

TB: IZINTO EKUFUNEKA SONKE SIZAZI!

July 2023

Yintoni i-TB?

TB (Tuberculosis) sisifo esibangelwa yintsholongwane ye-TB.



Ingaba i-TB sisifo esixhaphakileyo?

Ewe, sixhaphakile! eMzantsi Afrika:

- Banga phezulu kwama- 300,000 abantu ababa ne TB rhoqo ngonyaka.
- Bangaphezulu kwama- 60, 000 abantu abaswelekayo ngenxa ye TB rhoqo ngonyaka.

Yiyo lo nto ke bonke abantu base Mzantsi Afrika kufuneka bazi malunga ne-TB!



Iindaba ezimnandi: Yona i-TB sisifo

ESITHINTELELEKAYO KWAYE SIYANYANGEKA!



Umntu uyifumana njani i-TB?

- I-TB isasazwa emoyeni, njenge Covid
- Intsholongwane ibase moyeni xa umntu one TB ekhohlela, ethetha, ethimla okanye naxa ecula



- Nabani na osondele kumntu one TB uyakwazi ukuphefumla intsholongwane ye-TB iye emiphungeni yakhe
- Ukuba ngaba umntu une-TB kwaye uyayitya i-treatment yakhe ngendlela efanelekileyo, oku kuyakuyibulala i-intsholongwane ye-TB, kwaye abakwazi kosulela abanye abantu ngentsholongwane ye-TB

Ngubani ongafumana i-TB? NABANI NA!

Kodwa kukho abantu abakwi risk enkulu ekufumaneni i-TB, abantu abanjenge:

- Close contacts zabantu abane TB, ingakumbi abantwana abaneminyaka engaphantsi kwemi-5
- Abantu abaphila nezifo ezingapheliyo (chronic diseases) ezinokwenza amajoni omzimba abebuthathaka njengeswekile, i-HIV okanye umhlaza (cancer)
- Abantu abasebenza okanye abahlala kwindawo apho abantu abaninzi bane TB- njenge clinics zempilo, iintolongo okanye i-mines



Ngubani i-close contact yomntu one TB?

Nguye nabani na umntu ochitha ixesha elininzi nomntu one TB:

- Ohlala kwindlu enye
- Ochitha ixesha elininzi kunye (ukutyelela for ixesha elide okanye ukuhlala kakhulu)
- Ukukhwela i-transport kunye rhoqo.
- Abasebenzi abasebenza close to each other
- Ngena isikolo okanye i-classes kwaye nihlale close to each other



Wazi njani ukuba nokuba une-TB?

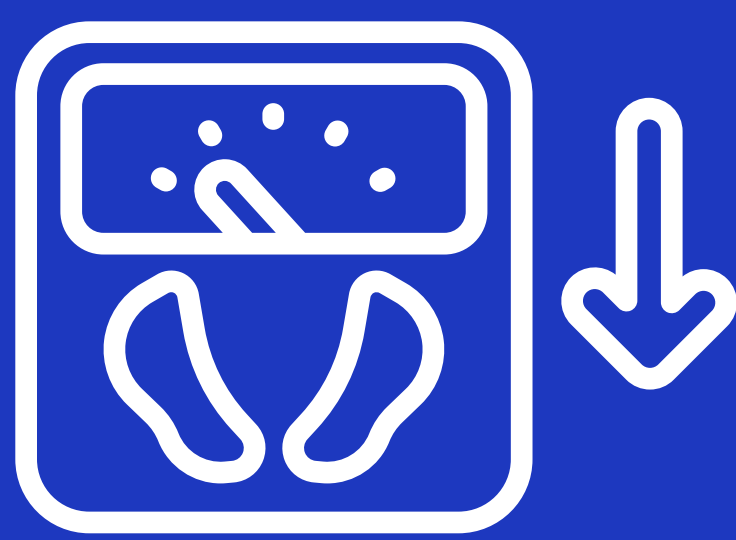
Iimpawu eziqhelekileyo zezi:



