

Ukunakekela Ingane Yakho

Ukulawula Isifo Sohudo

Uma ingane yakho iphethwe isifo sohudo, kubalulekile ukuba uqhubeke nokunikeza ingane yakho ubisi futhi uma indala kunezinyanga ezingu-6, ukuba iqhubeke nokudla okuncane. Isifo sohudo singabangela ukuntuleka kwamanzi emzimbeni, okusho ukuthi ingane yakho ayinawo amanzi anele emzimbeni wayo. Ukuntuleka kwamanzi emzimbeni kungabangela ukufa ngosuku, ngakho kubalulekile ukuba unikeze ingane yakho isiphuzo esikhethekile esibizwa ngokuthi i-Oral Rehydration Solution (i-ORS) ngokushesha ngokunokwenzeka uma ingane yakho iphethwe isifo sohudo.

Indlela Yokwenza I-ORS:

1. Bilisa ilitha lamanzi. Uma amanzi esezobila, qiniseka ukuthi abila wonke umzuzu. Ngemva kokuba esebilile, vumela amanzi ukuba aphole
2. Hlanza ibhodlela eliyilitha elingu-1 ngensipho namanzi. Bese uligcwalisa ngamanzi abilile aphilile
3. Engeza amathisipuni ezinga elingu-8 kashukela kanye nethisipuni lezinga elingu-½ kasawoti ebhodleleni lamanzi, bese uxuba kahle
4. Uma ingane yakho ingaphansi kweminyaka yobudala engu-2, yinike inkomishi engu-½ (125 mL) we-ORS njalo ngemva kokuba ibe nesifo sohudo. Uma ingane yakho ineminyaka yobudala engu-2 – 5, yinike inkomishi engu-1 (250 mL) we-ORS njalo ngemva kokuba ibe nesifo sohudo. Funza ingane yakho izilinganiso ezincane usebenzisa inkomishi



Izinkomba Zengozi:

Iya emtholampilo wakho wendawo **NGOKUSHESHA** uma ingane yakho:

- Ayikwazi ukuphuza noma yini
- Ihlanza yonke into eyidlayo
- Inegazi kusifo sayo sohudo
- Iphefumula ngokushesha
- Inamehlo ashone phakathi noma umlomo owome kakhulu
- Iyozela/iqulekile



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