

## Ukukalwa Kwekhanda

Namuhla, umhlangikazi uzophinde akale ubungako bekhanda lengane yakho. Isikali sekhanda lengane yakho kufanele sibe phakathi kuka-38 no-43cm. Khuluma nomhlangikazi wakho uma isikali sekhanda lengane yakho sisikhulu noma sisincane kunalokhu.



## Ukukhula

Emavikini ezingu-14, ingane yakho kufanele ikwazi:

- Ukulandela izinto eziseduze ngamehlo
- Ukuphakamisa ikhanda lapho incikiswe eduze kwehlombe lakho
- Ukwenza "imisindo" futhi isabele emisindweni emikhulu



## Ukuvakasha Kwasmtholampilo Okulandelayo

Kuzodingeka ukuba ubuyele emtholampilo wakho njalo ngenyanga ukuze uhlale ukukhula kwengane yakho. Ekuvakasheni kwenyanga ka-6, ingane yakho izothola futhi isilinganiso sayo sokuqala sikavithamini A, esizosiza ingane yakho ukuba ikhule futhi ilwe nezifo. Isisindo sengane yakho siyohlolwa futhi.

## Izinkomba Zengozi

Kufanele ubuyele 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



### Disclaimer:

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health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Ukunakekela ingane yakho

## Amaviki angu-14



## Ukugoma

Ekuvakasheni kweviki lika-14, ingane yakho izothola imigomo engu-4 – engu-3 izoba imijovo bese ongu-1 ube oconsiswa emlonyeni.

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

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

Photo courtesy gatesfoundation



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 ingane ine-HIV:

- Uma ukuhlola kwengane kubonisa ukuthi ine-HIV, idinga ukusebenzisa ukwelashwa kwemishanguzo (i-ART)
- Kubalulekile ukuba ingane ithole umuthi we-ART kabili ngosuku
- Ekuhambeleni ngakunye kwasemtholampilo, ingane yakho izokalwa futhi umhlangikazi uzokutshela ukuthi ingane yakho kufanele uyinike umuthi we-ART omngakanani
- Kufanele uqhubeke nokuncelisa ibele futhi uqhubeke nokunikeza ingane yakho umuthi olwa namagciwane i-Cotrimoxazole/Bactrim nsuku zonke. Lo muthi olwa namagciwane unqanda isifo sesifuba



### Uma umama wengane ene-HIV futhi ukuhlola kwengane kubonisa ukuthi ayinayo i-HIV emavikini angu-6:

- Uma uncelisa ibele, qhubeka nokunikeza ingane yakho umuthi olwa namagciwane i-Cotrimoxazole/Bactrim
- Uma uncelisa ibele, kumelwe usebenzise i-ART ukuze uvimbele ingane yakho ekutholeni i-HIV ngobisi lwebele
- Uma ingane yakho igula nganoma yisiphi isikhathi, buyela emtholampilo ukuze uzokwenza okunye ukuhlola kwe-HIV

### Uma umama wengane wathola ukuthi akanayo i-HIV lapho ekhulelwe:

- Kubalulekile ngabo bonke abesifazane abancelisa ibele ukuba benze ukuhlola kwe-HIV njalo ezinyangeni ezingu-3

## Ukudla

Qhubeka nokunikeza ingane yakho ubisi lwebele kuphela ize ibe nezinyanga ezingu-6 ubudala.

- Ncelisa ingane yakho ibele ngokuningi ngokunokwenzeka, kokubili emini nasebusuku
- Idla ukudla okunempilo futhi ugweme utshwala ngenkathi uncelisa ibele



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

