

Ukukhuluma Ngogonyo



Ukukhuluma nomphakathi wakini ngogonyo
lwezingane

Umkhombandlela kubaSebenzi
bonakekelo lwezeMpilo



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



USAID
FROM THE AMERICAN PEOPLE

unicef 
for every child



MAYELANA NALO MKHOMBANDLELA

“Ngitshela abazali ngokuthi ugonyo yisipho esibaluleke kakhulu ongasinikeza ingane yakho” – Umsebenzi Wonakekelo Lwezempilo

Izingane kumele zivikelwe kwizifo ezivimbelelekayo kanye nokulimala okuvimbelelekayo. Njengomsebenzi wonakekelo lwezempilo, uyazi ukuthi ukuvimbela izifo kungcono kunokwelapha. Udlala indima ebalulekile! Ngokusebenzisana nabanakekeli ukuqinisekisa ukuthi izingane zithola lonke ugonyo olungakhokhelwa futhi ngesikhathi, usiza ukuvikela izingane ekutholeni izifo zezingane ezivamile.

Selokhu kwabanobhubhane lwe-COVID-19 izigidigidi zezingane azitholanga ugonyo lwazo. Ukungagonywa kahle kwezingane kusho ukuthi izinga lezifo ezivimbelelekayo ezifana nesimungumungwane lenyukile – lokhu kufaka izimpilo zezingane engozini.

Lo mkhombandlela ukusiza ukuthi:

- Uqondisise ukuthi ungaluthola kuphi ulwazi oluyilo kahle
- Ukuxhumana nabanakekeli ngogonyo kanye
- Nokubhekana nemibuzo kanye nezinto ezikhathaza abanakekeli nokubakhuthaza ukuthi bagonyise izingane zabo

KUNGANI ABANYE ABANTU BENGAGONYISI IZINGANE ZABO?

Iningi labantu bayalwemukela ugonyo kanye nokuhambisa izingane zabo ukuthi ziyogonywa. Abanye abantu abanasiqiniseko kahle kanti futhi bangaba nemibuzo efanele ngaphambi kokuba bagonyise izingane zabo. Idlanzana elincane labantu lilwisana nogonyo noma imithi nemijovo yokuqinisa amasosha omzimba.

Kunezizathu eziningi ezibangele ukuthi abanakekeli abaningi bangagonyisi izingane zabo. Kubantu abaningi kukhona izihibe ezibonakalayo njengokungakwazi ukufinyelela emtholampilo ngesikhathi sokusebenza. Abantu abaningi abatholi izikhumbuzo ngokuthi kumele baye nini ukuyogonyisa izingane zabo.

IZINDLEKO

“Anginayo imali yokugibela ukusa izingane zami emtholampilo ziyogonywa.”

ISIKHATHI

“Ngiyasebenza ngesikhathi somsebenzi kanti futhi umqashi wami akanginikezi isikhathi sokuhambisa izingane zami emtholampilo.”

IBANGA

“Ngihlala kude nomtholampilo.”

IZIMPILO EZIMATASATASA:

“Kuningi kabi okumele ngikwenzele umndeni wami kanye nokusebenza, Ngiyakhohlwa ukuthi izingane zami kumele ziye nini ukuyogonywa.”



Abanye abantu bakhathazeka ngemiphumela engemihle yaseceleni noma bayasaba ukuthi ugonyo aluphephile. “Sibone nokungathembi uhulumeni kanye nekhono elingelihle likahulumeni lokwethula amasevisi ngendlela efanele selokhu kwaba nobhubhane lwe-COVID-19”. Ngisho noma imijovo ye-COVID-19 iphephile kanti futhi ihlolwe kahle, abantu abaningi bebesaba ngemijovo emisha - kanti manje abanasiqiniseko kahle ngeminye imijovo yogonyo.

Abantu abaningi abanalo ulwazi olwanele noluthembekile ngokuthi kungani ugonyo lubaluleke kangaka nokuthi izingane zabo kumele ziluthole nini.

UKWESABA

“Ugonyo lwe-Covid-19 lwenza ukuthi ngesabe ugonyo.”

UKWESABA IMIPHUMELA YASECELENI ENGEMIHLE:

“Ngesaba ukuthi izingane zami zizogula kakhulu ngokugonywa.”

UKUPHEPHA

“Ngiyakhathazeka ngokuthi akuphephile. Angazi ukuthi imithi yokugonya yenziwe kanye nokuhlolwa kanjani.”

NGABE YINI INDIMA YAKHO YOKUKHULUMA NGOGONYO



Njengomsebenzi wezempilo unomsebenzi emahlombe akho wokufundisa kanye nokusizana nabanakekeli ukuthi baqondisise ngokuthi kungani kumele bagonyise izingane zabo.

