

# UFUNA UMNGANI? YIBA UMNGANI!

## INCWADI YOKUNAKEKELA NOKUGWEMA UKULUMA



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**World Health  
Organization**



# INDLELA IZINJA EZIKHULUMA NGAYO INGITSHELANI INJA YAMI?



QAPHELA



SOLAKALA



UKUKHATHAZEKA



USONGELWA



THUKUTHELE



ZWENE



KUDINGEKA  
ISIKHALA



NGIWATHANDO  
IWAKHO



JABULILE



IYALANDELA



SAWUBONA NGIYAKUTHANDA



NGIZWENE



NGILUNGILE



UZONGIPHA  
UKUNDLA



INJABULO  
IYA A AMANYAKAZISA UMSILA

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*Lili*

# Izinto ingane ekungamele zizenze uma zinenja

## Klula, cabanga ukuthi abantu kumele baphathane kanjani

Gwema ukuthatha ukundla kwabantu.



Gwema ukuphazamisa izinja uma zidla.

Gwema ukantshontsha ama thoyizi bantu.



Gwema ukuthatha ithambo noma amathoyizi ezinja.

Gwema ukusondeza kakhula buso kwakho eduze komunye umuntu.



Gwema ukusondeza abuso bakho eduze kobuso benja.

Gwema ukuhlupha umuntu uma elele.



Gwema ukuhluphainja uma ilele, kumele uyeke iphumule.

Gwema ukuhlupha abanye abantu.



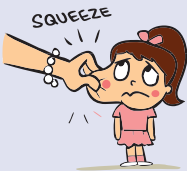
Gwema ukudonsa umsila wenja noma indlebe.

Gwema ukunyathela nokugibela nom ikephi noma kanjani



Gwema ukugibela nokunyathelainja.

Gwema ukuncinza ezinye ingane.



Gwema ukubambainja ezinge azithandi.

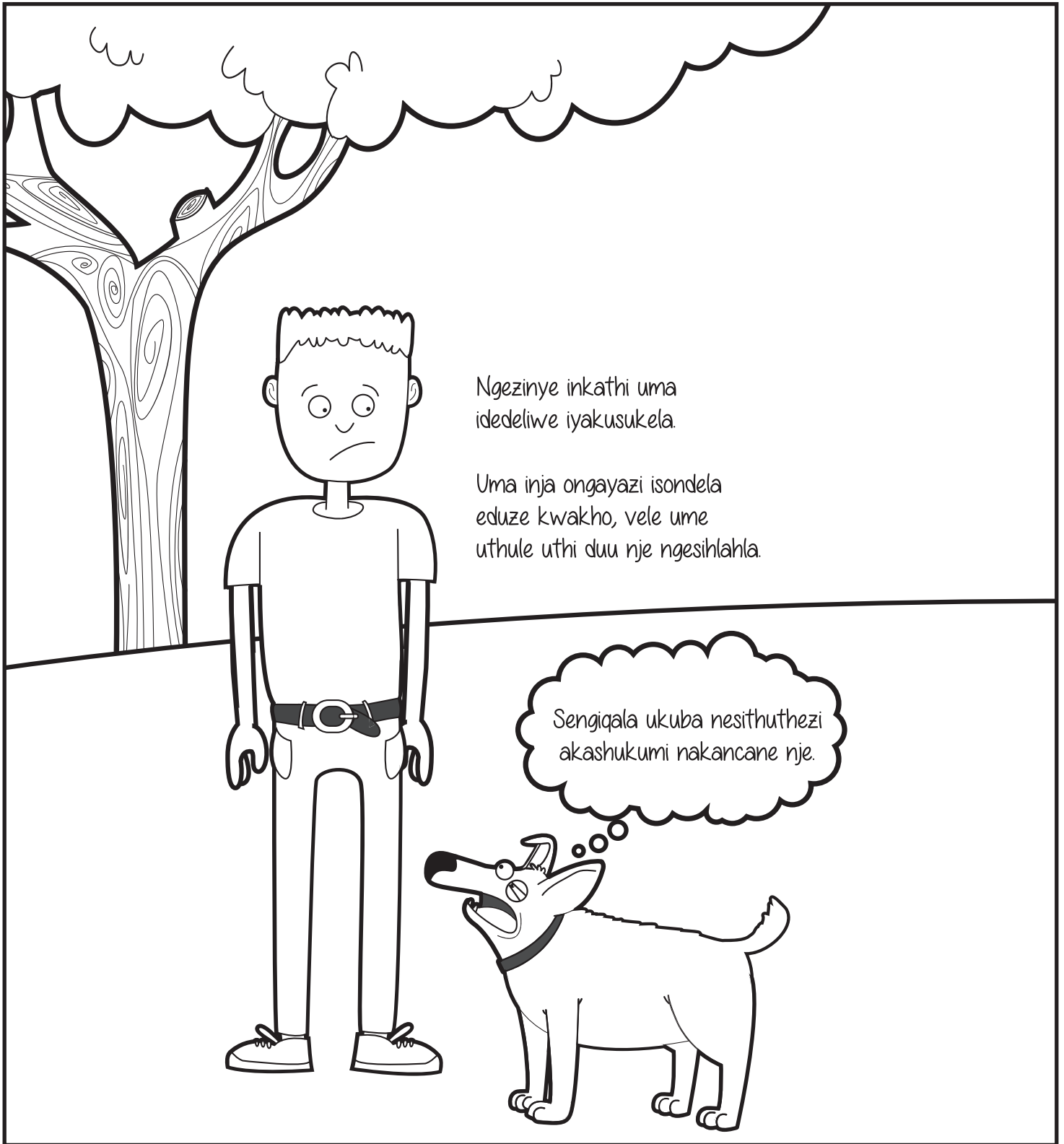
Gwema ukumemeza nokuthetha.



