaba ukudla
- Ayikwazi ukuphefumula kahle noma iphefumula ngokushesha
- Ihlanza yonke into eyidlayo
- Isifo sohudo esihambisana namehlo ashone phakathi
- Isifo sohudo esihambisana nokuphuma kwegazi
- Ukudlikizeka/ukuwa
- Ingane iyozela noma iqulekile
- Uma othile osondelene nengane yakho ephethwe i-TB



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Health  
PROVINCE OF KWAZULU-NATAL

# Ukunakekela ingane yakho Amaviki angu-10



## Ukugoma

Ekuvakasheni kwasemtholampilo kweviki 10, ingane yakho izothola ukugoma okungu-2 ngemijovo.

Le mithi yokugoma izovikela ingane yakho ukuba ingatholi isifo sokusha kolwelwesi, inyumoniya, isifo sokusha kwesibindi, umpenge, umhlathi-ngqi, uvendle kanye nesifo sezindlebe.

Ingane yakho ingase ibe nemfiva noma ubuhlungu lapho ejove khona – kuvamile lokhu.



Buyela emtholampilo wakho ngokushesha uma:

- Imfiva ingabi ngcono
- Ingane ikhala ingathuli amahora angaphezu kwangu-3
- Indawo lapho okuvovwe khona ivuvukala, noma
- Ingane iba nanoma yikuphi ukudlikizeka/ukuwa



## Isimo Se-HIV sikaMama Nengane

### Uma umama wengane ene-HIV

- Ingane yakho kufanele ibe nokuhlola kwe-HIV okukhethekile okubizwa ngokuhlola kwe-PCR ekuvakasheni kwasemtholampilo kweviki 6
- Uma lesi kusikhathi sakho sokuqala sokubuyela emtholampilo kusukela ngokuhlola kwe-PCR, cela kumhlengikazi umphumela wengane yakho wokuhlola kwe-HIV

### Uma ingane ine-HIV:

- Ingane yakho kuzodingeka ukuba iqale ukwelashwa ngemishanguzo (i-ART) ngokushesha ngokunokwenzeka ukuze kuqinisekwe ukuthi ikhula ibe ingane ephilile
- Kuzodingeka ukuba unikeze ingane yakho imithi ye-ART engu-3 ehluke kabili ngosuku
- Qhubeka nokunikeza ingane yakho umuthi olwa namagciwane i-Cotrimoxazole/Bactrim. Lokhu kuzovikela ingane yakho ekutholeni isifo sesifuba esibucayi
- Uma uncelisa ingane ibele, qhubeka nokwenza kanjalo



### Uma ingane ingenayo i-HIV:

- Uma uncelisa ibele, kumelwe uqhubeke ne-ART yakho kuze kube yilapho uyeka ngokuphelele ukuncelisa
- Uma uncelisa ibele, ingane yakho idinga ukuqhubeka nomuthi olwa namagciwane i-Cotrimoxazole/Bactrim
- Ingane yakho kuzodingeka ukuba yenze okunye ukuhlola kwe-HIV emavikini angu-6 ngemva kokuyeka ukuncela ibele, futhi nokuhlola kokugcina kwe-HIV kwezinyanga ezingu-18 ukuze kuqinisekwe ukuthi ingane yakho ihlala ingenayo i-HIV-

## Ukudla

Izingane kufanele ziphuze kuphela ubisi lwebele kusukela ngesikhathi zizalwa kuze kube yilapho zinezinyanga ezingu-6 ubudala.

Ukuncelisa ibele kuphela kubalulekile ngenxa yokuthi:

- Okunye ukudla noma okuphuzwayo kungase kulimaze isisu sengane yakho futhi kukwenze kube lula ukuba izifo zingene egazini lengane (njenge-HIV)
- Kunciphisa amathuba esifo sohudo
- Kunciphisa amathuba ezifo zesifuba
- Kunciphisa amathuba okuthola izinto ezingezwani nomzimba



Isisindo sengane yakho kufanele sikhule nyanga zonke. Cela umhlengikazi emtholampilo ukuba akubonise ukuthi ingane yakho ikhula kanjani kushadi lokukhula kuBhukwana Lendlela Eya Empilweni. Uma ingane isisindo sengane yakho singakhuli nyanga zonke, khuluma nomhlengikazi wakho.

