

DLANI KAHLE, HLABA UPHILILE

Kudla lokunemphilo kubalulekile kunobe ngubani - kusita umtimba kuhlala ucinile nekulwa netifo.

Kulamanye emacembu ebantfu, kubaluleke kakhulu:

- **Bantwana** badzinga kudla kute kukhule bucopho nemitimba yabo.
- **Bomake labakhulelwe** badzinga kudla kute bantwana babo langakatalwa bakhule.
- **Bantfu labaphila neHIV neTB** badzinga kudla kute kusawoteka kwabo kucine.
- Bantfu **labadla imitsi yekudzambisa** iHIV nobe kuvimbela iHIV (iPEP nePrEP) nebantfu labasebentisa imitsi yeTB badzinga kudla kute imitsi yabo ingabagulisi.



SEBENTISA KANCANE

Shukela
Kudla netinatfo
letinashukela
Kudla lokutfonsiwe

Tjwala
Sawoti nekudla
lokunasawoti

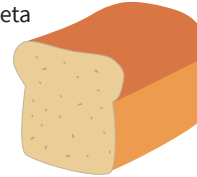
Dlani kudla lokwahlukahlukenem kufaka ekhatsi:

Kudla lokunesitashi

Enta kudla lokunesitashi kube yincenye yekudla kwakho lokunyenti. Kudla lokufana nesinkhwa, lilayisi, sitambu, liphaliishi, emazambane, ibhali ne-otsi nobe liphaliishi lemabele kuniketa emandla nefayibha.

Sinkhwa lesibhrawuni sivame kushibha futsi sinefayibha kundlula sinkhwa lesimhlophe.

Khetsa kutsa lokunesitashi lesigcwele tinhlavu kunaloku lokucolisiwe.



Dlani emabhontjisi lonyisiwe, emaphizi lahlukaniwe, emalentilisi nesoya njalo.

Titselo netibhidvo

Dlani tibhidvo netitselo letinyenti onkhe malanga. Lokufuleshi kukahle kodvwa titselo netibhidvo leticandzisiwe nato atinankinga. Tibhidvo temacembe laluhlata njengebhrokholi nesipinashi kukahle kakhulu. Tibhidvo letifuleshi letihlala sikhatsi lesidze

- njengemakherotsi, litsanga, ibhathanathi, emazambane, liklabishi nesikwashi - kutakusita kubhajethi yakho.



Ideli

Lubisi, emasi, ishizi, ibhatha neyogathi nguleminyeye yemikhicito yedeli. Zama kwekutsi udle lubisi, emasi nobe iyogathi lenemafutsa lamancane futsi lengenashukela onkhe malanga. Lubisi lwemphuphu lutawuhlala sikhatsi lesidze futsi lungafafatselwa ekudleni nasemdokweni.



Inyama, inhlanti nematicandza

Sinhlanti, inkhukhu, emacandza nenyama lengenamafutsa kungadliwa onkhe malanga. Sibindzi, tinso nenyama yangekhatsi kungaba yimitfombo yenyama lengabiti. Inhlanti lenemafutsa njengemaphilchard nema-sardine kuyatsengeka futsi kunemphilo. Khetsa tinyama letingakagaywa futsi khipha sikhumba nemafutsa lapho ungakhona khona.

Emafutsa nabowoyela

Sebentisa emafutsa lafana nawoyela wekupheka, imajarini nebhatha kancane. Khetsa bowoyela betitjalo, kunekutsi usebentisa emafutsa lacinile njengelawa laphuma etilwaneni.

Natsa emanti lamanyenti lahlobile, laphephile.



Luhlu lwekutsenga

Kudla lokunemphilo, lokuhlala sikhatsi lesidze futsi lokutsengekako kufaka ekhatsi:

Tibhidvo netitselo letifuleshi

Emasi

Emacandza

Sinkhwa lesibhrawuni lesicinile

Lilayisi

Liphalishi temphuphu leticinile

Umdoko we-otsi nobe wemabele

Lubisi lwemphuphu

Isamphum emabhontjisi lemalentilisi lomile

Inhlanganisela yelisobho lelomile

Inyama legayiwe yesoya

Ema-pilchard nobe ema-sardine

Woyela wajikanelilanga nobe we-canola/

Woyela wetibhidvo

Ungaphindze utsenge imikhicito

yekuhlanteka:

Insipho yekuwasha

Insipho

Emaphedzi lahlantekile

Umutsi wekuhlukuhla

IMIBONO YERESIPHI

Umdoko webhulekifasi

Enta umdoko wemphuphu, wemabele nobe we-otsi ngemanti labilile, sawoti lomncane nelubisi lwemphuphu bese ufaka nemabhanana lagatjeliwe nobe emahhabhula lagrethiwe.



Emakhekhe efishi

Bondza inhlanganti yesikotela nemazambane laphekiwe, lacatiwe nobe liphalishi lelisele na-anyanisi logatjeliwe. Nangabe unemmbilashukela, ungawufaka nawo. Bumba lenhlanganisela uyente emakhekhe tindhlanganti letincane bese uyawatfonsa ngawoyela lomncane ate abe nsundvu sagolide. Nangabe unemacandza, gcobisa likhekhe lenhlanganti ngalinye ngelicandza lelibulewe kanye netimvutvu tesinkhwa ngaphambi kwekulitfonsa kutoba nekuchekeka lokwengetiwe.



Lilayisi lesipayisi

Tfonsa anyanisi logatjeliwe nephepha lebovu kuwoyela lomncane uphindze wengete tinkhomishi letimbili telilayisi. Pheka cishe emaminitsi lama-3 bese uhlanganise ematamatiseni lagatjeliwe, sawoti lomncane nethisipunu yakheri netinkhomishi leti-3 temanti. Vala bese ubilisa emaminithi langema-30. Faka emaphizi lacandzisiwe.

Sitjulu setibhidvo

Tfonsa ema-anyanisi neliklabishi kuwoyela lomncane. Hlanganisa ematamatisi lagatjeliwe lama-2, ilitha yemanti nenkhomishi nobe letimbili temalentilisi, emabhontjisi nobe inhlanganisela yelisobho (khumbula kunyeta emabhontjisi lomile busuku bonkhe bese uyawawasha ngaphambi kwekupheka). Faka nobe ngutiphi tibhidvo lonato njengelitsanga, ibhathanathi nobe sipinashi nasawoti lomncane kanye netipayisi bese ubilisa emaminitsi langema-30.



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Lomningwane ubhalwe yiNACOSA ngekuya ngeseluleko lesiphuma kuLitiko Letemphilo ne-USAID futsi waphurintwa ngekwesekela ngetimali bantfu base-Amerika ngePEPFAR ne-USAID.