iFiva



Ukukhohlela



Ukwehla emzimbeni



Ukudinwa



Ukubila ebusuku

Kodwa Uninzi lwabantu abane TB abanazo nezinjani iimpawu ze-TB

**Tsalela Umnxeba kule helpline
0800 012 322 Ukuba udinga
ingcebiso nge TB okanye i-HIV.**

**Screen yourself now for TB:
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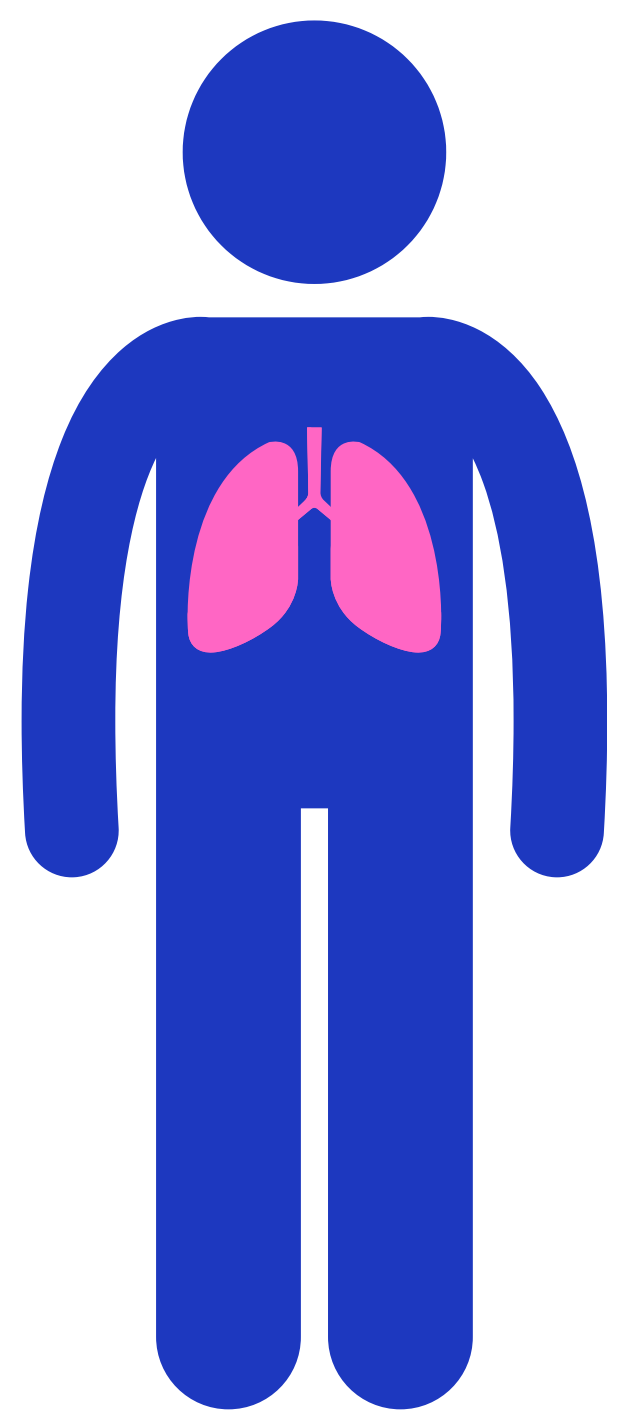
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Abanye abantu bakholelwa kwinto yokuba 'Iuhlobo oluthile lomntu kuphela olunokufumana i-TB', Xa inyaniso inguye nabani na ophefumlayo angayifumana i-TB!



Iindidi ze TB:

I-TB emiphungeni= i-TB yemiphunga:
Le-TB ichaphazela umphunga omnye okanye yomibini. Lena ke yeyona iqhelekileyo.

I-TB ngaphandle kwemiphunga= Extrapulmonary TB:
Lena i-TB ichaphazela amalungu omzimba ngaphandle kwemiphunga, njenge skin, amalungu (joints), amathambo, isisu, i-glands kunye nengqondo (TB meningitis). Kuye kubenzima kooGqirha ukuyifumana lena i-TB emzimbeni womntu.

