

# Phila Ngokuqinisekileyo

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Igama: \_\_\_\_\_



# Qiniseka Ngokuphila

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Wamkelekile “kwindlela yokuphila ngokuqinisekileyo” le yincwadi yokusebenza eyenzelwe ukuba isetyenziswe kwixesha leveki ezintandathu ijonge ukunceda abantu baphuhlise ubuchule bokwazi ukuzilawula xa uphila nentsholongwane kagawulayo nogawulayo (HIV/AIDS). Esi sifundo asenzelwanga ukuba uhlale, ufunde okanye umamele nje kuphela. Ukuze ufunde okuninzi kwesi sifundo uyacelwa ukuba wabelane ngolwazi onalo, kuza kufuneka ube nenjongo ozakwabelana ngazo nabanye kwaye uthabathe inxaxheba nasemidlalweni. Le ncwadi ayithathi ndawo yalo naliphi unyango obucetyiswe ngalo ukunyanga isimo sakho sempilo.

Uyakuzuza lukhulu kulencwadi ngokuthi uzinikele ubekhona okanye uphumelele kumhlangano ngamnye wezi zifundo. Ingcaphephe kwezophando zisixelela ukuba ezi zifundo ziluncedo kakhulu kubantu abaphila nezifo ezinganyangekiyo ezifana nesifo seswekile, amathambo kunye nentsholongwane kagawulayo nogawulayo. Ukuze uncedakale kwezi zifundo ukusebenzisa lencwadi rhoqo kwiveki ezintandathu kwaye nokuthatha-inxaxheba kwimidlalo kubalulekile.

Uyakuzuza lukhulu kule ncwadi ukuba uye wazinikezela ngokuthi ubekhona kuyo yonke imihlangano ezakuthatha iveki ezithandathu. Ingcali zophando zisixelela ukuba ezi zifundo ziluncedo kakhulu kubantu abaphila nezifo ezinganyangekiyo ezifana neswekile, isifo samathambo kunye nentsholongwane kagawulayo nogawulayo. Kodwa ukuze uzuze lukhulu kwezi zifundo, ukusebenzisa lencwadi yonke imihla kwaye uthathe inxaxheba kwimidlalo ezakuqhuba iveki ezintandathu kubalulekile. Le ncwadi yahlulwe yanamacandelo amathandathu:

1. Iveki 1: Ukulawula isiqu kunye nomthambo
2. Iveki 2: Ukulawula impawu eziqhelekileyo zentsholongwane kagawulayo nogawulayo
3. Iveki 3: Ukulawula uxinzelelo
4. Iveki 4: Ingqaqambo
5. Iveki 5: Ukutya ngendlela elungileyo
6. Iveki 6: Ukuqhubeka njengomlawuli- siqu ophumeleleyo

Umkhokeli wenu kwezi zifundo ngu \_\_\_\_\_ ufumene uqeqesho ngalo lonke ulwazi eniza kulifunda. Uqeqeshwe yifisiotherapisti enobuchule ngentsholongwane kagawulayo nogawulayo ngendlela ekhuselekileyo yokuzilolonga kunye nobugcisa ngokuphumla.

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## Iveki 1: Ukuzilawula Ngesiqu Nokuzilolonga

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Sithetha ukuthini ngalentetho “ukuzilawula ngesiqu”? Ukulawula isiqu sakho akuthethi ukuthi kulindeleke ukuba ujonge impilo yakho ngokwakho ngaphandle koncedo. Umntu onempumelelo ngokuziphatha uthatha uxanduva ngempilo yakhe. Lonto ithetha ukuthi bakhetha ukusebenzisana neqela lezempilo, amayeza abo kunye nesiqu sakhe ukuze uphile impilo entle (njengomphathi wezoshishino- abenzi yonke into ngokwabo, basebenza bengamaqela).

Zininzi izinto onokufunda ukuzenza ezizakuthi zikuncede ube ngumlawuli- siqu ophumeleleyo. Okokuqala kubalulekile ube nolwazi ngentsholongwane kagawulayo nogawulayo. Kufuneka ube nokuyiqonda intsholongwane kunye nesifo sayo, nendlela eyasuselela ngayo, ukuba ingakuchaphazela njani kunye namayeza asetyenziselwa ukuyithomalalisa okanye ukuyinceda.

Inqanaba elilandelayo ngokuzilawula ngobuqu kukuba ukwazi ukucinga ngalemfundiso nangendlela ochaphazeleka ngayo. Inqanaba lokugqibela ngokuzilawula ngobuqu kufuneka ucinge ukuba ingaba yintoni le unokukwazi ukuyenza, yenza isigqibo sokuba uzakuyenza njani, uyifunde njani kwaye uziqhelanise nobuchule obufunekayo ukuze ukwazi ukuyenza. Ezinye zezinto ozakuthi uzifunde kwaye uziqhelanise nazo yonke imihla xa usenza ezi zifundo ziquka umthambo, ubugcisa bokuphumla kunye nendlela esempilweni yokutya.

Xa usebenzisa lencwadana uyakufunda ngokuzilolonga neziphumo zokuzilolonga, kwicandelo lesibini kwezi zifundo, uyakufunda kancinane ngempawu zentsholongwane kagawulayo kunye nogawulayo nokuba ungamlawula njani. Icandelo lesithathu lizakujongana nokulawula uxinzelelo, icandelo lokugqibela lijongane nengqaqambo kunye nendlela yokutya kakuhle. Abanye abantu abazakusebenzisa le ncwadi kusenokwenzeka sebenolwazi malunga nezi zihloko abanye kusenokwenzeka banolwazi oluncinane. Kubalulekile ukwabelana ngolwazi ukuze siqiniseke ukuba wonke ubani unolwazo olufunekayo ukuze akwazi ukuzilawula ngobuqu, nokuba ucinga unolwazi oluninzi malunga nezi zihloko, kubalulekile ukuba uyifunde lencwadana ukuqiniseka ukuba akukho lwazi likuphosayo. Ingcaphephe zophando zisixelela ukuba abantu abanolwazi ngempilo yabo bazilawula ngcono kwaye banohlobo lobomi olubhetele. Xa usebenzisa lencwadi kwakhona uyakuthi ufunde kwaye uxoxe ngamaqanaba afunekayo ukuze ukwazi ukuba ngumlawuli- siqu ophumeleleyo. Masijonge lamanqanaba:

## Amanqanaba Okuzilawula Ngobuqu

### **Inqabana Lokuqala:**

Ukuze uphumelele xa uzilawula ngobuqu kufuneka ufunde kwaye uziqhelise nezinye indlela zobuchule oyakuthi uzenze njengoko izifundo ziqhuba. Kwinqabana lokuqala kukuthi wenze isigqibo sokuba ingaba ufuna ntoni le uzakukwazi ukuyenza. Eli ingaba lelona nqanaba linobunzima ukucinga ngalo. Umzekelo ungaziva ukhathazeke kakhulu okanye unoxinzelelo. Okokuqala kufuneka ucinge ukuba kutheni uvakalelwa ngoluhlobo. Mhlawumbi unobangela wokuba uvakalelwe ngoluhlobo kungokuba awusahlangani okanye awusibonani nabahlobo okanye itshomi zakho. Inqanaba lakho lokuqala usenokugqiba ngelokuba ufuna ukudibana nabantu ukwenza ubuhlobo. Lendlela iyakukwenza uzive bhetele kwintlungu okanye kuxinzelelo oluvayo.

Bhala phantsi izinto zibentathu ocinga ukuba ungakwazi ukuzenza.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_



### **Inqanaba Lesibini:**

Kodwa ukwenza isigqibo sokuba uzakuhlangana nabantu wenze ubuhlobo akuthethi kuthi lonto izakwenza. Kufuneka uzame ukuba yenzeke. Kwinqanaba lesibini, lokuzilawula ngesiqu kufuneka wenze isigqibo sokuba uzakwenza njani. Ngamanye amaxesha ukucinga ngokuqala into entsha isenokubonakala njengento enzima kwaye singaqali nokuzama. Ukuba ufuna ukuhlangana nabantu ukwenza ubuhlobo kufuneka ucinge ngendlela zonke ozakwenza ngazo. Umzekelo ungamema abamelwane bakho baze kuphunga iti, okanye usenokuqonda ukuba ufuna ukuhlangana nabantu ngokuthi uye ecaweni, ngokungenela iqela elinxasanayo okanye iqela lezomthambo. Ungafane ucinge ukuba lento ufuna ukuyenza ayizukuphumelela. Jonga ezinye indlela ngalo lonke ixesha, kwaye uzijonge ngazo zonke indlela.

Bhala phantsi indlela zibentathu ezahlukeneyo onokuzizama ukuphumeza lento ufuna ukuyenza:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_



Ngoku sele usenzile isigqibo sokuba uzakuzama njani ukuphumeza lento ufuna ukuyenza, kufuneka ucwangcise ukuba uzakuyenza njani. Kubalulekile ukuthi kanti isicwangciso sizakusebenza ngapha koko kusenokwenza ungaphumeleli. Ingaba uzakuyenza njani lento?

- Okokuqala yenza isigqibo sokuba uzakwenza ntoni kuleveki.
- Yenza isicwangciso seyona nto uzakuyenza

Ukuba uthi kuleveki uzakuzama ukuya kudibana nabantu ayisosicwangciso seyona nto ecacileyo. Esona sicwangciso sicacileyo masibe nendidi zamalungu angala:

- *Yintoni?*

Yintoni kanye le uzakuyenza? Umzekelo usenokugqiba kwelokuba ukuhlangana nabantu uzakumema abamelwane bazokuphunga iti.

- *Kangkanani?*

Emva koko kufuneka wenze isigqibo sokuba uzakwenza kangakanani. Umzekelo ingaba uzakubiza ummelwane abemnye aze kuphunga iti okanye uzakubiza iqela labamelwane. Abantu abaninzi bayadina kunomntu omnye. Okanye ingaba ufuna ukubiza abamelwane baze kutya isidlo sasemini? Kodwa isidlo sasemini, lonto ithetha ukuthi sifuna ukulungiswa kwaye eloxesha lokusenza lakukwenza udinwe ngakumbi. Ngako oko kufuneka isigqibo sokuba ungayenza kangakanani.

- *Uzakuyenza nini?*

Emva koko kufuneka wenze isigqibo ngosuku olulodwa ozakuwenza ngalo mdlalo, iyakube ingubani ixesha lomini. Mhlawumbi kungabhetele ukubiza ummelwane wakho aze kuphunga iti ngexesha lakusasa ngoba ungabe sele udiniwe emva kwemini.

Okanye ukuba uye uzive ungaphilanga kusasa ngenxa yamayeza owasebenzisayo mhlawumbi kungabhetele ukumbizela kwiti ummelwane wakho emva kwemini. Mhlawumbi ummelwane wakho uyaphangela, ungambiza azekufumana iti ngempelaveki.

- *Kangaphi*

Le yeyona ndima inobunzima. Sonke siyathanda ukufuna ukwenza izinto ezininzi ngosuku. Kodwa singabantu kwaye izinto azisoloko zisenzeka ngokwezicwangciso. Xa abantu beqala ukufuna ukwenza ezomthambo, sisoloko sisithi sizakuwenza ntsuku zonke. Kodwa lonto ayisoloko isenzeka njalo, ukuba siye saphosa usuku siye sizive singenampumelelo kwaye sityhafe. Ingaba uzakubamema kangaphi abamelwane bakho

ukuzakuphunga iti? Hayi ntsuku zonke, mhlawumbi kanye evekini. Uyazi anizukusuka nibe nobuhlobo kwangoko kwaye lonto izakuthatha ixesha.

- *Ingaba sisicwangciso esilungileyo na?*

Ukuze wazi ukuba ingaba wenze isicwangciso esilu ngileyo kufuneka uzibuze lombuzo.

*“Ukuba ndizinike amanqaku ukusuka ku-0 ukuya ku-10 ngokuba ndinethemba kangakanani ngokuphumeza isicwangciso sam kule veki, u-0 kuxa ungenathemba kwaphela, u-10 kuxa unethemba ngokupheleleyo. Ngubani inqaku endizakuzinika lona ukubonakalisa ukuba ndizithembe kangakanani ukuba ndingayenza lento?”*

Ukuba uzinika u-7 nangaphezulu ko-10 kusenokwenzeka sisicwangciso esihle eso. Ukuba uzinika ngaphantsi ko-7 kufuneka ucinge ukuba kutheni ungenathemba. Yintoni ingxaki okanye umqobo? Ndingasitshintsha isicwangciso okanye ndilungise ingxaki ukuze ndibenethemba ngakumbi?



### ***Inqanaba Lesithathu:***

Ngoku, bhala isicwangciso sakho phantsi kwaye usibeke apho uzakusoloko usibona ntsuku zonke. Ngemva kulencwadi kukho indlela eziyi7 zesicwangciso sokwenza. Zisebenzise yonke imihla usenza ezizifundo. Usenokwenza ezinye indlela ukuziqhuba usebenza ngokwesicwangciso sakho sexesha elizayo.

#### **Isicwangciso sokwenza esilungileyo nasi:**

- Into endifuna ukuyenza
- Into endilindele ukuyenza kule veki
- Ingaba sicacile
- Phendula le mibuzo:
  - Yintoni
  - Kangakanani?
  - Nini?
  - Kangaphi?

Ndinethemba kangokuba noko ndingamfumana u7 ku 10

Ngoku kufuneka usebenzise isicwangciso nkqubo sakho. Ukuba sisicwangciso esihle ukusisebenzisa kuya kubalula. Kuyanceda ukuxelela usapho nabahlobo ukuba yintoni isicwangciso sakho kwaye ubuye ubaxelele ukuba uqhube njani. Kwezi zifundo uzakwenza isicwangciso veki nganye kwaye ubuye unike ingxelo yokuba uqhube kanjani. Kuyanceda ukubuya unike ingxelo kuba lonto iyakunceda ekubeni wazi ukuba uqhube njani. Ukuba awukwazi kuqhube ngokwesicwangciso usenokuthetha ngengxaki onazo kwaye uzame necebo lokumelana nezo ngxaki.

### ***Inqanaba Lesine:***

Hlala ujonge iziphumo zakho kwaye uzinike umvuzo ngokuphumelela isicwangciso sakho. Kwakhona hlala ucinga ukuba uziva njani ngokuphumeza isicwangciso sakho. Kumzekelo ebesithethe ngayo, usenokuzincoma ngokumemela abamelwane bakho kwiti, usenokucinga ngokuba uziva njani ngoku. Ingaba isicwangciso sakho sikuncedile waphumeza lento ubuyifuna?



### ***Uzathini ngengxaki?***

Uzakuthini ukuba ngaba isicwangciso sakho asisebenzanga? Uzakunikezela, uzakugqiba ekubeni unesicwangciso esibi? Nazi indlela eziyi7 zokusombulula ingxaki zakho:

1. Yenza isigqibo ngokuba yintoni ingxaki (ukuzinceda koku uzakudinga abahlobo nosapho).
2. Dwelisa okanye yenza uluhlu lwengcebiso ukusombulula ingxaki
3. Khetha imbono ibenye ukuzama
4. Iqhube njani?
5. Ukuba ngaba ayisebenzi zama enye imbono.
6. Ukuba ngaba imbono zakho azisebenzi, cela umhlobo, usapho, ikhansila okanye abanobugcisa ngengcebiso.
7. Ekugqibeleni kufuneka uyamkele into yokuba awunakuyisombulula ngoku le ngxaki.

### **Umlawuli siqu ophumeleleyo ngumntu:**

- Onenjongo
- Owenza uluhlu lwendlela azakuphumeza ngazo ezonjongo.
- Owenza isicwangciso nkqubo sokuphumeza ezonjongo
- Aqhubeke nesicwangciso nkqubo
- Ajonge inkqubela phambili veki zonke.
- Ozakusitshintsha isicwangciso nkqubo xa kukho ingxaki
- Azinike umvuzo ngokuphumeza injongo zakhe.

Ekugqibeleni kwecandelo ngalinye ngemva kule ncwadi kukho “Amaxwebhu esicwangciso sokwenza”. Sebenzisa lamaxwebhu ukucwangcisa ukuba ingaba ufuna ukwenza ntoni kwaye uza kuyenza njani lonto. Ngoku siza kuthetha ngomthambo- sebenzisa “Ixwebhu lokucwangcisa nokwenza” ekugqibeleni kweli candelo ukucwangcisa ukuba ingaba loluphi uhlobo lomthambo oza kulenza kule veki.



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## Umthambo

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Umthambo yeyona ndlela ndlela ibalulekileyo ukukugcisa usempilweni. Inzululwazi ngezophando zithi umthambo uneziphumo ezininzi ezilungileyo okanye ezihle kwimizimba yethu ezifana nokuncedisa kwindlela yethu yokwetyisa, ukufunxa kunye nokuhambisa ukutya, ziqhelisa intliziyo zethu ukuze zomelele, zibesempilweni kwaye zigcine amaphaphu ethu esebenza kakuhle. Umthambo wenza izintlunu namathambo ethu omelele kunye namalungu ethambile ukuze sibe nokuhamba. Umthambo usenza sizive sonwabile, uphuhlisa ukuzinza kwengqondo kunye nezinga lokukhumbula, uphucula indlela yokulala kwaye umthambo unceda ukunciphisa amathuba okuba nezigulo ezingapheliyo ezifana noxinzelelo lwegazi kunye nomhlaza.



Kwiminyaka edlulileyo, xa abantu begula zizifo ezinganyangekiyo ezifana noxinzelelo lwegazi, iswekile okanye intsholongwane kagawulayo nogawulayo, abakhathaleli bezempilo bajonga ekuncedeni abo bantu xa impawu zokugula zisiya zisiba nobunzima. Unyango lujongana nokusebenzisa amayeza kuphela kwaye abantu babecetyiswa ukuba baphumle okanye banciphise imisebenzi yabo. Namhlanje siyazi ukuba sifundisa abantu abanezigulo ezinganyangekiyo ngezigulo zabo kwaye sibakhuthaze ukuba benze umthambo, singakhusela ingxaki ezininzi ebezikade zinganyangwa ngamayeza. Kwakhona siyazi ukuba umthambo ukunceda ukunyanga impawu ezininzi eziye zibe kubantu abaphila nezifo ezinganyangekiyo. Impawu ezo ezinokubangelwa sisigulo okanye ngamayeza asetyenziswa ukunyanga isigulo eso.

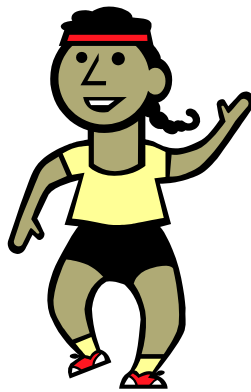
Usenokuba ufuna ukuqonda ukuba ingaba kukhuselekile na kuwe ukwenza umthambo xa unesigulo esifana nentsholongwane kagawulayo nogawulayo. Uphando lusixelela ukuba kukhuselekile ukuba abantu abaphila nentsholongwane kagawulayo bawenze umthambo. Awukhuselekanga nje kuphela, ukwavuselela isikhuselel-mzimba (immune system), uphucula ukunyamezela kwaye unciphisa ukudinwa, uphucule amandla kwaye unciphise amafutha emzimbeni. Kwakhona siyazi imithambo eyomelezayo ibonakala inceda, okanye inciphisa i-lipodystrophy kubantu abasebenzisa iARV's. Siyazi ukuba kubantu abaphile ngokwasemzimbeni bafunyanwa yingqele bathathe intsukwana ezimbalwa bengaphangeli ngenxa yokugula. Enye indlela oluncedo ngayo umthambo kukuba xa uzilolonga ngalo lonke ixesha uziva ukwazi kakhulu ukulawula ubomi bakho.

Nangona umthambo iyinto ekulungileyo kwaye ukhusekile ukuba ungawenza, ngamanye amaxesha umzimba wakho uzakuxelela ukuba ngoku kufuneka uyeke ukwenza umthambo. Ukuba unomkhuhlane, uziva unesiyenzi, uyagabha okanye unesisu esihambisayo, udujnelwa ngamalungu ngokukhawulezileyo okanye uqalwa zintlungu kwaye awuqinisekanga ukuba zibangelwa yintoni, kubhetele ungayikwenza umthambo de uthethe nonesi okanye ugqirha.



### **Ukuzilonga kulungile kuba:**

- Kuphucula isimo somntu ongatyhilekanga
- Kukunika ukomelela
- Kuphucula isimo sokulala
- Kuzinzisa ingqondo nenkumbulo
- Kwenza intliziyo nemiphunga ihlale isempilweni
- Kuphucula isimo sokwetyisa
- Kwandisa ukuzithemba ukuze ukwazi ukulawula isifo esinganyangekiyo.



### **Musa ukuya kuzilonga ukuba:**

- Unomkhuhlane
- Unesiyezi
- Uyagabha
- Unesisu esihambisayo
- Amalungu akho abe nokudumba ngokukhawuleza
- Uqalwa zintlungu ongazaziyo ukuba zibangelwa yintoni.

Ungaphosa usuku lube lunye lokuthamba ukuba unezinye zezingxaki ude uthethe nonesi/ umongikazi okanye ugqirha. Lonto ayithethi kuthi yeka ukwenza umthambo qha kufuneka uqinisekise ukuba awufunyanwa kukugula.

### Ingaba luhlobo olunjani lomthambo ekufuneka ulwenze?

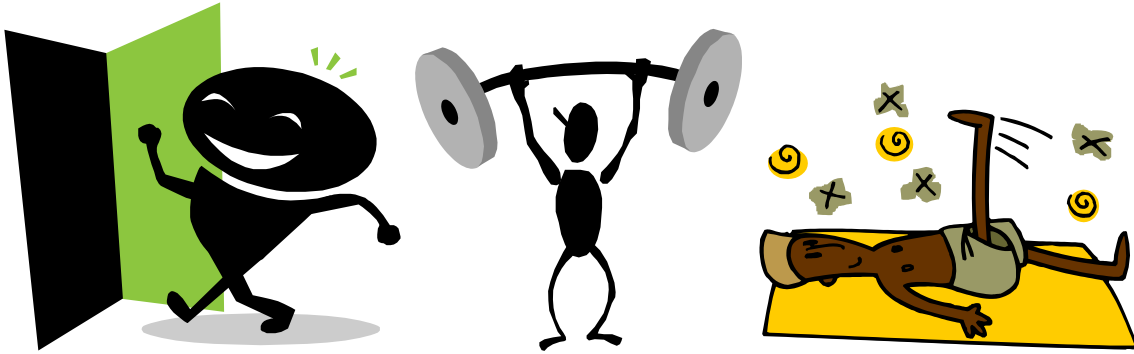
Akunyanzelekanga ukuba ujoyine amaziko okanye amabutho ezomthambo ukuze ube uyazilolonga. Zininzi indlela zomthambo ukususela kwimidlalo esesikweni efana nokubaleka, ukudlala isoka okanye umnyazi, ukuqhuba okanye umdlalo wentenetya. Kodwa ukuhamba ikwayeyona ndlela ilungileyo yokuthamba. Nawo nawuphi na umdlalo owenza intliziyo yakho ibethe ngokukhawuleza kwaye uphefumle ngamandla ngumthambo lowo. Ukudanisa ngumthambo lowo, ukuhamba emanqwanqweni/ ngezitepisi, nokusebenza egadini ngumthambo lowo. Zininzi indlela esinokuzilolonga ngazo imihla yonke ngaphandle kokuya kungenela izifundo zomthambo. Usenokuhamba umganyana phambi kokuba ukhwele ibhasi okanye itaxi okanye usenokudlala nabantwana bakho!

