

## Ukukhula

Eminyakeni yobudala engu-5, ingane yakho kufanele ikwazi:

- Ukweqa nokugxuma ngonyawo olulodwa
- Ukukhuluma ngemishi egcwele
- Ukugqoka nokukhumula ngaphandle kosizo
- Ukudweba umuntu wenduku



Izingane eziningi zisuke seziqeqeshwe ngokugcwele ukuze zisebenzise indlu encane lapho sezineminyaka yobudala engu-5 kodwa ukuchamela umbhede kusengenzeka kwezinye izingane. Khuluma nomhlengikazi wasemtholampilo uma ingane yakho isachamela umbhede.

## Ukuvakasha Kwsemtholampilo Okulandelayo

Kuzodingeka ukuba ubuyele emtholampilo njalo ngenyanga ukuze uhlolele ukukhula kwengane yakho. Ekuvakasheni konyaka ongu-1, ingane yakho izothola isilinganiso sayo sesibili sikavithamini A, umuthi wokuqala wokukhipha izikelelu kanye nokuhlolwa kwamazinyo kokuqala.

## 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



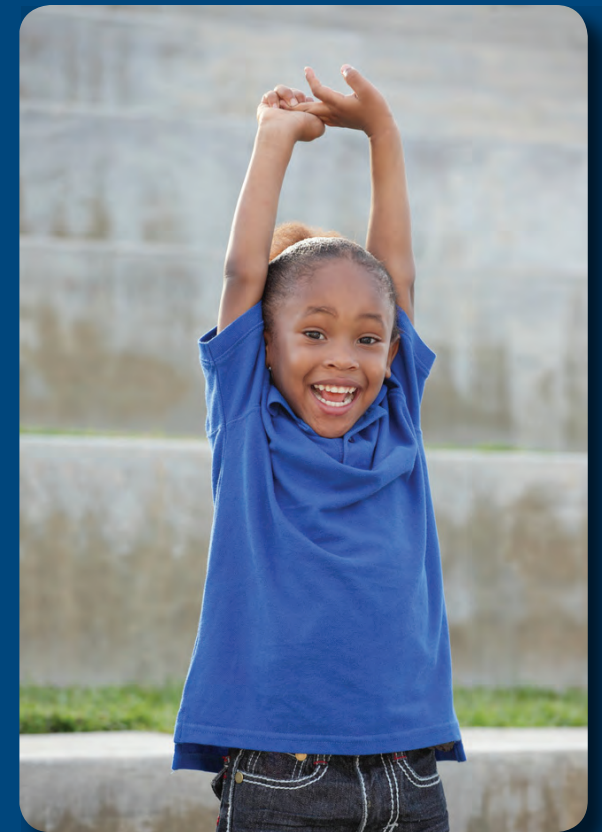
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# Ukunakekela ingane yakho

## Iminyaka engu-5



## Uvithamini A kanye Nokukhipha Izikelemu

Ekuvakasheni konyaka ongu-5 ingane yakho izothola umuthi oconsiswayo kavithamini A kanye nomuthi wezikelemu. Uvithamini A uzosiza ingane yakho ukuba ikhule futhi ihlale iphilile futhi uzoyivikela ezifweni ezifana nesimungumungwana nesifo sohudo. Ukukhipha izikelemu kubalulekile ngenxa yokuthi izikelemu zingavimba ingane yakho ukuba ingakhuli futhi ziyenze igule.

Zonke izingane ziyawudinga uvithamini A kanye nomuthi wezikelemu njalo ngezinyanga ezingu-6 zize zibe neminyaka yobudala engu-5.

## Isimo Se-HIV Sengane

### 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



## Isifo Sofuba

Isifo sofuba (i-TB) siyisifo esibucayi kakhulu ngokuvamile esithinta isifuba kodwa futhi esibangela isifo ebuchosheni, esiswini noma emathanjeni. Noma ubani angathola i-TB – ingane noma umuntu omdala, ophethwe i-HIV noma ongenayo i-HIV. Kulula kakhulu ukudlulisela i-TB, ngakho uma ingane yakho ike yathintana nomuntu one-TB, kufanele ihlolwe i-TB ngokushesha ngokunokwenzeka. I-TB iyakubangela ukufa, uma ingelashiwe.



### Izimpawu ze-TB zingase zihlanganise:

- Imfiva ehlala isikhathi esingaphezu kwamaviki angu-1 – 2
- Ukukhwehlela okuhlala isikhathi esingaphezu kwamaviki angu-2
- Ukuncipha komzimba kanye nokungakwazi ukukhuluphala
- Ukukhathala noma ukuthanda ukudla okunciphile



## Ukondliwa

Qhubeka nokuqinisekisa ukuthi ingane yakho idla ka-3 ngosuku, futhi idla izinhlobonhlobo zokudla okunempilo – izithelo, imifino, iphrotheni enempilo (amaqanda, inhlanzi, inkukhu, inyama) kanye nokusanhlamvu (isinkwa esinsundu, ipapa, nokudla okusanhlamvu).

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.

## Ukuphepha

- Fundisa ingane yakho ukuba ingahambi nabantu engabazi noma ingathathi lutho kubo
- Qiniseka ukuthi zonke izinto zokuhlaza, uphalafini, imibese, umentshisi kanye nezinye izinto eziyingozi ezikho ekufinyeleleni kwengane yakho
- Qiniseka ukuthi ingane yakho ayidlali eduze kwemililo noma esitofini esishisayo
- Qiniseka ukuthi ingane yakho iyalazi igama layo, ikheli nenombolo yocingo