Active TB

Lena i-TB i-active (ivukile)- oku kuqhele ukwenzeka ngoba amajoni omzimba a-weak, abuthathaka.



Umntu uye aqale agule, uguliswa ziimpawu ze-TB, kodwa abanye abantu abazibonakalisi iimpawu ze-TB.

Latent TB (i-TB eleleyo)

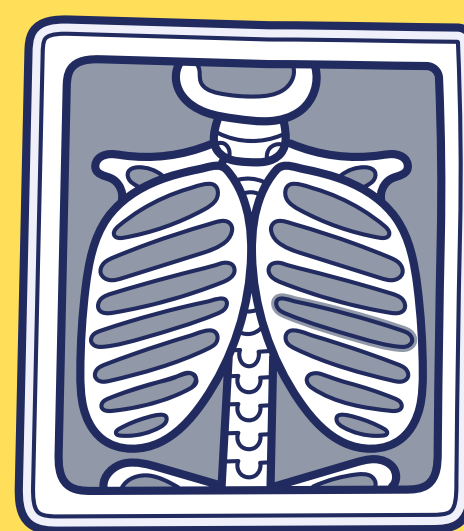
Latent means "sleeping"

Iintsholongwane ze-TB zisemzimbeni womntu but amajoni omzimba wabo a-strong ayakwazi ukuyigcina i-TB i-under control iphantsi ko lawulo. Umntu akaziva egula kwaye akanokusulela abanye abantu ngayo.



Kufuneka wenze ntoni ukubangaba ucinga une-TB?

- Yiya kwi-clinic yakho yengingqi uyokuvavanyelwa i-TB
- Bazakucela ukuba ukhohlela isikhohlela (izinto ezisuka emiphungeni) bazakuzithumela kwi-Lab yovavanyo lwe-TB
- Kusenokufuneka wenze i-chest X-Ray



Banyangelwa phi abantu abane-TB?



- Uninzi lwabantu abanalo naluphi na uhlobo lwe-TB banyangelwa kwiClinics, hayi ezibhedlele
- Ngabantu abane-TB abagula kakhulu kuphela abangaya esibhedlele, kwaye nje ngokukhawuleza xa bengathi baziva bengcono, bangakwazi ukuya eclinic bayokufumana i-treatment ye-TB eclinic
- Ayingabo bonke oogqirha babucala abanokuyinyanga i-TB

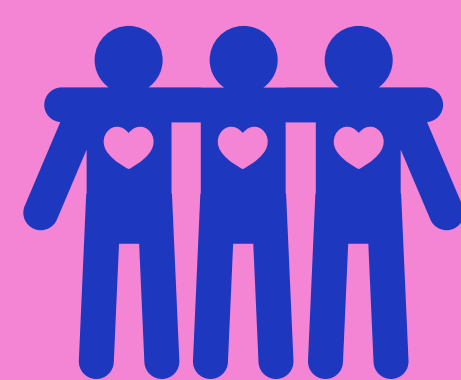
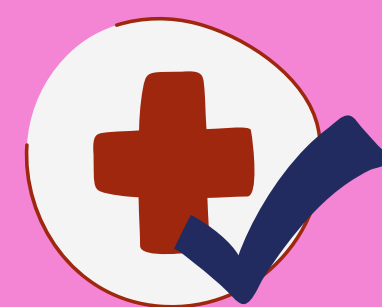
TB Treatment (i-treatment ye TB):

- For abantu abaninzi i-treatment ye-TB bayithatha qho ngosuku for iinyanga eziy-6
- Abanye abantu bayanyazeleka bayithathe i-treatment yeTB for ixesha elide kuneenyanga eziy-6



Yintoni onokuyenza malunga ne-TB?