Zintathu indidi zomthambo eziqhelekileyo onokuthi uzenze. Umthambo wokuzivuselela, ngumthambo ofana nokuhamba, ukubaleka, ukudanisa okanye ukuqubha. Umthambo wokuzomeleza uyafana nomthambo wokubaleka, lonto ithetha ukuthi uzakube uphefumla ngokukhawuleza kwaye nentliziyo yakho nayo izakube ibetha ngamandla. Siyazi ukuba oluhlobo lomthambo lubaluleke kakhulu ukukugcina usempilweni kwaye kufuneka sichithe imizuzu engamashumi amathathu sisenza oluhlobo lomthambo kathathu ngeveki ukuzigcina sisempilweni.

Uhlobo lwesibini lomthambo kuthiwa ngumthambo wokuzomeleza. Oluhlobo lomthambo injongo zalo kuthiwa kukusenza somelele. Ukwenza izintlunu zomelele kufuneka senze umthambo owenza ukuba izintlunu zisebenze nzima ukuze zikwazi ukuxhathisa, njengokuzilolonga ubunzima kodwa usenokuzilolonga ukuba namandla ngokuthi usebenzise imthwalo enzima efana naxa uyokuthenga ezivenkileni. Uhlobo lokugqibela lokuthamba kukuzolula. Umthambo wokuzolula ujongene nokusigcina sikwazi ukushukuma kwaye sinokuthamba

#### **Indidi zomthambo**

- Umthambo wokunyamezela owenza ukuba siphefumle ngamandla (ngamanye amaxesha ubizwa ngokuba ngumthambo wokuvuselela)
- Umthambo wokuzomeleza owenza somelele.
- Umthambo wokuzolula owenza sikwazi ukushukuma ngakumbi kwaye sinokuthamba.



Kukho nezinye izizathu ezinokubangela ukuba abantu aphila nentsholongwane kagawulayo nogawulayo benze umthambo wokuzomelela. Inzululwazi zophando zisixelela ukuba umthambo wokuzomeleza ubonakala unceda okanye ukhusela okanye unciphisa ilipodystrophy. Ilipodystrophy, uthetha ukuba umzimba wakho uyayeka ukugcina amafutha kwindawo ubuqhele ukugcina kuzo amafutha (ezifana nempundu) uziqhelanise nokugcina amafutha kwindawo ezifana nesifuba okanye isisu sakho.

Ilipodystrophy ayintshintshi nkangeleko okanye ukumila komzimba kuphela, siyazi ukuba abantu abathe bafunyanwa yilipodystrophy bayathanda ukuba nezinga eliphezulu le cholesterol (i-cholesterol yinto engamafutha ebangela ukuvaleka kwemithambo ehambisa igazi kwaye yehlisa nezinga le insulin libephantsi). Insulin yincindi ekhutshwa lidlala elilawula iswekile egazini). Lonto ithetha ukuba maninzi amathuba okuba bangafunyanwa zingxaki zentliziyo okanye isifo seswekile.

Oyena nobangela welipodystrophy awucacanga kodwa yenziwa sisiyobisi okanye ichiza elithile lentsholongwane kagawulayo, ebantwini abadala nakubantu abanezinga elisezantsi lobalo le T cell esekukudala bephila nentsholongwane kagawulayo. Uphando olusandula kwenziwa lusixelela ukuba xa uzilolongela ubunzima (ukwakha izintlunu zomzimba ngakumbi) bungayinciphisa ilipodystrophy. Esi sesona sizathu sihle esinokubangela ukuba uqiniseke ngokwenza umthambo wokuzomeleza kwimithambo yakho yesiqhelo.

Siyazi ukuba obona bunzima ngokuzilolonga awuzilolongi kube kanye ube ugqibile, kufuneka uphinda-phinde ukuzilolonga. Sinamanqanaba asixhenxe esinokuwalandela ukuqinisekisa ukuba xa siqalisa ukwenza ezomthambo sisebenzisa wona. Sonke sisoloko sisenza izingxengxezo ezininzi ezingunobangela wokuba singazilolongi. Masijonge ezona zingxengxezo zixhaphakileyo.

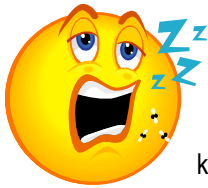
### ***“Ixesha andinalo”***

Ukuzilolonga xa uqala akuthathi xesha lininzi. Imizuzu emihlanu ngemini sisiqalo esihle. Siyakwazi ukwenza ixesha lokuthatha amayeza ngoba siyazi ngaphandle kwamayeza singagula. Ukuzilolonga kubaluleke njengokusela amayeza nanko kusinceda siphilile (ukhumbule ukuzilolonga akuthathi ndawo yamayeza). Ukuba besiyazi ukuzilolonga kubaluleke ngoluhlobo ngesinalo nexesha lokuzilolonga.



### ***“Ndidinwe kakhulu”***

Xa abantu befunyanwa kukugula baye bayekelele ukusebenza. Ngokuya uyekelele ukusebenza umzimba wakho uhlaselwa kukugula kwaye uye usiba buthathaka, okanye uye uphelelwa ngamandla, uve amalungu omzimba eqinile kwaye udinwa ngokukhawuleza. Lonto ingakwenza uzive unobunzima xa uzilolonga uwanciphise amathuba okuzilolonga. Lonto ibangela ukwehla kwemijikelo yemisebenzi kwaye abantu baye bafikelele kwinqanaba lokuba kwa ukuhamba aye kubona ummelwane azive kuyinto enzima.



### ***“Ndiyagula kakhulu”***

Usenokuba ugula kakhulu ukuba ungakwazi ukuzilolonga ngamandla, kodwa usenokuzimela ngokwenza imisebenzi ngakumbi. Usenokuhlula ixesha lokuzilolonga ngokuthi uthathe umzuzu xesha ngalinye uzilolonga umana uphinda-phinda njengoko imini ihamba. Ngokuya imeko yakho isiya isibahle, kungona uzakutsho ukwazi ukumelana nezigulo zakho.



### ***“Ndizizilolonga ngokwaneleyo”***



Usenokuba uzilolonga ngokwaneleyo emsebenzini wakho okanye ngokuhamba-hamba usenza imisebenzi yemihla. Kodwa kubantu abaninzi ukuba singalidibanisa elixesha, ungafumanisa ukuba eloxesha alonelanga ukubagcina bekwimeko entle. Olu hlobo lokuzilolonga alibandakanyi eyona nto ibalulekileyo ukwenza umthambo ibeyinto elungileyo onokuyonwabela.

### ***“Umthambo uyadika”***

Akunyanzelekanga ukuba wenze umthambo owenziwa ngabantu bonke ukuba uyakudikwa. Khetha lento izakonwabisa, yenza umthambo nomhlobo/ itshomi yakho, ngomculo owuthandayo okanye umamele unomathotholo. Usenokuwenza umthambo ibe yinto emnandi ngokuthi umana uwutshintsha rhoqo.



### ***“Ukuzilologa kubuhlungu”***

Usenokungawonwabeli umthambo, okanye ungazivi kamnandi, kodwa umthambo akufanelekanga ukuba ibe yinto ekuvisa intlungu. Ukuba uziva unentlungu phambi kokuba uqale umthambo, intlungu azinakuya zisanda xa uzilolonga. Ukuba awunazingqaqambo phambi kokuba uqale ukuzilolonga, uqale ukuva intlungu ngelishesha uzilolonga ngalo. Kufuneka uyeke ukuzilolonga, ujonge iqaqambo zakho usebenzisa isikhokelo esikwacandelo. Ukuba uqaqanjelwa zizintlunu okanye amalungu ngaphezu kweyure ezimbini emva kokuzilolonga kusenokwenzeka uzilolonge kakhulu okanye ngokugqithisileyo. Kwixesha elilandelayo yenza kancinane, usenokuzilolonga ixesha elincinane okanye ungazilolongi ngamandla.

### ***“Ukuzilolonga kunobungozi kakhulu, kushushu okanye kuyabanda kakhulu”***

Abantu basoloko benezizathu ezifana nezi xa bengafuni kuzilolonga. Khumbula ukuba usenokuzilolonga nokuba kuphi nangaliphi ixesha. Usenokuvula umculo endlwini udanise, ukuba ngaba kushushu okanye kuyabanda kakhulu usenokuhamba-hamba ngasezivenkileni apho kukho umatshini wokuvulela umoya obandayo. Ukufumana iqela labantu ozakuthi uzilolonge nalo awuzikhuseli nje kuphela ngaphandle kokuba uzonwabisa nangakumbi.



### ***“Ndiyazi andizukuqhubeka nokuzilolonga ngako oko akukho mfuneko yokuba ndiqalise”***



Kuqala yiya kulamanqanaba okanye kwezandlela besithethe ngazo zokubangumlawuli-siqu ophumeleleyo. Ukuba uzixelele ukuba ukwenza umthambo ube zezona njongo zakho sebenzisa lamanqanaba, unamathuba amaninzi wokuqhubeka nokuzilolonga. Ucinge ngelona nqanaba libalulekileyo lokuzivuzisa ngokuphumeza injongo yakho. Lonto yenza kube lula ukudlulela kwinjongo/isicwangciso esilandelayo. Ngoku siza kujonga awona manqanaba abalulekileyo onokuwenza ukuze uphumelele nokwenza isicwangciso sakho sokuzilolonga sisebenze.

### **Amanqanaba anokuthi akucede uphumelele xa uzilolonga:**

- Yenza isigqibo esicacileyo usebenzisa amanqanaba akwicandelo lokuqala: “Elithi ukuba ngumlawuli-siqu ophumeleleyo”.
- Khetha umthambo/ umdlalo owuthandayo, owufunayo nokonwabisayo.
- Yiba nexesha elithile nendawo apho uzakwenzela khona umthambo.
- Cinga ngokuba uzakunyamezela/ uhlale kangakanani kwisicwangciso sakho phambi kokuba ucinge ngokutshintsha (iveki eziyi 06-08 zikulungele ukuba ulungise izinto).
- Gcina idayari yokuzilolonga ukuze uzokubona indlela owenza, oqhuba ngayo (ukhona umzekelo wedayari ngemva kulencwadana onokuwusebenzisa).
- Gcina indlela oqhuba ngayo usebenzisa ezinye indlela zokuvavanya isimo esihle ezicaciswe kwelicandelo. Phinda ngalo lonke ixesha kwaye ubhale phantsi, indlela oqhube ngayo.
- Qalisa sukulinda qalisa ngoku. Qalisa ngokuthe chu kwaye uqhubeke kancinane okanye ngokupholileyo.
- Yijonge kwakhona inkqubo yakho. Ekupheleni kweveki ye 06-08 yenza isicwangciso esintsha ukulungiselela ezinye iveki ezithandathu ezilandelayo.
- Zivuze. Ngumvuzo ukuziva ukwisimo esihle, ukuziva ngcono kwaye usempilweni kodwa kufuneka uzivuze ngokuphumeza injongo yakho, ngokuthi ufumane esona sidlo usithandayo, ukundwendwela umhlobo, itshomi okanye ukuya endaweni ebalulekileyo.

### **Inkqubo yakho yokuzilolonga:**

Inkqubo yokuzilolonga kufuneka iquke okanye ibenendidi ezintathu ezahlukeneyo zokuzilolonga, Khumbula ukuba ibingumthambo yokuzivuselela okanye ukunyamezela, ukuthamba kunye nomthambo wokunyamezela. Ulandela amanqanaba asebhokisini athi. “Amanqanaba anokuphumelelisa xa uzilolonga”, kufuneka wenze isigqibo sokuba ingaba yintoni onokukwazi ukuyenza kwaye ngowuphi umthambo onokuthanda ukuwenza. Ngoku uyazi ukuba ngowuphi umthambo ozakuwenza. Kufuneka wenze isigqibo sokuba uzakuwenza ixesha elingakanani. Ubungakanani bomthambo ozakuqala ngawo ukuwenza kuxhomekeke kwizinto ezininzi ezahlukeneyo.

Ukuba zange ukhe uzilolonge kangangexesha elide okanye elininzi, okanye ubungaziva kamnandi, unengxaki yokuphefumla, okanye umana uphelelwa ngumphefmla okwethutyana elifutshane. Ukuba ubunengxaki yokuqina kwamalungu omzimba, intlungu okanye ukutyhafa ebekuphazamisana nemisebenzi yakho yemihla ngemihla ngako oko kufuneka uqale kancinane ukuzilolonga. Usenokuqala kancinane ngokuthi uqale ngokwenza umthambo wokuzomeleza nokuthambisa amalungu. Yenza le mithambo ntsuku zonke kangangemizuzu emihlanu.

Ukuba ukhe waziva ukonwabele ukuzilolonga kwaye kungekho zingqaqambo nakuqina kwamalungu kusuku olulandelayo, yongeza eminye imizuzu ukuya kwelishumi. Ukuba ukonwabele ukuzilolonga ngoku kwaye sele usenza kangangemizuzu elishumi. Ungatsho uqale ukuzilolonga ntsuku zonke (xa sisithi ukuzilolonga intsuku zonke sixela intsuku ezihlanu zeveki). Kungakho ubunzima ekugcineni indlela obuzilolonga ngayo ngempelaveki ngenxa yemisebenzi eyahlukeneyo. Ukuba ungakwazi ukuzilolonga imizuzu elishumi yonke imihla lonto ithetha ukuba sele ukulungele ukuqhubeka okanye ukuqala umthambo wokunyamezela. Khetha uhlobo lomthambo wakho kule icwangciswe kwelicandelo lingezantsi. Landela imiqathangatho esebhokisini ukuqiniseka ukuba ukhetha owona mthambo uwuthandayo kwaye uwenze ngokukhusekileyo.

**Khetha owona mthambo uwuthandayo kumthambo wokuzomeleza nokuthambisa amalungu:**

- Shukuma kancinane ngokuzinonophela. Musa ukuzixhuzula okanye uxhumaxhume kuba ezonto ziyakwenza izintlunu ziqine zisongane.
- Zolule umzimba ude ufikelele apho kukho ukuxhalaba kwezintlunu zomzimba kwaye ubambelele imizuzu engamashumi amabini phambi kokuba uphumle.
- Ungatyhali de uve kubuhlungu. Zolule kwindawo exhalabileyo hayi ebuhlungu.
- Qala ngokuthi uphinde-phinde kube kahlanu kumthambo ngamnye. Emva kweveki phinda kubekasixhenxe, emva kwenye iveki uye kufikelele kwishumi.
- Yiba usoloko usenza uhlobo olunye lokuzilolonga kwicala lasekhohlo nakwicala lasekunene lomzimba wakho.
- Qhubeka uphempfumla; sukuwubamba okanye uwugcine umphefumlo xa uzilolonga. Cinga ngokuphefumlela ngaphandle njengokuba ushukuma ukuqinisekisa ukuba awuwubambi umphefumlo.
- Sebenzisa lomgaqo weyure ezimbini. Ukuba impawu zokungaphili ziyazisanda ngaphezu kweyure ezimbini emva kokuzilolonga inokuba uzilolonge kakhulu, okanye ngokugqithisileyo. Sukuyeka ukuzilolonga kodwa ncutha ixesha xa uphinda uzilolonga.
- Ukuba uye wafumanisa ukuba inobunzima le ndlela ubuzilolonga ngayo, lonto ayithethi kuthi yeka kwaphela ukuzilolonga. Ziqhelanise nokuzilolonga, zilolonge kangangoko unakho ukwenza.

### Ukuzilolonga uthambisa amalungu:

Khumbula, oluhlobo lokuzilolonga injongo zalo kukuphuhlisa isimo sokushukuma. Kukho uludwe lwemithambo apha kwaye usenokungakwazi ukuyenza yonke xesha ngalinye uzilolonga. Zama ukuba uzenze zonke ezihlobo zokuzilolonga kube kanye ngeveki.



### Umthambo wokuzomeleza:



Akukho mfuneko yokuba uye kumaziko okuzilolonga ukuze wenze umthambo wokuzomeleza, indlela zokuthamba ezichazwe apha usenokuzenza nasekhaya. Ukwenza izintlunu zomzimba zomelele kufuneka wenze izintlunu zisebenze ngokuthi zixhathise okanye ngokuchaseneyo- ukutsho oko kufuneka utyhale okanye utsale.

Akufunekanga wenze umthambo wokuzomeleza yonke imihla, kungcono ukuzilolonga imizuzu emibini ngosuku. Izintlunu zakho zidinga usuku ukuze ziphumle ukuziqhelanisa nomthambo kwaye zibenokomelela. Ukwenza izintlunu zomelele kufuneka uphinda-phinde kubekahlanu phambi kokuba wenze omnye umthambo. Ngokwenza umthambo imizuzu elishumi lonto ayithethi kuthi uzakomelela ngokuya uzilolonga. Kufuneka ukuba umana uxhathisa ngakumbi xa uzilolonga ukuze uzokomelela.

### Umthambo wokunyamezela:

Eyona nto inzima ebantwini kukwenza isigqibo sokuba uzakuzilolonga kangakanani na xa uqala ukuzilolonga. Eyona ndlela ilula yokuqala kukuba uzibuze lo mbuzo: "Ingaba ndizakwenza ixesha elingakanani ukuze ndingabulaleki ngomso". Ukuba uziva unokwenza imizuzu emihlanu, zilongwe kangangemizuzu emihlanu. Ukukhumbule ukuzilolonga kubhetele kunokuba ungazilolongi kwaphela. Akunyanzelekanga ukuba uzilolonge imizuzu engamashumi amathathu kusuku lokuqala. Kubalulekile ukuba uqale kancinane uye unyukela ngokuthe chu. Kubhetele ukuba uqale ngokuzilolonga kancinane kunokuba ucinga ukuba ungenza uye unyukela ukusukela apho.



Zintathu izinto ekufuneka ucinge ngazo xa usenza umthambo wokuzomelelza. Ezi zinto zintathu bubuninzi (Ingaba uzakuzilolonga kangaphi); ubude bexesha (Ingaba ndiza kuzilolonga ixesha elingakanani xa ndithe ndazilolonga kunye nokwenza ngaphezulu (Ingaba ndizakusebenza nzima kanjani xa ndzilolonga).

### Ukuzilolonga ngobuninzi

Zama ukwenza umthambo wokunyamezela amaxesha abe mathathu okanye abe mane ngeveki. Ngokwenza ngoluhlobo ungabanakho ukuphumla qho ngosuku lwesibini ukunika umzimba wakho ithuba. Zonke imbaleki zinalo nazo usuku evekini lokuphumla. Ukuphumla akuthethi kuthi lala ebhedini imini yonke; lonto ithetha ukuba abazilolongi ngalo mini.

### *Ubude bexesha*

Ingaba ndizakuzilolonga ixesha elingakanani ukuze ngomso ndingabi nakubulaleka? Sisiqalo sakho eso. Ukuba uzakuqala nje ngemizuzwana embalwa, ungathi chu umana ukunyusa imizuzu kancinane ngokuhamba kwexesha ude wenze imizuzu engamashumi amathathu ngexesha. Eyona ndlela ilula yokumana usongeza ixesha kukusebenzisa amathuba okuzilolonga. Umzekelo uhambe ngamandla kangangemizuzu emithathu, emva koko uhambe kancinane okanye ngokucutha imizuzu emibini, uphinde uhambe ngamandla kwakhona imizuzu emithathu. Ngokuhamba kwexesha usacutha njalo, yekelela ukuhamba ngokucutha, uhambe ngokukhawuleza. Usenokuzinika amathuba xa uzilolonga ngokuthi wahlule amaxesha okuzilolonga. Usenokuhamba imizuzu elishumi ukuya kwimizuzu elishumi elinesihlanu kusasa uphinde kwakhona emva kwemini. Lonto yenza imizuzu emashumi amathathu uzilolonga.

### *Ukwenza kakhulu okanye nangaphezulu:*

Ingaba uzakwazi njani ukuba uzilolonga ngamandla ngokwaneleyo ukwenza okulungileyo? Uzakwazi kanjani ukuba uzilolonga ngamandla kakhulu okanye ngaphezulu? Xa usenza umthambo wokunyamezela indlela elula yokuzijonga ukuba awenzi ngokugqithisileyo kukusebenzisa “uvavanyo lokuthetha” Xa usenza umlinganiselo ophakathi wokuzilolonga uyakwazi ukuthetha kakuhle kodwa ukuba uzama ukucula kusenokubakho ubunzima kwaye kwakufuneka uyeke ukucula wakugqiba uphefumle kakhulu, ngamandla. Umlinganiselo ophakathi kuthetha ukuba ungaziva nawe ukuba uyaphefumla ngokukhawuleza nangokunamandla kancinane ube usakwazi ukuthetha. Usenokuthatha ixeshana ukuze ufumane umlinganiselo olungileyo walo lonke ixesha uzilolonga. Yinto eqhelekileyo leyo, thatha ixesha lakho ujonge ukuba ingaba umzimba wakho uqhuba njani.

Uza kwazi njani ukuba ikhona inguqu okanye inkqubela phambili kulento uyenzayo? Kumthambo wokuzomeleza nakowokuthambisa amalungu kulula ukuva inguqu okanye utshintsho njengoko uzakuva ukuba unobulula xa uhamba, unamandla kwaye ungaziphakamisa izinto ezinobunzima. Kwabanye abantu kubakho ubunzima ukuqaphela okanye ukwazi ukuba zikhona inguqu kumthambo wokunyamezela. Inye into onokuyenza ukuze ubone ukuba inguqu okanye utshintsho lukhona yenza uvavanyo. Olona vavanyo lulula onokulenza luvavanyo lwexesha. Yenza isigqibo ngeyona ndlela ekufutshane nawe ozakuhamba kuyo.

