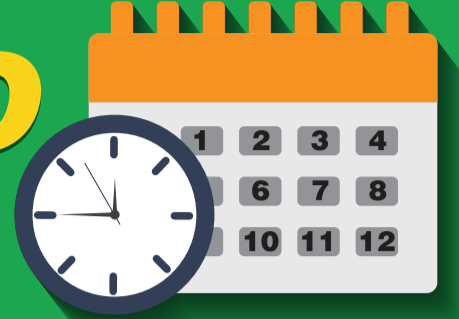




# **KUYINI UKULANDELA IMIGOMO YOKWELASHWA FUTHI KUSEMQOKA NGANI?**



Ukulandela imigomo yokwelashwa kusho ukuphuza imithi yakho ngendlela efanele, uphuze amaphilisi afanele, ngesikhathi esifanele (emini noma ebusuku), abe yisibalo esifanele, kuze kuphele isikhathi obekelwe sona ngudokotela kumbe umhlengikazi ukuthi uwaphuze ngaso.

## **Kubaluleke ngani ukuqeda ukwelashwa kwakho?**

Ukwehluleka ukulandela yonke imiyalelo yokwelashwa kungaholela ekutheni ungasindi kumbe ungabi ngcono, mhlawumbe ugcine sewubuyiselwa esibhedlela uyolaliswa futhi. Uma imithi yakho ungayiphuzi ngendlela efanele, umzimba wakho ungagcina ungasezweli emithini bese wehluleka ukukukwelapha ngesikhathi esizayo uma uphinda uwuphuza.

Uma unamahlalakhona kumbe isimo sempilo esibucayi, nakanjani uzodinga ukuphuza imithi yokwelapha isikhathi eside kumbe impilo yakho yonke. Kumele ukuqonde ukuthi imithi oyinikwayo isemqoka ukukwelapha ngakho kumele uyiphuze ngendlela efanele. UMnyango Wezempilo ukuqonda kahle ukuthi akulula, siyafuna ukusebenzisana nawe ukuze uthole indlela engcono ezokwelekelela uphuze imithi yakho ngendlela efanele.

## **Ungayeki ukuphuza imithi yakho ngoba:**

- Uzizwa usungcono
- Ucabanga ukuthi umuthi awusasebenzi
- Ubona imiphumela engemihle edalwa imithi. Uma kwenzeka ubona izimpawu zemiphumela engemihle edalwa imithi uyacelwa ukuba uye esiKhungweni Sezempilo ngokushesha.
- Ubona esemaningi kakhulu amaphilisi aphuzwayo
- Ungadlile. Cela kwabezeMpilo bakuphe ongakudla.

Uyacelwa ukuba **UYE** eSibhedlela noma eMtholampilo oseduze nawe ubachazele nanoma yisiphi isizathu esikwenza uyeke ukuphuza imithi. Singakwazi ukuqhamuka nesu elingalekelela ukuthi ukwazi ukulandela imigomo yokwelashwa

## **Akulula ezigulini eziningi ukuphuza amaphilisi amaningi njalo ngosuku. Nazi ezinye izindlela ezingakwelekelela ukhumbule izikhathi okumele uphuze ngazo imithi yakho:**

- Thenga ibhokisana lokufaka amaphilisi ekhemisi eliseduzane ufake amaphilisi akho kulo, kuzokwelekelela ukwazi ukukhumbula ukuthi uphuza maphi amaphilisi ngasiphi isikhathi nsuku zonke.
- Cupha isikhathi kuselula yakho ukuze ikukhumbuze.
- Bhala phansi ebhukwini izinsuku okumele uye ngazo emtholampilo nasesibhedlela ukuyolanda imithi.
- Bhala phansi ukuthi yimuphi umuthi owuphuzile ngasiphi isikhathi, ngaluphi usuku.
- Cela ilungu lomndeni noma umngani ukuthi akwelekelele ekuphuzeni imithi yakho, lokhu kusho ukuthi bazoba khona ngesikhathi uphuza imithi bese berekhoda ukuthi uwuphuzile.

**Khumbula ukuthi iSifo Sofuba (i-TB) kanye naleso Esingasazweli Emaphilisini (i-Drug Resistant TB) siyelapheka, uma uqala ukwelashwa kwakho kusenesikhathi futhi uqhubeke nokuphuza amaphilisi akho kuze kuphele isikhathi esibekiwe.**