

AMATHULUZI OKUVIMBELA ISIFO SOFUBA (I-TB)

**VIMBELA
UKUBHEBHETHEKA
KWESIFO**

**KUSIZA
EKUVIMBELENI
KOKUBILI**

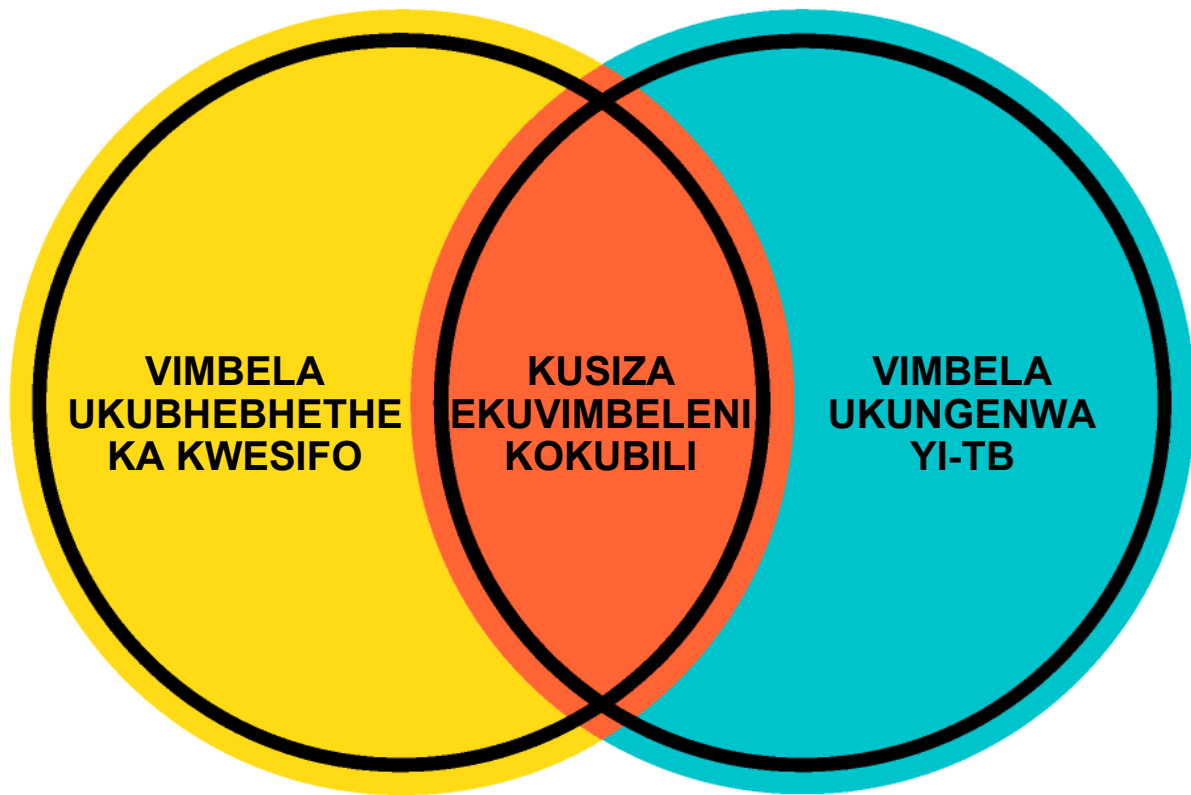
**VIMBELA
UKUNGENWA YI-TB**

- Umuthi wokugoma we-Bacillus Calmette-Guérin (i-BCG)
- Ukunakekela impilo
- Ukunamathela ekwelashweni

- Ukwelashwa Kokuvimbela i-TB (i-TPT)
- Singatha izifo zokusebenzisa kabi izidakamizwa
- Singatha ukukhishwa inyumbazane okuhambisana ne-TB
- Phatha izifo ezinomthelela
- Ukondleka
- Izinto zezehlalo ezinomthelela
- Ukuhlungelwa i-TB

- Zijwayeze ukulawula ukutheleleka: Vala umlomo uma ukhwehlela, ufake isifonyo, uqiniseke ukuthi kunomoya owanele ozungezayo emtholampilo nasezindaweni ezingabhebhethekisa isifo
- Ukufundiswa komphakathi
- Phuza imithi ye-TB uma uhlonzwa ngayo

ULWAZI OLUTHE XAXA



- Umuthi wokugoma we-Bacillus Calmette-Guerin (i-BCG) - ikakhulukazi owabantwana nezingane ezincane.
- Qiniseka ukuthi imithi ihlala ikhona esitokweni.
- Ukulondoloza impilo enhle (ukunakekelwa okuvamile kwe-HIV, isifo sikashukela, isifo senhliziyo, izifo zemigudu yokuphefumula, njll.)
- Imfundo yezempilo.
- Impilo yengqondo namanye amaqembu okwesekwa.
- Hlungela i-TB ukuze uhlinzeke ukwelashwa kwe-TB eqhubekayo.
- Ukunamathela ekwelashweni: Ungakuyeki ukwelashwa ngisho noma uzizwa unguno.

- Ukwelashwa Kokuvimbela Isifo Sofuba (i-TPT) kubantu abaphila ne-HIV nabantu abasondelene nabo kanye namanye amaqembu asengcupheni. Ukwelashwa kwabantu abachayeka ku-TB engelapheki ngemithi kubandakanye i-3HP, i-1HP, i-3HR, i-4R, ne-6H. Kubantu abachayeke ku-TB engelapheki ngemithi, umuntu uzophuza i-levofloxacin izinyanga eziyi-6.
- Singatha izifo zokusebenzisa kabi izidakamizwa (ukubhema, ukuphuza, njll.)
- Singatha ukukhishwa inyumbazane okuhambisana ne-TB.
- Hlungelwa i-TB.
- Xazulula izinto zezenhlo ezinomthelela.
- Ukwesekwa kokondleka; amavawusha okudla. Ukudla ngendlela efanele kubaluleke kakhulu!

- Mboza umlomo wakho uma ukhwehlela. Khwehlelela endololwaneni.
- Hlungwa futhi uthole ukwelashwa uma uhlala nothile one-TB esaqhubeka.
- Phuza imithi ye-TB uma uhlonzwe nge-TB. Ukuphuza imithi kuvikela abanye abaphefumula umoya ofanayo nawe.
- Ngokufundiswa komphakathi; ulwazi lokunciphisa ukukhishwa inyumbazane.
- Gqoka izifonyo.
- Indawo okuyo ibalulekile: ukushaya komoya ogelezayo kubalulekile.

AMALINKI ABALULEKILE

AMAGAMA ABALULEKILE:

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

IMIHLAHLANDLELA YE-WHO ENINGILIZAYO YE-TB:

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