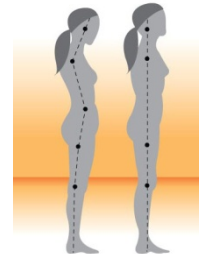
Hamba kulendlela ngezinga eliphakathi nangaphezulu kwaye ujonge ukuba uzakuthatha ixesha elingakanani. Emva kweveki eziqela uzilolonga phinda uhambe endleleni kwaye ujonge nexesha. Mhlawumbi uyazibona ukuba ungayihamba lendlela ngokukhawuleza ngeveki nje ezine, iyakuthatha iveki ezisibhozo ukuya kwishumi elinambini phambi kokuba uyiqaphele into yokuba ungahamba ngokukhawuleza kulendlela. Injongo kukufikelela esiphelweni salendlela ngokukhawuleza okanye ngexesha elinye usebenzisa elona zinga liphantsi (uphefumla lula kakhulu).

Sebenzisa idayari yokuzilolonga engezantsi ukugcina injongo zakho nendlela ozakuziphumeza ngayo.

## Ukuziqhelanisa Nokuthamba

Lo ngumthambo wokuziqhelanisa ozakuthatha imizuzu engamashumi amabini kwaye ukhuselekile kubantu abaphila nentsholongwane kagawulayo. Le ndlela yokuziqhelisa iquka imithambo ezakukwenza womelele (umthambo wokuzomeleza), ubenokuthamba ngakumbi (umthambo wokuzolula) nokuphila (umthambo wokunyamezela).

1. Qala ngokuthi ume nkqo nangokuthe tse, buve ubunzima bakho buphaya ezinyaweni zakho. Yekela amangxa aphumle kwaye ukhuphe isifuba sakho, yenza intloko ime tse. Phefumla ngokunzulu, uphefumlela ngaphandle nangaphakathi.



2. Matsha (hamba ngamanyathelo alinganayo) kulendawo ume kuwo kangangemizuzu emibini. Matsha ngokuthe chu- elo linyathelo onokuligcina kangangemizuzu emibini. Musa ukuqala ngokungxama uze uyekelele okanye uqale kancinane uze uye ukhawuleza. Yenza ummiselo, qala kwaye ugqibe ngesantya esinye. Kufuneka umatshe ukuze uzive uphefumla ngamandla kancinane kunesiqhelo, kufuneka ukwazi ukuthetha kodwa ungabi nakucula.

3. Ngoku yolula intamo yakho- yekelela amangxa akho aphumle ujike ujonge kwiligxa lakho elisekunene- hlala wenze njalo imizuzu engamashumi amabini. Buyisela intloko endaweni yayo, emva koko guquka ujonge kwiligxa lakho lasekuxhele- hlala wenze njalo imizuzu engamashumi amabini emva koko buyisela intloko endaweni yayo. Ngoku beka indlebe yakho phezu kweligxa lasekunene- hlala njalo imizuzu engamashumi amabini, emva koko buyisele intloko yakho endaweni yayo. Phinda wenze njalo nangasekuxhele ubeke indlebe phezu kweligxa lasekuxhele imizuzu ibe ngamashumi amabini. Ngoku beka isilevu sakho esifubeni- yenza njalo imizuzu engamashumi amabini, emva koko buyisela intloko endaweni yayo. Jikelezisa amangxa uwasa ngaphambili kube kahlanu, emva koko jikelezisa amangxa uwase ngemva kube kahlanu.

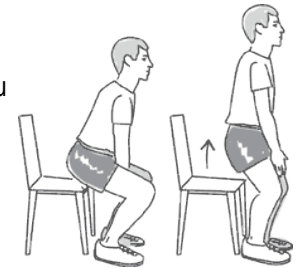


4. Matsha kulendawo ume kuyo imizuzu ibe mibini- wenze izingqi eziqhelekileyo zibengamashumi amathathu- ezinye izingqi ezingamashumi amathathu nyusa idolo lakho kangangoko unakho liye phezulu. Umana utshintsha qho emva kwezingqi ezingamashumi amathathu.

5. Yolula umzimba wakho- wohlukanise amangxa ngokubanzi, uthobe ingalo yakho yasekunene iye ezantsi kumlenze wasekunene ukuze ugobele emacaleni. Gobela kude kangangoko unako- goba njalo imizuzu engamashumi amabini emva koko ume tse kwakhona. Phinda wenze njalo nangakwicala lasekuxhele. Beka ingalo zijonge ezantsi; goba umzimba wakho uwugobele ngasemva kangangoko unakho. Ngoku gobela ngaphambili uzame ukuya kubamba inzwane zakho.



6. Hlala esitulweni- phakama, umana uhlala uphinde uphakame kangangemizuzu emibini. Umana uphakama uphinde uhlale phantsi usebenzisa isingqi esinye- eli linyathelo onokukwazi ukuligcina kangangemizuzu emibini. Musa ukuqala ngokungxama uze uyekelele okanye uqale kancinane uze uye ukhawuleza. Yenza ummiselo, qala kwaye ugqibe ngesantya esinye.

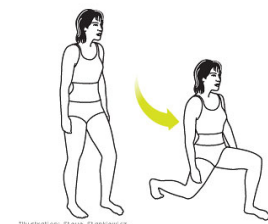


7. Lala phantsi ngomqolo ugobe amadolo, ingalo zange zinqamleze isifuba. Phakamisa intloko yakho ukuze ukwazi ukubeka isilevu esifubeni, ngoku phakamisa amangxa wakho asuke phantsi. Yihla kancinci usiya phantsi. Qhubeka njalo kangangemizuzu emibini.



8. Matsha kule ndawo ume kuyo kangangemizuzu emibini- wenze izingqi eziqhelekileyo zibengamashumi amathathu- ezinye izingqi ezingamashumi amathathu nyusa izithende zakho kangangoko unakho ziye phezulu. Umana utshintsha qho emva kwezingqi ezingamashumi amathathu.

9. Yima nkqo. Thatha inyathelo lubelunye ngenyawo lakho lakusekunene ubheke phambili ugobe amadolo kangangokuba idolo lakho lasekuxhele lifike ligqubeke phantsi (binza ngedolo).



10. Matsha kule ndawo ume kuyo kangangemizuzu emibini- wenze izingqi eziqhelekileyo ezingamashumi amathathu, yenza ezinye izingqi ezingamashumi amathathu nyusa amadolo akho kangangoko unakho aye phezulu. Umana utshintsha qho emva kwezingqi ezingamashumi amathathu.

Gqibezela ngokuthi ume nkqo nangokuthe tse, buve ubunzima bakho phaya ezinyaweni zakho. Yekela amangxa aphumle kwaye ukhuphe isifuba sakho, yenza intloko ime tse. Phefumla ngokunzulu, uphefumlela ngaphandle nangaphakathi.





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## Iveki 2: Ukulawula Impawu Eziqhelekileyo Zentsholongwane Kagawulayo

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Xa kukho into eqhubekayo engaqhelekanga okanye engalunganga emizimbeni yethu, siye sibone ngempawu ezithile. Impawu eziquka ukuba nefiva okanye ube nobushushu, uzive unesiyenzi, ugabhe, uzive udiniwe, unentlungu, ubenolusu olunamaqhakuva, ukhohlele okanye kubenzima ukuphefumla, uzive unoxinzelelo nokunye okuninzi. Abantu abaphila nentsholongwane kagawulayo, nogawulayo bayathanda ukuba nempawu ezininzi ezahlukeneyo ezifuna ukukhathalelwa okanye ukulawulwa. Kwelicandelo, uzakufunda ngezinye impawu eziqhelekileyo okanye ezixhaphakileyo ezidla ngokubakho kubantu abaphila nentsholongwane kagawulayo, nogawulayo. Kwakhona uzakufunda ngendlela yokulawula ezimpawu. Ukuba uqalwa zimpawu ezingachazwanga apha kwelicandelo ngako oko kubalulekile ukuba uye ekliniki uyekujongwa ngugqirha okanye unesi.

Impawu abantu nabantu abaphila nentsholongwane kagawulayo abadla ngokuba nazo singaziquka kwenye yalamaqela mathathu. Impawu zisenokuba zenziwa ngumphumela wamayeza owasebenzisayo. Ulwazi malunga nemiphumela yeyeza usenokulufumana kwikliniki yakho okanye kwaanye abaxhasayo okanye kumaqela afundisa ngonyango afana ne-Treatment Action Campaign (TAC). Iqela lesibini elingangunobangela wezimpawu lulwasulelo olunxulumene nentsholongwane kagawulayo. Usenokukhohlela kuba unesifo sephepha okanye ukukrala kwemiphunga (ingqele).

Iqela lesithathu elingunobangela wezimpawu isenokuba yintsholongwane kagawulayo uqobo. Abantu abanezifo ezinganyangekiyo ezifana neswekile, uxinzelelo lwegazi, amathambo kunye nentsholongwane kagawulayo bangaba nezompawu zinxulumene nesigulo eso. Ezimpawu zidla ngokwanda okanye zinciphe emva kwexesha. Abaphandi basixelela ukuba zonke ezimpawu zingalawuleka ngcono ukuba ungalandela inkqubo elungileyo yokuphila kakuhle njengoko uzakube usebenzisa amanqanaba achazwe kulencwadi yokusebenza

### [Ukulawula Impawu](#)

Zonke indidi zemidlalo ezohlukeneyo ezichazwe kulencwadi yokusebenza zizakunceda ukuba uphile kakuhle kwaye ulawule impawu ezohlukeneyo okanye ezingafaniyo. Umthambo, ukutya ngendlela elungileyo, ukusebenzisa ubuchule bokulala kunye nokulawula uxinzelelo konke kubalulekile ukukunceda ukhusele ukuqala kwempawu ezintsha. Phambi kokuba sijonge ezona mpawu zixhaphakileyo ezidla ngokwehlela abantu abanentsholongwane kagawulayo, kukho imigaqo embalwa kakhulu ekufuneka uyikhumbule xa ubona impawu ezintsha.

Ukuba unophawu olutsha, isenokuba lubonakalisa ukuba unolwasulelo okanye yimiphumela yeyeza. Sebenzisa ulwazi olukwelicandelo luyakunceda ekwenzeni izigqibo malunga nento onokuyenza ngezo mpawu zintsha. Isenokuba yinto ekhuselekileyo onokuyilawula ngokwakho apha ekhaya, okanye isenokuba yinto efuna ukuba uyiyele ekliniki, okanye usenokuyilawula ekhaya okomzuzwana kodwa ukuba akubikho bubhetele yiya ekliniki. Sebenzisa itshathi ekwelicandelo ukukunceda ekwenzeni izigqibo zokuba ungamelana njani nezinye impawu.

Ukuba kukho impawu eziqalayo ukukwehlela kufuneka uthathe ixesha ucinga. Ukuba zimpawu ezintsha ongaqhelanga kuba nazo, obukhe wanazo ngaphambili okanye impawu obukhe wanazo kwixesha elidlulileyo, ingaba ngoku zikuxakile? Usenokwenza uhlolo olukhawulezileyo (njengoko lichaziwe kule bhokisi ingezantsi) kwimpawu ezintsha okanye ezikuxakileyo.

## Indlela Ekhawulezileyo Yokujonga Impawu Ezintsha Okanye Ezibuhlungu

### Ngakumbi:

#### Umkhuhlane (ifiva)

Ingaba unawo umkhuhlane oqale kunye nokuvela kwempawu ezintsha? (iqondo lobushushu elingaphezuko 38°C)

Ukuba nomkhuhlane okanye ubushushu isenokuba zimpawu ezingapheliyo zentsholongwane kagawulayo kunye nogawulayo. Kodwa ukuba umkhuhlane uqale kunye nokuqala kwezinye impawu isenokuba ibonisa ukuba unolwasulelo.

#### Ingaba ezimpawu ziguqula isimo sengqondo

Ingaba ukhe waqaphela utshintsho kwisimo sakho sakho ekubeni unezimpawu zintsha?

Ingqondo yenye yenxenyane ebuthathaka kakhulu emzimbeni. Utshintsho lwesimo sengqondo ligama elisetyenziswa ukuchaza xa unemvakalo ekubhidayo, ubenesiyezi, kwaye uthande ukulala kakhulu. Isenokukwenza ube nentlungu ngakumbi ezifana nocoma okanye uhlaselo Usenokufuna usapho okanye abahlobo ukukunceda ujonge le meko.

#### Ezi mpawu zibuhlungu kakhulu

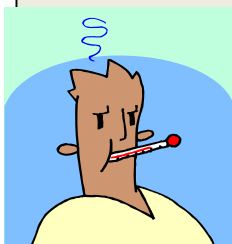
Ingaba ezimpawu ziya zisiba buhlungu ngakumbi?

Impawu ubanazo okwexeshana ziphinde ziphele kodwa ukuba zibuhlungu kakhulu kunakuqala kufuneka uye kwagqirha zijongwe.

#### Ayizompawu zikuxhalisileyo

Ingaba ayizezona mpawu zikuxhalisileyo ezi apha kuwe?

Nayo nayiphi into oqalayo ukuba nayo kwaye zange ubenayo ngaphambili, kubhetele uthethe nogqirha onobuchule kwezokukhathalela impilo. Usenokusebenzisa itshathi ekulencwadi ukwenza isigqibo malunga nokuba uyafuna na ukuya kwagqirha okanye ekliniki.



Wakuba uyenzile indlela ekhawulezileyo yokujonga impawu ungayisebenzisa itshathi yokusebenza ekwelicandelo ukunceda wenze isigqibo sento elandelayo ozakuyenza. Xa ufunda itshathi yokusebenza, kufuneka uqale ekuqaleni ulandela izalathiso kuxhomekeke kwindlela ophendula ngayo imibuzo. Musa ukuyiqakatha imibuzo kuba lonto iyakukwenza uphazame. Uzakubona kwitshathi ukuba ezinye impawu zithetha ukuba kufuneka uye ekliniki ngoko nangoko, ezinye impawu zifuna ukuba uye ekliniki namhlanje, ezinye impawu zifuna ukuba uzikhathalele ngokwakho kude kufike usuku ebekufanele ukuba uye ngalo ekliniki. Ukuba unempawu ezingaphezu kwesibini, jonga itshathi ukuba ithini malunga nempawu ezo kwaye ulandele elona cebo linobulumko (elikhuselekileyo). Ukuba ezo mpawu azichazwanga kule ncwadi yokusebenza ngako oko yiya ekliniki namhlanje ziye kujongwa. Ngoku siza kuxoxa ngezinye impawu silandela uluhlu lonobumba.

### Ingxaki zokuphefumla nokukhohlela

Umzimba wakho usebenzisa ukukhohlela ukukhusela imiphunga yakho kwaye ugutyule izinto ezingafanelekanga kwimiphunga yakho. Nayo nayiphina into ekhuthukuthezelayo ekwimiphunga yakho ingakwenza ukhohlele. Ukukhohlela kusunokukwenza ukhuphe isikhohlela okanye ixakaxa esinolosulelo esisuka kwimiphunga yakho kwaye lonto ibalulekile. Ukukhohlela kusenokwenziwa yimiphumela yeyeza obulisebenzisele uxinzelelo lwegazi.



Ukutshaya yenye yezinto ezingunobangela wokuba ukhohlele njengoko umsi ubulala iiseli (cells) kwimibhobho yakho yokuphefumla emiphungeni. Lento ingenzeka nakubantu abangatshayiyo kuba bephefumla umsi wecuba kubantu abatshayayo. Ezinye izinto ezixhaphakileyo ezingunobangela wokuba ukhohlele “yingqele okanye



“umkhuhlane” odla ngokubangela isikhohlela esimthubi okanye esimhlophe. Ulwasulelo lwamathatha (indlela zempumlo), zingakubangela ukuba ukhohlele kuba ixakaxa elithontsizela ezantsi lisuka empumlweni yakho liye kutsho emnqaleni nakwimiphunga yakho eyenza ukuba zithukuthezeke kwaye zikhohlele. Lento idla ngokwenzeka ngakumbi ebusuku. Omnye unobangela wokukhohlela oxhaphakileyo yimfixane ebangelwa ngumungu (umgubo wentyantyambo).

Le mfixane ixhaphake kakhulu entlakohlaza naxa kukho umoya. Uthuli olusuka kwintyantyambo (imvumvuzela okanye umungu) kunye nembewu yezityalo esemoyeni ingakwenza ufunxane ngakumbi. Ukuba ukhohleliswa yimfixane, uzakuba nokrawuzelelo, amehlo abomvu kunye nokuqaqanjelwa okuthile ngumqala kwaye uthimle. Ekliniki ungalifumana iyeza ekuthiwa yi-antihistamine elinokukunceda.

### Itshathi Yento Onokuyenza Xa Ukhohlela:

Ingaba uphelelwa ngumphefumlo xa uhleli okanye xa uhamba-hamba nje?	Ewe →	Yiya ekliniki kwangoko
Hayi ↓		
Ingaba ukhohlokhohlo lwakho lomile okanye unayo unomkhuhlane?	Ewe →	Yiya ekliniki kwanamhlanje
Hayi ↓		
Ingaba unayo nomkhuhlane kwaye uneqaqambo esifubeni sakho xa ukhohlela?	Ewe →	Yiya ekliniki kwanamhlanje
Hayi ↓		
Ingaba xa ukhohlela, ukhohlela isikhohlela esinqumbululu, esinukayo esimdaka okanye ewe esiluhlaza ngebala?	Ewe →	Yiya ekliniki kwanamhlanje
Hayi ↓		
Ingaba ukhe wanefiva ngaphezu kwentsuku ezine okanye ube nokhohlokhohlo ngaphezu kwentsuku ezilishumi?	Ewe →	Yiya ekliniki
Hayi ↓		
Nyanga ukhohlokhohlo ekhaya		

Abantu abaphila nentsholongwane kagawulayo bangamaxhoba okuba nesifo semiphunga esibangela ukuba bakhohlele. Eyona nobangela wokuqala nonzima kubantu abaphila nentsholongwane kagawulayo sisifo sephepha. Isifo sephepha semiphunga (TB) sibangela ukukhohlela okuhlala ixesha elide kunye nomkhuhlane. Ukuba unokhohlokhohlo oluthathe intsuku ezingaphezu kweshumi kufuneka uzikrokrele ukuba ingaba awunasifo sephepha na kwaye kufuneka uye ekliniki. Unobangela wesibini onzima yi –Pneumocystic pneumonia, ukudumba okanye ukukrala kwemiphunga (PCP). I-PCP yenza ube nokhohlokhohlo olomileyo, (akukho xakaxa okanye umkhwinya) ifiva kunye nokhuphelelwa ngumphefumlo. Jonga “kwitshati esetyenziswa xa ukhohlela” kwaye uyakubona ukuba noluphina ukhohlokhohlo oluhamba kunye nomkhuhlane kufuneka uye ekliniki ngoko nangoko.

**Ukunyanga ukhohlokhohlo usekhaya:** Ungalunyanga ukhohlokhohlo lwakho usekhaya ngokuthi uqinisekise ukuba umzimba wakho awuphelelwa ngamanzi. Ukuba awufumani ulwelo olwaneleyo emzimbeni wakho (izinto ezingamanzi) lonto ingenza uxakaxa okanye umkhinywa okwimiphunga yakho yome kwaye yotshela kwaye kubenzima ngakumbi ukukhohlela. Ukusela amanzi kakhulu kungakunceda. Ukuba usebenzisa ishawala xa uhlamba ngoko ukuthatha ishawala eshushu eqhumayo kungakunceda, okanye ufuthe ngamanzi ashushu okanye ibholane (rooibos tea) ingakunceda. Ukuba unokhohlokhohlo olomileyo olunento enyukuza apha emqala, iyakukunceda into yokuba umunce ipilisi zokhohlokhohlo okanye ilekese eqinileyo.

### Uxinzelelo:

Ixhaphakile kubantu abaphila nentsholongwane kagawulayo kunye nogawulayo ukuba babe noxinzelelo kodwa uxinzelelo ayiyonto efanwe ibonwe nangamanesi. okanye ogqirha ekliniki. Kubalulekile ukuba umxelele ugqirha okanye unesi ukuba ucinga unoxinzelelo. Uxinzelelo sigulo, ayinomothuko nje omncinane, uloyiko, ukuba nesithukuthezi okanye imvakalelo yoxinzelelo xa uqala ukufumanisa ngesimo sakho sentsholongwane kagawulayo. Lo mvakalelo yinto eqhelekileyo xa uqala ukuva ngesimo sakho sentsholongwane kagawulayo.

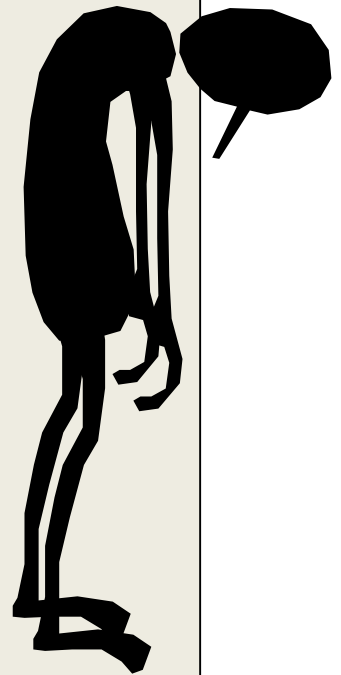


Emva kweveki ezimbalwa uye ube noxinzelelo kwaye yimvakalelo odla ngokubanayo xa unesimo soxinzelelo (ungatyhileki) lonto ibonakaliswa zimpawu zomzimba. Lento yenziwa kukungalingani kwamachiza athile engqondweni. Jonga kuluhlu lokuhlola uxinzelelo olungezantsi- ukuba ucinga ukuba unoxinzelelo kwaye ufumanisa ukuba impawu zakho zininzi ngokujonga koluluhlu loxinzelelo ngako oko inokuba unoxinzelelo oluthile. Uxinzelelo lunganyangwa ngeyeza nangenkxaso kwisimo sengqondo. Uxinzelelo ayiyonto kufanele ukuba ube nentloni ngayo. Yiya ekliniki kwaye uxelele ugqirha okanye unesi ngemvakalelo onayo ukuze bazokuqalisa ukukunika unyango.

