



## ISIZULU Qeda i-TB

I-TB iyinkinga enkulu kabi eNingizimu Afrika. Kunabantu abakholwa wukuthi i-TB uyithola kuphela ngoba uhlupheka noma uyisidakwa. Akulona iqinisi lelo. Noma ubani angayithola i-TB. Ingesinye sezifo eziphuma phambili ngokubulala abantu baseNingizimu Afrika, yize iyisifo eselaphekayo.

I-TB yamaphaphu iyona egcwele kakhulu. Izimpawu zayo ezisemqoka wukukhwehlela okungapheli. Uma ingelashwa, i-TB inganda yedlulele nakwabanye. Kepha uma yelashwa ngendlela efanele, iyelapheka. Uma oguliswa yiyo eseqalile ukudla imithi yokwelashwa, akabe esaba yingozi emndenini nasemphakathini.

Uma wena noma ubani omaziyo sekuphele amasonto amabili eloku ekhwehlela, kungenzeka kube une-TB. Kudingeka ubonane nomsebenzi wezempilo ekliniki eseduze nawe ukuze bakubheke ukuthi awunayo yini iTB.

Nazi ezinye zezimpawu ezikhombisa ukuthi kungase kube une-TB:

- Ukukhwehlela okungapheli
- Ukukhwehlela igazi
- Ukwehla komzimba nokuphelelwa wuthando lokudla
- Ukujuluka ebusuku
- Ukuzizwa ukhathele futhi uphelelwa ngamandla
- Ubuhlungu esifubeni



Ukwelashwa emakliniki kahulumani kumahlala kanti kusezingeni eliphakeme.

Kubaluleke kabi ukuba uyidle uyiqede yonke imithi yokwelashwa oyinikiweyo futhi uyithathe uze utshelwe ngumsebenzi wezempilo ukuthi usungayeka.

Ukusiza abantu abane-TB ukuba bayiqede imithi yabo, uMnyango wezeMpilo ukhuthaza abantu (kungaba umngane, isihlobo noma umphakathi) ukuba ukweseke ngaso sonke isikhathi osuke udla imithi ngaso.

## SESOTHO Thibelang Lefuba (TB)

Lefuba (TB) ke bothata bo bohola mona Afrika Borwa. Batho ba bang ba nahana hore o ka kenwa ke TB feela ha o futsanehile kapa o nwa jwala haholo. Hona ha se nnete. Motho e mong le e mong a ka kenwa ke TB. TB ke e nngwe ya disosa tse ka sehloohong tse bolayang batho mona Afrika Borwa, le ha e le lefu le ka phekolwang.

TB ya matshwafu ke yona e tlwaelehileng haholo. Letshwao le lehlo la TB ke ho kgohlola ho sa feleng. Ha e sa fumane kalafo, TB e ka hasana ho tloha mothong e mong ho ya ho e mong hape. Ka kalafo e nepa-hetseng, TB e ka phekolwa. Ha a se a seabedisa kalafo, motho ha a sa le kotsing ho ba lelapa la hae mmoho le morabe oo a dulang ho ona.

Haebe wena, kapa motho e mong eo o mo tsebang, haesale le nise le kgohlola dibekeng tse pedi kapa ka hodimo ho moo, e ka nna ba le na le TB. O tshwanela ho bona mosebeletsi wa tsa bophelo bo botle wa tlilining ya heno hore o hlahlojwe ho bona hore na o na le TB.

Ana ke a mang a matshwao a bontshang hore o ka nna ba o na le TB:

- Ho kgohlola ho sa feleng
- Ho kgohlola madi
- Ho ota le ho fellwa ke takatso ya dijo
- Ho fufulelwa bosiu
- Ho ikutlwa o kgathetse o fokola
- Lehlaba sefubeng



Kalafo ditlilining tsohle tsa mmuso ke mahala, hape ke ya boleng ho hodimo.