- Ukuba wena okanye umntu omthandayo unokuba une-TB okanye udinga uthintela, nceda uye kwi clinic ekufutshane nawe for i-check-up
- Kubangcono kakhulu xa umntu one-TB eqala i-TB treatment early
- I-treatment ye TB icutha i-TB emzimbeni lena enokuthi isasazeke kwabanye abantu, kwaye iyayiphelisa i-TB emzimbeni
- Ukubangaba une-TB, qinisekisa ukuba uyayigqiba i-TB treatment yakho yeenyanga eziy-6. Oku kubaluleke kakhulu
- Abantu abane TB bafuna uthando, ukukhathalelwa kunye nenkxaso kusapho lwabo, izihlobo, abakhelwane kunye nabalingani babo ukugqiba i-treatment nokunciphisa ukusasazeka kwe TB



(Yintoni i-TB Preventative Treatment (TPT)/ (uthintela)?

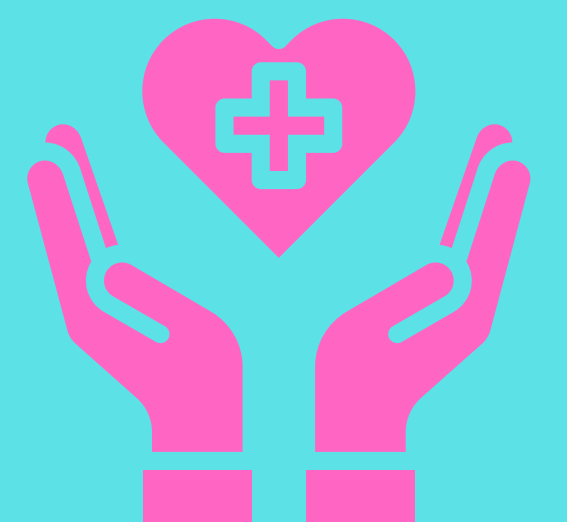
TPT (uthintela) liyeza elithintela i-TB "ingabisavuka" emzimbeni kwaye umntu angabisagula yi-TB.

Ngubani ofanele ukuba athathe u Uthintela (TPT)?

Uthintela kufuneka athathwe ngabo bonke abantu abasondelele (close contacts) nabo bane TB, kunye nabantu abaphila ne-HIV.

Kufuneka zenze ntoni iiclose contacts zomntu one-TB?

- Yiya kwi-Clinic ekufutshane nawe uyojongwa.
- Kufuneka uvavanywele for i-Active TB
- Ukuba unayo i-active TB, uzakunikwa i-treatment ye-TB
- Ukubangaba awunayo i-Active TB, kufuneka uthathe uthintela for iinyanga ezimbalwa



I-TB idityaniswa njani ne-HIV?

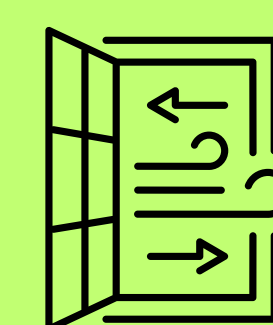
- Abantu abane HIV kunokwenzeka bagule yi TB
- Wonke umntu ofunyenwe ene-HIV kuyafuneka asole ejongwa ne-TB
- Abantu abafumaniseke bene TB bayakucelwa ukuba ba test for i-HIV
- **KODWA oku akuthethi into yokuba umntu ofunyenwe ene-TB une HIV**



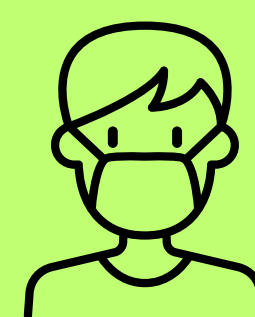
Ingathintelwa Njani i-TB?



Khohlelela engqinibeni



Vula iifestile zakho ekhaya, ezikolweni, nakwi ndawo zentsebenzo



Nxiba isifonyo sakho kwizithuthi zika wonkewonke okanye ezikolweni okanye emsebenzini ukubangaba uyakhohlela



Itya uthintela ukubangaba uyi-close contact nomntu one-TB

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