

# LEBOKOSE LA DITHULUSI TSA THIBELO YA LEFUBA (TB)

THIBELA  
KGATELOPELE  
YA LEFU

E THUSA HO  
THIBELA BOBEDI

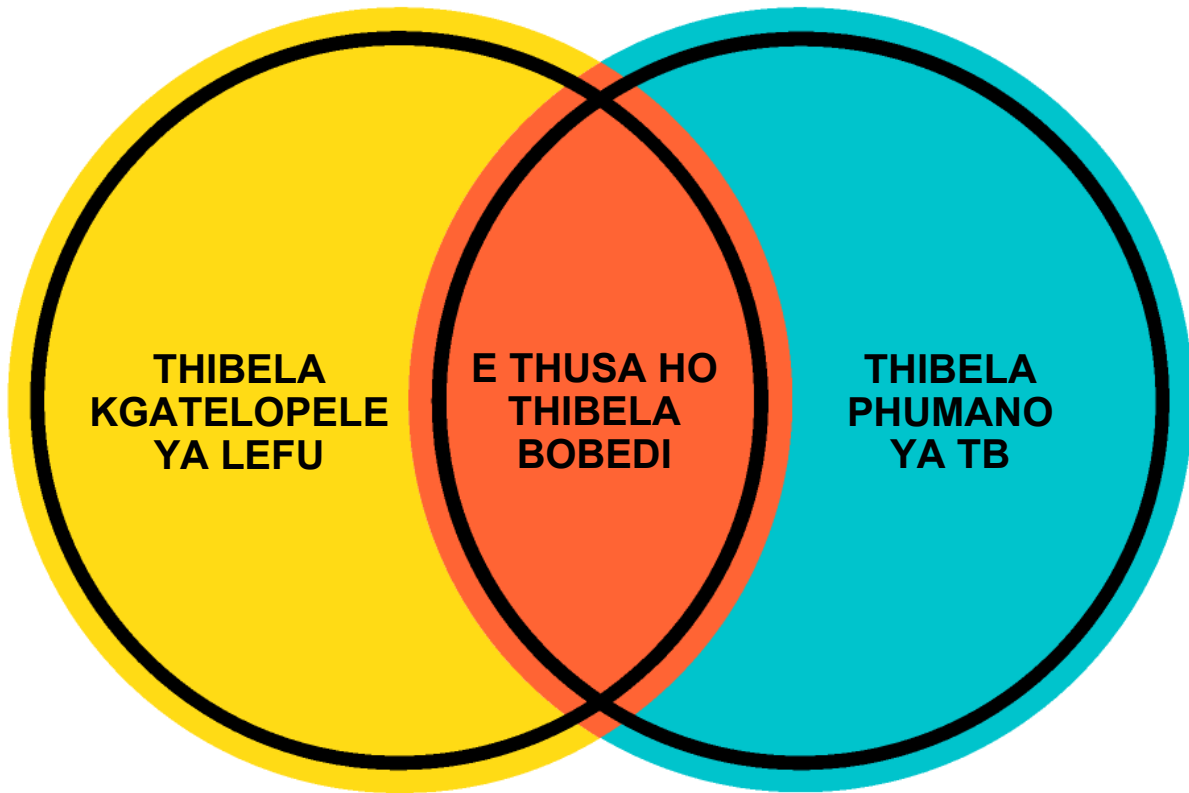
THIBELA  
PHUMANO  
YA TB

- Vaksine ya Bacillus Calmette-Guérin (BCG)
- Ntlafatso ya bophelo bo botle
- Boikamahanyo le kalafo

- Kalafo ya Thibelo ya TB (TB Prevention Treatment (TPT))
- Rarolla mathata a tshebediso e mpe ya dithethefatsi
- Rarolla sekgobo se mabapi le TB
- Laola mafu a mang a kathoko
- Phepo
- Dintlha tse amang bophelo ba setjhabeng
- Tlhahlobelo ya TB

- Sebedisa taolo ya thibelo: Kwahela molomo ha o kgohlala, rwala maske, netefatsa hore ho na le phallo le pheho ya moya dibakeng tsa tlhokomelo ya bophelo le tse nang le tshwaetso e phahameng
- Thuto ya setjhaba
- Enwa kalafo ya TB haeba o fumanwe o na le lefu

# TLHAHISOLESEDING E EKETSEHILENG



- Vaksine ya Bacillus Calmette-Guerin (BCG) - haholoholo bakeng sa masea le bana ba banyane.
- Netefatsa hore setoko sa meriana ha se fele.
- Ntlafatso ya bophelo bo botle (boemo ba tlhokomelo bakeng sa HIV, lefu la tswakere, lefu la pelo, bokudi ba phekumoloho, jj.)
- Thuto ya bophelo bo botle.
- Bophelo ba kelello le dihlopha tse ding tsa tshehetso.
- Hlahlobela TB ho fana ka kalafo bakeng sa TB e tsohileng.
- Boikamahanyo le kalafo: Dula kalafong esita leha o ikutlwa o hlahohetswe.

- Kalafo ya Thibelo ya Lefuba (Tuberculosis Preventative Treatment (TPT)) bakeng sa batho ba phelang le HIV le bakeng sa batho ba atamelaneng le dihlopha tse ding tse kotsing. Dikalafu bakeng sa batho ba pepesehetseng ho TB e ka alafuwang ka meriana ke 3HP, 1HP, 3HR, 4R, le 6H. Bakeng sa batho ba pepesehetseng ho TB e hlohang meriana, motho o lokela ho nwa kalafo ya dikgwedi tse 6 ya levofloxacin.
- Rarolla mathata a tshebediso ya dithethefatsi (ho tsuba, ho nwa tahi, jj.)
- Rarolla sekgobo se amanang le TB.
- Hlahlobela TB.
- Fokotsa mathata a bophelo ba setjhabeng.
- Tshehetso ya tsa phepo; divaotjhara tsa dijo. Phepo e nepahetseng e bohlokwa haholo!

- Kwala molomo wa hao ha o kgohlela. Kgohlela ka setsung sa hao.
- Hlahloba le ho nwa kalafo ha o dula le motho ya nang le TB e tsohileng.
- Enwa kalafo ya TB haeba o fumanwe o na le TB. Ho nwa kalafo ho sireletsa batho ba bang ba hemang moya o le mong le wena.
- Ka thuto ya setjhaba; tlhahisoleseding e mabapi le ho fokotsa sekgobo.
- Rwala maske.
- Tikoloho ya hao e bohlokwa: phallo le phehlo ya moya di bohlokwa.

## DILINKI TSA BOHLOKWA

### MANTSWA A BOHLOKWA:

Tataiso ya puo ya [HTTPS://WWW.STOPTB.ORG/WORDS-MATTER--](https://www.stoptb.org/words-matter--)

MELAWANA E AKARETSANG YA MOKGATLO WA BOPHELO WA LEFATSHE (WHO) YA TB:

[HTTPS://WWW.WHO.INT/PUBLICATIONS/I/ITEM/TLS-NTP-MANUAL-2023](https://www.who.int/publications/i/item/tls-ntp-manual-2023)