Ungasisiza ukufinyelela impokophelo yethu kanye nokuqinisekisa ukuthi izingane eziyisishagalolunye kweziyishumi zithola ugonyo lwezingane ukwenzela ukuzivikela kwizifo ezivimbelelekayo.

Indima yakho emphakathini wakini ibalulekile ngoba:

- Abantu beza kuwe uma bengenasiqiniseko kanti futhi befuna izimpendulo.
- Abantu bathemba ulwazi kanye nezeluleko obanikeza zona.
- Uyibhuloho phakathi komphakathi kanye nenqubo yonakekelo lwezempilo.

Kukhona izindima ezintathu ezibalulekile wena ozidlalayo ekukhuthazeni abantu ukugonyisa izingane zabo, ngesikhathi usiza ukwakha ukuthemba kwiziphathimandla zezempilo kanye nalabo abahlinzeka ngogonyo.

LOKHU KUBALULEKE KAKHULU UMA KUQUBUKA IZIFO.

● **NIKEZA NGOLWAZI NOKUQONDISISA**

Indima yakho ukuhlala unolwazi lwakamuva ngesheduli yogonyo lwezingane ukuze unikeze lolu lwazi kubanekeli kanye nokubanikeza izeluleko nemikhombandlela. Uma sishintsha isheduli,

lokhu kwenziwa ngokulandela ubufakazi obunikezwe ngabe-National Advisory Group on Immunization (NAGI). Abanakekeli bathembele kuwe ukubahlinzeka ngalezi zinguquko, kanye nolwazi ngezinzuzo kanye nezingozi zogonyo kanye nemiphumela yaseceleni engemihle.

Kubaluleke kakhulu ukuthi uqondisise ukuthi amazinga aphantsi ogonyo, njengoba ekhona namuhla, abeka izingane engozini yokugula kakhulu, ukukhubazeka kanye nokufa.

- **LALELA**

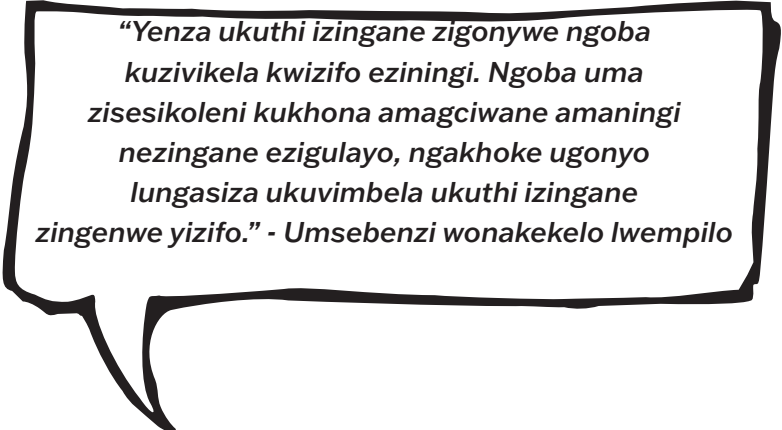
Kubalulekile ukulalela abantu kanye nokuzwa imibuzo yabo nokubakhathazayo. Lalela ngomusa nozwelo - ngokulalelisisa ngokucophelela ungabona ukuthi yini evimbela abanakekeli ukuthi bangagonyisi izingane zabo.

- **YABELANA NABANYE UKUZE BATHUTHUKE**

Tshela Umininjela we-EPI noma Umxhumanisi ngokukhathazeka kanye nezinselele wena kanye nomphakathi wakho enibhekene nazo. Ngokwabelana nabanye ngokuzwayo kubanakekeli - okubandakanya imibono yabo ukuxazulula izinkinga - ungasiza ukuthuthukisa uhlelo lokugonywa kwezingane kubo bonke.

KHUMBULA!

Ugonyo luphephile kanti futhi selusindise izimpilo kumakhulu eminyaka!



“Yenza ukuthi izingane zigonywe ngoba kuzivikela kwizifo eziningi. Ngoba uma zisesikoleni kukhona amagciwane amaningi nezingane ezigulayo, ngakhoke ugonyo lungasiza ukuvimbela ukuthi izingane zingenwe yizifo.” - Umsebenzi wonakekelo lwempilo

NGABE BEWAZI?



