

YITYA KAKUHLE, UHLALE USEMPILWENI

Isondlo esinempilo sibaluleke kumntu wonke – sincipa umzimba uhlale womelele ukuze ulwe izifo.

Kumaqela athile abantu, sibaluleke kakhulu:

- **Abantwana** bafuna ukutya ukunceda ubuchopho kunye nemizimba yabo ikhule.
- **Abasetyhini abakhulelweyo** bafuna ukutya ukunceda iintsana zabo ezingekazalwa zikhule.
- **Abantu abaphila ne-HIV ne-TB** bafuna ukutya ukwenza amajoni abo omzimba omelele.
- Abantu abathathela **amayeza okulwa iintsholongwane** i-HIV okanye okuthintela i-HIV (i-PEP ne-PrEP) kunye nabantu abathatha iyeza le-TB bafuna ukutya ukuze amayeza abo angabenzi bazive begula.



SEBENZISA NGONONOPHELO

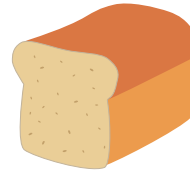
Iswekile
Ukutya neziselo
ezineswekile
Ukutya

okuqhotsiweyo
Utywala
Ityuwa nokutya
okunetyuwa

Yonwabela ukutya okuntlobontlobo, kuquka:

Ukutya okunesitatshi

Yenza ukutya okunesitatshi kube yinxenye yezidlo ezininzi. Ukutya okufana nesonka, irayisi, isempu, imilimili, iitapile, isidudu serhasi neseowutsi okanye samazimba zinika amandla nefayibha. Isonka esimdaka ngokuqhelekileyo asibizi mali ininzi kwaye sinefayibha kunesonka esimhlophe. Khetha ukutya okunesitatshi okuneenkozo ezipheleleyo kunoko kucolisisiweyo.



Yitya iimbotyi ezomileyo, iityisi ezomisiweyo, iilentile nesoya rhoqo.

Iziqhamo nemifuno

Yitya imifuno neziqhamo ezininzi yonke imihla. Ezifreshi zezona zingcono kodwa iziqhamo nemifuno ekhenkceziweyo nazo zilungile. Imifuno eluhlaza, enamagqabi efana nebrokholi nesipinatshi ilunge kakhulu. Imifuno efreshi ehlala ixesha elide – njengeminqathe, ithanga, ibhathanathi, ibhatata, ikhaphetshu nesikwashi – iza



kukunceda uhlahlo lwabiwo-mali lwakho lukuqhuba.

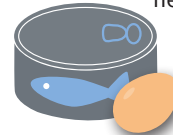
Okobisi

Ubisi, amasi, itshizi, ibhotolo neyogati zimveliso zezobisi. Zama ukutya ubisi, amasi okanye iyogati enamafutha asezantsi, engafakwanga swekile yonke imihla. Ubisi olungumgubo luhlala ixesha elide kwaye lunokusasazelwa kwipapa okanye kwisidudu.



Inyama, intlanzi namaqanda

Intlanzi, inkukhu, amaqanda kunye nenyama ebhityileyo (engenamafutha) zinokutyiwa yonke imihla. Isibindi, izintso nezibilini zinokuba yimithombo yenyama engabizi mali ininzi. Intlanzi enamafutha efana nepiltshadi neesadini zilungile kwaye zinempilo. Khetha inyama engenziwanga ukuba ingonakali uze ususe isikhumba namaqanda.



Amafutha neoyile

Sebenzisa amafutha afana neoyile yokupheka, imajarina nebhotolo ngononophelo. Khetha iioyile zezityalo, kunamafutha aqinileyo afana nalawo ezilwanyana.

Sela amanzi amaninzi, amanzi akhuselekileyo.



Uluhlu lokuthenga

Ukutya okunempilo, okuhlala ixesha elide nokufanele ixabiso lemali kuquka:

Imifuno neziqhamo ezifreshi

Amasi

Amaqanda

Isonka esimdaka esongezwe izondli

Irayisi

Imilimili eyongezwe izondli

Isidudu seowutsi okanye samabele

Ubisi olungumgubo

Isempu eyomileyo, iimbotyi neelentile

Umxube wesuphu owomisiweyo

Iminsi yesoya

Iphiltshadi okanye iisadini

Ioyile kajongilanga okanye yecanola

Ungathenga imveliso zococeko:

Isepha engumgubo

Isepha

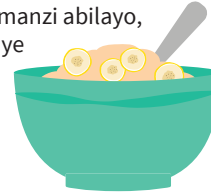
Iiphedi

Intlama yamazinyo

IZIMVO ZERESIPI

Isidudu sesidlo sakusasa

Yenza isidudu semilimili, samabele okanye seowutsi ngamanzi abilayo, intwana yetyuwa kunye nobisi olungumgubo uze ufake iibhanana ezinqunqiweyo okanye iapile eligreyithiweyo.



Amaqebengwana entlanzi

Cubha intlanzi esetotini, neetapile ezixotyuliweyo, eziphekiweyo okanye nepapa eseleyo kunye netswele elinqunqiweyo. Ukuba unombona oswiti, ungawufaka nawo. Bumba umxube ube ngamaqebengwana entlanzi amancinane uze uwaqhotse kumafutha amancinane de abe mdaka bugolide. Ukuba unamaqanda, faka kwiqebengwana ngalinye lentlanzi intwana yeqanda eliququhiweyo nemvuthuluka yesonka ngokukrwabaza okungaphaya.



Irayisi enesinongo

Qhotsa itswele elinqunqiweyo nepipile ebomvu kwioyile encinane uze ufake iikomityi ezi-2 zerayisi. Yipheke malunga nemizuzu emi-3 uze uxube itumato enqunqiweyo, intwana yetyuwa netisipuni yomgubo wekheri neekomityi ezi-3 zamanzi. Yogquma ize ibhadle imizuzu engama-30. Faka iityisi ezikhenkcezisiweyo.

Isityu semifuno

Qhotsa itswele nemiqathe nekhaphetshu kwioyile encinane. Faka iitumato ezi-2 ezinqunqiweyo, ilitha yamanzi nekomityi enye okanye ezimbini zeelentile, iimbotyi okanye umxube wesuphu (khumbula ukufaka emanzini iimbotyi ezomileyo ebusuku uze uzipule phambi kokuzipheka). Faka nokuba yeyiphi na eminye imifuno onayo njengethanga, ibhathanathi okanye isipinatshi nentwana yetyuwa nezinongo neziqholo ezithile uze uyeke kubhadle imizuzu engama-30.



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Olu lwazi luphuhlise yi-NACOSA ngokusekelwe kwiicebo leSebe lezeMpilo ne-USAID kwaye lushicilelwe ngenkxaso evela kubantu baseMelika nge-PEPFAR ne-USAID.