Ke ntho ya bohlokwa haholo hore o qete kalafo ya hao ya TB, le hore o nwe meriana ya hao ho fihlela mosebeletsi wa lona wa tsa bophelo bo botle a ho bolella hore o emise.

Bakeng sa ho thusa batho ba nang le TB ho qeta kalafo ya bona, Lefapha la Bophelo bo Botle le kgothaletsa motho e mong (e ka ba motswalle, wa leloko kapa setho sa morabe) ho o tshhehetsa ka nako eo o ntseng o nka kalafo ya hao.

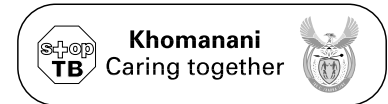
Language Groups: Gauteng, KwaZulu-Natal, Free State

# Stop Tuberculosis (TB)

**AFRIKAANS** Stop Tuberkulose (TB)

**ISIZULU** Qeda i-TB

**SESOTHO** Thibelang Lefuba (TB)



## Stop Tuberculosis (TB)

Tuberculosis (TB) is a major problem in South Africa. Some people believe that you can only get TB if you are poor or if you are an alcoholic. This is not true. Anyone can get TB. TB is one of the leading causes of death in South Africa although it is a curable disease.

TB of the lungs is the most common form. The main sign of TB is an ongoing cough. Without treatment, TB can be spread from one person to another person. With the right treatment TB can be cured. Once on treatment a person is no longer at risk to their family or community.

If you, or anyone you know, has been coughing for 2 weeks or more, it could be from TB. You should see a health worker at your local clinic to be checked for TB.

These are some of the signs that show you may have TB:

- An ongoing cough
- Coughing up blood
- Loss of weight and appetite
- Sweating at night
- Feeling tired and weak
- Pain in the chest



Treatment at all public health clinics is free and of a high quality.

It is very important to complete your TB treatment, and to take your medicine until your health worker tells you to stop.

To help people with TB to complete their treatment, the Department of Health encourages someone to support you throughout your treatment. This can be either a friend, relative or community member.



When you complete your treatment, you will be cured of TB.



## AFRIKAANS Stop Tuberkulose (TB)

Tuberkulose (TB) is 'n groot probleem in Suid-Afrika. Sommige mense glo dat jy net TB kan kry as jy arm of 'n alkoholis is. Dit is nie waar nie. Enigiemand kan TB kry. TB is een van die grootste oorsake van sterftes in Suid-Afrika – al is dit 'n siekte wat genees kan word.

TB van die longe is die algemeenste vorm van TB. Een van die eerste tekens dat jy TB het, is as jy aanmekeer hoers. As TB nie behandel word nie, sal dit van een mens na 'n ander oorgedra word, maar, met die regte behandeling kan TB genees word. Sodra jy behandeling kry, is jy nie meer 'n gevaar vir jou familie of gemeenskap nie.

As jy, of enige iemand wat jy ken, vir 2 weke of langer aanhoudelik hoers, kan TB die oorsaak wees. Gaan spreek dadelik 'n gesondheidswerker by jou naaste openbare kliniek om uit te vind of dit TB is.

Hier volg voorbeelde van sommige van die tekens van TB:

- As jy aanmekeer hoers
- As jy bloed op hoers
- As jy gewig en jou eetlus verloor
- As jy in die nag sweet
- As jy moeg en swak voel
- As jy 'n pyn in jou bors het



Behandeling by alle openbare gesondheidsklinieke is van baie hoë gehalte en gratis beskikbaar.

Dit is baie belangrik dat jy jou TB behandeling voltooi, en dat jy jou medikasie neem tot dat jou gesondheidswerker sê dat jy daarmee kan ophou.

Om jou te ondersteun en te help om jou behandeling klaar te maak, moedig die Departement van Gesondheid aan dat iemand jou regdeur die behandeling bystaan. Die persoon wat jou ondersteun kan 'n vriend, familielid of lid van die gemeenskap wees.