Ukungathathi ugonyo oluvikelekile noma ukwala lapho imithi ikhona kubizwa ngokuthi ukungabaza ngogonyo. ¹

Abantu abangabazayo ngogonyo bangathatha isikhathi ukuthola ugonyo ngoba banemibuzo kanye nokubakhathazayo okungakaphendulwa noma abengeke bakwazi ukuxazululwa kwezihibe ezibambekayo ukufinyelela izinsiza. Noma bangala ukuthola ugonyo oluthize kodwa olunye balwenze noma bangavuma ukugonywa kodwa bangazizwa bekhululeke kahle ngalo.

Abaphikisana nogonyo, noma ama anti-vaxxer ngumuntu owala ugonyo ngoba engakholelwa kugonyo nhlobo. Abakholelwa kubufakazi besayense obufakazela ukuthi ugonyo luyasebenza. Ababathembi ohulumeni, noma abantu abaqhubela phambili ugonyo kanti bavamise ukukholelwa kuma-conspiracy theory.

Sonke sinezinkolelo ezehlukene, imibono kanye nezipiliyoni ezichaphazela izimpilo zethu kanye nangendlela esenza ngayo izinqumo ngogonyo lwezingane. Njengabasebenzi bonakekelo lwezempilo kudingeka njalo sihambise umlayezo ofanayo wokuthi ugonyo luphephile, kanye nokukhuthaza abanakekeli ukugonyisa izingane zabo.

“Imithi yugonyo esinayo eNingizimu Afrika ihloliwe kanti futhi iyaqhubeka nokuhlolwa ukuqinisekisa ukuthi iphephile ukuyinikeza izingane zethu.”

-Umsebenzi wonakekelo lwezempilo

¹ MacDonald NE; SAGE Working Group on Vaccine Hesitancy. Vaccine hesitancy: Definition, scope and determinants. Vaccine. 2015 Aug 14;33(34):4161-4. doi: 10.1016/j.vaccine.2015.04.036. Epub 2015 Apr 17. PMID: 25896383.

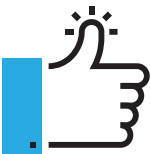
UMSEBENZI ONZIMA

*“Angazi ukuthi
umphakathi wami
uyaqondisisa yini ngokuthi
umsebenzi engiwenzayo
ubaluleke kangakanani.”
- Umsebenzi wonakekelo
lwezempilo*



Ukusebenza kumkhakha wezempilo kuhulumeni kunezinsesele eziningi. Uvamise ukuba nesikhathi esincane kakhulu ukusichitha neziguli zakho, imithombo yosizo engalingene, kungenzeka kuphele nesitokwe semithi nezinye izinsiza, kanti iziguli eziningi zingaxaka kanye nokuchwensa.

Kodwa umsebenzi owenzayo ubaluleke kakhulu! Ngokusebenzisana nabanakekeli kanye nokukhuthaza ugonyo, uzovikela izingane kanye nokusiza ukuphungula ukuxineka emitholampilo nasezibhedlela njengoba kuzoba yizingane ezimbalwa ezizogula. Kanti futhi uma sifinyelela impokophelo yethu ngokugonyisa izingane eziyisishagalolunye kwezilishumi, kungasiza ukuvimbela ukuqubuka kwezifo ezingathwalisa umkhakha wezempilo kahulumeni ubunzima kakhulu.



QHUBEKELA PHAMBILI NOMSEBENZI OMUHLE

Umsebenzi owenza nsuku zonke ubaluleke ngokweqile nakhona kumele wamukelwe. Ngokuthatha isikhathi ukhulumisana nabanakekeli, kanye nokuvikela izingane kwizifo ezivimbelekayo, usiza ukusindisa izimpilo.

Siyakubonga ngokusiza izingane zigcineke zinempilo enhle!

NGABE KUMELE WENZENI?



Nansi imibono ngokuthi ungakhulumisana kanjani nabanakekeli ukubasiza ukuhambisana nesheduli yokugonywa kwezingane.

YABELANA NGOLWAZI

Izihibe eziningi abanakekeli abahlangabezana nazo zingaxazululwa ngokwabelana nabo ulwazi. Kubalulekile ukuthi abanakekeli baqondisise ngokuthi izifo eziningi zezingane zingaba ngezinzima ezingenza izingane zigule kakhulu, zikhubazeke ngisho nokufa imbala. Kodwa lokhu kungavinjelwa ngokugonyisa izingane.

Kanti futhi ungabelana nabo ulwazi ngokuphepha kogonyo - osekunobufakazi obuningi beminyaka yamashumi amaningi okusetshenziswa yizigidi zabantu ngokuphepha.