Ukuphambana okanye ukuba ligeza kohlukile kunokuba noxinzelelo. Xa uphambana indlela ocinga ngayo ichaphazelekile kwaye kubekho ubunzima ekubeo unxulumane nabantu, usenokuba nobunzima bokungakwazi ukumamela kwaye ulibale izinto kakhulu. Usenokuba nabo ubunzima xa kufuneka uhambile, ube litatasholo, ungabinasihlalo okanye ukuzinza kwengqondo okanye ufumanise ukuba awukwazi kuhamba kwaphela (ushwabane okanye womelwe ngamalungu omzimba). Ubuwena nabo bungatshintsha. Abantu abaphambanayo badla ngokungaziva ukuba banoxinzelelo njengoko bengaqapheli ukuba abaphilanga. Iphambano inyangwa nge ARV's.

## Uluhlu Lokuhlola Uxinzelelo:

- Ingaba uziva udakumbile imini yonke?
- Ingaba aawusenamndla wezinto ezifana nomculo, wesoka (ibhola ekhatywayo okanye itshokoleyithi (chocolate)?
- Ingaba uzama ukwenza uxolelwaniso ngokuthi utye kakhulu?
- Okanye ingaba awunamndla wokuty kwaye ulahlekelwe ngumzimba wakho?
- Ingaba ulala kakubi ebusuku?
- Ingaba ufumana ubunzima xa kufuneka uvukile kusasa?
- Ingaba usoloko unomsindo kwaye udideka ngokukhawuleza?
- Ingaba uziva ungefuni kwenza nto kwaphela?
- Ingaba uphelelwa ngamandla yonke imihla?
- Ingaba ufumana ubunzima ekuzinziseni ingqondo?
  
- Ingaba ufumana ubunzima bokwenza izigqibo ngezinto ezincinci?
- Ingaba uziva unetyala na?
- Ingaba ngamanye amaxesha uziva ungeyonto okanye ungenaxabiso?
- Ingaba usoloko ucinga ngokufa ixesha elininzi?
- Ingaba ukhe ucinge ngokuzibulala



*Ukuba uthe EWE kwisininzi salemibuzo ngako oko isenokuba unoxinzelelo oluthile. Yiya ekliniki uthethe nogqirha okanye unesi malunga nemvakalo onayo. Ukuba uthe ewe kumbuzo omnye okanye emibini ngako oko inokuba unesimo soxinzelelo onokukwazi ukusilawula ngokwakho ngokuthi usebenzise indlela zobugcisa ezichazwe kwicandelo lokulawula uxinzelelo.*

***Unyango lwasekhaya loxinzelelo:*** Zininzi izinto onokuzenza ukukunceda ulawule uxinzelelo. Zama ukuqiniseka ukuba ufumana uncedo ngoko nangoko ukuba uva ngathi ungazenzakalisa okanye wenzakalise omnye umntu. Ngelinye ixesha ukuthetha nomntu oqondayo okanye umntu onobugcisa kwezempilo angakunceda kule meko. Yeka ukusela utywala, nangona utywala bungakwenza uzive bhethetele okomzuzwana. Ngokuyeye ixesha lihamba bungachazela indlela esebenza ngayo ingqondo yakho kwaye akunokuba lula ukufane wohlukane nokuba noxinzelelo. Hlala usebenza, zama ukuqinisekisa ukuba yonke imihla uyaphakama, unxibe kwaye ukhe umke apha endlwini. Nokuba uziva ungafuni kwenza nto, kubalulekile ukuba uhlale usebenza, ndwendela abahlobo, kwaye ujoyine iqela.

Ukuba uyayeka ukunxibelelana nabantu kwaye uthule ngale meko iyakuba mbi ngakumbi. Yenza izicwangciso ngekamva lakho, ngengomso, neveki ezayo, kunye nenyanga ezayo. Zama ukuqinisekisa ukuba wenza umthambo nokuba yimizuzu engamashumi amabini okanye amathathu imihla yonke. Njengoko besitshilo kwiveki yokuqala, umthambo ubalulekile ukusigcina sisempilweni kwaye uncedo nezimo zethu. Uxinzelelo luncedwa ngolunye uxinzelelo, xa uqala ukukholelwa ukuba izinto ziya zisiba bhethetele, zisuke ziguquke. Sebenzisa icandelo lembono elikwiveki yesithathu: Ukulawula uxinzelelo kuya kukunceda ulawule impawu zakho.

### **Utyatyazo okanye urhudo (ukuhambisa kwesisu)**

Utyatyazo lungachaphazela nabani. Xa unotyatyazo lonto ithetha ukuba uya kroqo ngakwindlu yangasese okanye ilindle (ikaka) lakho lingamanzi. Ngamanye amaxesha utyatyazo luhamba nesisu esibuhlungu okanye ugabhe okanye zenzeke zombini ngexesha elinye. Xa unotyatyazo umzimba wakho ulahlekelwa ngamanzi ngalo lonke ixesha. Ukulahlekelwa ngamanzi lonto ibizwa ngokuba kukoma komzimba kwaye lonto inobungozi, ngakumbi ebantwaneni.

Utyatyazo lungenziwa lulwasulelo, njengemiphumela yeyeza obulisebenzisa okanye indlela elambathayo yokutya (xa usitya ukutya okungenazondlo). Utyatyazo ungalikhusela ngokuthi uqinisekise ukuba usebenzisa amanzi acocekileyo, kwaye ulungise ukutya ngendlela enenkathalo (jonga kwicandelo elikwiveki yesihlanu) kwaye uqinisekise ukuba izandla uyazihlamba qho emva kokuya kwindlu yangasese.

## Itshati Yento Onokuyenza Xa Unotyatyazo:

Ingaba unezimpawu?

- *Ilindle okanye itoyileti emnyama okanye enegazi*
- *Isisu esinehlungu ezibukhali, ezingatshintshiyo*

Ewe

→

Yiya ekliniki ngoku

Hayi ↓

Ingaba unazo impawu zokoma?

- *Unxano olugqithileyo*
- *Umlomo owomileyo*
- *Umchamo omdaka*
- *Intloko ebuhlungwana*

Ewe

→

Yiya ekliniki namhlanje

Hayi ↓

Ingaba usebenzisa iyeza lokubulala intsholongwane (antibiotic)?

Ewe

→

Yiya ekliniki

Hayi ↓

Ingaba sele uhambise intsuku zade zahlanu kungekho tshintsho?

Ewe

→

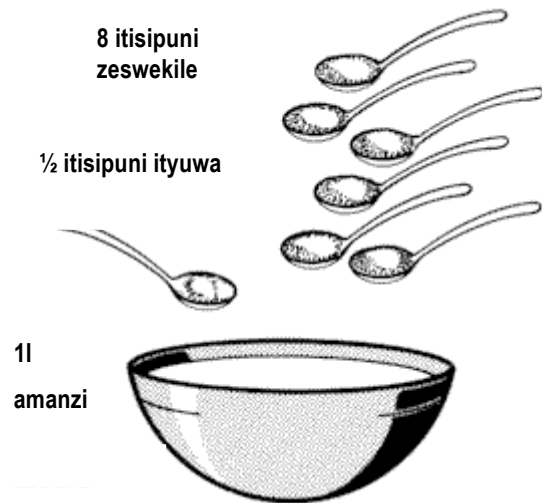
Yiya ekliniki

Hayi ↓

Ungalunyanga utyatyazo usekhaya

**Unyango lwasekhaya lotyatyazo:** Eyona nto ibalulekileyo nogtyayazo kufuneka uqunisekise ukuba ufumana amanzi ngokwaneleyo ukuze umzimba wakho uphelelwa ngamanzi wome. Zama ukuba ungaseli iziselo ezinekhafeyini kuba ziza kuwenza umzumba wakho wome ngakumbi (icoke, ikofu, kunye neti zonke ezo ziselo zinekhafeyini). Sela isiselo esidikidiki, isiselo esitshisayo okanye esibandayo singakwenza uhambise ngakumbi. Ukwenza umxube wokusela odityaniswe neswekile yeyona ndlela ibalulekileyo yokunyanga utyatyazo.

Yenza lomxube ngokuthi ugalele amanzi wetepu acocekileyo okanye uwabilise ukuba awuqinisekanga ukuba acocekile kwilitha yebhotile ecocekileyo. Galela itisipuni zeswekile zibe sibhozo kunye nesiqingatha setyiwa uzixube kakuhle. Umxube ungawudibanisa kunye nesiqingatha sekomityi sencindi ye-orenji (orange juice) ukuba incasa yomxube akuyithandi. Zama ukuba uphunge ikomotyi zibe mbini (200) zomxube emva kokuba uye uwahambisa. Sela kancinane ungaxhami.

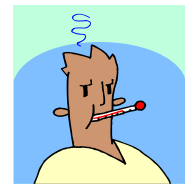


Xa unotyatyazo usenokungacaceli kutya kodwa ukutya ngamaxesha athile akulunganga. Zama ukutya okomisiweyo okufana nerayisi ekuthiwa zi-noodles, itapile ezicoliweyo okanye isonka esimhlophe. Yitya nokuba kokuphi ukutya okungakwenzi uzive ugula. Zama ukuba uhlambe izandla phambi nasemva kokuphatha ukutya. Amaxesha amaninzi utyatyazo lungaziphelela kwiveki nje ezimbalwa.

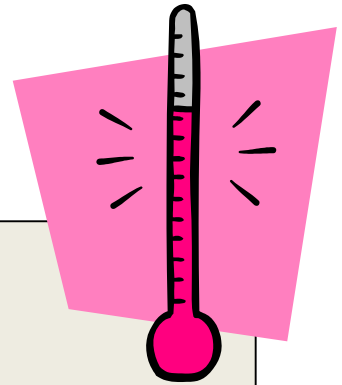


### *iFiva*

Umkhuhlane okanye ukuba nobushushu obukwiqondo eliphezulu zidla ngokwenziwa lulwasulelo. Kubantu abaphila nentsholongwane kagawulayo ifiva isenokwenziwa yi HIV ngokwayo okanye isenokwenziwa lulwasulelo okanye ngamayeza owasebezisayo. Ukuba unefiva kufuneka ujonge ukuba awunazo ezinye impawu zesigulo ezinobungozi ezikulumkisayo thatha inxaxheba ngoko nangoko. Sebenzisa itshathi yefiva ukujonga ezompawu.



***Unyango lwefiva lwasekhaya:*** Ifiva eneqondo lobushushu eliphezulu ngokuthi upholise umzimba ukuthoba iqondo lobushushu, okanye useenzise iyeza. Ukuwupholisa umzimba ngamanzi adikidiki (hayi abandayo) ukunceda ukuthoba iqondo lobushushu. I-Paracetamol (ipanado) ungayisebenzisa ukuthoba ingqondo lobushushu.



### Itshathi Yokuthatha Inxaxheba Xa Unefiva:

Ingaba unefiva kwaye?

- *Unentamo eqinileyo ( awukwazi kugoba ntamo ukuze ubeke isilevu esifubeni)*
- *Udinwe kakhulu okanye uziva udidekile*
- *Unokuxhuzula*
- *Usofoloko ucaphuka*

Ewe



Yiya ekliniki ngoku

Hayi ↓

Ingaba unefiva *nokhohlokhohlo olomileyo kwaye uphelelwa ngumphefumlo ngamandla?*

Ewe



Yiya ekliniki ngoku

Hayi ↓

Ingaba ubuso uye wanerasshalala entsha ebusweni okanye izilonda ngku unefiva?

Ewe



Yiya ekliniki

Hayi ↓

Ingaba enezinye zezi zinto ngoku unefiva?

- *Intloko*
- *Umqala oqaqambayo*
- *Uyakhohlela*
- *Unotyatyazo*
- *Unengxaki zokuchama*

Ewe

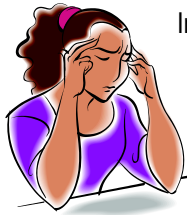


Jonga isicwangciso senkqubo yokwenza malunga nalengxaki unayo

Hayi ↓

Ungawunyanga umkhuhlane wakho ekhaya

### Intloko eqaqambayo:



Intloko eqaqambayo yenye yempawu eziqhelekileyo abantu abanentsholongwane kagawulayo nogawulayo abadla ngokuba nazo. Intloko isenokwenziwa kukuxhalaba kwezintlunu, isenokwenziwa nangamayeza. Intloko ehamba nefiva isenokuba nobungozi. Ukuba untloko ehamba nefiva kunye entamo eqinileyo- intamo iqine kangangokuba xa ugoba iza ngaphambili awukwazi kubeka isilevu esifubeni, useokuba udunjelwe ynwebu yobuchopho (meningitis). Olu lulwasulelo lunobungozi lwenwebu yengqondo olufunwa ukuyingwa ngokukhawuleza. Sebenzisa isicwangciso sokwenza xa uqaqanjelwa yintloko ukwenza isigqibo sokuba ungayilawula kanjani intloko yakho.

#### **Itshathi Yento Onokuyenza Xa Unentloko:**

Ingaba unentloko ehamba nefiva kunye nentamo elukhuni?

Ewe



Yiya ekliniki ngoku

Hayi ↓

Ingaba unentloko ehamba kunye nenye yezizinto?

- *Kunzima ukusebenzisa inyawo okanye ingalo*
- *Kunzima ukubona*
- *Kunzima ukuthetha ( uyashwantshatha)*

Ewe



Yiya ekliniki ngoku

Hayi ↓

Ingaba sekudlule intsuku ezintathu uphethwe yintloko?

Ewe



Yiya ekliniki

Hayi ↓

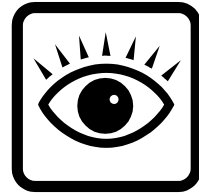
Nyanga intloko ekhaya ubaxelele ekliniki kutyelelo lwakho olulandelayo.

**Ukunyanga intloko ekhaya:** I- Paracetamol iluncedo kakhulu xa unyanga intloko nje yodwa. Eli yeza lisebenza kakuhle xa uqale ukulisebenzis kwangoko emva kokuva ukuba intloko yakho ibuhlungu kunokuba ulide ukuba ude uqaqanjelwe ngamandla awukwazi kuyisebenzisa kwaphela. Ukuba intloko yakho ibangelwa kukuxhalaba kwezintlunu noxinzelelo ngako oko ukuzihlikihla izintlunu zentamo kwaye ubeke into enobushushu apha entanyeni (ibhotile manzi ashushu esongelwe ngetawuli) ingakunceda lonto. Ubugcisa bokuphumla kuluncedo kakhulu xa ulawula intloko.



### Ingxaki Yamehlo:

Abantu abaphila nentsholongwane kagawulayo byathanda ukukhathazwa ngamehlo. Ezo ngxaki zingabangelwa lulwasulelo (CMV), kodwa ingxaki zamehlo zingabangelwa nangamayeza, ukunyuka kweswekile (iswekile), intloko, ukuqaqamba kwentloko kunye nokukhula. Ukuba uvele nje wanengxaki yamehlo ngequbuliso kusenokwenzeka ukuba ibangelwa lulwasulelo kwaye kufuneka uye ekliniki ngoko nangoko. Ukuba ingxaki yamehlo ikuqale kancinane ngako oko kufuneka uwahlole kutyelelo lwakho olulandelayo lwasekliniki.



#### **Itshathi Yento Onokuyenza Xa Unengxaki Yamehlo:**

Ingaba okungaboni (kancinci okanye ngokupheleleyo) kuze ngequbuliso kwimehlo elinye okanye kuwo omabini kwaye kubuhlungu?

Ewe



Yiya ekliniki ngoku

Hayi ↓

Ingaba amajoni omzimba angaphezu ko 200

Ewe



Yiya ekliniki

Hayi ↓

Ingaba amehlo aye engaboni omabini ngexesha elinye

Ewe



Yiya ekliniki

Hayi ↓

Yiya ekliniki NGOKU

### Isizaphuzaphu okanye ukugabha:

Ubuninzi bento ezikhathazayo xa unesizaphuzaphu okanye ukugabha ziyafana naxa uhambisa. Amayeza kubantu abaphila nentsholongwane kagawulayo ngoyena nobangela uqhelekileyo wokuba ube nesizaphuzaphu kodwa lonto isenokubangelwa nalulwasulelwo lwentsholongwane. Ukuphelwa ngamanzi emzimbeni ngowona mngcipheko mkhulu. Impawu zokuphelelwa ngamanzi usenokuba nesiyenzi, unxano olungapheliyo, ukoma komlomo kunye nolwimi, ukuncipha nobumdaka bomchamo, ukushwabana nokoma kolusu. Ukugabha into emnyama okanye enegazi isenokuba luphawu lokuba isisu sakho siyopha.





## Itshathi Yokwenza Xa Unesizaphuzaphu Kunye Nokugabha:

Ingaba enenye yezi zinto?

- *Ugabha into emnyama okanye enegazi*
- *Intlungu zesisu ezingangxamanga ezibukhali*
- *Intloko eqaqambayo nentamo eqinileyo (kunzima ukubeka isilevu esifubeni)*

Ewe



Yiya ekloniki ngoku

Hayi ↓

Ingaba unazo impawu zokuphelelwa ngamanzi emzimbeni?

- *Ukunxanwa ngamandla*
- *Umlomo owome kakhulu*
- *Umchamo omdaka*
- *Intloko nje ongayikhathalelanga okanye isiyenzi*

Ewe



Yiya ekloniki ngoku

Hayi ↓

Ingaba lento iqale emva kokusebenzisa amayeza amatsha?

Ewe



Yiya ekloniki

Hayi ↓

Ingaba ukhulelwe okanye ucinga ukuba ukhulelwe?

Ewe



Yiya ekloniki

Hayi ↓

Ingaba uye wagabha kwade kwadlula intsuku ezintathu ngaphandle kokuba bhetele?

Ewe



Yiya ekloniki

Hayi ↓

Nyanga ukugabha ekhaya

**Unyango lwasekhaya lesizaphuzaphu kunye nokugabha:** Kubalulekile ukuba usele amanzi kwangoko ungekagabhi kwakhona. Ukusela umxube wamanzi osele uchaziwe kubalulekile. Musa ukusela yonke iglasi yamanzi ngexesha elinye, sela kancinane ukwenzela ukuba ungagabhi kwakhona.

### Ukumana uphelelwa ngumphefumlo:

Yinto eqhelekileyo ukumana uphelelwa ngumphefumlo xa usenza umdlalo okanye umthambo onzima. Ukuba umana uphelelwa ngumphefumlo xa uphumle okanye xa usenza nje umdlalo omncinane okanye ukuba uvuke ubusuku waziva uphelelwa ngumphefumlo ngako oko kufuneka uye ekliniki kwangoko. Oyena bangela wangxaki efana nale kubantu abaphila nentsholongwane kagawulayo nogawulayo (PCP). Ukumana uphelelwa ngumphefumlo kusenokubangelwa lulwasulelo olusemiphungeni obunalo kwixesha elidlulileyo okanye kukutshaya.

#### **Itshathi Yokwenza Xa Umana Uphelelwa Ngumphefumlo:**

Ingaba umana uphelelwa ngumphefumlo xa uphumle okanye ngokwenza umsetyenzana nje omncinci?

Ewe

→

Yiya ekliniki ngoku

Hayi ↓

Ingaba unokhohlokhohlo olomileyo okanye umkhehlane owenza umana uphelelwa ngumphefumlo?

Ewe

→

Yiya ekliniki ngoku

Hayi ↓

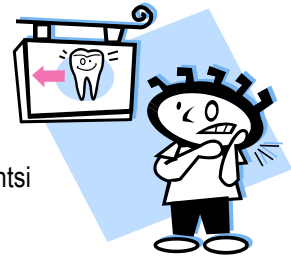
Wunyange ekhaya kwaye uye ekliniki

**Unyango lwasekhaya xa umana uphelelwa ngumphefumlo:** Ukuba bekukho into obuxakeke yiyo ngexesha uziva uphelelwa ngumphefumlo akufunekanga uyiyeke kwangoko lonto ubuyenza okanye ungxamele ukuyigqiba ngokukhawuleza. Kubhetele ukuba uthobe isantya kulento ubuyenza ukuze ujonge ukuba ingaba izinzile na indlela ophefumla ngayo. Ngamanye amaxesha xa simana siphelelwa ngumphefumlo siye sikhathazeke lonto isibangele ukuba soyike kwaye lonto ingabangela ukuba uphefumle nzima ngakumbi.

Ukuba ubusoloko utyhafile kangangexesha elininzi, ukuphelelwa ngumphefumlo isenokuba luphawu olubonisa ukuba kufuneka uzilolonge. Kufuneka wandise imidlalo yakho kancinane ngexesha njengoko besitshilo kwicandelo lokuzilolonga. Ukuba uyatshaya kwaye umana uphelelwa ngumphefumlo kufuneka uzame uyeke ukutshaya. Ukuba uyasokola kuba ufuna ukuyeka ukutshaya ngako oko thetha nonesi kutyelelo lwakho olulandelayo lwasekliniki. Ukuba kukho abantu abatshayayo ecaleni kwakho, zama ukuba umsi ungakufumani okanye bacele batshaye kude kuwe. Ukuba uphelelwa ngumphefumlo iluncedo into yokuba uzame ukuziqhelanisa nomthambo wokuphefumla ngokunzulu ochazwe kwicandelo lokuphumla. Olu hlobo lokuphefumla nzulu lunceda ukulolonga izintlunu zokuphefumla kwakhona unceda ingqondo yakho ikwazi ukumelana nezi mpawu.

### Umqala Nomlomo Obuhlungu:

Umqala obuhlungu yinto eqhelekileyo ebantwini unentsholongwane kagawulayo okanye ungenayo. Oyena nobangela uqhelekileyo womqala obuhlungu yintsholongwane yengqele kodwa umqala obuhlungu usenokubangelwa nalolunye ulwasulelo. Inxenye yomqala obuhlungu inganyangeka ngokukhuselekileyo ekhaya. Umlomo namehlo abuhlungu yinto eqhelekileyo. Izibhanxu emlonyeni, izibhanxu ezimhlophe elwimini, nasemlonyeni okanye izibhanxu ezibomvu ezitshisayo ezikrawuzelelayo kunye nezilonda emlonyeni okanye ezantsi emqaleni zonke zingabangelwa ngamaqhakuvana alapha emlonyeni nasemqaleni.



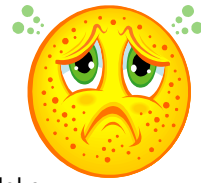
Ingqaqambo emlonyeni zisenokubangelwa yimingxunya esemazinyweni. Amazinyo asenokuba nemingxunya ngenxa yentsholongwane ezisemlonyeni. Usenokuzikhusela kwintsholongwane ngokuthi uhlale amazinyo akho kabini ngemini emva kokutya. Akusebenzisi ntlama yamazinyo eninzi (intwana elingana nekhozo le-erityisi yonele) ukugcina amazinyo akho ecocekile. Kubalulekile ukuba uyeke ukutya ilekese kunye neziselo ezihwahlwazayo ezibangela ukubola kwamazinyo. Sebenzisa itshathi yokwenza yomqala nomlomo obuhlungu ukwenza isigqibo sokuba mawenze ntoni.

