

IZIXHOBO ZOTHINTELO LWESIFO SEPHEPHA (I-TB)

**THINTELA
UKUQHUBELA
PHAMBILI KWESIFO**

**INCEDA
UKUZITHINTELA
ZOMBINI**

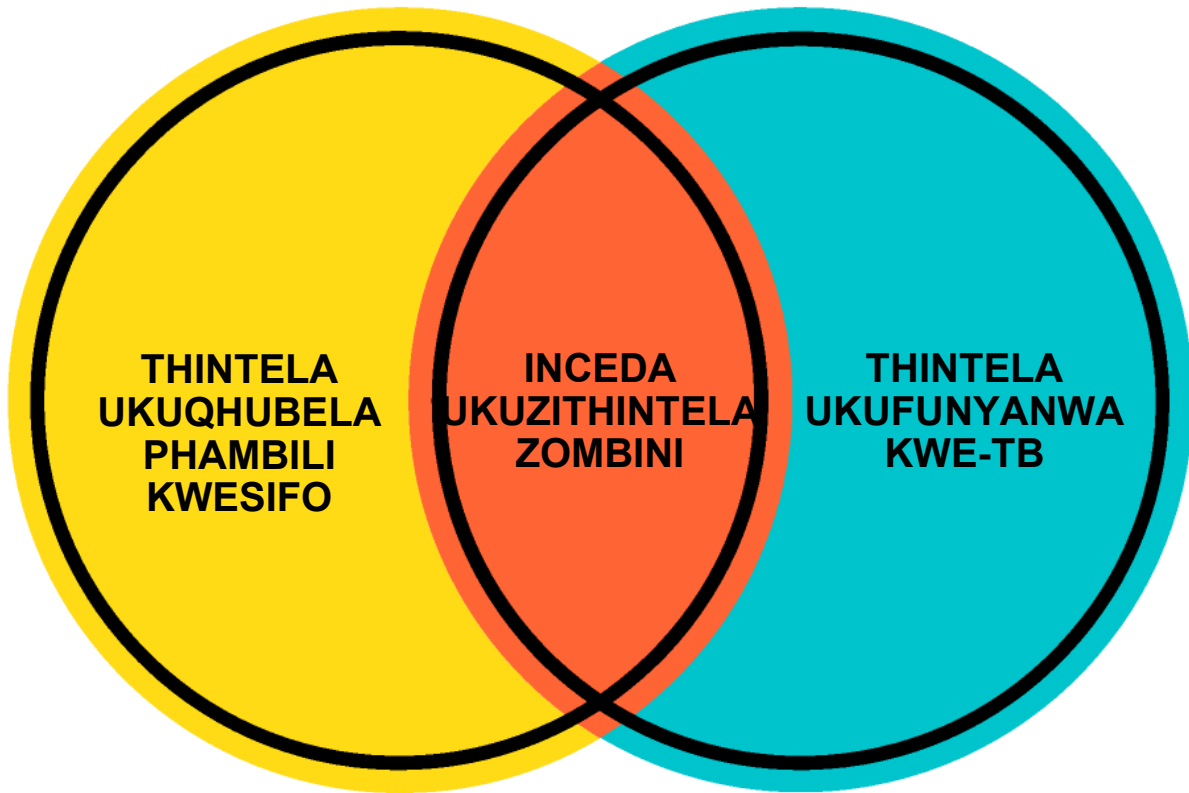
**THINTELA
UKUFUNYAN
WA KWE-TB**

- Isitofu se-Bacillus Calmette-Guérin (BCG)
- Ulondolozo lwempilo
- Ukuthotyelwa kwemigaqo yonyango

- UNyango loThintelo lwe-TB (i-TB Prevention Treatment - i-TPT)
- Hlangabezana nemikhwa yokusebenzisa izinto ezingalunganga emzimbeni
- Hlangabezana nokubekwa ibala kwe-TB
- Lawula ezinye izigulo ezisele zikho
- Isondlo
- Iimeko zentlalo ezinefuthe
- Uhluzo lwe-TB

- Ziqhelanise nolawulo losuleleko: Gquma umlomo xa ukhohlela, nxiba imaski, qinisekisa kungena umoya kwiindawo zonakekelo lwempilo nakwezinkosuleleka okuphezulu
- Imfundo yoluntu
- Thatha unyango lwe-TB ukuba ufunyaniswe unayo kuxilongo

INKCAZELO EYONGEZELELEKILEYO



- Isitofu seBacillus Calmette-Guerin (BCG) - ingakumbi eseentsana nabantwana abasebancinci.
- Qinisekisa ukuba amayeza akapheli.
- Ulondolozo lwempilo olulungileyo (unakekelo lwesiqhelo lwe-HIV, isifo seswekile, isifo sentliziyo, izigulo zamajelo omphefumlo, njl.njl.)
- Imfundo yezempilo.
- Amaqela enxaso empilo yengqondo namanye.
- Yenza uhluzo lwe-TB ukuze ubonelele ngonyango kophethwe yi-TB.
- Ukuthotyelwa kwemigaqo yonyango: Hlala uthatha unyango nokuba sowuziva ngcono.

- UNyango loThintelo lweSifo sePhepha (i-TPT) ukwenzela abantu abane-HIV kunye nabo basondele kubo kunye namanye amaqela asemngciphekweni. Unyango lwabantu abasesichengeni se-TB enochuku kumachiza kuquka i-3HP, i-1HP, i-3HR, i-4R, ne-6H. Ngabantu abasesichengeni se-TB exhathisayo kumachiza, omnye uya kuthatha ilevofloxacin kangangeenyanga ezi-6.
- Hlangabezana nemikhwa yokusebenzisa izinto ezingalunganga emzimbeni (ukutshaya, ukusela utywala, njl.njl.)
- Hlangabezana nokubekwa ibala kwe-TB.
- Yenza uhluzo lwe-TB.
- Lungiselela iimeko zentlalo ezinefuthe.
- Inkxaso yezondlo; iivawutsha zokutya. Isondlo esifanelekileyo sibaluleke kakhulu!

- Gquma umlomo wakho xa ukhohlela. Khohlelela kumphakathi wengqiniba.
- Yenza uhluzo kwaye uthathe unyango xa uhlala kunye nomntu ophethwe yi-TB.
- Thatha unyango lwe-TB ukuba ufunyaniswe une-TB kuxilongo. Ukuthatha unyango kukhusela abanye abantu abaphefumla umoya omnye kunye nawe.
- Ngemfundo yoluntu; ulwazi ngokunciphisa ukubekwa ibala.
- Nxiba iimaski.
- Indawo ekungqongileyo ibalulekile: ukungena nokuhamba komoya kubalulekile.

IILINKI EZIBALULEKILEYO

I-WORDS MATTER:

[HTTPS://WWW.STOPTB.ORG/WORDS-MATTER-LANGUAGE-GUIDE](https://www.stoptb.org/words-matter-language-guide)

I-WHO COMPREHENSIVE TB GUIDELINES:

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