Gwema ukumemeza, ukuthethisainja ayiwathandi umsindo wehooter nama dramu.

Poster adapted from resources available by Dr. Sophia Yin at [www.drSophiaYin.com](http://www.drSophiaYin.com)

# Faka imibala!





# UMTHWALO WOKUBA NENJO IZINKULULEKO EZINHLANU (5)

Umthwalo wethu ukwenza isiqiniseko ukuthozonke izilwane zithola



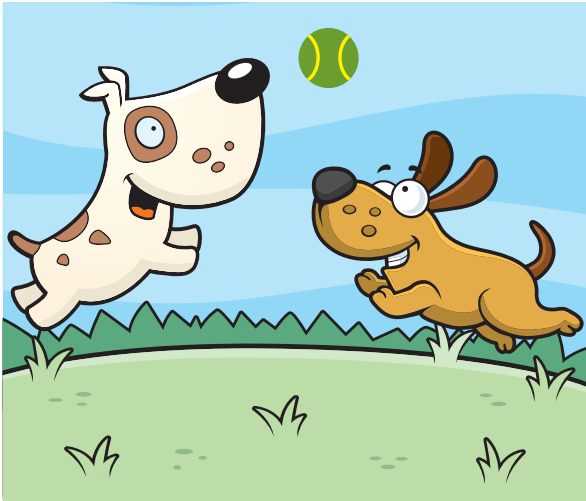
**1. Ukudla okunempilo  
nomsoco namanzi ahlankile.**