Ungabelana nabanakekeli ngolwazi emitholampilo nasezibhedlela, kanye nakwimpilo yakho yansuku zonke ngisho noma ungekho emsebenzini. Kanti futhi ungasebenzisana nabaholi bemiphathi ukuba namaseshini okuhlinzeka ngolwazi kwizinto ezenzekayo kanye nakumavenyu lapho abantu abahlangana khona njengezindawo zokukhonza, kuma-ECD, ezikoleni noma kwimicimbi yemiphakathi.

THUTHUKISA UKUFINYELELEKA

Abanakekeli abaningi abakwazi ukugonyisa izingane zabo ngoba bahlala kude nemitholampilo kanye nezibhedlela, abanayo imali yezinto zokugibela noma bayasebenza phakathi neviki.

Mhlawumbe cabanga ngokusebenzisana nabaholi bemiphakathi ukwenza ugonyo lufinyeleleke ezindaweni eziseduzane. Lokhu kungenziwa ngemitholampilo engomahambanendlwana ehambela ezindaweni ezingaphandle ezikude. Kanti kokunye ninganweba amahora okusebenza komtholampilo ukwenzela ukuthi abanakekeli abangakwazi ukufika phakathi neviki bakwazi ukufinyelela. Akekho owazi umphakathi wakho kangcono kunawe!

AMATHULUZI ANGASETSHENZISWA UKUKHUMBULA AMASHEDULI OGONYO

1. Incwajana yohambo lwempilo eyaziwa ngokuthi yi-Road to Health Booklet

Incwajana ye-Road to Health iyithuluzi eliwusizo ngoba:

- Yirhekhodi lokukhula kwengane, ugonyo kanye nezinye izinhlelo zezempilo.
- lwumthombo wolwazi kubanakekeli.
- Yithuluzi lokukhuthaza ukusebenzisana phakathi kwabasebenzi bezempilo kanye nabanakekeli.
- Ibandakanya isheduli yogonyo engasiza abanakekeli ngokuhlela.
- Incwajana ye-Road to Health ibuye itholakale mahala njenge-*app* engakhokhelwa kwi-*Google Play Store*. Abanakekeli abaningi bangathanda ukusebenzisa i-*app* yamahala ukubasiza ukukhumbula izinsuku zogonyo ezizayo.

Abanakekeli abangenayo incwajana ye-Road to Health, noma ebalahlekele, bangayithola futhi kumtholampilo wendawo oseduzane.

2. MOMCONNECT

Elinye ithuluzi eliwusizo ukusizana nabanakekeli yi-MomConnect. I-MomConnect itholakala mahala ukuyisebenzisa kanti abanakekeli bangabhalisa ngokushayela ku *134*550# kumaselula abo kanti futhi itholakala ngazo zonke izilimi. Unkosikazi okhulelwe kumele abuze komunye kwifasilithi yezempilo ukuqinisekisa ukuthi ukhulelwe ebese uyabhalisa. Ithumela imilayezo kubanakekeli ukubasekela ekuphatheni impilo yezingane kanye nokuthuthuka kwazo, kanti ihlinzeka ngokukhumbuza lapho kumele bayogonyisa izingane.

Qinisekisa ukuthi bonke abesimame abakhulelwe obanakekelayo babhalisa ne-MomConnect.



HLALA UNOLWAZI

Ulwazi olusha kanye nocwaningo kwenziwa njalo mayelana nezinzuzo zokugonyisa izingane.



Ngokwelulekwa yi-NAGI, isheduli ye-EPI ingashintshwa ukuthuthukisa ukuvikeleka kanye nokwenganyelwa. I-NAGI ingancoma nokuthi izingane ezithile zithole ugonyo olungezelelwe, njengomjovo womkhuhlane, noma we-COVID-19 kwizingane ezinezimo ezithile ezihlala zikhona emzimbeni wazo.

Sibuye sivumbulule nezimpendulo kwimibuzo ebalulekile abantu abanayo ngogonyo cishe nsuku zonke. Yiba nenjwayelo yokusebenzisa imithombo yosizo ethembekile lapha ngezansi ukuba nolwazi lwakamuva ngesheduli yokugonywa kwezingane kanye nezinto ezintsha ezenzeka kamuva.

Health Worker Connect

- Thumela i-WhatsApp 'hi' ku +27 60 060 1111

National Health Hotline

- Shayela: 0800 029 999
- WhatsApp: 0600 123 456

NursesConnect

- Shayela u *134*550*5# kwiselula yakho

Side by Side

- Website: sidebyside.co.za
- Facebook: <https://www.facebook.com/SidebySideSA/>
- Ucingo: 071 412 0553
- I-email: info@sidebyside.co.za

National Institute of Communicable Diseases

- Website: nicd.ac.za



HLOLA AMAQINISO

Kukhona ulwazi oluningi olungamanga, olwenza ukuthi sihlale sethukile noma sithukuthele. Ulwazi olusha nalo lungabanzima ukuluthemba ngoba akuvamile ukuthi kubelula ukwazi ukuthi ngabe yiyiphi imithombo yolwazi ethembekile.

