

Okufanele ukwenze uma Ingane yakho Inesifo Sohudo

Uma ingane yakho inesifo sohudo, qhubeka nokufunza ingane yakho isilinganiso esincane sobisi lwebele njalo. Ingane yakho idinga amandla ukuze izizwe ingcono.

Kufanele futhi unikeze ingane yakho i-oral rehydration solution (i-ORS) ngaphezu kokuyincelisa. Ngemva kwesikhathi ngasinye lapho ingane yakho iba nesifo sohudo, phuzisa ingane yakho imithamo emincane ye-ORS kuze kube yilapho iphuza uhhafu wenkomishi we-ORS. Uma ingane yakho ihlanza, linda imizuzu engu-10 bese unikeza ingane yakho i-ORS kancane kancane.

Uma ingane yakho iyihlanza i-ORS futhi ingakwazi ukuphuza, iya emtholampilo wakho oseduze ngokushesha.

I-Oral Rehydration Solution (i-ORS)

ilitha elingu-1 lamanzi aphilile, abilisiwe

ilitha elingu-1 lamanzi aphilile, abilisiwe

ithisipuni engu-½ kasawoti

Xuba kahle bese unikeza izilinganiso ezincane njalo ngemva kwemizuzu engu-30

Indlela yokulungiselela i-ORS ekhaya



ilitha elingu-1
lamanzi aphilile,
abilisiwe

+



amathisipuni ezinga
elingu-8 likashukela

+



ithisipuni engu-½
kasawoti

Ukuvakasha Kwasemtholampilo Okulandelayo

Kuzodingeka ukuba ubuyele emtholampilo njalo ngenyanga ukuze uhlole ukukhula kwengane yakho. Ekuvakasheni kwenyanga ka-9, ingane yakho izothola ukugoma futhi.

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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health

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Health
PROVINCE OF KWAZULU-NATAL

Ukunakekela ingane yakho

Izinyanga ezingu-6



Izithasiselo Zikavithamini A

Ekuvakasheni kwasemtholampilo kwenyanga ka-6, ingane yakho izothola isilinganiso sayo sokuqala sikavithamini A. Lokhu kunikezwa ngokuthi kuconsiswe emlonyeni. Uvithamini A uzosiza ingane yakho ukuba ikhule futhi uvikela ezifweni ezifana nesimungumungwana nesifo sohudo. Ingane yakho izobuyela emtholampilo njalo ezinyangeni ezingu-6 ukuze ithole uvithamini A ize ibe neminyaka engu-5 ubudala.



Image courtesy UNICEF

Ukukhula

Ezinyangeni zobudala engu-6, ingane yakho kufanele ikwazi:

- Ukuhlala isebenzisa ukusekela okuthile futhi ikwazi ukuphenduka
- Ukubamba ithoyizi esandleni ngasinye
- Ukubona ubuso obujwayelekile
- Ukwenza imisindo yokubhibhidla futhi iphendule ikhanda layo ukuze ibeke imisindo

Kubalulekile ukudlala nokukhuluma nengane yakho. Nikeza ingane yakho izinto ezihlanzekile endlini yakho ezozibamba futhi izishaye (njengezipuni zokhuni namabhodwe okupheka).



Isimo Se-HIV sikaMama Nengane

Uma ingane ine-HIV:

- Ingane yakho idinga ukwelashwa ngemishanguzo (i-ART) ukuze kunqandwe ukuba ingaguli
- Kubalulekile nengane yakho ukuba ithole inani elifanele lomuthi we-ART kabili ngosuku zonke izinsuku
- Qhubeka nokunikeza ingane yakho isibulali magciwane i-Cotrimoxazole/Bactrim nsuku zonke ukuze unqande ukuba ingangenwa ukugula okubucayi kwesifuba



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

- Uma uncelisa ibele, qiniseka ukuthi usebenzisa i-ART yakho ukuze uvimbele ingane yakho ekutholeni i-HIV ngobisi lwakho lwebele
- Uma uncelisa ibele, qhubeka nokunikeza ingane yakho umuthi olwa namagciwane i-Cotrimoxazole/Bactrim.
- Lapho uyeka ukuncelisa ibele, ingane yakho kumelwe yenze ukuhlolwa kwe-HIV emavikini angu-6 kamuva
- Uma ingane yakho igula nganoma yisiphi isikhathi, buyela emtholampilo ukuze uzokwenza okunye ukuhlola kwe-HIV

Uma umama wengane engenayo i-HIV:

- Uma ncelisa ibele, kufanele wenze ukuhlolwa kwe-HIV njalo ngezinyanga ezingu-3 ngisho noma kwatholakala ukuthi awunayo i-HIV ngaphambili

Ukudla

Manje njengoba ingane yakho isinezinyanga ezingu-6 ubudala, kufanele uqhubeke nokuyincelisa ibele kodwa ungaqala ukuyinikeza ukudla okuqinile.

- Qala ngokunikeza ingane yakho izipuni ezimbalwa zephalishi elithambile zonke izinsuku
- Ungaphinde futhi unikeze ingane yakho izithelo noma imifino ebucuziwe isb. ubhontshisi noma amazambane abucuziwe
- Ingane yakho ingase idle izidlo ezingu-2 ezincane ngosuku, futhi idle ubisi lwebele ngokuthanda kwayo



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.