**2. Indluyenja yokulala  
iphatheke kahle.**



**3. Umainja igula kumele uyiye  
kudokotela wezinja uyinakekele.**

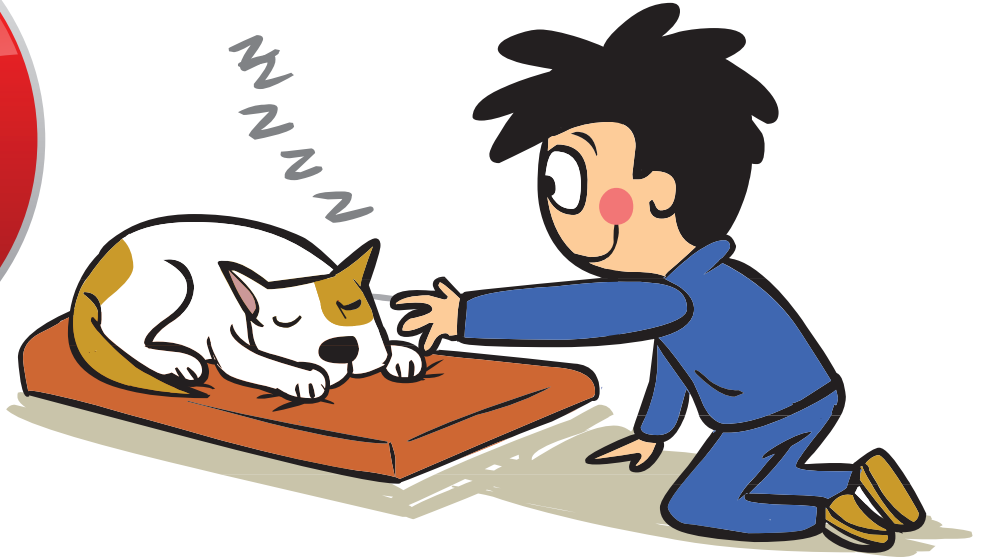


**4. Ezinye izilwane ezinempilo  
abazodlala nazo.**



**5. Injabulo! Kumele, siqiniseke izinja zethu  
azesabi ngaso sonke isikhathi! Ungayicasuli.**

# UNGALINGE UVUSE INJA ELELE



## Jabula nenja yakho wakhe ubudlelwane nenja yakho.

Umthwalo wethu ne lungelo lokuba nesilwane. Inja yakho iyinxenye yom ndeni wakho, njengo bhuti, sisinabazali. Yiba umngani nenja yakho khuluma naso! Bangabi umngani wakho omkhulu futhi izinja ziyakwazi ukucina imfilho!

Kumele uhloniphe izilwane zonke, njengoba uhlonipha ubhuti wakho, usisi wakho, abazali bakho notisha wakho.

Uma kwenzeka thola iskole esizofundisa inja yakho indlela yokuxhumana nawe kancono.

## Uma ufuna umngani, yiba umngani!



# UKUDLA OKUNEMPILO NAMANZI ACWELEKILE

Zonke izilwane njengabantu zidinga ukudla okunempilo enama zakhamzimba, amavithamini, ama minerals, ubisi, inyama nako konke okubalulekile nokumnandi esikuthola ekudleni kwethu.

Ukudla okufanele nokungafunakali esingakunika izinja zethu:

## YEBO

Inyama ephekisisiwe ✓  
Inkukhu ✓  
Uhlobo lwenhlanzi ✓  
Imfino ✓  
Okusanhlamvu ✓  
Ubhatata ✓

## CHA

Amaswidi X  
Amaglebhisi X  
U-anyanisi X  
Ikhofi X  
Ugaliki X  
Ushephisi X  
Utshwala X



## IZIDINGO IWEZEMPILO

Zonke izilwane zingenwa ukugula kodwa thina singakuvimbela lokhu!



Izilwane zidinga: **Imigomo njalo ngonyaka, amaphilisi okukhipha Izikelemu njalo emva kwezinyanga ezimbalwa ukuvakshela udoketela kanye ngonyaka**

Ukuthenwa Kwezilwane kubalulekile kuvikela zizalwa kwabadlwane namakati amancane okungenasidingo.



