



UK Health
Security
Agency


NaTHNaC

Ukuphepha ukulunywa yingcongconi

Ingcebiso kubahambi



Kumazwe amaninzi, ukulunywa yingcongconi kunokusasaza izifo ezifana ne-chikungunya, i-dengue, i-encephalitis yaseJapan, i-malariya, i-virus ye-West Nile, i-yellow fever kunye ne-Zika. Zisenokuphumela ekubeni sigule kakhulu yaye ezinye zisenokude zibulale.

Kuphephe ukulunywa zizinambuzane ngamaxesha onke kuquka nasemini. Kubalulekile uku:



Gquma



Sebenzisa
izigxothi



Sebenzisa
iinethi

lingcongconi ezisasaza i-chikungunya, i-dengue, intsholongwane ye-West Nile, i-yellow fever kunye ne-Zika ziluma kakhulu emini nangokuhlwa.

lingcongconi ezisasaza imalariya ziluma ngokuhlwa nasebusuku

Kufuneka ndenze ntoni ngaphambi kohambo?

Jonga iingcebiso zempilo yokuhamba kwindawo oya kuyo, kubandakanywa izifo kunye nezinye iingozi zempilo kwilizwe ngalinye kunye nendlela engcono yokuzinciphisa usebenzisa amaphepha olwazi elizwe e-NaTHNaC:

www.travelhealthpro.org.uk/countries.

Bona umongikazi wakho, ugqirha, usokhemesti okanye iiklinikhi yokuhamba, ngokufanelekileyo, kwiiveki ezi-4-6 ngaphambi kokuhamba ukuze ufumane iingcebiso ezifanelekileyo kuhambo lwakho.

Isitofu sokugonya iYellow fever siyacetyiswa kumazwe athile, kwaye iipilisi zokulwa nemalariya zinokucetyiswa ukuba zikhuseleke kwimalariya kwezinye iindawo.

Ukuba uneengxaki zempilo, ukhulelwe okanye uceba ukukhulelwa kubaluleke kakhulu ukuba ufumane iingcebiso ezilungiselelwe kwangaphambili zokuhamba iiveki ezi-6-8 ngaphambi kohambo. Ngokulungiselela ngenyameko, abaninzi abafazi abakhulelweyo bayakwazi ukuhamba ngaphandle kokufumana iingxaki zempilo.



Iindlela ezintathu zokuthintela ukulunywa ziingcongconi



Isigxothi: Kubalulekile ukusebenzisa isigxothi sezinambuzane imini nobusuku, ngaphakathi nangaphandle, kulo naluphi na ulusu oluveziweyo.

Imveliso ene- **50% DEET** iyacetyiswa njengokhetho lokuqala. Ukuba i-DEET ayinyamezelwa, ukusetyenziswa kwesixhobo sokugxotha esiqulethe awona mandla aphezulu akhoyo nokuba yeyiphi phakathi kwe **icaridin (20%), eucalyptus citriodora oil, hydrated, cyclized okanye 3-ethlyaminopropionate** iyacetyiswa.

Khumbula:

- sebenzisa isigxothi sezinambuzane ngokwemiyalelo ebhalwe kwileyibhile rubha isigxothi esikhumbeni, uqinisekise ukuba lonke ulusu lugqunyiwe.
- sebenzisa into yokugxotha izinambuzane rhoqo, ngakumbi kumazwe ashushu nasemva kokuqubha
- sebenzisa into yokugxotha emva kwe-sunscreen (sebenzisa i-30 ukuya kwi-50 SPF ye-sunscreen njengoko i-DEET inokwenza i-sunscreen ingasebenzi kakuhle)
- I-50% DEET ikhuselekile kwabo bakhulelweyo nabancancisayo nakwiintsana ezingaphezulu kweenyanga ezimbini
- fumana iingcebiso ngaphambi kokuba uhambe kugqirha wakho okanye usokhemisti ukuba umntwana wakho uneminyaka engaphantsi kweenyanga ezimbini
- thatha izinto ezigxotha izinambuzane kunye nawe - xa kukho ukunqongophala kwindawo oya kuyo



Impahla: Xa kunokwenzeka, nxiba impahla enemikhono emide, iblukhwe, izikethi neelokhwe, iikawusi nezihlangu zokunqanda ukulunywa ziingcongconi.

Impahla enyangwe nge-Permethrin (isibulali-zinambuzane) kunye nenethi zokulala zinika ukhuseleko olongezelelweyo kwiingcongconi ezilumayo.



Inethi: Ukuba indawo yakho yokuhlala ayinamoya opholileyo okanye ukuba ulele phandle, sebenzisa inethi yeengcongconi efakwe isibulali-zinambuzane.

Jonga inethi yakho ukuba ayikrazukanga kwaye uhlohle iziphelo phantsi komatrasi.

Kusenokubakho umngcipheko wokulunywa ngamakhalane kunye ezinye izinambuzane; amanyathelo okukhusela afanayo aya kunceda ukunciphisa ukulunywa nakwezi.

Ulwazi oluthe vetshe luyafumaneka ku

www.travelhealthpro.org.uk



Kumele ndenze ntoni xa ndiziva ndingaphilanga?

Imalariya erhanelekayo yingxakeko yonyango kwaye kufuneka ikhutshwe ngokukhawuleza okanye inyangwe. Ukuba undwendwela ilizwe elisengozini yemalariya kwaye unomkhuhlane (38°C okanye ngaphezulu), iimpawu ezinjengomkhuhlane okanye naziphi na iimpawu ezingaqhelekanga ngexesha okanye emva kohambo kufuneka ufumane unyango olungxamisekileyo. Sukulinda de ubuyele e-UK ukuba awuphilanga Sukulinda de ubuyele e-UK ukuba awuphilanga; fumana uncedo lwezonyango phesheya.

Olunye usulelo oluquka idengue kunye nentsholongwane ye-West Nile nayo inokubangela ukugula okukhulu.

Ukuba uyagula emva kokubuya kwakho, xelela ugqirha wakho malunga nohambo oluya phesheya oluthathe kulo nyaka uphelileyo. Ukuba ubukhe waya kwilizwe elitshisayo, cela uvavanyo lwegazi lwemalariya.

Ulwazi olongezelelweyo

Tyelela i-National Travel Health Network and Centre (NaTHNaC)
<http://travelhealthpro.org.uk>

© Crown copyright 2022.

likopi zamahala zeli phetshana zinokuodolwa kusetyenziswa ikhowudi yemveliso MOSTRA1XH Xhosa ukusuka kwiwebhusayithi yeHealth Publication

1p 10K JUN 2022 (APS). Product code: MOSTRA1XH Xhosa
UK Health Security Agency Gateway Number: 20211421

This leaflet is also available in Arabic, Bengali, French, Gujarati, Hausa, Igbo, Punjabi, Spanish, Swahili, Yoruba, Urdu, Xhosa and in BSL, large print, braille and Easy Read

Ukuodola ezinye iikopi zeli phetshana tyelela
www.healthpublications.gov.uk okanye utsalele: 0300 123 1002
(8am ukuya ku-6pm, NgoMvulo ukuya ngoLwesihlanu).