#### **Itshathi Yokwenza Yomqala Kunye Nomlomo Obuhlungu:**

Ingaba ufumana ubunzima obubuhlungu uphefumla okanye uginya?	Ewe →	Yiya ekliniki ngoku
Hayi ↓		
Ingaba unomkhuhlane okanye ubofu ngemva apha emnqaleni?	Ewe →	Yiya ekliniki
Hayi ↓		
Ingaba ayaqaqamba amazinyo akho okanye isidlele sakho sidumbile?	Ewe →	Yiya ekliniki wamazinyo
Hayi ↓		
Ingaba unezilonda okanye izibhanxu emlonyeni elwimini, okanye kwimilebe yomlomo?	Ewe →	Yiya ekliniki
Hayi ↓		
Ingaba ube nentlungu zomqala kangangentsuku ezingaphezu kweshumi ?	Ewe →	Yiya ekliniki
Hayi ↓		
Zinyange ekhaya		

### Ingxaki Zolusu:

Zininzi ingxaki zolusu ezinokuchaphazela abantu abaphila nentsholongwane kagawulayo nogawulayo. Ezinye ingxakana ezimbalwa zolusu zinobungozi kodwa kuba zibonakala zisenokucaphukisa kakhulu. Kuba ezingxaki uzibona zisenikukwenza uzive ungenamtsalane kwaye ungenzakuzithemba, zingxaki zihlala ixesha elide kwaye zingasoloko zikukhumbuza ngesimo sakho sentsholongwane kagawulayo. Inxenye eqhelekileyo yengxaki zolusu kubantu abaphila nentsholongwane kagawulayo abanazo zishinglisi (isifo sesikhumba), irhashalala, ulwasulelo yintsholongwane, intsumpa.



#### **Itshathi Yokwenza Xa Unengxaki Yolusu:**

Ingaba unerhashalala ebuhlungu emzimbeni okanye kwicala elinye lobuso?

Ewe

→

Yiya ekliniki namhlanje

Hayi ↓

Ingaba irhashalala ikuqale emva kokuba usebenzise amanye amayeza amtsha?

Ewe

→

Yiya ekliniki namhlanje

Hayi ↓

Ingaba unerhashalala okanye amadyunguza emzimbeni kwaye unefiva?

Ewe

→

Yiya ekliniki namhlanje

Hayi ↓

Ingaba unentsumpa kulusu lwakho ezenze imibala-bala engafaniyo kulusu?

Ewe

→

Yiya ekliniki

Hayi ↓

Ingaba unerhashalala eyenze isangqa emzimbeni wakho okanye ulusu olufe mhlophe phakathi kwenzane, emiphakathweni kumalungu angaphantsi, kanye phantsi kwamakhwapha, ingaba inobofu irhashalala?

Ewe

→

Yiya ekliniki

Hayi ↓

Zinyange ekhaya

**Unyango lwasekhaya lwengxaki yolusu:** Kubalulekile ukuba ugcine ulusu lwakho lucocekile ukukhusela ukukhusela ulwasulelo onokuthi ubenalo. Hlamba umzimba wakho yonke imihla ngesepha kunye namanzi. Gcina izipho zakho zifutshane kwaye zicocekile. Ukuba uyazikrwempa xa ulele, ungalala ufake ikawusi apha ezandleni ukuze ungonakalisi ulusu lwakho. Ukuba ulusu lwakho lomile kwaye luyarhawuzela, kuyanceda ukulihlamba nge aqueous cream.

### Ingxaki Yokuncama:

Ulwasulelo ngomchamo lwenzeka kakhulu komama ngaphezu kwabantu abangotata, kodwa otata abanentsholongwane kagawulayo nabo bayathanda ukufumana olu lwasulelo Olona phawu luqhelekileyo lolwasulelo ngomchamo zintlungu okanye ukutshisa xa uchama, usoloko ufuna ukuchama kwaye uchamo wakho ube negazi. Ezi mpawu azisoloko zibangelwa lulwasulelo; zisenokubangelwa yikhafeyini eninzi (yeti, ikofu okanye icola); inkantsi yesinyi kunye noxinzelelo.



Ulwasulelo lwesinyi komama lusenokubangelwa ngumdlalo wesondo. Ukuba unayo nefiva, uyagabha, uqaqanjelwa ngumqolo, amazinyo aqhaq hazelayo okanye umzimba uyangcangcazela kuba ugodola kusenokwenza ukuba ulwasulelo luye lwanda ukusuka esinyini ukuya kwizintso. Sebenzisa itshathi yokwenza ukunceda uthathe isigqibo sokuba ungazilawula njani ezi mpawu.

#### **Itshathi Yokwenza Xa Unengxaki Zokuchama:**

Ingaba unefiva, uyagabha, umqolo Oqaqambayo, ukungcangcazela kuba ugodola, kunye nengqaqambo, ukusoloko uchama umchamo onegazi?	Ewe →	Yiya ekliniki namhlnje
Hayi ↓		
Ingaba ukhulelwe?	Ewe →	Yiya ekliniki namhlnje
Hayi ↓		
Ingaba unawo umkhwinya omtsha ophuma kwilungu lobumama othukuthezelayo?	Ewe →	Yiya ekliniki namhlnje
Hayi ↓		
Ingaba uqaqanjelwa sisisu (amazantsi esisu) kuye nomkhwinya kwilungu lobumama?	Ewe →	Yiya ekliniki namhlnje
Hayi ↓		
Zinyange ekhaya okanye uye ekliniki ukuba kange iphele emva kwentsuku ezimbini.		

**Ukunyanga ingxaki zomchamo ekhaya:** Inqanaba lokuqala ukulawula ezingxaki kukusela amanzi kakhulu. Sela ilitha eziliqela zamanzi (4 ukuya 5) kwiyure zokuqala ezingamashumi amabini emva kokuba ezimpawu ziqalile. Lonto inceda ukuhlamba nayo nayiphi into engunobangela wale ngxaki. Ukusela izselo ezenziwe ngeziquhamo (juices) nazo zinganceda ukutshintsha amachiza aqulathwe ngumchamo. Ukuba unomkhwinya ophume ngokutsha kwilungu lobumama okanye uqaqanjelwa ngamazantsi esisu kubalulekile ukuba uye ekliniki njengoko lonto ithetha ukuba ezimpawu zisenokuba azisuki esinyini koko zisuka kwilungu lobumama kwaye zifuna uknyangwa ngokukhawuleza.

### *Ilizwi lokugqabela ngempawu:*

Khumbula amanqanaba esiwachaze kweli candela kwaye itshati yokwenza ayithathi ndawo yogqurha namanesi. Ulwazi olukwelicandelo luzama ukunceda usebenzisane neqela lakho lezempilo. Sebenzisa itshati yokwenza ukuzinceda ucinge ngazo naziphi na impawu obukhe wanazo kwaye izakunceda ngokwenza isigqibo sokuba uza kwenza ntoni ngezo mpawu. Njengoko sele ufundile, ezinye mpawu kukhuselekile ukuba ungazilawula ekhaya. Ezinye impawu zifunau kuba uye ekliniki ngoko nangoko. Ukuba uyathandabuza okanye ukhathazekile ngazo naziphi na impawu onazo ngako oko kubalulekile ukuba uye ekliniki uyokuhlolwa ngokupheleleyo. Khumbula ukuba ufunde ntoni kwicandelo lokuqala ngokuba ngumlawuli- siqu olungileyo. Sebenzisa olulwazi lukwelicandelo ukunceda ufumane lonke ulwazi malunga nezi mpawu unazo xa uthe watyelela ekliniki.



Xa uthe watyelela ugqirha malunga nezo mpawu usenokuncedwa ngugqirha okanye ngunesi. Okanye uthunyelwe komnye umntu ojongene nengxaki ezifana nale unayo. Kwicandelo elilandelayo, siza kuxoxa ngendlela elungileyo yonxulumano okanye ukuthetha nomkhathaleli mplo wakho. Nokuba ngubani ozakudibana naye ekliniki kubalulekile ukuba usebenzise amanqanaba okunxulumana ukuze uzuze lukhulu kutyelelo lwakho. Sebenzisa “Ixwebhu lesicwangciso sokwenza” esisekugqibeleni kweli candelo ukucwangcisa ukuba uzakuzilawula njani impawu onazo. Sebenzisa “Idayari yokuzilolonga” ukugcina ixesha lesicwangciso somthambo obulisebenzise kwiveki edlulileyo. Ukhumbule ezitshathi zenzelwe ukunceda wena ukuze ube ngumlawuli- siqu ophumeleleyo!

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## Action Plan Form –Ukulawula impawu

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Cinga ngempawu eziqhelekileyo obunazo. Sebenzisa oluxwebhu uzenzele isicwangciso sokwenza ngokuba uza kwenza njani ukulawula ezi mpawu kwixesha elizayo ukuba uphinde wanazo.

Qiniseka ukuba isicwangciso nkqubo siquka oku

Lento ufuna ukuyenza

Uzakuyenza njani

Uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini

Ezona mpawu ziqhelekileyo zezi: \_\_\_\_\_

Xa ndinezi mpawu ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (njani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

Unethemba kangakanani lokuba uzakusenza esicwangciso nkqubo?

\_\_\_\_\_

Andinathemba												Ndinethemba
ngokupheleleyo	1	2	3	4	5	6	7	8	9	10	ngokupheleleyo	

Gcina irekodi yokuba uqhuba njani

	Ndinga ukuthi.....	Ndenze lento...
<b>Mvulo</b>		
<b>Lwesibini</b>		
<b>Lwesithathu</b>		
<b>Lwesine</b>		
<b>Lwesihlanu</b>		
<b>Mgqibelo</b>		
<b>Cawe</b>		

## Idayari enesicwangciso sokuzilolonga

Qala ngokuthi ubhale phantsi injongo zakho.

Bhala apha ukuba ufuna ukwenza ntoni: \_\_\_\_\_

Ngoku, yintoni ofuna ukuyenza, ongathi ukwazi ukuyenza kule veiki ozakuthi xa uyenzile ukwazi ukuphumeza injongo zakho.

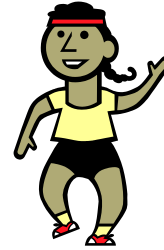
Khumbula ukubandakanya oku kwisicwangciso nkqubo sakho:

Yintoni ofuna ukuyenza

Uzakuyenza ixesha elingakanani

Ingaba uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini



Umzekelo: Kule veiki, Ndizakuhamba-hamba (yintoni) apha ekuhlaleni (kangakanani) phambi kwesindlo sasemini (nini) kathathu ngemini (kangaphi).

Kule veiki ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (kangakanani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

	Ukuzolula	Umthambo endiwenzileyo...	Ingaba ndiziva njani? Ingaba ikhona into endifuna ukuyitshintsha?
<b>Umzekelo</b>	<i>Ukuzolula imizuzu elishumi kusasa nasemva kwemini</i>		<i>Uye wadinwa kakhulu xa ubusenza uhambo lwesibini, Kule veiki ndiza kulinciphisa, ndiliphungule ngemizuzu emihlanu.</i>
<b>Mvulo</b>			
<b>Lwesibini</b>			
<b>Lwesithathu</b>			
<b>Lwesine</b>			
<b>Lwesihlanu</b>			

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## Iveki 3: Ukulawula Uxinzelelo

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Ekuhlaleni, sithetha kakhulu ngoxinzelelo. Sinokutsho ukuthi kwenza uxinzelelo olukhulu ukuhlala emZantsi Afrika, kuba kwenza uxinzelelo ukucinga ngabantwana okanye usapho lwethu, kwenza unxinzelelo ukucinga ngemali okanye kwenza uxinzelelo ukucinga ngokufumana umsebenzi okanye ukucinga ngokuba uyamelana na nomsebenzi wakho.



Silisebenzisa kakhulu eligama lithi uxinzelelo, kodwa ingaba lithetha ukuthini? Uxinzelelo yimvakalelo; uxinzelelo yidibanisela yemvakalelo yokuxhalaba kunye nengcinga. Xa siziva sinoxinzelelo siyakhathazeka, kwaye sifumane ubunzima ekuzikiseni ingqondo okanye ukukhumbula izinto, uxinzelelo lungayichaphazela indlela yokulala, umdla wokutya kunye nobudlelwane.

Eyona nto ixhaphakileyo ebangela ukuba sizive sinoxinzelelo kukungakwazi ukulilawula uxinzelelo. Sithanda



ukuva ngathi izinto okanye ingxaki zenza uxinzelelo kuba singakwazi kuzilawula. Siziva sixinzelelekile ukuba siza kufika emva kwexesha emsebenzini ngenxa yokubambezeleka kukaloliwe – lento ingapha kwamandla ethu. Siziva sinoxinzelelo apho siziva singakhuselekanga khona – abo benza ubugebenga nabo bangapha kwamandla ethu. Kuyafana naxa sinezifo ezingapheliyo okanye ezinganyangekiyo sisiva sinoxinzelelo; izifo ezinjengentsholongwane kagawulayo nogawulayo, iswekile, uxinzelelo oluphezulu lwegazi. Ukuba uva ngathi isigulo onaso singapha kwamandla akho kwaye akukho nto unokuyenza, lonto isenza sizive sinoxinzelelo.

Uxinzelelo ayiyonto embi kwaphela. Siyazi ukuba uxinzelelo lungaluncedo. Kwabanye abantu ukuba baziva benoxinzelelo, sinokuziva siphantsi koxinzelelo ngokufuna ukwenza bhetele. Usenokuziva unoxinzelelo ukuba usapho lwakho luza kundwendwela, kodwa olu uxinzelelo lwenza ukuba ulungise indlu yakho –eso sisiphumo esihle soxinzelelo. Abafundi abenza izifundo zabo bangazigqiba izifundo ukuba kukho uvavanyo nosuku olubekelwe ukufaka umsebenzi omisiweyo (asayimenti), ngaphandle koxinzelelo lwexesha elimisiweyo, abafundi abangekhe bawenze okanye bawugqibe umsebenzi wabo.

Ngamanye amaxesha siqwenela ukuphila ubom obungenaxinzelelo. Kodwa, siyazi ukuba uxinzelelo belungekho ebomini bethu, ukuba besinokuhlala singenzi nto imini yonke nalonto ibingazukusilungela nayo. Ukuba ndilele ebhedini imini yonke ndingenzi nto, izintlunu zam zizakuba buthathaka, amalungu omzimba aqine kwaye ugule. Siyaludinga uxinzelelo ebomini bethu ukusigcina sisephilweni. Into ebalulekileyo kukugcina ubuninzi boxinzelelo kwizinga apho sizakukwazi ukuba silulawule. Kungako sithetha ngokulawula uxinzelelo, hayi ukukhupha uxinzelelo!

Zininzi izinto ezohlukeneyo esinokuzenza ebomini bethu ukulawula uxinzelelo. Inqanaba lokuqala kufuneka siyazi okanye siqonde ukuba kutheni siziva sinoxinzelelo. Zintathu izinto ezidla ngokwenza sizive sinoxinzelelo.

### 1. Imeko eyenza uxinzelelo:

Kudla ngokuthi xa ulindele okunganeno kulomeko naxa ungaqhelananga kangako nemeko leyo, kungona uya usiba noxinzelelo ngakumbi. Ukuba uzakuhamba ngololiwe ukuya emsebenzini wabe usazi kwangaphambili ukuba uloliwe uzakubambezeleka, lonto ingakwenza ungabi naxinzelelo lungako kunokuba ufumanise sele ukuloliwe into yokuba uloliwe uzakubambezeleka. Ukuba ucinga ngokuba unengqaqambo, ukuba uyawazi unobangela wengqaqambo, ingaba wenza uxinzelelo ngakumbi okanye awenzi xinzelelo? Ukuba awuyazi into ebangela ingqaqambo zakho kwaye unexhala lokuba ikhona ingxaki ngokwenene, ingaba longxaki yenza uxinzelelo ngakumbi okanye kancinci?

### 2. Ingaba uyibona njani le meko, into kwaye uzakumelana njani nayo:

Ukuba ingxaki onayo ayibalulekanga olohlobo, uye uzive unoxinzelelo olungephi malunga nengxaki leyo. Ukuba usesithuthini esizofika kade, kodwa uyothenga ngokwakho, ngoko usethubeni lokuba ungabinaxinezelelo ngaloonto, Ukuba usesithuthini esizofika kade kwaye uya emsebenzini oku kungakwenzela uxinezelelo olukhulu, kodwa ukuba unawo umnxeba kuwe kwaye unayo imali yofowuna efowunini uze utsalele umqashi wakho umnxeba umcacisele ukuba kutheni uzofika kade, ngoko oku akunawuba naxinezelelo lubhekelephi. Into yokuba ukwazi ukumelana nengxaki, ichaphazela ubungakanani boxinzelelo esiluvayo.



Ekubeni kusenxa uxinzelelo ukuphila nesifo esinganyangekiyo esifana nentsholongwane kagawulayo nogawulayo, iswekile kunye noxinzelelo oluphezulu lwegazi, ukuba ucinga ukuba ungakwazi ukumelana naso isigulo eso, isigulo eso soze sikuphazamise emsebenzini wakho kwaye ubomi bakho bungaba noxinzelelo olukhulu okanye olungaphantsi. Ukuba unolwazi ngemeko yakho lonto yenza ukuba ucinge ngayo ngendlela eyohlukileyo kwaye ingatshintsha nendlela obuqhele ukwenza ngayo ukuze umelane nengxaki.

### 3. Inkxaso yosapho kunye nezihlobo:



Izihlobo kunye nosapho abakuqondayo nabakuxhasayo bangalichaphazela izinga loxinzelelo lwakho. Ukuziva ungenabani, uwedwa ngathi awufumani nkxaso lonto ingakwenza uzive unoxinzelelo kakhulu.

Ukuba ucinga ngento yokuba uphila nentsholongwane kagawulayo nogawulayo, ingaba unganoxinzelelo kakhulu okanye kancinci ukuba akukho bani ukuxhasayo? Kodwa kufuneka siyilumkele inkxaso esiyifumana kusapho nezihlobo. Ukuba bakwenzela yonke into (kuba bekhathala ngathi kwaye bazama ukukunceda), sisenokuziva singeloncedo njengomntu ongenanto yakwenza. Inkxaso ayithethi kuthi kufuneka wenzelwe yonke into.

Uxinzelelo ayiyonto efane isehlele. Ubungakanani boxinzelelo esibuvayo buxhomekeke kwizinto ezininzi ezahlukeneyo ezinokuguquka mihla yonke.

Zininzi izinto esinokuzenza ukulawula uxinzelelo yonke imihla.

## Ukulawula Uxinzelelo:

### 1. Jongana nonobangela woxinzelelo



Inqanaba lokuqala lokujongana noxinzelelo kukuba wazi ukuba kutheni uziva ngalendlela. Sebenzisa amanqanaba okuzilawula- ngobuqu ukuze uzokukwazi ukufumana ingxaki. Ukuba uthe wayazi ukuba kutheni usiva ngolohlobo nje ngoko ke kufuneka wenze isigqibo ngokuba ungenza ntoni ngalo ngxaki.

Ngamanye amaxesha ukujongana nezinto ezisenza sibe noxinzelelo kulula, ukuba unobuhlobo nabamelwane bakho kwaye ingxolo eyenziwa ngumabonakude wabo (television) iyakuphazamisa, iyacaphukisa kungalula ukubacela ukuba bathobe ingxolo. Ukuba awunabuhlobo nabamelwane akho, okanye ungumntu onentloni kakhulu kusenokuba nzima ukubacela ukuba bathobe ingxolo. Ngamanye amaxesha siyakwazi ukuziqaphela izinto ezisenza sibe noxinzelelo kwaye senze into ngalonto.

Kodwa, ubukhulu becala siye soyisakale ukujongana nezi ngxaki okanye ingxaki leyo sube ingaphaya kwamandla ethu. Ukuba awukwazi kujongana nayo okanye ingapha kwamandla akho, inqanaba elilandelayo lelolutshintsha okanye ukuguqula indlela ajonga ngayo le ngxaki.

Inqanaba lesibini kukuthi uyijonge lengxaki ngenye indlela eyahlukileyo. Cinga ngokuba uziva njani. Ingaba ingcinga zakho kunye nemvakalelo onayo ngale ngxaki zichanekile na? Mhlawumbi unexhala ngempilo yakho, lonto ikwenza ubenoxinzelelo. Ingaba unexhala lokuba ungasuke ugule kakhulu kwaye ungakwazi ukubuyela emsebenzi kwamsinyane? Ingaba ezingcinga nalemvakalelo zichanekile na? Unalo na ulwazi apho ingcinga kunye nemvakalo yakho zisekelwe khona? Uthethile na nengcaphephe malunga nempilo yakho okanye usekele ingcinga nemvakalo kunye noxinzelelo lwakho kulwazi olulambathayo okanye olungekhoyo?



Inqanaba lesithathu- cwangcisa ubomi bakho. Ingaba wenziwa uxinzelelo yinto enye ephinda-phindayo? Okanye ingaba uzibona unoxinzelelo kuba kukho amaxesha apho ubomi bakho buye buxakeke kakhulu? Ukuba wenza lonto inye amaxesha ngamaxesha kwaye ubenoxinzelelo, kufuneka ujonge ukuba ingaba ujongana nayo kanjani na kwaye uzame olunye uhlobo lokuyenza. Ingaba uthini ngokuxakeka kobomi? Nabo kuya ngesicwangciso, ukuxakeka kakhulu kwaye singabinalo ixesha leziqo zethu, lonto ingabangela uxinzelelo olukhulu. Cwangcisa izinto kwangexesha ngononophelo, zama uqinisekisa ukuba unalo ixesha noko lokuphumla okanye ukwenza umthambo nokuba uxakeke kangakanani. Sukuziyeka izinto uzenze ngomzuzu wokugqibela.