# BEKA AMAGAMA

G	B	D	K	T	Q	D	L	A	L	A	I	L	P	U
I	P	D	I	N	J	A	S	P	H	F	S	O	I	K
J	B	J	M	I	T	I	S	I	W	A	L	E	R	U
I	D	X	U	T	Q	T	D	B	P	R	W	P	B	N
M	H	U	B	H	A	H	D	L	A	X	A	V	M	U
A	T	I	U	A	W	A	Z	U	N	D	N	O	P	K
K	G	H	W	M	B	N	Y	K	T	I	E	O	L	A
H	Z	A	O	B	V	D	T	W	O	I	B	O	L	A
O	I	M	X	O	V	O	N	E	H	O	U	I	O	U
N	O	B	I	S	M	A	K	U	U	L	T	T	H	M
K	S	A	F	H	F	J	H	K	Z	B	E	A	R	S
O	I	W	A	G	I	Y	T	U	M	N	D	E	N	I
T	C	O	N	S	A	A	M	A	T	H	E	L	E	L
H	O	A	M	A	T	H	O	Y	I	Z	I	L	S	A
A	T	U	B	O	Y	A	R	I	N	T	A	M	B	O

- IBOLA
- KHONKOTHA
- ITHAMBO
- INJA
- CONSA AMATHE
- UMNDENI
- UBOYA
- INTAMBO
- THANDO
- IBLUKWE
- ISLWANE
- DLALA
- ISMAKU
- GIJIMA
- UKUNUKA
- UMSILA
- AMATHOYIZI
- IWAGI
- HAMBA





# UKUVIKELA KUNCONO KUNKULAPHA "VIKELA UKULUMA KUNGAKENZEKI"

Izinja azazi ukuthi uma zisluma ziyasilmaza nokuthi kuyiphutha. Eskhathini esiningi izinja zikluma uma zesaba noma zizvikela uma sifuna izinja zingasilami kumele siqonde okulandelayo:

- Ukuthi izinja zinemizwa
- Ukusondela kwinja ngendlele ephephile
- Kumele sazi uma kuphephile noma kungasaphephile ukusondela okuxmana nezinja

Uma sikwazi ukufunda izenzo zenja nokuvikela abungozi singa qwema ukulungwainja.

## KWEZIMPAWU EZIYINGOZI

- UMZIMBA OQINILE
- UMSILA OQINILE
- IZINDLEBE ESEMBULA
- IYAHLEHLA
- IBANGA UMSINDO
- IYACASUKA
- IYAKUQOLOZELA
- UBOYA BUYAVUKA  
BUBEKE PHEZULU



## OKUFANELE NGIKWENZE ✓

- UKUGANA IZANDLA  
OHLANGOTHINI
- UKUMA UTHULE



## UNGAKWENZI! ✗

- UKUBALEKELA INJA
- UNGAMEMEZI NOMA USABE!
- UNGAYIBEKI EMEHLEWENI

## UMA INJA IKULUMILE

- UNGASUKI UQELE KWINJA
- ZIBAMBE UTHULE
- UMA UWA KUMELE UZIGOQE NJENGE  
BOLA UFAKE INGALO NEZINGAWO PHAKATHI



# UKUVIKELA UKULUNWA INJA

## Sizo vimbela kanjani, sigwemeinja isilume?

### Izinja esizaziyo:

Umainja isencane kumele sidlale nazo njalo kahle senze isiqiniseko sokuthi azibesabi abantu. Ismaku kumele sithande ukudlala nabantu, khona zizokhula zijwayele ukuphathwa abantu ngaleyondlela ngeke zilume. Ubdlelwane sikwakha kanje.

Bonke abanezinja kumele bafunde ukukhuluma nezinja zazo. Khona bezoqwema indawo eziyingozi kumele uyifundiseinja yakho ikwazi ukuziphatha uma kukhona abantu.

Kumele uginakekeleinja yakh ihlanzeke. Izinga zeslisa ezingagezwa ziba nodlame kwezinja zizlwane kanye nabantu. Izinga zesfazane zingagula uma ungayinakekeli. Ukungayi hlanzisiinja yakho ingozi ebatwini nakwezinye izilwane.

