

Ukukhula

Ezinyangeni zobudala engu-18, ingane yakho kufanele ikwazi:

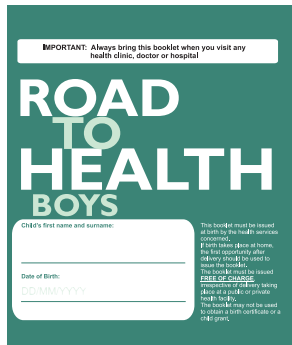
- Ukuhamba kahle futhi iphose/ikhahlele ibhola
- Ukukhuluma amagama angu-5 – 10
- Ukuqonda imiyalo elula
- Sebezinsa izandla ukuze udle

Kulobu budala, ingane ingase iqale ukuba nenconsi. Kuvamile lokhu. Iba nesineke futhi ukuncome ukuziphatha okuhle.



Ukuvakasha Kwasmtholampilo Okulandelayo

Kuzodingeka ukuba ubuyele emtholampilo njalo ngenyanga ukuze uhlole ukukhula kwengane yakho. Onyakeni wesibili wokuvakshela emtholampilo ingane yakho izothola u vitamin A kanye nomuthi wokukhipha izikelemu ukuze usize ingane yakho ikhule futhi ibe nempilo.



Izinkomba Zengozi

Iya emtholampilo ngokushesha uma ingane yakho inanoma yiziphi zalezi zimpawu zengozi:

- 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



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Ukunakekela ingane yakho Izinyanga ezingu-18



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Ukugoma, Uvithamini A Nokukhipha Izikelemu

Ekuvakasheni kwasemtholampilo kwezinyanga ezingu-18 ingane yakho izothola ukugoma okungu-2, umuthi oconsiswayo kavithamini A kanye nomuthi wezikelemu.

Ukugoma kuzovikela ingane yakho ekutholeni isimungumungwana, impenge, umhlathi-ngqi, uvendle, isifo sokusha kolwelwesi lobuchopho kanye nezifo zendlebe nomphimbo. Uvithamini A uzosiza ingane yakho ukuba ikhule futhi uzoyivikela ezifweni ezifana nesimungumungwana nesifo sohudo.

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

Zonke izingane ziyawudinga uvithamini A kanye nomuthi wezikelemu njalo ngezinyanga ezingu-6 kuze kube iminyaka yobudala engu-5



Photo courtesy USAID

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:

- Ingane yakho idinga ukwelashwa ngemishanguzo (i-ART) ukuze kunqandwe ukuba ingaguli
- Qiniseka ukuthi ingane yakho iya emtholampilo nyanga zonke ukuze ihlolwe futhi ilande imithi
- Ohubeka nokunikeza ingane yakho umuthi olwa namagciwane i-Cotrimoxazole/Bactrim nsuku zonke

Uma umama wengane ene-HIV futhi ingane kwatholwa ukuthi ayinayo i-HIV ngesikhathi sokuhlolwa samaviki angu-6:

- Kulokhu kuvakasha kwasemtholampilo, ingane yakho izokwenza ukuhlola kwe-HIV. Lokhu kuhlola kubizwa ngokuthi ukuhlola okusheshayo futhi ukuhlola kwe-HIV okufanayo okusetshenziswa kubantu abadala. Imiphumela yokuhlola uzoyinikezwa phakathi nokuvakasha
- Uma ukuhlola kwengane yakho kubonisa ukuthi ine-HIV, izodinga ukuqala ukusebenzisa i-ART ngokushesha ngokunokwenzeka (phakathi namaviki angu-2)
- Uma ukuhlola kwengane yakho kubonisa ukuthi ayinalutho futhi sekudlule amaviki angu-6 kusukela wagcina ukuncelisa ibele, ingane yakho ayinayo i-HIV
- Udinga ukuxoxa nge-ART yakho ngezizathu zempilo yakho nomhlengikazi kulokhu kuvakasha



Uma umama wengane engenayo i-HIV:

- Kubalulekile ngengane yakho ukuba ibe nokuhlola kwe-HIV lapho inobudala bezinyanga ezingu-18 ukuze kuqinisekwe ukuthi ayinayo i-HIV

Ukudla

Izingane ezinale minyaka zidinga ukudla okungu-4 – 5 nsuku zonke kanye namanzi amaningi ahlanzekile. Kufanele futhi:

- Uqiniseke ukuthi ingane yakho iphuza izinkomishi ezigcwele ezingu-2 – 3 zobisi lwenkomo olugcwele ukhilimu zonke izinsuku
- Nikeza ingane yakho imifino nezithelo, ikakhulukazi imifino eluhlaza enamahlamvu kanye nezithelo eziwolintshi/ eziphuza
- Vumela ingane yakho ukuba izifunze
- Ulinganisele inani loswidi olinikeza ingane yakho



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.