

Umkhuhlane weentaka ngumngcipheko kwihlabathi jikelele; kuthintele konke ukudibana neentaka (eziphilayo okanye ezifileyo) kuqukwa nezilwanyana zasekhaya, iinkukhu zasekhaya kunye neentaka zasandle. Zigcine kude neemarike zeentaka/zezilwanyana eziphilayo kunye neefama zeenkukhu xa kunokwenzeka kwaye uphephe ukutya iinkukhu ezingaphekisiswanga.

Umgada sisifo esimandundu kwaye sinokubulala ukuba unyango alunikezelwanga ngokukhawuleza. Unokuba semngciphekweni ukuba uthe wadibana namathe esilwanyana esosulelekileyo ngokulunywa, ukukrwempa okanye ukukhothwa kwisikhumba esaphukileyo.

Zonke izilwanyana, kubandakanywa iikati, izinja, iinkawu namalulwane, zinokuthwala umgada, ngoko kuphephe ukudibana nezilwanyana zasandle nezasekhaya apho kunokwenzeka. Emva kokulunywa, ukukrwempa okanye ukukhothwa sisilwanyana kulusu olwaphukileyo: hlamba loo ndawo ngocoselelo ngesepa namanzi, kwaye ufune unyango ekuhlaleni. Ungacetyiswa ukuba uqale unyango lomgada emva kokuba sesichengeni, kodwa soloko unxibelelana nogqirha wakho xa ubuyela e-UK uyokugqibezela naluphi na unyango olufunekayo.

Ulwazi olongezelelweyo

lingcebiso jikelele kubahambi:
www.travelhealthpro.org.uk/factsheet/30/general-advice-for-travellers

Ingcebiso ngokutyelela abahlobo nezalamane: **www.travelhealthpro.org.uk/factsheet/91/travelling-to-visit-friends-and-relatives**

Kumele ndenze ntoni xa ndiziva ndingaphilanga?

Ukuba uneempawu ezifana nomkhuhlane (38°C nangaphezulu), isigulo esifana nomkhuhlane, irhashalala okanye urhudo oluzingileyo kunye/okanye urhudo olunegazi ngexesha okanye emva kohambo kufuneka ufumane uncedo lwezonyango ekuhlaleni.

Musa ukulinda de ubuyele e-UK ukuba uyagula phesheya, bonana nogqirha okanye uye ekliniki.

Khumbula ukuxelela ugqirha wakho malunga naluphi na uhambo oluya phesheya oye waluthatha kunyaka ophelileyo.

Ukuba undwendwele indawo esemngciphekweni wemalariya, kufuneka ufune unyango olukhawulezileyo ukuba ngaba unomkhuhlane ongama-38°C okanye ngaphezulu. (okanye naziphi na ezinye iimpawu ezinokuba yimalariya) kwisithuba esingangonyaka wohambo lwakho.

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Ukuya phesheya ukutyelela abahlobo nezalamane Ingcebiso kubahambi



Lungiselela kwangaphambili ukunciphisa iingozi zempilo zinokubakho kumazwe angaphandle, nokuba utyelela abahlobo nezalamane.

Unokuba semngciphekweni wezifo ezisasazwa ziingcongconi okanye izilwanyana, ezifana nedengue, iZika kunye nomgada kunye nosulelo olusasazwa kukutya neziselo ezingcolisekileyo, njengetyphoid kunye norhudo lwabahambi.

Jonga ukuba ufuna izitofu zokugonya okanye iipilisi zokulwa nemalariya phambi kokuba uhambe.

Landela imithetho yokutya kunye nococeko lwamanzi elungileyo kwaye uphephe ukutya okanye ukuphatha inyama yasehlathini.

Awukhuselekanga ngokwemvelo kwizifo ezifana nemalariya okanye isifo setyphoid nokuba ukhulile, wake wahlala okanye utyelela rhoqo amazwe asemngciphekweni.

Uninzi lweemeko zemalariya zase-UK kunye ne-typhoid zixelwa kubantu abahamba kumazwe abawatyela rhoqo okanye ababehlala kuwo.

Kufuneka ndenze ntoni ngaphambi kohambo?

Jonga imingcipheko yempilo yeendawo oya kuzo kunye nendlela yokuyinciphisa usebenzisa amaphepha olwazi elizwe e-NaTHNaC: www.travelhealthpro.org.uk/countries

Nokuba ukhe watyelela okanye wahlala kwilizwe ngaphambili, awuyi kuba nokhuseleko olufana nolwabantu basekuhlaleni kwaye usesemngciphekweni.

Bona ugqirha wakho, umongikazi, usokhemesti okanye iikliniki yokuhamba kwiiveki ezi-4 ukuya kwezi-6 phambi kokuba uhambe ukuze ufumane iingcebiso zomntu ngamnye, ugonyo lokuhamba kunye nothintelo lwemalariya, ukuba zifanelekile kwindawo oya kuyo.

Kuya kufuneka kwakhona ujonge ukuba izitofu zakho zokugonya zobuntwana azikaphelile, unezibonelelo ezifanelekileyo zawo nawaphi na amayeza kwaye ufumane i-inshurensi yokuhamba esebenzayo kulo lonke uhambo lwakho.

Ukuba sele uneengxaki zempilo, ukhulelwe okanye uzama ukukhulelwa ungadinga iingcebiso ezongezelelweyo ngezempilo okanye iipilisi zokulwa nemalariya kumazwe athile.

Khumbula

Akukaze kube kudala kakhulu ukufumana iingcebiso zokuhamba phambi kokuba uhambe; iiklinikhi ezininzi zokuhamba kunye neekhemesti zibonelela ngokuqeshwa ngomzuzu wokugqibela.

Ndimele ndenze ntoni xa ndiphesheya?



Ukuba undwendwela iindawo ezinezinambuzane ezisasaza izifo ezifana nemalariya okanye i-dengue, qinisekisa ukuba usebenzisa into yokugxotha izinambuzane, gquma ulusu oluvelileyo kwaye ulale phantsi kwenethi efakwe izibulali zinambuzane ukuba awuhlali kwindawo ene-air-conditioning.



Ukuba unikwe iipilisi zokulwa nesifo seengcongconi, landela yonke imiyalelo ngononophelo (kuquka ukuqala phambi kohambo) kwaye ukhumbule ukugqiba ikhosi xa ubuyela e-UK.



Izifo ezisasazwa kukutya kunye neziselo ezingcolisekileyo zixhaphake kakhulu kumazwe anemigangatho esezantsi yococeko lokutya, izindlu zangasese ezisisiseko kunye neendawo zokuhlambela kunye nokufikelela okulambathayo kumanzi acocekileyo.

Hlamba izandla rhoqo, ngakumbi ngaphambi kokuba ulungise ukutya, ukutya okanye ukusela emveni kokuphuma kwindlu yangasese.