### Izinga esingazazi:

Umainja igijima iza deuze kwatho, kumele ume uthule. Uyekeinja ikunuke uma isihambakumelele nawe uhambe kancane ngokuthula endleleni eqelana nenja.

Ungasondeli kwinja ongayazi. Lokhu kuhlenganisa izinga eziboshiwe nezingale kwesango.

Ungayiconi iinja, ungayi sakeli noma uphonsa into ethile kwinja. Ungayiphazamisiinja uma idla, ilele noma encelisa ingane yazo.

Kumele uqophele la ohlala khona, nezinga ezihlala khona. Yakha ubdlelwane nezinga uhloniphe la ezihlala khona.

Ungayishayi, ungayikhahleli, ungayi thethisiinja. Dlalela kude nezinga ongazazi.

# AMARABI

## YINI AMARABI?

Amarabi isifo esihlasela izilwane eskhathini esiningi sihlasela izinja. Lesifo sihlala ematheni ezilwane ezinamarabi, ingena emzimbeni wesilwane esinempilo kanye nabanta uma zilunyiwe noma zikhota islonda noma la okwebeke khona. Isifo siyabulala uma singalashwa.

Singakwazi ukuvimbela lesi sifo esibulalayo ngokucina imfuyo yethu zigonyelwe isifo samarabi.



Gwema ukulungwa.



Gwema ukuthatha izinja ezi fufutheka endleleni.



Gwema ukuthi ikukhothe noma ikukwebe.

## KUNGABA AMARABI AYALAPHEKA?

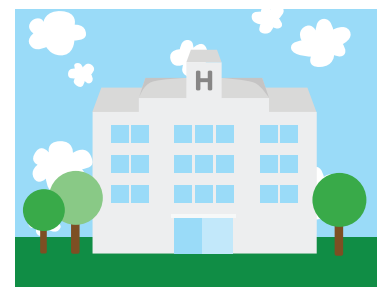
Kumele sizame ukuvimbela amarabi ngomgomo! Uma kuze kwavela izimpawu zamarabi angeke alapheke.

Kunezinyathelo ezintathu ezilula ukuvimbela amarabi.

1. Gwema ukulumwa izilwane.
2. Uma iklumile geza islonda uphuthume ngamanzi aphume empompini nensipho imizuzu eyishumi nanhlanu.
3. Tshela umuntu omdla ukuthiinja ikulumile, kumele bakuse emtholampilo noma esbhedlela uzothola umuthi noma umjovo wama rabi.

