

Kufuneka abantu abasoloko bahleli nomntu one-TB benzeni?

- Mabaye kwi-klinikhi yengingqi bayo Testa i-TB.
- Uyakucelwa ukuba ukhuphe isikhohlela (izinto eziphuma emiphungeni) zithunyelwe elebhu zivavanywe i-TB.
- Bazokufuna ukukwenza i-X-ray yesifuba.

Ukuba kuthe kanti abantu abasoloko bechitha ixesha nam bane TB nabo?

Ukubangaba Bafunyaniswe bene-TB, kuyakufuneka baqaliswe kwi pilisi ze TB. Ukuba bazitya ngendlela efanelekileyo, bazakuphila (njengawe)!

I-TB iyathinteleka kwaye iyanyangeka.



Yintoni i-close contact?

Nguye nabani na umntu ochitha ixesha naye rhoqo, umzekelo:

- Ohlala naye kwindlu enye.
- Okutyelelayo, nolindwendwe.
- Nokhwela naye isithuthi rhoqo.
- Ogxa bakho (ukuba nisebenza kwindawo enye).
- Niya nonke eskolweni okanye kwi-klasi nifike sihlala kwisitulo esinye.
- Abantu osela nabo utywala okanye otya nabo iziyobisi.



Tsalela umnxeba kule nombolo 0800 012 322. Ukuba ufuna ingcebiso nge TB okanye i-HIV.

Zihlole ngoku ngokwakho i-TB: Bhala "TBcheck" ku-WhatsApp kule nombolo 0600 123 456 okanye ucofe *134*834*5# (Mahala).

Your Provincial TB Dashboard:



Kuthetha ntoni oku ngam?

- I-TB ibangelwa yintsholongwane kwaye iyanyangeka ngeepilisi.
- Abantu abaninzi abane TB kufuneka bayityeqho ngosuku kangangeenyanga ezi-6.
- I-TB ixhaphake kakhulu.
- Uzakuziva ungcono xa usandothatha iipilisi ze-TB intsukwana.
- Kufuneka uzitye iipilisi ze-TB iinyanga ezi-6 ukuze iTB-iphele kuwe.

Yintoni abantu endichitha nabo ixesha rhoqo ekufuneka beyazile?

- I-TB ixhaphakile.
- Nabani na anganayo iTB.
- I-TB isasazeka emoyeni xa umntu one-TB ekhohlela, ethimla, ecula, okanye ethetha.
- Wakube uqalile ukutya iipilisi ze-TB, ukuba uzitya ngendlela efanelekileyo, inciphisa intsholongwane ukwenzela ungazokwazi ukosulela abanye.
- Ayinguye wonke umntu onesifo se-TB oziva egula.
- Abantu endichitha ixesha elininzi nabo kusenokwenzeka nabo banaso isifo se-TB (qha abayazi).

Western Cape Government
FOR YOU

TB PROOF
Combining stories and science to make the world TB Proof.

Ukuba kuthe kanti abanayo iTB xabevavanywa i-TB?
Bazotya uthintela we-TB (TPT) ukuzikhusela ekufumaneni iTB.

Yintoni uthintela we-TB?
Uthintela we-TB yipilisi ethathwa ngabantu abasemngciphekweni wokufumana iTB, ukuzikhusela.

Utyiwa njani uthintela we-TB?
Kukho iintlobo zothintela abohlukeneyo umntu anokuthatha kuzo:
Yonke imihla kangangeenyanga ezi-6 (6H) okanye Kanye ngeveki kanangeenyanga ezi-3 = 12 doses (3HP)

Ndingenza njani ukuqinisekisa ukuba wonke umntu kusapho lwam akalibali ukumtya uthintela we-TB?
Unokwenza “ixesha lePilisi yoSapho”! Wonke umntu uthatha ipilisi yakhe ye-TPT ngexesha elinye.
Usapho lonke lukhuselekile!! Ingaba iipilisi ze TB okanye uthintela we- TB zenza imiphumele engalindelekanga?



Ingaba ezipilisi ze TB okanye ezika thintela we-TB zine miphumela emibi?
Abantu abaninzi abayiphumi le miphumela, kodwa ukuba ngaba uziva ungekho right qho xa usitya iipilisi ze-TB okanye uthintela we-TB, yiya kwiklinikhi ngokukhawuleza bakujonge.

Ukuthintela i-TB:
- Bonke abantu abasondele kum endichitha nabo ixesha kufuneka bathathe uthintela we-TB, bakube begqibile uvavanywa i-TB.
- Vula iifestile kangangoko unakho-endlini, ezikolweni kunye nakwi-ndawo zosebenzela. Umoya ofreshi kunye nemitha yelanga kuyayigxotha intsholonganwe ye-TB.

For more information scan the QR code

THINK TB • KNOW TB • END TB

Type “TBcheck” in WhatsApp to **0600 123 456** or dial ***134*832*5#**

Scan QR for more information

0800 012 322

Ababantu bazi close contacts banganemibuzo enje:
Kutheni le nto kufuneka nditye uthintela we-TB? Ndiphendula ndithini?
Baxelele: “ Nazi izizathu zokuthatha uthintela we-TB (TPT)”.



Khathalela isiqu sakho.



Khathalela usapho lwakho.



Khathalela uluntu.



Khathalela isizwe sakho.

Sikunye
singayiphelisa iTB.

Ukuba singa:
- Singa vavanya i-TB wonke umntu ochitha ixesha elininzi nomntu one-TB.
- Sibafumane kwaye sibanyange bonke abane TB.
- Sikhusele abangenayo ngothintela we-TB.
- Abantu abakhe bane TB ngaphambili kunye nabantu abaphila ne HIV kufuneka bavavanye i-TB rhoqo.