Selokhu kwaba nobubhane lwe-Covid-19 kukhulile ukungathembi ngogonyo, imijovo yokuqinisa amasosha omzimba, izinkampani ezinkulu zama-pharmaceutical kanye nezinhlelo zohulumeni zokungenela, ngenxa yolwazi olungeyilo iqiniso. Kodwa ngokwazi amaqiniso, ungalungisa ulwazi oluningi olungeyilo iqiniso.

Ungawahlola kanjani amaqiniso

Zibuze imibuzo lapho ubheka ulwazi:

1. Ngubani olubhalile?

Yenza uhlolo masishane ukubona amakhwalifikheshini alowo muntu. Yiya kuma-website athembekile ukubheka amaqiniso

2. Ngabe ngingaba nobufakazi bokuthi lolu lwazi luyiqiniso?

Bheka kwi-online



YAKHA UKUTHEMBEKA - LALELA, BUZA, FUNDISA, YENZA UCWANINGO

'Isinqumo somnakekeli sokungagonyisi ingane sibangelwa yizinto eziningi.

Kulesi simo, kukuwe ukuthi uthola indlela yokwabelana nabanakekeli ngale milayezo ebalulekile ngendlela abazoyiqondisisa kanye nokuyamukela. Nikeza ulwazi ngendlela elula necacile.

Nazi iziphakamiso zezindlela ongakhulumisana ngazo kanye nokwakha ukwethembeka nomuntu okhathazekayo ngokuthi ingane yakhe igonywe.

ISINYATHELO 1: LALELA

- ✓ Lalela kanye nokwenza isiqiniseko sokuthi uzama ukuphendula imibuzo yabo ngaphandle kokwahlulela. Lalela nokuzama ukuqondisisa izihibe ababhekene nazo ngokuthola ugonyo.
- ✓ Sebenzisa izimpawu zomzimba; bhekana nomuntu ngamehlo.
- ✓ Basize ukuthi bazizwe benethezekile.

- ✗ Ungamehluleli umuntu ngezinkolelo zakhe noma lokho akwazisayo.

ISINYATHELO 2: BUZA

✓ Buza imibuzo ukuqondisisa kangcono ngezizathu zabo kanye nokulungisa ulwazi.

✗ Musa ukuzama ukwethusa abantu ukuthi benze ugonyo.

ISINYATHELO 3: FUNDISA

✓ Yenza ukuthi ufundise: Tshela abantu izindaba ngempilo yakho (kanye nezipiliyoni zabanye/ozakwabo) ngezinzuzo zogonyo kanye nokubakhuthaza. Sebenzisa ulimi olucacile nolulula.

✗ Unganikezi abantu ulwazi olunzulu nangolimi olunzima ukuluqondisisa.

ISINYATHELO 4: CWANINGA

✓ Yenza ucwaningo: Uma ungenayo impendulo ngaleso sikhathi, kulungile nalokho. Njalo kuyohlala kunolwazi olusha kanye nemibuzo. Thola ulwazi kwabanye kanye/noma ukuzilungiselela uma uphinde uthola lowo mbuzo futhi.

✗ Ungaphikisani nabantu.

✗ Cela uxolo.

KHUMBULA

Ungahlangana nabantu abathukuthele kanti futhi abalwisana nogonyo noma abangakabi nasiqiniseko ngisho nangemuva kokuba ukhulume nabo. Kunalokho yakha ubudlelwane obuhle bokubakhuthaza ukukhuluma nawe futhi ngekusasa.

HLONIPHA IZINKOLELO ZABO BONKE ABANTU.



UKUKHULUMA NGEMIPHUMELA ESECELENI ENGEMIHLE



Ukwesaba imiphumela yaseceleni engemihle yinto evamile. Yiba nomqondo ovulekile nokuba qotho. Njalo nje chaza ngemiphumela eseceleni engemihle izingane eziba nayo nokuthi ivamile, kanti futhi ayibi ngemibi kakhulu futhi iyaxazululeka ngemuva kwezinsukwana ezimbalwa. Le miphumela ibonisa ukuthi imithi yogonyo yenza umsebenzi wayo. Kanti futhi chaza ukuthi imiphumela engemihle eseceleni ingcono kunokuthi ingane yakho iguliswe ngenye yalezi zifo zezingane ezingabangela ukufa noma ukukhubazeka.