Inqanaba lokugqibela lokujongana noxinzelelo kukufumana uncedo. Izihlobo, usapho kunye namaqela enxaso zezona ndlela ziluncedo kakhulu ukunciphisa uxinzelelo. Ukuba sifuna inkxaso yabantu nangona kufuneka sibaxelele ngokucacileyo ukuba yintoni ingxaki kwaye yintoni esinokuyithanda kubo. Amaxesha amaninzi asinalo unxibelelwano olucacileyo kwaye lonto ingenza uxinzelelo ngakumbi! Ukuba abahlobo okanye usapho lwakho abalancedo okanye abanankxaso ngokupheleleyo, iyakunceda into yokuba uhlale nabo phantsi xa uziva ungenaxinzelelo lokuthetha ngezizinto. Kusenokwenzeka ukuba babona izinto ngolunye ngohlobo kunawe, lonto ayithethi kuthi bathetha into ekhoyo wena uthetha into engekho okanye wena uthetha into ekhoyo bona bathetha into engekho.



Yinto yokuba wena ubona izinto ngolunye uhlobo kwaye ningaxoxa ngokuba niza kuphathisana njani ngayo ngendlela ebhetele. Ukuba kunzima ukuba nibe nengxoxo ezifana nezi, iyakuba luncedo kakhulu into yokuba ucele nekhangsila, umcebisi akuncede malunga nengxoxo leyo. Ungacela uncedo ekilini okanye ungaxoxisana ukuba zeziphi ezinye iindlela ezingakho eJabulani ARV kiliniki okanye nogqirha wakho. Ukuba ungamelana neendleko zesithuthi ungaya kwi NGO enjengo FAMSA osebenza ngokukhethekileyo ekuthuthuzeleni nasekucebiseni usapho nabavanayo.

## 2. Ukuphumla

Xa siziva siphumle, siziva sipholile. Ngamanye amaxesha xa siphumle sibe sidiniwe, singaziva sisozela. Ngamanye amaxesha singaziva siphumle kwaye siphaphile sibe nanko nokuzikisa ingqondo ngokuzolileyo kwinto esiyenzayo. Ukuphumla kungasanceda sizikise ukucinga, kusancede sicombulule umzimba kwaye silale. Ukuphumla yeyona ndlela iluncedo kakhulu ukulawula uxinzelelo kunye nezinye impawu zezigulo ezinganyangekiyo ezifana nengqaqambo.

Ukuba sinoxinzelelo, lonto ingenza izintlunu zethu zibambane kwaye siphefumle ngamandla, ukuba kwakhona sisiva singaphilanga kwaye sinengqaqambo sisiva sigula ngakumbi. Ukuphumla kungakunciphisa ukubambana kwezintlunu kwaye kuthobe ukubetha kwentliziyo nokuphefumla kwaye



kusincede sizive sibhetele. Ukuba sinoxinzelelo siyathanda ukuba nomsindo singatyhileki, ukuphumla kukunceda ukuba uzole kwaye uzive ukwazi ukulawula ubomi bakho ngamandla. Xa sinoxinzelelo ngamanye amaxesha kunzima ukuba silale njengoko sicinga ngezinto ezingapha kwamandla ethu, ukuba awuphilanga, awulali ingakwenza lonto ugule ngakumbi. Ukuphumla kungakunceda ulale, lonto ingakunceda ulawule uxinzelelo lwakho kwaye iphucule impilo yakho.

Ukuphumla kuyafana nokufunda umdlalo omtsha okanye ukwenza umthambo, kufuneka uziqhelanise nokuphumla. Indlela ethile ophumla ngayo ayinamsebenzi; sonke sahlukile kwaye siphumla ngendlela ezahlukeneyo. Eyona nto ibalulekileyo kufuneka uziqhelanise nokuphumla ngalo lonke ixesha. Siza kuziqhelanisa nendlela ezimbini ezahlukeneyo zokuphumla. Ungayenza lento ekhaya endaweni ethe cwaka endaweni okhuselekileyo nokhululekileyo kuyo xa uqala. Kodwa, wakuziva ukwazi ukuphumla kakuhle, ungaphumla nasendaweni yokulinda enabantu abaninzi efana negumbi lokulinda uloliwe okanye itaxi. Ungaphumla nokuba kuphina!

### **Amaxesha alungileyo okuziqhelanisa nokuphumla kuxa:**

- Uziva ngathi uxhalabile, unomsindo okanye ukhathazekile
- Uziva ngathi usezintlungwini
- Ufuna ukuya kulala



### **3. Ukulala**

Abantu abanezifo ezinganyangekiyo baye bafumane ubunzima xa kufuneka belele kuba banoxinzelelo kwaye bakhathazekile ngenxa yemeko yabo, bakhathazwa yinto yokuba ingaba ithetha ukuthini lento kubo, kusapho lwabo, kunye nekamva labo. Ebantwini kwakhona kuye kubenzima ukulala ngenxa yesigulo ngokwaso, mhlawumbi unengqaqambo, uyagula okanye kusenokuba udinwe kakhule kwaye akukwazi nokulala. Abanye abantu bakufumana kunzima ukulala bade baye kulala ezinzulwini zobusuku, abanye ufumanise ukuba bayalala kodwa bavuke ebusuku kwaye kubenzima ukuphinda ulale. Abanye abantu bakufumana kunzima kwaphela ukulala ebusuku, balale emini kuphela.



Ukulala kubalulekile ukukugcina usempilweni. Sonke sidinga imilinganiselo engafaniyo yokulala. Abanye abantu bafuna ukulala iyure ezisibhozo ngobusuku, abanye bangafuna ukulala iyure ezilishumi okanye abanye abantu bafuna nje iyure ezihlanu zokulala. Sonke sahlukane. Besikade sifunda indlela yokulala kunye nokulala kakuhle ukususela sisengabantwana. Ukuba awulali kakuhle, ngokuthi ulandele lamanqanaba ayakukunceda ufunde indlela yokulala nokuba ulale kakuhle. Khumbula njengokufunda nayo nayiphina into entsha, nale iza kuthatha ixesha. Isenokuthatha inyanga ezintathu ufunda indlela yokulala kakuhle ukuba ubukade ubulaleka phambi kokuba ulale kangangexesha elide.

### Imbono zokuphuhlisa indlela yokulala

1. Yiba nemisebenzi yesiqhelo oyenzayo phambi kokuba ulale: zama ukuya kulala ngexesha elinye busuku ngabunye xa ulala kwaye usoloko usenza njalo yonke imihla phambi kokuba uye kulala. Imisebenzi yesiqhelo phambi kokuba ulale isenokuba kukutsixa apha endlwini, ukhulule, uhlambe ubuso, uhlambe amazinyo, ungene ebhedini wenze umdlalo wokuphumla.



2. Awukwazi kulala kuba ukhathazekile: bhala phantsi ingxaki zakho okanye izinto ezikukhathazayo, emva koko bhala phantsi inqanaba elilandelayo ocinga ukuba lingakunceda ukusombulula ingxaki. Ukuba uye wavuka ngobusuku ukhathazwa yilengxaki, zikhumbuze ukuba lento ubuseyenzile kwaye unesicwangciso sayo. Ukuba uvuke ukhathazwa yenye into, yibhale phantsi lonto ukuze xa uvukile ujongane nayo.



Ziqhelanise nomdlalo wokuphumla ukuze ulibale ngalento ikukhathazayo. Ukuba kusenzima ukuba ungalala, kubhetele ukuba uvuke wenze into ezakwenza ingqondo yakho iphumle enjengokufunda incwadi, ukubukela umabonakude (TV), umamele umculo okanye wenze umthambo wokuphumla.

3. Ibhedi negumbi lokulala zizinto zokulala: Zama ukuba ungasebenzisi igumbi lakho lokulala emini. Sukubukela umabonakude usebhedini. Ukuba awulelanga emva kwemizuzu engamashumi amathathu emva kokuba ungene ebhedini, vuka wenze enye into. Sukulala ebhedini ube ukhathazwa yinto yokuba bungade buhle ubuthongo. Lonto iyakukwenza uzive unoxinzelelo kwaye iwenze mancinci amathuba okuba buhle ubuthongo.



4. Yiba nemisebenzi yesiqhelo yakusasa: vuka ngexesha elinye yonke imihla, nokuba uziva ungenamdlawakuvuka. Imizimba yethu iyathanda ukusebenza ngenkqubo yendlela ethile njengesiqhelo silale kwaye sivuke ngexesha elinye yonke imihla.
5. Yeka ukusela iziselo ezinekhafeyini (caffeine) kangangeyure ezine phambi kokuba uye kulala ngokuhlwa (iziselo ezifana ne-coke, iti, okanye ikofu).
6. Ungaze usele utyalwa kuba uzama ukuba bukuncede ulale. Bungakwenza uzive uphumle okwethutyana, kodwa bakuphela utywala buthanda ukumenza phakuphaku umntu kwaye uphelelwe nabubuthongo ebusuku.

### **Indlela elungileyo neqhelekileyo yokulala:**

- Lala ngexesha elinye mihla yonke
- Yiba nexesha elisisiqhelo lokulala
- Yenza umthambo wokuphumla phambi kokuba ulale
- Yenza ibhedi ibe yindawo yakho yokulala okanye ukuphumla
- Yiba nexesha elisisiqhelo lokuvuka

#### **4. Umthambo**



Umthambo yeyona ndlela ilungileyo yokulawula uxinzelelo. Abantu abasoloko besenza umthambo rhoqo kangangemizuzu engamashumi amathathu, kathathu ngemini banamathuba amancinane okuba nezigulo ezixhulumene noxinzelelo. Jonga kwisahluko somthambo malunga nokuninzi ngokuba ungazilolonga njani ngokukhuselekileyo nangephumelelo.

#### **Umthambo:**

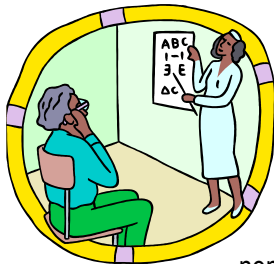
- Unciphisa uxinzelelo
- Usinceda ukuba silale ngcono
- Unciphisa ingqaqambo
- Usenza ukuba sibe sempilweni kwaye unciphisa amathuba okuba uhlaselwe okanye kuvele ezinye izigulo

## 5. Ukunxibelelana nonompilo wakho

Nabani na ophila nengxaki zempilo zexesha elide, nokuba yintsholongwane kagawulayo okanye uxinzelelo lwegazi okanye isifo seswekile kufuneka emana esiya ekliniki ngamaxesha onke. Ukundwendwela ikliniki ngamaxesha onke kungenza uxinzelelo ngoba kuthatha ixesha, kufuneka wenze isicwangciso kwangexesha, kuba awungeke uqiniseke ukuba uzakuthatha ixesha elide kangakanani ulindile, usenokukhathazwa kukuba ingaba umncedi- wezempilo uzakuthini na. Enye yendlela ezibalulekileyo yokulawula uxinzelelo oluxhulumene nokuba uzakundwendwela ekliniki, kwaye uzakubonana nabancedi-bezempilo kukuthi ucinge kwaye ucwangcise ukuba uzakunxibelelana njani nabo.



Xa undwendwela ekliniki uye kubona ugqirha okhathalela ezempilo kubalulekile ukuba uzive ukhululekile xa uzakubuza imibuzo ( nokuba ngowuphi na umbuzo, nokuba uva ngathi ngumbuzo “obububhanxa” okanye “obubudenge”) kwaye uzive ukhululekile ukuxela indlela oziva ngayo. Ibalulekile kwakhona into yokuba uzive unako ukuthetha ngamayeza akho nomncedi wezempilo onikeza amayeza ukuze nobabini nomncedi niyive into yokuba ufumana inkathalo ebhethela. Kubalulekile ukuba ungabinazo ingcinga ezithi unompilo wakho



okuncedayo akakuhooyanga, “ukubekela phantsi” okanye ukuphatha njengomntwana. Siyazi ukuba ogqirha nonesi banezigulane ezininzi ekufuneka bezibonile kwaye banexesha elincinane ekufuneka belichithe nomntu ngamnye. Inye indlela eluncedo onokuqiniseka ngayo ukuba uzuze okuninzi kwixesha lakho obuye kubona ngalo ugqirha okanye unesi kukuba nawe uthathe Inxaxheba -Lungisa, Buza, Phinda, Yiba nento oyenzayo.

### Thatha inxaxheba:

#### **Zilungiselele:**

Phambi kosuku lokuba uye ekliniki kubalulekile ukuba uzilungiselele. Cinga ngonobangela wedibano yakho, kwaye ingaba zikhona izinto okanye ingxaki ezithile ezikukhathazayo. Bhala phantsi imibuzo onayo okanye izinto ezikwenza ukhathazeke. Kufuneka uxele izinto njengoko zinjalo xa ubhala uluhlu lwakho, mhlawumbi kuzakubakho ixesha apho kuzakufuneka uphendule into ibenye okanye zibembini ezikuluhlu lwakho. Zama ukuqinisekisa ukuba ezona ngxaki zibalulekileyo zisekuqaleni koluhlu. Hamba noluhlu lwezinto zakho xa usiya kwidibano yakho yasekliniki, uze uthi akubuza ugqirha okanye unesi ukuba unayo na enye into ofuna ukuyibuza, nje ngalomzuzu sebenzisa uluhlu lwakho.



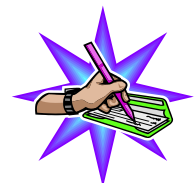
Ukuba zikhona impawu ezithile okanye ingxaki zempilo ofuna ukuxoxa ngazo, lungiselela idibano yakho ngokuthi ubhale phantsi izinto ezithile ugqirha okanye unesi azakuthi afune ukuziqonda. Izinto eziluncedo nazi: Ingaba lengxaki iqale nini, ingaba impawu zalengxaki ziye zihlale ixesha elingakanani, ingaba iphi lendawo inengxaki apha emzimbeni, ingaba yintoni ekwenza uzive ubhetele okanye ugule ngakumbi, ingaba wawukhe wanayo ingxaki efana nale ngaphambili kwaye yanyangwa njani, ingaba ikhona into okhe wayitshintsha efana nokutya, umthambo okanye amayeza. Ukuba ngaba sele ulufumene unyango malunga nale ngxaki, lungiselela ukunika ingxelo yokuba ingaba iyeza lisebenze kakuhle kanjani, okanye isenokuba kange lisebenze kwaphela.

Thetha ngokuphandle malunga nendlela oziva ngayo kwaye uthethe nangezinto ezikukhathazayo. Ngokuya uthetha, kungoko nomntu okunika uncedo lwezempilo ezakukwazi ukukunceda. Ekugqibeleni yenza ingxelo. Ukuba akuyithandi indlela oye waphathwa ngayo mxelele ugqirha okanye unesi. Ukuba awufuni kutsho ngqo kuye ngako oko ungathetha nomnye umntu kwalapha ekliniki okanye omnye umntu kwiqela labaxhasayo. kwaye bayakuvuyela ukukunceda, kwamkelekile ukubanceda abakhathaleli bezempilo. Khumbula futhi ukuba ogqirha nonesi nabanye abancedi kwezempilo bayakuthanda ukunconywa. Ukuba uyqonda ubuphetheke kakuhle kwaye bayonwabela indlela osebenzisa ngayo unyango lwakho, yomkelekile into yokuba umncome umkhathaleli wezempilo.

#### **Buza:**

Elinye inqanaba elibalulekileyo ukuze nibe nonxulumano oluhle kwaye unciphise noxinzelelo kukubuza. Ukuba nolwazi olulungileyo kubalulekile kuwe ukuze ube ngumlawuli mpilo onempumelelo. Buza imibuzo malunga nokuxilongwa kwakho efana nokuba ingaba yintoni ingxaki, yintoni unobangela walongxaki, ingaba iyosulela na kwaye kuzakwenzeka ntoni ngoku? Ngako oko buza imibuzo ukuba wenze uvavanyo, ingaba luvavanyo lwantoni, ukuba andifuni kwenza uvavanyo, ingaba uvavanyo luza kubandakanya ntoni? Khumbula ukubuza imibuzo malunga nezinye indlela zonyango lwakho, ingaba olunyango luza kunceda entweni, kwaye uthini umngcipheko wonyango namangenela onyango? Ekugqibeleni buza imibuzo malunga nokubuya, ingaba uzakubuyela nini na ekliniki, ingaba yintoni into ekufuneka uyilumkele kwaye ndenze ntoni ukulungiselela ixesha elilandelayo?

Ukuba uyalibala kubalulekile ubhale zonke izito phantsi phambi kotyelelo. Okanye ucele umntu omthembileyo ahambe nawe xa usiya ekliniki ukuze amane ekukhumbuzi.



**Yiphinde:**

Enye into enokukunceda uhlale ukhumbula izinto kukumana uziphinda-phinda. Ngako oko ukuba ugqirha okanye unesi ukucacisela into, phinda uyithethe kuye usebenzisa awakho amanzi nglohlobo uyiqonda ngalo. Lento ibalulekile ukuqinisekisa ukuba akukho phazamo.

**Thatha inxaxheba okanye yiba nento oyenzayo:**

Ekugqibeleni kubalulekile ukuba uyazi ukuba yintoni ekufuneka uyenze kwixesha elilandelayo.

Kusenokukwenza ukuba kufuneka ukuba kufuneka ubhalisele olunye undwendwelo, okanye kufuneka uye ekhaya kwaye kukho into ekufuneka uyitshintshe okanye uyokuzithengela iyeza ekhemisti. Kufuneka uqiniseke ukuba kufuneka wenze ntoni kutyelelo olulandelayo, kwaye wenze lonto!



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## Ukuphumla

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### *Ukuphumla ngokupheleleyo:*

Fumana indawo efanelekileyo..... Lala ngomqolo okanye hlala esitulweni esiza kuxhasa umqolo wakho. Beka izandla emacaleni umphakathi wesandla ujonge phezulu. Vala amehlo ukuba ufuna ukwenza njalo. Qala ngokuthi uyiqonde indlela ophefumla ngayo ..... Jongana nokuthoba isantya okanye isingqi sokuphemfula kwakho.....

Isifuba nesisu sakho sizakukhukhumalela ngaphandle qho uphefumla, njengebhaloni izaliswa ngomoya ngononophelo.....

Yiba nombono wembambo zakho ziphumela emacaleni njengokuba uphefumlela ngaphakathi..... Zibuyela ngaphakathi ngononophelo njengokuba uphefumlela ngaphandle.....

Kancinane phefumlela ngaphakathi..... phumla okomzuzwana..... emva koko phefumlela ngaphandle kancinane..... Yekelela ukuxhalaba njengoko usiya uphumla ngokunzulu xesha ngalinye uphefumla.....

Qhubeka uphefumla kancinane nagononophelo..... Ngoku cinga ngomphezulu wentloko yakho. Sive isikhumba somphezulu wentloko siqala ukuphumla, kwaye kusehlela kancinane emazantsi, emacaleni.....

Kangangokuba nendlebe zakho ziya ziphumla kwaye zinobunzima.....

Yiva amashiya ephumla, ngononophelo ukuphumla kusehlela emazantsi.....

Isibunzi sakho siya siphumla kwaye sivakala sigudile..... yonke imigca ebusweni ivakala igudile.....

Yekelela imihlathi iphumle ngokuthi uyekelele umlomo uvuleke kancinane ngokuthambileyo.....Yeka ulwimi uphumle..... Yiva umqala wakho uphumla... yekelela izidlele, impumlo kunye namehlo aphumle. Yiva inkophe zamehlo akho zisiya zisibanzima kwaye zinokuphumla kakhulu..... Yonwabele imvakalo yokuphumla oyifumanayo.

Ngoku cinga ngentamo yakho .....yekela ukuphumla kuqale apha phezulu entanyeni yakho, kwehlele emazantsi entamo ..... Kuve ukuphumla kwakho njengoko amangxa akho esiya esiba nokuphumla nokukhululeka.....Yekelela amangxa akho ethambekela ezantsi ngononophelo ..... Njengoko esiya ephumla kwaye enobunzima..... enzima kakhulu.....kwaye enokuphumla kakhulu..... ngokunzulu kwaye ngokunzulu .....ephumla.....

Yiva ingqosha yakho isiya iphumla njengoko amangxa ebuyela umva kancinane, sibe isifuba sakho sivuleka kancinane.....Yekelela izintlunu zamangxa akho de zivakale ngathi zigudile..... kwaye ziphumle.....njengoko izintlunu ziyeka ukubambana ngokupheleleyo.....

Gaphela indlela ophefumla ngayo kwakhona..... Uyayibona ukuba ilungelelene njani .....Qhubeka uphefumla kancinane.....ngokuthambileyo..... nangokunzulu.....

Phefumlela ngaphakathi yonke imvakalo yokuphumla.....Ube uphefumlela ngaphandle konke ukuxhalaba.....Ukuphefumla kukwenza uye uphumla ngokuphumla ngokunzulu..... Ngoku jika ngenyameko (ngengqondo) ujonge ingalo yakho yasekunene kuve ukuphumla kusihla ukususela kwiligxa lasekunene.....uyekelele umntla wengalo uphumle..... ingqiniba yakho.....umzantsi wengalo kunye nesihlahla sisiya sikhululeka siphumla.

Yonwabela into yokuhlala ungenzi nto ngelishesha imvakalo yokuphumla iqhubela phambili, njengoko izintlunu zengalo yasekunene zikhululeka.....

Yiva imvakalo yokuphumla isihla ukuya esandleni sakho..... Yeka konke ukuxhalaba kuphumela ngaphandle kwithupha, incam yeminwe yakho kusimka.....

Ukuphumla kusiyela kubhontsi .....kumnwe wokukhomba.....wokufaka umsesane...nakucikicane.

Yiva ukuphumla kusihlela ezantsi kwingalo yasekunene.....Yekelela izintlunu ngentla kwingalo yasekuxele.....Yekelela izintlunu ngentla kwingalo yasekuxele ziphumle.....inqiniba.....amazantsi engalo kunye nesihlahla.....

Yonwabela imvakalo yokuphumla oyifumanayo.

Yeka ukuxhalaba kuphume.....Yiba nombono ukuxhalaba kusihlela kanye ngaphandle kwethupha zeminwe yakho..... Vumela isandla sakho sasekunene siphumle ngokupheleleyo.....ubhontsi.....umnwe wokukhomba.....umnwe ophakathi, umnwe womsesane kunye nocikicane.....Zombini ingalo zakho ziphumle ngokupheleleyo.....ziyekelele zikhululeke kwaye zibenokuthamba .....ziphumle ngokuxolisayo.Yonwabela imvakalo yokuphumla oyifumanayo.

Vumela imvakalo yokuphumla iqhubeka esifubeni nasesuswini sakho.....yiva ukuphumla kwezondawo.....busiya busiba nobunzulu xesha ngalinye uphefumla.

Ngoku ngenyameko yiva ukuphumla kusihla ngomqolo.....yeka izintlunu zikhululeke.....yenza umqolo kulomzimba ungasentla uphumle.....esiqwini ukuya kumazantsi omqolo.....