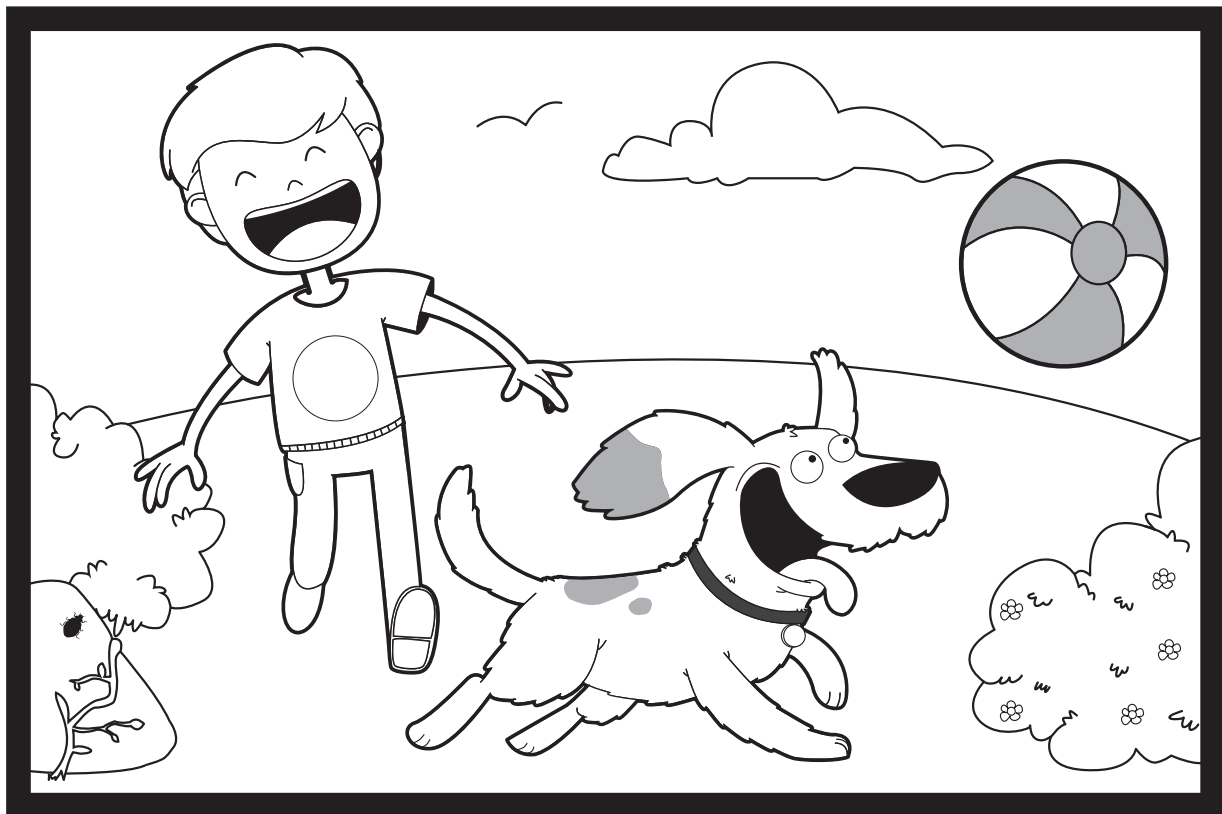
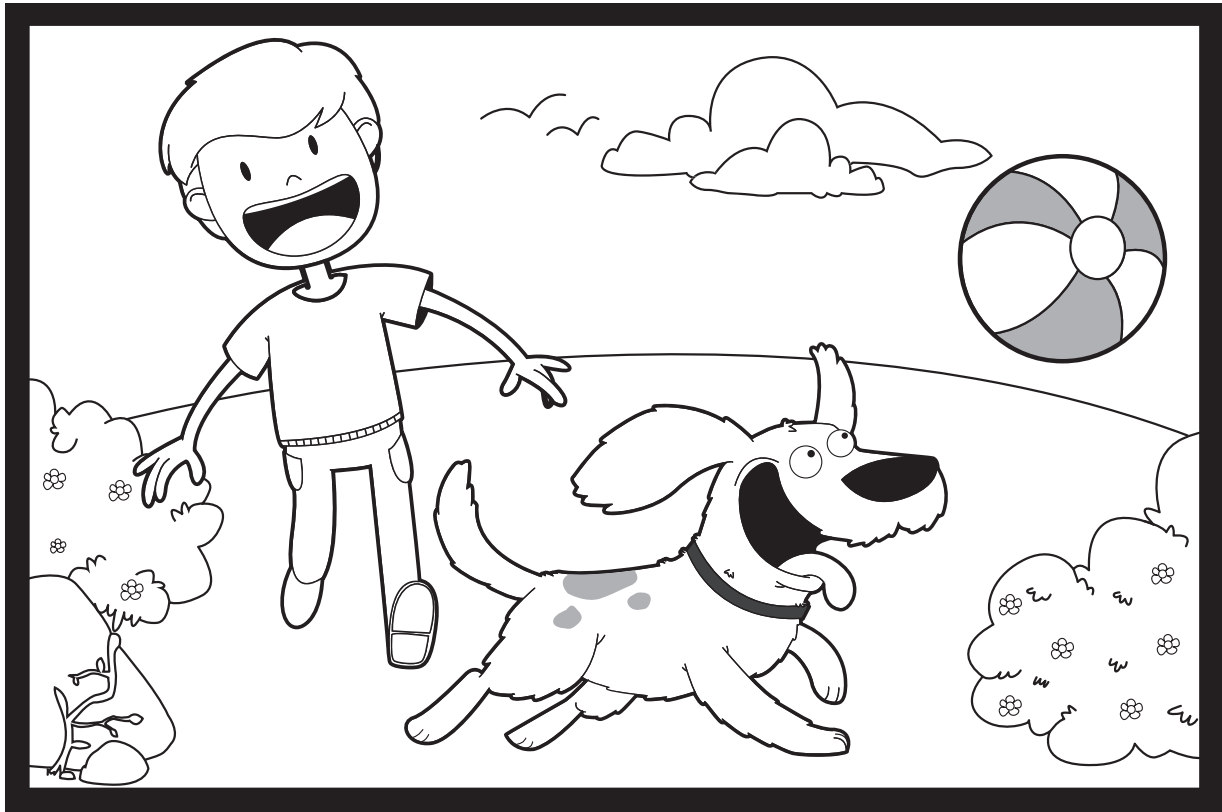
### INOTHI:

