Silashwa kanjani isimungumungwane?

Imishanguzo yokwelapha ihlose ukuqeda izimpawu zesimungumungwane kanye nokuvimbela okunye okungaba umthelela waso. Zonke izingane eziphethwe yisimungumungwane kumele zithole amaconsi ka-Vitamin A ukuze kugwenywe ukonakala kwamehlo azo.

Ungasigwema kanjani isimungumungwane?

Ukugoma yiyona ndlela efanele yokuvimbela isimungumungwane. Ukugomela isimungumungwane kuyingxenye yohlelo olusabalele lokugoma eNingizimu Afrika (EPI). Izingane ezinezinyanga eziyisithupha (6) kanye nalezo esezinezinyanga eziyishumi nambili (12) ubudala, yizona ezithola ukugomelwa isimungumungwane. Umgomo wesimungumungwane uyatholakala ezikhungweni zezempilo ezizimele kanye nasezikhungweni zezempilo zombutho wezokuvikela ungumgomo oyinhlanganisela wesimungumungwane, uzagiga kanye ne-rubella (MMR). Izingane ezinezinyanga eziyi-12 kanye nezinezinyanga eziyi-18 ubudala imvamisa yizona ezigonyelwa i-MMR. Uma ungakwazanga ukuyogomela isimungumungwane- lisekhona ithuba, hamba uyogoma.

Isimungumungwane Ukugomela

KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

Siyini ISIMUNGU MUNGWANE ?

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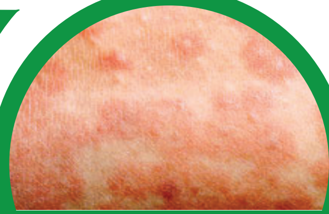
GROWING KWAZULU-NATAL TOGETHER

Isimungumungwane siyisifo esithathelana kalula esibangelwa yigciwane elithile. Iziguli ziba nomkhuhlane ozenza ziqubuke, zibe namashashazi amancane abomvu emzimbeni wonke. Ezinye izimpawu zibandakanya ukukhwehlela, amehlo abomvu (conjunctivitis) kanye namafinyila aziphumelayo nje (coryza).



Isimungumungwane

Ubani osemathubeni okuphathwa yisimungumungwane?

Nanoma ubani ongasigomelanga isimungumungwane angasithola kumuntu osevele esenaso. Uma umuntu eseke waba naso isimungumungwane, akaphinde abe naso ngoba umzimba wakhe usuke usuvikelekile kuleli gciwane. Ukugoma kungenye yezindlela zokuvikela isimungumungwane. Abantu abagonyiwe basuke sebevikelekile ekuhlaselweni yizimpawu ezinzima zesimungumungwane.

Isimungumungwane sihlasela yiphi ingxenye yeNingizimu Afrika?

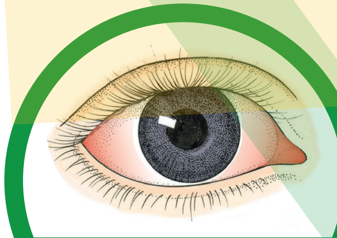
Isimungumungwane singaqubuka nanoma kuyiphi ingxenye yeNingizimu Afrika, futhi abantu abanaso bayatholakala emiphakathini kumbe ezikhungweni okungaba izinkulisa kanye nasezindaweni okunakekelwa kuzo izingane ngesikhathi sasemini. Uma kwenzeka kuqubuka isifo sesimungumungwane endaweni ethile esikhathini esifushane (okungaba ngabantu abayisihlanu noma ngaphezulu abaya esikhungweni sezempilo sesifunda esikhathini esingamasonto amane), lokhu kubizwa ngokuthi ubhubhane futhi kusuke kudingeka ukuthi abezempilo bangenelele ukuze kulawulwe ukubhebhetheka kwalesi sifo.

Sidluliseleka kanjani komunye umuntu isimungumungwane?

Sidluliseka ngokuthinta amathe noma amathonsana ezikhwehlela aphuma emlonyeni noma ekhaleni lomuntu ophethwe yiso uma ephefumula, ekhwehlela noma ethimula. Igciwane lihamba emoyeni futhi liyakwazi ukungena kubantu abasendaweni eyodwa isikhathi esingaba amahora amabili. Igciwane lesimungumungwane lingelinye lamagciwane elithathelana kakhulu kunawo wonke amanye aziwayo. Abantu abanalo leli gciwane bangalisabalalisa esikhathini esiyizinsuku ezine ngaphambi kumbe ngemuva kokuba baqale ukuqubuka.

Yiziphi izimpawu zesimungumungwane?

Ngokujwayelekile uphawu lokuqala lesimungumungwane kuba umkhuhlane obangela ukuqubuka, ukukhwehlela, amafinyila aziphumelayo kanye namehlo abomvu (conjunctivitis). Ukuqubuka kuqala ekhanda kusabalale nomzimba wonke. Abantu abanesibalo esiphansi samasosha omzimba ngenxa yesandulela-ngculazi (HIV), umdlavuza, noma yisiphi esinye isifo abajwayele ukuqubuka. Isimungumungwane singaholela kokunye ukugula okufana ne-pneumonia (isifo samaphaphu), ukuvaleka kwamehlo, isifo sohudo, ukushoda kwamanzi emzimbeni, ukugula ngengqondo (encephalitis) noma ukufa.



abomvu

Sihlonzwa kanjani isimungumungwane?

Nanoma yimuphi umuntu onemfiva nokuqubuka kungenzeka ukuthi unesimungumungwane. Amashashazana amhlophe (Koplik spots) emlonyeni nawo angaba yinkomba yesimungumungwane. Ukuqubuka okudalwa yisimungumungwane kucishe kufane nalokho okudalwa izifo ezibangwa ngamagciwane athile (njenge- German measles) futhi-ke ukuhlonzwa kwesimungumungwane kumele ngaso sonke isikhathi kuqinisekiswe ngokuhlola igazi. Kungathathwa futhi isampula emphinjeni bese liyiswa elabhorethri ukuze liyohlolwa. Isimungumungwane siyisifo okumelwe sibikwe lapho sivela, okuchaza ukuthi isampula legazi kumelwe lithunyelwe elabhorethri kanye nefomu elisetshenziswayo lokuyohlolela lesi sifo, okuyonikeza abezempilo ithuba lokuba benze imizamo yokwelapha labo esibaphethe ukuze kunqandwe ukubhebhetheka kwaso.

German measles