Yekela umqolo wakho uphumle ngokupheleleyo.....yiva imvakalo yokuphumla kuwo wonke umzimba wangasentla. Phumla ngokunzulu xesha ngalinye uphefumla..... phumla ngaphezulu kwaye nangaphezu koko... Phumla ngokunzulu nangokupholileyo.

Yekelela izintlunu zamahleza ziphumle..... phumla konke ukuya ezimpundu, ukuya emazantsi apha ngemva emathangeni.....Yenza izintlunu zamathanga apha ngemva ziphumle.....Yiva imvakalo yokuphumla apha ngentla

(phezulu) emilenzeni isehlela emadolweni wakho, kwiziqukuba zakho.....ukuyela koxhongo.....emaqathane.....nasezinyaweni.....vumela zonke izintlunu ziphumle zide zithambe okanye zityhafe.

Yekelela konke ukuxhala onako kuphume ngaphantsi kwenyawo zakho. Yiva ukuphumla kuhamba-hamba emzimbeni wakho wonke.....Ukususela phezulu entlokweni yakho.....ukuya emazantsi enyawo zakho.....Uye uphumla ngokwaneleyo xesha ngalinye uphefumla.....Yonwabela imvakalo yokuphumla ngokwaneleyo..... Ngoku uphumle ngohlobo othanda okanye ofuna ngalo.....Yonwabela imvakalo yokuphumla ngokunzulu.....yonwabela imvakalo.....phumla.....ngokuzolileyo nangoxolo.

Gqalisela imvakalo yokuphumla kumzimba wakho wonke.....qaphela ukuphemfumla kwakho.....ukuphumla kwezintlunu.....ukuphola kwengcinga zakho.....Bethelela engqondweni lemvakalo ukuze uzenzele isimo sokuphumla nanini na xa ufuna.Yonwabela ukuphumla okomzuzwana nangaphezulu.....

Xa ukulungele ukubuyela kumsebenzi wosuku.....vuka kancinane.....ngononophelo shukumisa izintlunu zakho.....Hambisa amagxa kancinane uwase phambili.....kancinane ngemva.....ngononophelo thambekisa intloko uyise ukunxele.... Yibuyisele phakathi.....ngononophelo thambekisa intloko uyise ngasekunene.....jika intloko.

Ngononophelo vula amehlo..... Uziva udlamkile.....ngokuzolileyo kwaye unamandla ngokwaneleyo.

### *Ukuphumla Ngokwanelelyo*

Ukuphefumla ngokunzulu akuncedi kuxhalaba noxinzelelo kuphela, kuchukumisa ukuphumla. Nantsi indlela yokuphefumla ngokunzulu: Pefumla kancinane ubala ukuya kutsho kwisine (bala kancinane; ukususela kwinyathelo lokuqala- ukuya kwiwaka, inyathelo lesibini- ukuya kwiwaka.....)

Wakufika kwisithathu ubala nqumama.

Phefumlela ngaphandle kancinane ukuya kutsho kwisihlanu. Indlela yokuphefumla ihamba ngoluhlobo. Ngaphakathi.....kabini, kathathu, kane..... nqumama kabini, kathathu..... Ngaphandle..... kabini, kathathu, kane kahlanu.....

Phinda kangangomzuzu okanye imizuzu emibini.



## Idayari enesicwangciso sokuzilolonga

Sebenzisa ledayari ukugcina injongo zakho zomthambo kunye nomdlalo.

Qala ngokuthi ubhale phantsi injongo zakho.

Bhala apha ukuba ufuna ukwenza ntoni: \_\_\_\_\_

Ngoku, yintoni ofuna ukuyenza, ongathi ukwazi ukuyenza kule veiki ozakuthi xa uyenzile ukwazi ukuphumeza injongo zakho.

Khumbula ukubandakanya oku kwisicwangciso nkqubo sakho:

Yintoni ofuna ukuyenza

Uzakuyenza ixesha elingakanani

Ingaba uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini



Umzekelo: Kule veiki, Ndizakuhamba-hamba (yintoni) apha ekuhlaleni (kangakanani) phambi kwesindlo sasemini (nini) kathathu ngemini (kangaphi).

Kule veiki ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (kangakanani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

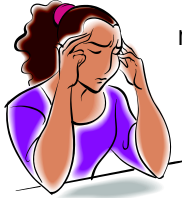
	Ukuzolula	Umthambo endiwenzileyo...	Ingaba ndiziva njani? Ingaba ikhona into endifuna ukuyitshintsha?
<b>Umzekelo</b>	<i>Ukuzolula imizuzu elishumi kusasa nasemva kwemini</i>		<i>Uye wadinwa kakhulu xa ubusenza uhambo lwesibini, Kule veiki ndiza kulinciphisa, ndiliphungule ngemizuzu emihlanu.</i>
<b>Mvulo</b>			
<b>Lwesibini</b>			
<b>Lwesithathu</b>			
<b>Lwesine</b>			
<b>Lwesihlanu</b>			

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## Iveki 4: Intlungu Okanye Ingqaqambo

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Abantu abaninzi abaphila nentsholongwane kagawulayo kunye nogawulayo bajongene nentlungu kwaye ngamanye amaxesha ingqaqambo zezona mpawu zibakhathaza kakhulu. Sinolwazi malunga nalento osilufumene kwizifundo zenzululwazi ebezisenziwa emZantsi Afrika jikelele, eAfrika naselizweni ngokubanzi. Zininzi izinto okanye izizathu ezinokubangela ukuba umntu ophila nentsholongwane kagawulayo, nogawulayo abenengqaqambo okanye intlungu. Mhlawumbi intlungu zisenokubangelwa yintsholongwane, okanye ingqaqambo zisenokubangelwa ngamayeza owasebenzisayo aqhele ukukugcina usempilweni, okanye intlungu zisenokubangelwa yenye into, engenanto yakwenza nokuba unentsholongwane kagawulayo, nogawulayo.



Mhlawumbi ingqaqambo zisenokwenziwa sisifo, umzekelo ukuba intsholongwane yonakalise umthambo-luvo ungaziva unentlungu. Ingqaqambo zisenokwenziwa okanye ukutsaleka kwezihlunu. Xa sisiva ubuhlungu siyathanda ukwenza izihlunu zethu zibambane zizama ukukhusela wean. Intlungu zisenokwenziwa bubuthathaka bezihlunu nokuqina kwamalungu. Abantu abanentsholongwane kagawulayo nogawulayo amaxesha amaninzi abasoloko besebenza, izihlunu kunye namalungu omzimba aye esiba nobuthathaka aqine. Lonto yenze ukuba xa besebenzisa izintlunu namalungu kubebuhlungu kuba kange zisetyenziswe ixwsha elide zibe izihlunu namalungu zingaqhelanga kusetyenziswa.



Eyokugqibela uxinzelelo, uloyiko, uvalo nokudakumba kubangela ingqaqambo kwaye uqaqanjelwe ngakumbi. Siyazi luthi uphando xa uqaqanjelwa ingqondo yakho isebenza ngamandla. Ukuba unoxinzelelo. Uloyiko, unexhala, uvalo okanye udakumbile ingqondo yakho isebenza ngamandla nangakumbi. Lonto ayithethi kuthi awunazintlungu, ithetha ukuthi ukukhuthala kwengqondo kusenokubangela intlungu okanye ukuba ubuqaqanjelwa uqaqanjelwe ngakumbi.



Ukunyanga ingqaqambo kufuneka siqiniseke ukuba kuqala sijonga kwaye sinyange zonke izinto ezinangunobagela wengqaqambo.

### [Ukujonga oyena nobangela wentlungu](#)

Ukuba uye wanengqaqambo ezintsha obukade ungenazo ngaphambili kubalulekile ukuba uzimamele ezongqaqambo. Xa unentlungu yindlela u mzimba wakho ozama ngayo ukuba uwumamele oanye okwazisa ngayo ukuba ikhona into engalunganga. Ngamanye amaxesha umzimba wakho awuthethi kuthi kukho onto engalunganga, kusenokwenzeka uyakulumkisa nje. Kuyafana naxa ubeke isandla sakho kwinto eshushu, uva kabuhlungu kwaye usisuse isandla sakho. Masithi isandla sakho kange side sitshe kodwa uva intlungu, intlungu

zikhawuleze zafumana uhoyo lwakho okanye ukhawuleze waziqaphela ngokukhawuleza wasisusa isandla sakho phambi kokuba sitshe.

Ukuba kange ube nazingqaqambo ngaphambili kubalulekile ukuba ubonane nogqirha okanye unesi akuxilonge ukufumana unobangela wengqaqambo zakho. Ukuba bamfumene unobangela wengqaqambo basenokunika amayeza ukunyanga unobangela. Ukuba uneTB, isifo sephepha unganazo ingqaqambo, ugqirha okanye unesi usenokunika iyeza le TB ukunyanga unobangela wengqaqambo. Basenokunika iyeza ukunceda uqobo lwentlungu. Ukuba balibele ukukunika iyeza lentlungu kufuneka ulicele kubo. Ngamnye amaxesha usenokunikwa ipilisi zentlungu zentsukwana ezimbalwa, ukuba uyazi intlungu zakho zithatha ixesha elingangenyanga, mxelele ugqirha okanye unesi lonto ukuze bakunike amayeza aza kuhlala inyanga yonke.



Kwisiqingatha sabantu aphila nentsholongwane kagawulayo nogawulayo abanenengqaqambo, ogqirha okanye onesi basenokungasifumani esona sizathu okanye oyena nobangela wengqaqambo onazo. Lonto ayithethi kuthi ingqaqambo zakho ayizongqaqambo zokwenene kwaye mazingafumani nyango. Ukuba ogqirha abamfumani oyena nobangela ucacileyo wentlungu zakho kufanele bakunike amayeza engqaqambo.

### [Yintoni onokuyenza xa uqaqanjelwa?](#)

Zininzi izinto onokuzenza ukulawula ingqaqambo zakho. Ngoba siyazi ukuba ingqondo iyachaphazeleka xa umntu esezintlungwini, kwaye siyazi ukuba ukusiqonda isigulo sakho, ube ngumlawuli- siqu oluqondayo unyango lwakhe, kwaye ufumane nenkxaso ungancedakala ukulawula intlungu zakho. Ngoku sizakuthetha ngezinto ezahlukeneyo ezinokuthi zikuncede ukudambise intlungu.

### [Yenza umthambo](#)

Ukwenza naluphina uhlobo lomthambo, ukuzolula, ukuzomeleza okanye umthambo wokunyamezela yonke ingakunceda ukunciphisa intlungu. Kwaye siyazi ukuba abantu abasoloko besenza umthambo baba nentlungu ezincinane.

### [Phumla](#)

Ukulawula uxinzelelo nokwenza umthambo wokuziphumza nanko kunceda ukunciphisa intlungu. Lento iyasebenza kuba inciphisa ukusebenza kwengqondo. Kwaye siyazi ukuba umana uphumla lonto ingakunceda ulale ngcono. Abantu abanentlungu baye bafumanise ukuba baqaqanjelwa ngamandla xa kusebusuku lonto yenze kubenzima ukulala. Ukulala kakubi kungakwenza uqaqanjelwe ngakumbi. Ukuphumla nokuthi ukwazi ukulala kakuhle kungakunceda ukunciphisa intlungu kwaye kukhusele nokuba ungaqaqanjelwa kakhulu. Usenokuzinceda intlungu zakho ngokuthi ulawule uxinzelelo novalo.



Ungayenza lonto ngokuthi uthethe nabantu okanye ufumane inkxaso, mhlawumbi kunesi, umcebisi/ ikansila okanye kwiqela elixhasanayo.

### **Zenze shushu**

Ukuba ingqaqambo zakho zenziwa kukubambana kwezihlunu ngoko ubushushu bunganceda ukunciphisa intlungu ezo. Ungazenza shushu izihlunu ngokuthi ubhafe okanye uthathe ishawa ngamazi ashushu ukuhlamba ezindawo ziqaqambayo. Ukuba awukwazi ukufumana ibhafu eshusu okanye ishawa ngoko ukugcina izintlunu zishushu usebenzisa ingubo okanye impahla kungakunceda. Likhona ixesha apho ungenakusebenzisa ubushushu ukunceda ingqaqambo. Ukuba uye wayibamba lendawo ingqaqambayo wafumanisa ukuba iyatshisa, lonto ithetha ukuthi ishushu kwaye ungabisayenza shushu ngakumbi. Ukuba lendawo iqaqambayo inolosulelo okanye ulusu okanye isikhumba sonakele nalapho kungcono ukuba ungabi sayenza shushu londawo. Kuzo zombini ezimeko kungcono usebenzise amanzi abandayo.

### **Zipholise**

Ukubanda okanye ingqele yenye yendlela ezilunge kakhulu ukunceda ingqaqambo. Xa sizenza imithambo-luvo ukuba ithumele umyalezo osilumkisa ngomonakalo wengqele, imithambo-luvo iye ihambe kancinane kwaye ithumele imiyalezo embalwa. Lonto ithetha ukuba sibanentlungwana nje ezingephi okanye ezincinane. Ukuba unaso isikhechisi ke kufuneka usebenzise ipakethi yomkhence okanye ipakethe yemifuno ekhecezisiweyo kulendawo iqaqambayo. Yiyeke ihlale kwisikhumba sakho kangangemizuzu elishumi ngexesha. Ukuba awunaso isikhencisi ukubeka ilaphu elifumileyo kwisikhumba sakho (ukuba unayo ifriji sebnzisa amanzi wefriji) nanko kungasebenza kakuhle.



### **Ziphulule**

Ukuziphulula kulula kakhulu kodwa yeyona ndlela isebenzayo ukunyanga ingqaqambo. Usenokuba ubuziphulula kodwa wabe ungaqondi ukuba wenzani. Ukuba ubukhe waziphulula ingalo eqaqambayo okanye umlenze ngoko ke ubuzama ukuziphulula. Ungasebenzisa amafutha nje okuthambisa okanye umgubo lo usetyenziswa ngabantwana ukuziphulula. Ukuziphulula ngonophelo kulendawo iqaqambayo kungaziphelisa intlungu kakhulu. Kodwa apho kutshisayo, ukuba lendawo iqaqambayo ishushu okanye inolosulelo kubhetele ukuba ungayiphululi. Kungcono uyipholise.

## Inkxaso

Njengoko besesitshilo ngaphambili, xa sisiva intlungu, ingqondo yethu isebenza ngamandla. Sidla ngokuba nexhala xa siqaqanjelwa, sizive sinoloyiko lokuba ingaba yintoni le ibangela iqaqambo okanye iqaqambo zithetha ukuthini (lonto soloko sisithi luxinzelelo – “ndiziva ndinoxinzelelo-istresi”). Sisenokufuna ukuqonda ukuba ingaba yintoni le siyenzileyo ibangela ukuba sibenengqaqambo. Uloyiko nexhala esidla ngokuba nalo xa sinengqaqambo lungabangela ukuba sibenentlungu ngakumbi. Kungoko ke inkxaso ibalulekile ukunceda inkqaqambo.



Iyanceda into yokuthetha nabantu esibathembayo ngendlela esisiva ngayo. Iyanceda into yokuba ugqirha okanye unesi aqinisekise ngonobangela wengqaqambo. Kusenokwenzeka ukuba nexhala ngokuba u HIV yenza ukuba izihlunu zakho zibambane kwaye lonto ibangele ukuba intamo kunye nentloko yakho zibebuhlungu. Iyanceda into yokuba ugqirha okanye unesi akuqinisekise ukuba ingqaqambo zibangelwa luxinzelelo. Lonto ayithethi kuthi uyazenzisa okanye ingqaqambo zakho ayizozokwenene. Ithetha ukuthi ikhona into onokuyenza ukunceda ingqaqambo. Ukuthetha nabantu, ukwenza umthambo kunye nokuphumla zonke zanceda ukulawula uxinzelelo.

## Amayeza

Ukuba usebenzisa amayeza ukunceda ingqaqambo kubalulekile ukuba ulisele ngamaxesha onke. Sukulindela ukuba uqale be nentlungu ukuze usele iyeza, ukuba ulinda de ubenehlungu iyeza alizukusebenza kakuhle.



Ukuba ugqirha okanye unesi ukuxelele ukuba uthathe iyeza ngamaxesha athile ngemini ngoko ke kubalulekile ukuba wenze ngolohlobo, nokuba awuva ntlungu ngeloxesha; uziva ungenantlungu lonto ithetha ukuba iyeza liyasebenza. Sukulindela ukuba ingqaqambo zibuye kwakhona phambi kokuba uthathe enye ipilisi, nayo soze isebenze kakuhle.

Ukuba amayeza akho akazincedi intlungu zakho ngoko ke kufuneka uphindele kugqirha okanye kunesi. Kusenokwenzeka ukuba ufuna iyeza elinamandla okanye kusenokwenzeka kufunaka uthathe amayeza amabini awohlukeneyo ngexesha elinye.

Amayeza aqhelekileyo okunceda intlungu ngala:

- Iparacetamol (panado, dolorol, painamol, painstop) ilungile kakhulu, isebenza ngamandla kwaye liyeza elikhuselekileyo lentlungu. Kubalulekile ukuba ungathathi ipilisi ezingaphaya kweshumi ngemini.
- Aspirin (disprini) nayo ilunge kakhulu kodwa abanye abantu kufuneka balilumkele eliyeza. Ukuba ulisebenzisa ixesha elide kufuneka ulumkele iziphumo zokusebenzisa iyeza ngokugqithisileyo ezifana nezilonda, umbefu, okanye ingxaki yezintso.
- Amayeza anceda ukukrala okanye ulosulelo afana ne-indomethacin (i-indocid), i-diclofenac (i-voltaren okanye i-panamor) okanye i-brufeni (i-brufen okanye i-inza) alungile ukuba ingqaqambo zakho zibangelwa lulosulelo okanye ukukrala kwezihlunu okanye amalungu. La amayeza kufuneka utye phambi kokuba uwasebenzise. Ukusebenzisa la mayeza kungabaneziphumo ezifana nezilonda.
- I-dextropropoxyphene (i-doloxene) liyeza elinamandla lentlungu. Eli yeza alifumaneki lula ezikliniki kwaye ugqirha okanye unesi kufuneka enze amalungiselelo okuba ulifumane.
- I-codeine phosphate inamandla kakhulu kwaye ungayimisela ngugqirha kuphela. Eli yeza lingakwenza ukuba wozele kwaye uqhinwe.
- I-morphine lelinye iyeza elinamandla. Ungalisela kahlanu ngemini. Nalo kufuneka ulimisela ngugqirha. Ukuba umisela i-morphine qiniseka ukuba igqirha ukunike neyeza lokuhambisa ukukhusela ukuba ungaqhinwa.



Khumbula ukuba eyona nto ibalulekileyo ngamayeza entlungu kukuba ulisebenzise phambi kokuba intlungu ziqale okanye nje ukuba uve intlungu. Sukulindela ukuba ingqaqambo zide zibebukhali phambi kokuba uthathe iyeza lentlungu. Iyeza alizukusebenza ngendlela elungileyo.

### **Ingqaqambo**

- Enye yempawu ezixhaphakileyo abantu abaphila nentsholongwane kagawulayo abadla ngokuba nazo.
- Ingqaqambo zingabangelwa yintshlongwane, ukuxhalaba kwezintlungu, ubuthathaka bezintlungu kunye nokuqina kwamalungu.
- Ingqaqambo zisenokubangelwa kwaye zenziwe ngakumbi luxinzelelo nokukhathazeka
- Ukuzilolonga, ukuphumla, ingqele, ubushushu kunye nokuziphulula zintlobo ezilungileyo zikunyanga ingqaqambo
- Amayeza engqaqambo asebenza ngcono ukuba uwathathe rhoqo phambi kokuba uqaqanjelwe ngakumbi.

## Uxwebu Lwesicwangciso Nkqubo – Intlungu Okanye Ingqaqambo

Cinga ngohlobo lwengqaqambo lubelunye oluqhelekileyo obukhe wanalo. Sebenzisa ixwebhu lesicwangciso ukwenza isicwangciso sokuba uzakuzilawula njani ezo ngqaqambo.

Qiniseka ukuba isicwangciso nkqubo siquka oku

Lento ufuna ukuyenza

Uzakuyenza njani

Uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini

Umzekelo: Kuleveki, ndizakuhamba (yintoni) kwalapha ekuhlaleni (njani) phambi kwesidlo sasemini (nini) kantathu ngexesha (kangaphi).

Kuleveki ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (njani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

Unethemba kangakanani lokuba uzakusenza esisicwangciso nkqubo?

Andinathemba												Ndinethemba
ngokupheleleyo	1	2	3	4	5	6	7	8	9	10	ngokupheleleyo	

Gcina irekodi yokuba uqhuba njani

	Ndicinga ukuthi.....	Ndenze lento...
<b>Mvulo</b>		
<b>Lwesibini</b>		
<b>Lwesithathu</b>		
<b>Lwesine</b>		
<b>Lwesihlanu</b>		
<b>Mgqibelo</b>		
<b>Cawe</b>		

## Idayari enesicwangciso sokuzilolonga

Sebenzisa idayari yokuzilolonga ukugcina inkqubela phambili yakho yenjongo yokuzilolonga ubuyenze kwiveki yokuqala.

Qala ngokuthi ubhale phantsi injongo zakho.

Bhala apha ukuba ufuna ukwenza ntoni: \_\_\_\_\_

Ngoku, yintoni ofuna ukuyenza, ongathi ukwazi ukuyenza kule veiki ozakuthi xa uyenzile ukwazi ukuphumeza injongo zakho.

Khumbula ukubandakanya oku kwisicwangciso nkqubo sakho:

Yintoni ofuna ukuyenza

Uzakuyenza ixesha elingakanani

Ingaba uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini



Umzekelo: Kule veiki, Ndizakuhamba-hamba (yintoni) apha ekuhlaleni (kangakanani) phambi kwesindlo sasemini (nini) kathathu ngemini (kangaphi).

