



ISIXHOSA Ukunganda iTB

I-TB isisifo esikhulu eMzantsi Afrika. Abantu banenkolo yokuba i-TB uyifumana xa ulihlwempu okanye ulinxila. Nabani na angayifumana i-TB, sesinye sezifo ezixhaphakile ezibulala abantu eMzantsi Afrika nakuba sinyangeka.

I-TB yemiphunga isasazekile. Imiqondiso yayo ephambili lukhohlokhohlo olungapheli. Xa inganyangwa i-TB ingade yosulele nabanye. Xa inyangwa ngendlela eyiyo, iyanyangeka. Xa onayo esela amayeza ayo akabi yingxaki kusapho noluntu.

Xa nabani na omaziyo sekuphele iiveki ezimbini eqhubeka ekhohlela kungenzeka uneTB. Kufuneka aye ekliniki ekufutshane naye ukuze axilongwe enoba uneTB kusini na.

Nantsi eminye imiqondiso ediza ukuba kunokwenzeka uneTB:

- Ukhohlokhohlo olungapheli
- Ukukhohlela igazi
- Ukuncipha nokungabi nomdla wokutya
- Ukubila ebusuku
- Ukudinwa
- Ukuqaqanjelwa sisifuba



Ukunyangwa kwiikliniki zikarhulumente kukwasimahla kwaye umgangatho wabo uxhomile.

Kubalulekile ukuba amayeza owasebenzisayo uwagqibe kwaye uwasebenzise de ekliniki bathi ungawayeka ngoku.

Ukunceda abantu abane-TB ukuba bawagqibe amayeza abo, iSebe lezeMpilo likhuthaza abantu (kunokuba ngumhlobo, isizalwane okanye uluntu) ukuba osela amayeza akhuthazwe asele amayeza akhe ngexesha.

SETSWANA Fedisa Bolwetse jwa Mafatlha (TB)

Bolwetse jwa mafatlha (jwa lehuba - TB) ke bothata jo bogolo mo Afrika Borwa. Batho ba bangwe ba dumela gore o ka tshwarwa ke bolwetse jwa mafatlha (TB) fa o humanegile kgotsa fa o nwa bojalwa jo bo tagang thata. Se ga se nnete! Motho mongwe le mongwe a ka tshwarwa ke TB. Bolwetse jwa mafatlha jwa TB ke bongwe jwa malwetse a a bolayang batho ba le bantsi mo Afrika Borwa, le fa tota e le bolwetse jo bo alafegang.

TB ya mafatlha ke yona e e tlwaelegileng thata. Matshwao a a iponagatsang thata mo pontsheng a TB, ke go gothhola kwa ntle ga go kgaotsa. Fa e sa alafiwe, TB e ka fetela go tswa mo mothong yo mongwe go ya kwa go yo mongwe. Fa e alafiwa ka melemo e e tshwanetseng, TB e ka fodisiwa.



Fa motho a alafiwa, a ka se ke a nna kotsi go ba lelapa la gagwe kgotsa mo setshabeng.

Fa wena, kgotsa motho yo mongwe yo o mo itseng, a gothhola lebaka la dibeke di le 2 kgotsa go feta, e ka nna matshwao a TB. O tshwanetse go bona modiredi wa merero ya tsa boitekanelo kwa kliniking ya gaeno go tlhathobelwa fa o sa tshwarwa ke TB.

A ke mangwe a matshwao a a supang fa o tshwerwe ke TB:

- Go gothhola kwa ntle ga go kgaotsa
- Go gothhola madi
- Go bopama le go latlhegelwa ke keletso ya dijo
- Go fufulelwa bosigo
- Go ikutwa o lapile e bile o le bokowa
- Ditlhabi tsa mo mafatlheng

Kalafi e e abiwang kwa dikliniking tsothe tsa semmuso e fiwa mahala mme ke ya boleng jwa maemo a a kwa godimo.

Go bothokwa thata go fetsa melemo e o e abetsweng, le go tswela go e dirisa go fitlhela modiredi wa tsa boitekanelo a go bolelela gore o emise.

Go thusa batho ba ba tshwerweng ke TB gore ba fetsa melemo ya bona, Lefapha la Boitekanelo le rotloetsa motho mongwe fela (e ka nna tsala, leloko la lelapa kgotsa tokololo ya mo setshabeng) go go ema nokeng go tswela ka kalafi ya gago.

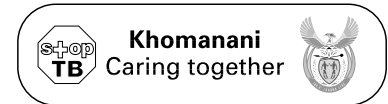
Language Groups: Western Cape, Eastern Cape, Northern Cape, North-West

Stop Tuberculosis (TB)

AFRIKAANS Stop Tuberkulose (TB)

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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.

CONTACT STAMP

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.