Imiphumela yaseceleni engemihle emincane ingaba:

- Ingalo ebuhlungu nokuba bomvu lapho kujovwe khona
- Ifiva/ukujuluka nokubanda
- Ukuphathwa yikhanda
- Ukukhathala kakhulu
- Ubuhlungu bamamaseli (izinhlunu)
- Ukucanuzelwa yinhliziyo, uhudo noma ukuhlanza
- Ukuqubuka kwesikhumba
- Ukuvuvukala kwezimbilaphi
- Ukungathandi ukudla
- Ukucasuka noma ukukhathazeka ngezinto ezincane



Uma lokhu kwenzeka kwizingane zesiguli sakho:

1. Lalela kanye nokumnikeza isiqiniseko. Lezi yizinto ezivamile kanti futhi zikhombisa ukuthi imithi yogonyo iyasebenza nokuthi umzimba wengane wakha amasosha okuvikela umzimba kwizifo.
2. Abanakekeli bangaphatha lemiphumela yaseceleni engemihle ngokuqinisekisa ukuthi ingane iyaphumula, ihlala iphuza kahle amanzi kanye nokuphuza imithi yokusiza kwizinhlunu nefiva, uma kudingekile.

Imiphumela eseceleni engemihle enzima yokugonywa kwezingane ayivamile, kanti futhi ihlala njalo ihlolwa kanye nokuphenyisisa ngayo okwenziwa yikomidi lezeluleko likangqongqoshe, aboMnyango

Wezempilo, kanye nabe-South African Health Products Regulatory Authority (SAHPRA).

Imiphumela yaseceleni enzima engemihle ayivamile. Le miphumela yaseceleni engemihle yaziwa ngokuthi ama-Adverse Events Following Immunisation (AEFI).

Abasebenzi bezempilo bangabika ama-AEFI kwi-SAHPRA ngokusebenzisa i-Med Safety App, ongayidawunilowuda lapha: <https://medsafety.sahpra.org.za/>

KHUMBUZA ABANAKEKELI

Uma ingane yakho ihlangabezana nemiphumela yaseceleni engemihle enzima, sicela uxhumane ne

NATIONAL HEALTH HOTLINE

- **Shayela u: 0800 029 999**
- **WhatsApp: 0600 123 456**

Hambisa ingane yakho emtholampilo masishane uma:

- Uma ingane yakho ikhwehlela kanye nokuphefumula ngokukhefuzela (ukukhefuzela ka 50 ngomzuzu owodwa).
- Uma ingane yakho ingaphansi kwezinyanga ezimbili (2) kanti futhi inefiva nokunganceli kahle.
- Uma ingane yakho ihlanza konke.
- Uma ingane yakho inohudo, amehlo ashone phansi kanti nokushona phansi kokhakhayi.
- Ingane yakho iqhaq hazela (idikizela).
- Ingane yakho ibonisa izimpawu zokungondleki kahle (ukuvuvukala kwamaqakala kanye nezinyawo).
- Ingane yakho inganyakazi noma ingavuki.
- Ingane ingakwazi ukuncela noma ukudla kahle.

KHUMBULA:

Thumela yonke imibuzo yakho ku-National Adverse Events Following Immunisation (AEFI) coordinator, ozoba nolwazi lwakamuva ngokwenzekile nokuthi ngabe yini okumele kwenziwe. Ungaceli izeluleko kubantu abangebona abezempilo.

IMILAYEZO EBALULEKILE OKUMELE KUKHULUNYWE NGAYO

Qinisekisa ukuthi ukhuluma ngale milayezo ebalulekile kobaba nomama kanye, nabanakekeli lapho beza emtholampilo.

Ngokuthi yini ugonyo olunikeziwe nokuthi luvimbela siphilisi

Ukugcina ibhukwana le-Road to Health (ikhadi logonyo) liphephile kanye nokuya nalo emtholampilo njalo

Yini izinto ezingezinhle ezingenzeka nokuthi kubhekwana kanjani nazo.

Ukuthi kumele kuyiwe nini futhi emtholampilo kanye nokukhumbuza

Khuthaza obaba ukuthi badlale indima ekuqinisekiseni ukuthi izingane zabo zigonywa ngokuphelele

UKWENZA OKUMELE KWENZIWE

UMPHO UMSEBENZI WASENDLINI

Hlangana noMpho. UMpho usebenza njengomsebenzi wasendlini ukusukela ngoMsombuluko ukuya kulweSihlanu, ukusukela ngo 7 ekuseni ukuya ku 6 wantambama. Umqashi wakhe akamniki isikhathi sokuhambisa izingane zakhe emtholampilo, ngakho-ke izingane zakhe azilwenzanga lonke ugonyo.