Uma ungamtholi umuntu omdala ozokuhambisa hamba nomgani kubalulekile ukuthi uthole usizo.



# Bona umehluko!

(kukhona ayishumi nantathu)







# VIKELA AMARABI!



Umainja ikulumile - geza islonda uphuthume emtholampilo

## INDLELA YOKUGWEMA UKULUNWA INJA!

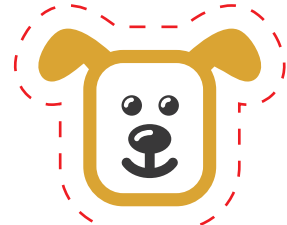
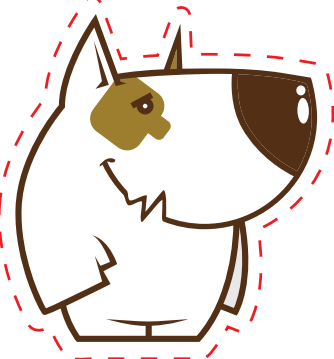
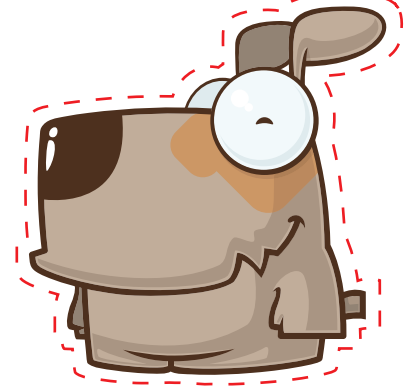
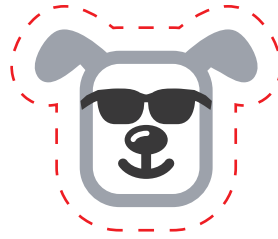
- ✗ Qhela uhambele kude uma ubona inja ongayazi
- ✗ Dedani kwizinja ezizphatha ngendlela negajwayelekile - zingakuluma
- ✗ Ungayisukeli, ungayishayi noma uyimemeze inja
- ✗ Ungayiphazamisi inja edlayo, elele noma ezalayo!



Concept by: D. Stewart Rabies Project. Designed by D.Cooke Department of Agriculture, Environmental Affairs & Rural development: Veterinary Epidemiology Section 033 3476267



NGIYAYITHANDA  
INJA YAMI







# SIYAKUHALALISELA

**Lesi sitifiketi unikelwa:**

**Ngoba ngiyazi ukuphepha eduze kwizinja!**

**Ngiyathembisa ukuthi:**

- **Ngiyacela umlazi ukucinainja.**
- **Angiku sondezi ubuso bami eduze kobuso benja.**
- **“Yibe njenge sihlahla”, “noma yiba itshe” umainja ededeliwe isondela eduze kwami.**
- **Ungayihluphiinja edlayo, elele noma ezalayo.**



