



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



...ngoba ungakwazi...



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

Yini Amarabi?

Amarabi isifo esithathelanayo futhi esiyingozi kakhulu esidala umonakalo omkhulu ebuchosheni nasemgogodleni.

Amarabi ahlasela abantu kanye nezilwane.

Lapho nje sezibonakala izimpawu zawo amarabi, lesi silwane kumbe umuntu onawo ugcina efile.

Abhebetheka kanjani amarabi?

Amarabi isifo esitholakala ematheni nasezicutshini zemizwa alezo zilwane esezithelekile.

Amarabi angena kubantu nasezilwaneni ngamathe nangezicubu zalezo zilwane esezithelekile (isib. ngokulunywa, ngokuklwejwa nangokukhothwa uma nje isikhumba noma untwentwesi lwesikhumba kuvulekile kumbe kulimele).

Ubonakala ngaziphi izimpawu umuntu otheleleke ngamarabi?

Izimpawu zamarabi zingabonakala esikhathini esiyisonto, kwesinye isikhathi ziphuze zize zibonakale emva kweminyaka ube nokuthintana noma ukulunywa yisilwane esezithelekile. Uma nje izimpawu zalesi sifo sezibonakala, isilwane noma umuntu ugcina efile. Phuthuma uyofuna usizo lokwelashwa. Ungalokothi ulinde uze ubone izimpawu zaso

Izimpawu zamarabi kubantu zibandakanya lokhu:

- Ukuphathwa ikhanda kanye nemfiva
- Ukuba nolaka, ukungahlaliseki kanye nokuba nexhala
- Izinghlungu emsipheni, ukukhathala komzimba kanye nokusaba amanzi, i- hydrophobia (usabe amanzi) kanjalo nokuphalaza
- Ukuhoshozela kwezwi
- Ukukhubazeka komzimba
- Ukuphazamiseka emqondweni
- Ukugxaza amathe
- Ukugwinya kanzima

Yini okufanele uyenze emva kokulunywa noma ukuthintana nesilwane okusolakala ukuthi sinamarabi?

Uma ulunywe noma uke wathintana nenja noma isilwane sasendle kumbe esasekhaya noma esasepulazini esiziphethe ngendlela engagjwayelekile, kumele wenze lokhu okulandelayo:

- Geza isilonda ngamanzi ahlanzekile anensipho ngokushesha okungenani isikhathi esiyimizuzu eyi-10.
- Gcoba umuthi onesibulalimacgiwane (i-antiseptic ethanol noma i-iodine-)
- Phuthuma uye kudokotela noma emtholampilo ukuze uthole ukwelashwa kanye nokwelulekwa.
- Xhumana nodokotela noma nomtholampilo wezilwane oseduzane.



Ungaqala nini ukusola ukuthi isilwane sithелеleke ngamarabi?

Ungasola ukuthi isilwane sinamarabi uma:

- Usibona senza izinto ezingajwayelekile esingabala kuzo ukungahlaliseki, ukuba nolaka, ukujabula ngokweqile noma sibe namahloni,
- Isilwane sasekhaya sifika ekhaya silimele kodwa okungaqondakali ukuthi ngabe silinyazwe yini.

Zitheleleka kanjani izilwane ngamarabi?

Izilwane zasekhaya kanye nezasendle zingawathola amarabi ngokuthi:

- Zilunywe isilwane esesivele sithелеlekile.
- Kulwe isilwane sasekhaya kanye nesingaziwa noma esasendle, okungenzeka ngisho zilwa esinye singaphakathi kothango esinye singaphandle.

Avikelwa kanjani amarabi?

- Ngokushesha, valela leso silwane osola ukuthi sinalesi sifo bese wazisa uDokotela kaHulumeni Wezilwane noma uChwepheshe Wezempilo Yezilwane.

- Ngaso sonke isikhathi goma izinja namakati akho (zonke izilwane zasekhaya ezinezinyanga ezintathu kuya phezulu kumele zigonywe ziphinde zinikezwe nezakhamzimba esikhathini esiyizinyanga eziyisishiyagalolunye emva kwalokho bese zithola izakhamzimba njalo ngonyaka
- Ungavumeli isilwane sakho sasekhaya ukuthi sizule esitaladini.
- Amarabi ayisifo esiyingozi. Izilwane okusolakala ukuthi zinamarabi akumele ziphathwe noma ikanjani.
- Bika zonke izilwane ozisolayo kudokotela kahulumeni wezilwane noma, kuchwepheshe wezempilo yezilwane oseduze kumbe emaphoyiseni.

Khumbula amarabi ayagwemeka:

- Goma izilwane zakho.
- Phuthuma uyofuna usizo lokwelashwa uma nje uthintane nesilwane osisolayo ukuthi sinamarabi.



QAPHELA

1. Ungalokothi ulinde ukuze ubone izimpawu
2. Uma nje sezibonakala izimpawu zokutheleleka ngamarabi awube uselapheka

Ungayithola kuphi eminye imininingwane maqondana nalesi sifo?

- Uyacelwa uxhumane nomtholampilo noma isibhedlela esiseduze kumbe udokotela wezilwane ukuze uthole eminye imininingwane.