Impendulo

ISINYATHELO 1: LALELA

Nikeza uMpho ithuba lokuthi aqede akushoyo. Ungamuphazamisi.

“Ngiyazi ukuthi izingane zami kumele zigonywe kodwa ngisaba ukuthi uma ngingayi emsebenzini, ngizolahlekelwa umsebenzi wami.”

ISINYATHELO 2: BUZA

“Ngiyabona ukuthi uyazi ngokubaluleka kokugonyisa izingane, asizame ukuthola isixazululo. Ngabe kukhona umuntu emndenini wakho ongahambisa izingane emtholampilo? Noma mhlawumbe ungathatha ilivu yohafu wosuku ukuya emtholampilo?”

ISINYATHELO 3: FUNDISA

Yamukela izinselele uMpho abhekene nazo kanye nenhloso yakhe yokuthi izingane zakhe zigonywe. Mazise ngamahora okusebenza asemtholampilo uma ekhona.



“Ngiyabona ukuthi ufuna izingane zakho zigonywe kodwa awusitholi isikhathi. Ngabe bewazi ukuthi ilunga lomndenini noma umngani osondelene naye, naye angahambisa ingane yakho emtholampilo uma wena ungekho? Ake sibheke ukuthi yikuphi okungcono ongakhetha kukho.”



USANDY UMABHALANE WASEBHANGI

Hlangana noSandy. Uneminyaka engu 35 ungumabhalane ebhangi, kanti akaqinisekile ngokuthi ngabe angagonyisa izingane zakhe nakhona uyakhathazeka ngemiphumela eseceleni engemihle.

“Ngiyakhathazeka ngokuthi izingane zami zizogula kakhulu ngokugonywa kanti futhi zizokhala kakhulu ngokuba nezinhlungu. Ziphile kahle. Ngabe imizimba yazo ngeke yalwa nezifo ngaphandle kokuthola imithi yogonyo?”

ISINYATHELO 2: BUZA

“Ngabe uyayazi imiphumela eseceleni engemihle ongayilindela? “Ngabe yiyiphi okhathazeka ngayo kakhulu?”

ISINYATHELO 3: FUNDISA

Bhekana nezinto ezikhathaza uSandy kanye nokuchaza imiphumela yaseceleni engemihle evamile, evamise ukuba ngeyazinga eliphansi, ukuze alindele ukuthi ingane yakhe ibe nobuhlungu lapho ijovwe khona, ifiva/ukushisa nokubanda, ikhanda elibuhlungu, ukukhathala kakhulu, ubuhlungu bamamaseli (izinhlunu), ukucanuzelwa yinhliziyi noma ukuqubuka kwesikhumba. Cabanga ngokwabelana nesipiliyoni sakho naye:

“Izingane zami zonke zithole lonke ugonyo lwezingane, ngisho noma zaba nobuhlungu obuthize engalweni, kanti futhi nokushisanyana komzimba kanye nokuqubuka kwesikhumba, kodwa azikho ezaba nemiphumela enzima. Kwakuyizinto engikwazi ukubhekana nazo ngokuthi ziphumule kanye nokuzinikeza imithi. Izingozi zokugula zinkulu kakhulu kunemiphumela yaseceleni engemihle.”



Khumbula ukwenza isiqiniseko sokuqondisisa ngokuthi ugonyo lwezingane luzosiza ukuvikela izingane ekutheni zingaguli kakhulu noma ukushona ngenxa yalezi zifo.

UGOGO DLAMINI

Hlangana noGogo Dlamini. Ugogo Dlamini ukhuluma nabangani bakhe esitolo lapho emi olayinini ngokugonywa kwezingane. Uyamuzwa lapho ethi lemithi yokugonya ayiphephile kanti futhi ayihloliwe kahle.

Impendulo

ISINYATHELO 1: LALELA

Lalela lokho uGogo Dlamini akutshela khona.

“Le mithi yogonyo yenziwe ngokushesha kakhulu; kanti futhi ayihloliwe kahle ukubona ukuthi ngeke yasigulisa kakhulu yini.”

Linda aze aqede ukukhuluma ngaphambi kokuba ukhulume.

ISINYATHELO 2: BUZA

“Kungani ucabanga ukuthi lolu gonyo aluphephile? Ngabe wakuzwa kuphi lokho?”

ISINYATHELO 3: FUNDISA

Chaza ukuthi lezi akuzona izifo ezintsha nokuthi imithi yogonyo yenziwa nokuhlolwa eminyakeni eminingi ngaphambi kokuba ibonwe ukuthi iphephile ukuthi ingasetshenziswa.



