KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

USUKU **LWESIFO SESIBINDI** ESIBIZWA **NGE-HEPATITIS** OLUGUJWA UMHLABA WONKE: ZINGAMA**-28 KUNTULIKAZI** (28 JULY)

SIYINI ISIFO SESIBINDI?

“Masilwe nesifo sesibindi i-Hepatitis”

KwaZulu-Natal Department of Health

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Nanoma ubani angasithola isifo sesibindi, noma ngabe ukuyiphi indawo. Yazi ngaso. Zivikele kusona.

SIYINI ISIFO SESIBINDI?

Isifo sesibindi ukuvuvukala kwesibindi okudalwa ukuhlasela kwamagciwane. Lesi sifo sidalwa yizinhlobo eziningi zamagciwane; i-hepatitis A, B, C, D kanye no-E, kodwa-ke amagciwane avame kakhulu i-hepatitis A, B, C.

Amagciwane esifo sesibindi angadala isifo sesibindi sesikhashana esinobungozi obukhulu kanti-ke abantu abaningi bayaye basinde ngokugcwele, kodwa bancane abantu ababulawa yilolu hlobo lwesifo sesibindi sesikhashana. Isifo i-hepatitis A kanye no-E siyaziphelela. Amagciwane i-Hepatitis B kanye no-C angadala isifo sesibindi esingelapheki, nokuyilapho ukugula kuthatha isikhathi eside, kwesinye isikhathi sikuphatha impilo yakho yonke. Isifo sesibindi esingelapheki singaholela ekutheni isibindi sonakale, sihluleke ukusebenza futhi sibe nomdlavuza.

Bangaphezulu kwezigidigidi ezimbili emhlabeni wonke abantu abanalesi sifo bese kuthi abangaphezulu kwezigidi ezingama-240 banesifo sesibindi esingelapheki ngenxa yegciwane i-hepatitis B. Babalelwa ezigidini eziyi-170 abantu abaphethwe yi-HCV kanti abangaphezulu kwezi- 350 000 bafa ngenxa yezifo eziphathelene nesibindi. ENingizimu Afrika kudlange kakhulu i-Hepatitis A kanye no-B.

INDLELA ESITHOLAKALA NGAYO

Amagciwane i-Hepatitis A kanye no- E athathelana kalula kakhulu kanti asabalala ngokudla namanzi angcolile. Angasabalala futhi ngokudla imbaza (shellfish) engaphekiwe ephuma emanzini angcolile esitamkoko.

Igciwane i-Hepatitis B lithathelana ngegazi kanye nezinye izinhlobo zokusaketshezi lomzimba (isb. amathe, isidoda, uketshezi lwesitho sangasese sowesifazane) womuntu osenaso lesi sifo. Usana lungaluthola kumama walo ngesikhathi ebeletha.

Igciwane i-Hepatitis C lithathelana ngegazi kanye nangezinto ezisetshenziswa maqondana negazi, imvamisa ngokusebenzisa imijovo engaphephile ukuthatha izidakamizwa. Usana lungaluthola kumama walo ngesikhathi ebeletha.

Igciwane i-Hepatitis D (delta) ngokujwayelekile lihambisana negciwane i-hepatitis B kube yizifo ezihambisanayo kumbe isifo esiba umxhantela wesinye.

IZIMPAWU ZESIFO SESIBINDI

- Ijondisi, ebanga isikhumba kanye namehlo kube phuzi
- ukukhathala
- izinhlungu esiswini
- ukungakuthandi ukudla
- ukucanuzela kwenhliziyo
- ukuhlanza
- isifo sohudo
- umkhuhlane ongatheni
- ukuphathwa yikhanda
- umchamo onombala ojiyile

UKUVIKELWA KWALESI SIFO

• Ukugoma kuyasivikela isifo i-hepatitis A kanye no- B.
• Ayikho imigomo ye-hepatitis C, D, kanye no- E. Indlela yokunciphisa amathuba okuthola lolu hlobo lwamagciwane yinye kuphela ukuzivikela.

• Ukusebenzisa amakhondomu kanye nokugwema ukusebenzisa imijovo kumbe izigxubho, amareyiza (izinsingo) noma isikele sokunquma izinzipho okusetshenziswa umuntu onalesi sifo. Gwema futhi ukwenza ama-tattoo kumbe ukuchambusa emzimbeni ezikhungweni ezingenawo amalayisensi okwenza lokho.

• Qinisekisa ukusebenzisa imijovo ngendlela ephephile nefanele. Abadla izidakamizwa besebenzisa imijovo basengcupheni enkulu yokuthola isifo i-hepatitis C no-B, ikakhulukazi ngoba bashintshana ngezinalithi zemijovo ngendlela engahlanzekile.

• Qinisekisa ukuthi uphila ngendlela enehlanzeko ukuze ugweme ukungenwa yi-hepatitis A kanye ne-hepatitis E:

• Yidla ukudla okuhlanzekile futhi ugweme ukuphuza amanzi atholakala endaweni engahlanzekile

• Lahla imfucuza yasekhaya ngendlela efanele.

Vikela iSifo Sesibindi, Yinoma ubani angasithola lesi sifo, noma ngabe ukuyiphi indawo. Yazi ngaso. Zivikele kusona.

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