“Lezi zifo ezifana ne-TB, isimungumungwana, idiphtheria, ukhohlokhohlo kanye ne-polio kudala zikhona iminyaka engamakhulu. Ngokudabuka, izigidi zabantu zibulawe yilezi zifo esikhathini esedlule kanti abanye bashiyeke bekhubazekile. Kodwa manje lokhu akusenzeki, ngenxa yemigonyo eyaqala ukusetshenziswa eminyakeni engamakhulu amabili edlule. Ukusukela lapho ososayense sebenze imithi yogonyo eminingi ehlukeni kanti futhi bayihlola kanzulu eminyakeni eminingi edlule ukuqinisekisa ukuthi iphephile ukuthi ingaseshenziswa.



HLANGANA NODEBRA

Hlangana noDebra. UDebra unezingane ezincane ezintathu kanti zonke azilutholanga ugonyo lwazo. UDebra ungumama okhulisa izingane yedwa kanti usebenza ngokuphelele.

“Nginezingane ezintathu ezincane kanti ngisebenza ngokuphelele. Ngikuthola kunzima ukukhumbula ukuthi kumele ziye nini ukuyothola ugonyo lwazo olulandelayo.”



Impendulo

ISINYATHELO 1: LALELA

Lalela lokho uDebra akutshela khona. Yima kahle ukhululeke

ISINYATHELO 2: BUZA

“Ngabe usuke wabona isheduli ekuncwajana ye-Road to Health noma i-website yaboMnyango wezeMpilo? “

ISINYATHELO 3: FUNDISA

Chaza amathuluzi abambekayo uDebra angawasebenzisa ukulandela isheduli.

“Ngiyabona ukuthi ufuna izingane zakho zigonywe kodwa awukwazi ukulandela kahle isheduli yokuya emtholampilo ngezikhathi obekelwe zona. Ngiyawuqondisisa lowo muzwa. Kungani ungasebenzisi ikhalenda noma ufakele kwifoni yakho izikhumbuzo. Kanti futhi ungadawunilowuda i-app ye-Road to Health mahala. Awuthi ngikusize.”



YIBA WUSHAMPIYONI WOGONYO

Nazi ezinye izinto wena njengomsebenzi wonakekelo lwezempilo, ongazenza emphakathini wakho nsuku zonke ukukhuthaza ugonyo lwezingane:



Yenza ithuba lokuqhubela phambili ugonyo



Njengomholi womphakathi othembekile, ziningi izindlela ongazisebenzisa ukuqhubela phambili ugonyo emphakathini wakini. Ungahlela izinsuku zokuhlinzeka ngolwazi endaweni kwimicimbi, kuma-ECD, noma ezindaweni zomphakathi ukuhlinzeka ngolwazi olunemfundo kumphakathi. Ungahlela nokuthi kube nomtholampilo ongumahamba nendlwana ukuvakashela imiphakathi ekude nomtholampilo.



Qondisa ulwazi olungamanga ngogonyo.

Yabelana nabanye ngolwazi oluyilo kuma-WhatsApp kanye nakwamanye amaqembu oyingxenywe yawo. Qinisekisa ukuthi unolwazi lwakamuva ngesheduli yogonyo kanye nezindlela zokuqhubela phambili ugonyo.



Yabelana ngezipiliyoni zakho kanye nezindaba ezinhle ngokugonyisa izingane zakho.

Yabelana nomndeneni kanye nabangani kwi-online noma endaweni yokukhonza ngezinzuzo ozibonile ngogonyo kanye nezipiliyoni zokwenza ugonyo.



Sekela kanye nokukhuthaza abanye abantu emphakathini wakho ukwenza lokho.

Ukuthola ugonyo lwezingane yingxenywe yokuphila impilo evamile kanye nempilo enhle. Wonke umuntu kumele alwenze, kanti futhi lokhu kusiza ukwenza ukuthi zonke izingane emphakathini wenu zenze ugonyo ngesikhathi.

Health Worker Connect

- **Thumela i-WhatsApp 'hi' ku +27 60 060 1111**

National Health Hotline

- **Shayela: 0800 029 999**
- **WhatsApp: 0600 123 456**

MomConnect

Bhalisa ngokushayela u *134*550#

Side by Side

- **Website: sidebyside.co.za**
- **Facebook: <https://www.facebook.com/SidebySideSA/>**
- **Ucingo: 071 412 0553**
- **I-email: info@sidebyside.co.za**

NurseConnect

- **Ucingo: Shayela u *134*550*5#**

National Institute of Communicable Diseases

- **Website: nicd.ac.za**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



USAID
FROM THE AMERICAN PEOPLE

unicef 
for every child