Kule veiki ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (kangakanani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

	Ukuzolula	Umthambo endiwenzileyo...	Ingaba ndiziva njani? Ingaba ikhona into endifuna ukuyitshintsha?
<b>Umzekelo</b>	<i>Ukuzolula imizuzu elishumi kusasa nasemva kwemini</i>		<i>Uye wadinwa kakhulu xa ubusenza uhambo lwesibini, Kule veiki ndiza kulinciphisa, ndiliphungule ngemizuzu emihlanu.</i>
<b>Mvulo</b>			
<b>Lwesibini</b>			
<b>Lwesithathu</b>			
<b>Lwesine</b>			
<b>Lwesihlanu</b>			



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## Iveki 5: Ukutya Ngendlela Elungileyo

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Ukutya ngendlela elungileyo kubaluleke kakhulu kumntu wonke, ukutya lungileyo kukunceda uhlale usempilweni kwaye ukuba uyagula, mhlawumbi yintsholongwane kagawulayo okanye naso nesiphi na isigulo, ukutya lungileyo kubalulekile kukunceda uzive ubhetele. Unyango ayikokusebenzisa amayeza anceda ukuthomalalisa intsholongwane kagawulayo nogawulayo kuphela (anti-retrovirals), unyango luthatha amayeza anceda ukuthomalalisa intsholongwane kagawulayo nokutya lungileyo. Xa uphila nentsholongwane kagawulayo, umzimba wakho utshisa amandla amaninzi kunomntu ongenayo intsholongwane kagawulayo.

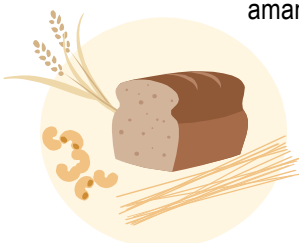


Intsholongwane kagawulayo yenza ukuba umzimba wakho usebenzise amandla amaninzi anokuba ngangeshumi lepesenti (10%) nokuba uziva uphilile xa ungaphilanga isebenzisa amandla ngakumbi kangangamashumi amabini (20%) okanye amashumi amathathu epesenti (30%). Lonto ithetha ukuba kufuneka utye kakhulu ukugcina ubunzima bayo busendaweni enye. Ukuhlalekelwa bubunzima yenye yempawu eziqhelekileyo zentsholongwane kagawulayo Abantu abanentsholongwane kagawulayo amaxesha amaninzi balahlekelwa bubunzima bezintlunu, yenze lonto babeneziqo ezincinane kwaye babe buthathaka. Ingaba wenza njani ukuze ungalahlekelwa bubunzima, okanye ukuba sele ulahlekelwe bubunzima, uwunceda njani umzimba wakho ukubuyela esiqwini sawo? Akukho nzima okanye ayiyongxaki ukutya lungileyo ukuze uhlale usempilweni. Siza kuxoxa ngamanye amanqanaba alula onokuthi uwalandele ukuze utye lungileyo.

### Ingaba kufuneka nditye ntoni?

Imizimba yethu ifuna amandla ukuze sizokwazi ukwenza konke ekufuneka sikwenze imihla yonke. La mandla afumaneka ekutyeni kwaye oyena nobangela wamandla ubhetele kukutya ukutya okunentlobontlobo zencasa yeswekile. Intlobontlobo zeswekile ayizolekese, kukutya ekutyeniwa ngumntu wonke yonke imihla- ukutya okunesitatshi (starch). Ukutya okunesitatshi okufana nesonka, ipapa, irayisi, itapile kunye nomngqusho kukutya okunamandla kakhulu (intlobontlobo zeswekile). Xa imizimba yethu iphelelwa ngamandla oku kutya kunamandla kakhulu, iza kuqalisa ukusebenzisa amandla agcinwe ngumzimba.

Phambi kokuba ube nentsholongwane kagawulayo, umzimba wakho ubusebenzisa amafutha ukukunika amandla. Kodwa, ngenxa yentsholongwane umzimba wakho usebenzisa amandla agcinwe zizintlunu zakho-amandla eprotini (protein- yinto eyakha umzimba efunaneka elubisini, emaqandeni nasenyameni). Ukuba awutyi ngokwaneleyo, umzimba wakho awubinazo intlobontlobo zeswekile ukuze ube namandla ngoko uqalise ukusebenzisa iprotini ezikwizintlunu zakho. Lonto ithethe ukuthi uzakulahlekelwa zizintlunu zomzimba hayi



amafutha- lonto siyibiza njengokuba yilahleko. Ukuba utya ukutya okunentlobotlobo zeswekile (ukutya okunesitatshi-iukutya okunika amandla) rhoqo ungayinqanda lonto ingenzeki. Ukuba ngaba sele ulahlekelwe bubunzima ngenxa yentsholongwane, ngoko ke kufuneka utye ukutya okuneprotini ukunceda intlunu zakho zibuyeleendaweni yazo. Zama kwaye uqinisekise ukuba ufumana ukutya okunamandla kakhulu (ukutya okunesitatshi) xesha ngalinye usitya.

Enye yamanqanaba abalulekile okutya ukutya okulungileyo kukutya kancinane okanye utye ukutya okulula – amashwamshwam (snack) imini yonke. Kubhetele ukuba uzame ukutya izidlo zibentathu ngemini kwaye ufumane ukutya okulula kabini ngemini. Lonto ithetha ukuba kufuneka sitye kubekahlanu ngemini; ezi zidlo akufunekanga ukua ibe zizidlo ezinkulu, ukutya okulula kusenokuba ziziqhamo, izinto ezfana namadonogomane (nuts) okanye amasi. Ngokutya kahlanu ngemini sizama ukuqinisekisa ukuba asiphelelwa ngamandla.

Xa siphelwe ngamandla, imizimba yethu isebenza nzima, ukuba besinentlungu, siza kuya sisibanentlungu ngakumbi, ukuba sidiniwe sizakuya sidinwa ngakumbi, ukuba siziva sikhathazekile sizakuziva sikhathazeke kakhulu xa siphelwe ngamandla kwaye ukuba sizama ukuzikisa/ukusebenzisa ingqondo ngamandla ngako oko kunzima ukuzikisa ingqondo xa uphelelwe ngamandla.

Kwakhona, ukuba unentsholongane kagawulayo kwaye uphelelwe ngamandla kulapho umzimba wakho uye uqalise ukusebenzisa iprotini ezikwizintlunu kwaye uqalise ukuba nelahleko. Ngenxa yezi zizathu kubalulekile ukuba noko utye kathathu ngemini, kodwa kubhetele ukuba utye kahlanu ngemini. Akukho ukutya okukodwa okanye okulungileyo okanye okungalunganga. Kubalulekile ukuba sitye indidi ngendidi zokutya. Ngoku siza kuthetha ngendidi zamaqela okutya ekufanele ukuba sikutye imihla yonke.

#### [Ukutya okunesitatshi \(okubizwa ngokuba zikharbohydrate / intlobontlobo zeswekile\)](#)

*Isonka – itapili - i-pasta, irayisi - ibhatata – umngqusho - umbona – amazimba - ipapa - isidudu - inkozo etyiwayo*  
Kufuneka sibe namandla awoneleyo, ngako oko ukutya okunesitatshi (intlobontlobo zeswekile) kufaneleke ukuba yinxenye kundoqo wesidlo sethu. Ukutya okunesotatshi makwenze eyona nxalenye okanye ubuninzi kwezidlo zonke. Ukutya okunesitatshi kungasinika amandla kangangexesha elide okanye ixesha elide kakhulu.



Ezivenkileni okanye kwimagazini ungabona ukutya kubhalwe “low GI”. Ukutya okuyi – “low GI” kukutya okunesitatshi okusinika amandla kangangexesha elide xa ukuthelikisa nokunye ukutya okunesitatshi okufana ne – “high GI” engasiniki amandla ixesha elide. Zombini ezindidi zokutya okunesitatshi kubalulekile kumntu ophila nentsholongwane kagawulayo.

## Iziqhamo nemifuno

*Isipinatshi- imorogo-ithanga-ipepile eluhlaza-iletisi (lettuce)-imbotyi-usenza (squash) iminqatha-itomato*

*Ipesika-aprikosi-i-orenji-inarityisi-i-avokado-ipaw-paw-i-mango- igwava- ivatala*

Udidi lwesibini lokutya okubalulekileyo esikufunayo ziziqhamo nemifuno. Kufuneka sitye iziqhamo nokuba sinye kunye nomfuno nokuba mnye kwisidlo ngasinye kwaye sizamele ukuba sifumane nokuba yinxenye yeziqhamo nemifuno esixhenxe ntsuku zonke.

Iziqhamo nemifuno inika ivithamins kunye nezinto eziqinileyo ezibalulekileyo ukugcina

isikhuseli mzimba (immune system) somelele. Zama ukutya indidi-ndidi zeziqhamo, nemifuno kwaye uzame

ukudibanisa nemifuno etyheli e-orenji, ebomvu okanye emdaka luhlaza ngombala. Le

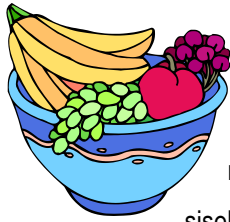
mifuno iqulathe u-vithamin A (vitamin A) onceda ulelwe lwesisu. Iziqhamo ze-sitrasi

(citrus) ezifana ne-orenji, ilamuni, umbambusi (grapefruit) kunye ne-narityisi zibalulekile

njengoko ziqhulathe ezinye i-vithamins (vitamins C) onceda isikhuseli mzimba sisoloko

sisebenza. Usenokujonga kulomfanekiso ungezantsi ukuba ukutya okunesitatshi neziqhamo

kunye nemifuno kokona kutya kunamacala amakhulu.



## Iprotini

*Inyama yenkomo- yehagu-yenkuku-intlanzi-inyama yegusha*

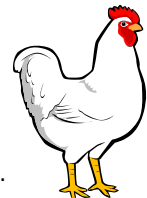
*Amanqanda-izinto ezenziwe ngobisi-imbotyi- inkozo –namandongomane*

People living with HIV need to eat protein every day. As we said before, this is important for your

muscles and to help prevent weight loss. Protein is found in meats and milk based foods. You

can also get protein from dried beans, peas, lentils, peanuts or soya. These foods can be a very

economical way of getting enough protein, they are often much cheaper than meat or milk products.



## Amafutha ne-oyile

*Ibhotolo-amafutha ehagu- imajarini-ioyile yokupheka-ucambu lobisi-imayoneyizi*

Amafutha ne-oyile nawo ayinxalenye yokutya okubalulekileyo okunika impilo. Oku kutya kunika amandla,



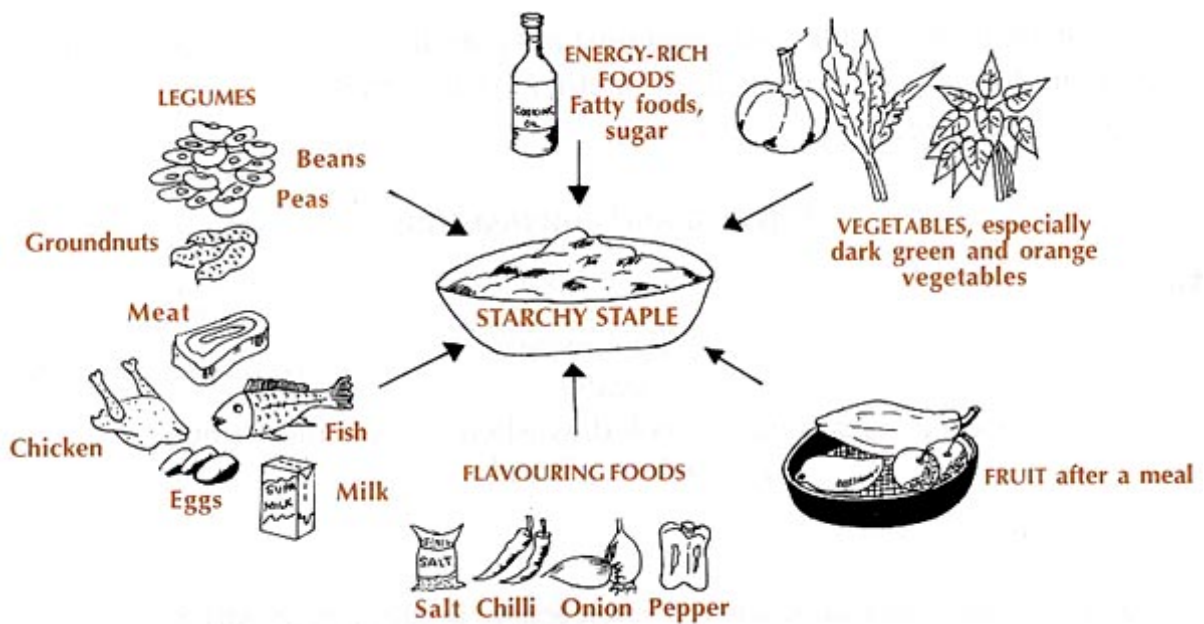
njengokutya okunesitatshi. Lonto ayithethi kuthi ungatya kangangoko uthanda kokukutya,

kodwa ungakwenza inxalenye yesidlo sakho. Oku kutya kungakunceda ukwandisa

ubunzima bakho ukuba ubugula sisifo esasulelayo kwaye waphulukana nobunzima bakho.

Ndingakudibanisa njani konke?

Eyona ndlela ilinganayo yokutya kukuba kwisidlo ngasinye masiquke inxalenye zibembini zesitatshi, inxalenye yomfuno, inxalenye yeziqhamo, inxalenye ye-protini. Inxalenye yamafutha esidlo iquka inxenye yamafutha okupheka (ukuba usebenzisa i-oyile) okanye ugalela ibhotolo okanye amafutha ekutyeni kwakho.



Umlinganiso wamaqela okutya

### **“Ndikufumana kunzima ukuba ndingatya ukutya okulungileyo”**

Njengoko usazi ngoku ukuba kufuneka utye ntoni masithethe ngokuba kutheni abantu abaphila nentsholongwane kagawulayo befumana ubunzima xa kufuneka betye ngokwaneleyo. Izizathu zokuba unmtu angatyi ngokwaneleyo kusenokuba akafuni kutya kuba uziva engalambanga, udinwe kakhulu kangangokuba akanakutya, unexhala kakhulu kangangokuba akakwazi kutya, okanye umntu uziva ngathi angasuke agabhe xa athe watya, angasuke ahambise xa athe watya, unezilonda emlonyeni eziba buhlungu xa esitya, okanye ukutya akusenancasa kwaphela. Icandelo elilandelayo lisinika ingcebiso ngendlela onokulawula ngayo ezingxaki.

### **“Andilambanga”**

Kwintsuku othe waziva ufuna ukutya ngazo, zama ukuqinisekisa ukuba utya ukutya okulungileyo ukukhawulelana nentsuku apho uzakube ungatyi kakuhle. Kwintsuku apho uziva ungafuni kutya zama ukutya intwana yokutya ngamaxsha onke, mhlawumbi kathandathu ngemini. Yitya kwindawo ozakuthi ukwazi ukuphumla kuyo, mhlawumbi nomhlobo. Hlala unamashwamshwam (snacks) ebhegini yakho okanye ecaleni kwebedi yakho ukwenzela ukuba, ukuba uthe wavuka okanye waziva ulambile. Ukwazi ukutya ngoko nangoko. Zama ukuqinisekisa ukuba amashwamshwam (snacks) anezondlo ezinika amandla kakhulu (intlobontlobo zeswekile). Qinisekisa ukuba xa usitya utya okona kutya ukuthandayo, nokuba yintwanana nje encinci yokutya iyanceda.

### **“Ndihlutha msinyane”**

Kusenokwenzeka ukuba uzama ukuba ngako konke kwisidlo esinye. Zama ukutya kahlanu okanye kathandathu ngemini. Xa usitya zama ukuqiniseka ukuba kukutya onkunika amandla amaninzi kunye ne-protini. Sukuqala ngokutya ukutya okunganiki mandla emva koko uzive uhluthi xa kufuneka utye ukutya okubalulekileyo.

### **“Okukutya akunancasa”**

Ulwasurelo emlonyeni okanye amayeza angenza ukuba incasa yokutya itshintshe. Ngamnye amaxesha ungeva incasa embi okanye incasa yesinyithi emlonyeni wakho. Ukuba umlomo wakho unamaqhakuva (thrush), cela ugqirha akunike iyeza lamaqhakuva. Usenokuwuhlamba umlomo wakho ngomxube wamanzi ugalele itispuni ibenye yesoda yokubhaka (baking soda) eglasini yamanzi. Sukuwuginya lomxube, hlamba umlomo wakugqiba uwakhuphe. Zama ukuba uwuhlamba umlomo namazinyo phambi kokuba utye. Ukuba uva incasa yesinyithi emlonyeni wakho, zama ukusela incindi ye-orenji (orange juice) okanye isiselo esimuncu.



### ***“Xa ndisitya ndise ndifune ukuphalaza”***

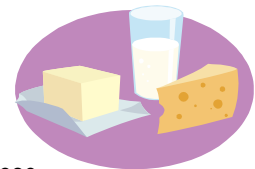
Xa ufuna ukugabha xa usitya kusenokwenzeka ukuba okanye zibentandathu ngemini) - kubalulekile ukuba wazi isizaphuzaphu okanye ukuziva ngathi uzakuphalaza ezo meko zibambi ngakumbi xa ulambile. Ukutya okunezinongo ezininzi okanye amafutha kwaye ukutya okanye isiselo esinekhafeni (caffeine) kungasenza sibe sibi isisu sakho kwaye uzive ugula. Ityiwa nezinto ezomileyo zingakunceda (izinto ezifana nesonka nohlobo oluthile lwebhiskiti). Ukuba ivumba lokutya lukwenza uzive ugula, cela omnye umntu apheke, kwaye qineiseka ukuba kungena umoya apho uphekela khona ukuphelisa ivumba. Sukutya ukutya okuthandayo xa uziva ungaphilanga, ngoba awufuni kucinga ukuba kukho oku kukugulisayo. Ukuba ucinga ukuba ngamayeza la akwenza ukuba ugule, cela ugqirha okanye umntu wasemayezeni akuxelele ixesha elifanelekileyo nelizakunceda onokusela ngalo amayeza. Usenokucela ugqirha akunike iyeza elizakunceda uyeke ukuziva unesizaphuzaphu.

### ***“Ndinesisu esihambisayo”***

Ukuhambisa kungenziwa yintsholongwane, ngamayeza, luxinzelelo okanye lolunye ulosulelo. Xa unesisu esihambisayo, xa uhambisa umzimba wakho awufumani kutya okudingwa ngumzimba, nokuba uyatya, umzimba wakho awukwazi kukufunxa. Xa unesisu esihambisayo, umzimba wakho awufumani manzi waneleyo. Kufuneka uqinisekise ukuba ufumana amanzi awoneleyo xa unesisu esihambisayo qinisekisa ukuba umzimba wakho awuphelelwa ngamanzi. Yiya kwisahluko sokulawula impawu zikagawulayo nogawulayo uzokufumana inkcukacha ezizeleyo ngokulawula isisu esihambisayo. Khumbula, ukuba siye isisu sahambisa ngaphezu kweveki, yiya ekliniki uze kufumana unyango.

### ***“Ndiziva ndigula xa nditye izinto ezenziwe ngobisi”***

Abanye abantu abaphila nentsholongwane kagawulayo baye bafumanise ukuba ukusela ubisi okanye ukutya izinto ezenziwe ngobisi zibenza bagule. Lento yenziwa kukuba intsholonwane ingachaphazela umchiza (ikhemikali) osemathunjeni oyifunayo ukufunxa ubisi. Ukuba lamachiza akakho, ungaziva ingathi udumbile okanye isisu sihambise emva kokutya izinto ezenziwe ngobisi. Lento ibizwa ngokuba kukunganyamezeli kweswekile yobisi (lactose intolerance). Ukuba lento yenzeka kuwe, ngoko ke kufuneka ungazityi izinto ezenziwe ngobisi. Ngamanye amaxesha le nkcaso nkqubela-phambili (reaction) izakubabhetele, usenokufumanisa ukuba emva kwenyanga ezimbalwa ungaphinde uzame ukutya izinto ezenziwe ngobisi kwakhona kwaye ingenzeki lankcaso nkqubela-phambili (reaction). Lonto ithetha ukuba umzimba wakho unawo ngokwaneleyo umchiza obuufuna kwaye ungaphinde uqalise ukutya izinto ezenziwe ngobisi.



## ***“Umlomo wam womile/ ndinezilonda emlonyeni/kubuhlungu xa ndihlafuna okanye ndiginya”***

Umlomo owomileyo usenokuba wenziwa yimiphumela yeyeza. Izilonda nentlungu kusenokuba zenziwa lulwasulelo. Unokuzinceda lento ngokuthi uyeke ukutshaya kwanokusela utywala ngoba ezizinto zizuphatha kakubi umlomo nomqala wakho. Yitya ukutya okuthambileyo, ukuba ukucumbile ukutya kwakho wenza isupu kwakuba lula ukuginya. Zama ukuba ungatyi ukuba okuneziningo ezininzi okanye iziselo ezihlahlwazayo (ezine-acid) ukuba umlomo wakho uyaqaqamba. Ezizinto zingawenza ukuba umlomo wakho uqaqambe ngakumbi. Ukutya izinto ezibandayo ezifana nocwambu lomkhence (i-ayiskrim- ice cream) okanye umunce isigaqa somkhence kunganceda ukenza umlomo wakho ubendindisholo. Ukuba umlomo wakho ubuhlungu, zama ukusebenzisa udiza lokufunxa (isitro-straw). Hlamba umlomo wakho ngalo lonke ixesha kwaye ubeke ibhotile yamanzi ecaleni kwebhedi ukuze uhlambe mlomo wakho nasebusuku.

### **Ukulawula ingxaki zokutya**

- Zama ukuba utye amaxesha abe mahlanu ngemini- izidlo zibentathu amashwamshwam (snacks) kabini.
- Qala utye ukutya okunika amandla.
- Hlala unamashwamshwam ukuze utye nje ukuba uzive ulambile.
- Sela iglasi zibentandathu zencindi yeziqhamo kunye namanzi ngosuku
- Sela amanzi ukubuyisela lawo alahlekileyo qho ugqiba kuhambisa.

Njengoko sithethile ngendlela emasitye ngayo nengendlela zokulawula ingxaki zokutya, masijonge ukuba singakugcina njani ukutya kwethu kukhuselekile.

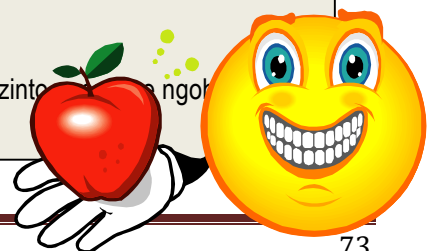
### ***Ndingakugcina njani ukutya kwam kukhuselekile?***

Ukuba ukutya kwethu asikuhoyanga, apho sikuthenga khona, indlela esikugcina ngayo nesikulungisa ngayo nokukupheka ukutya kungamoshakala kwaye kusenze sigule. Lento ibalulekile kumntu ophila nentsholongwane kagawulayo kuba ulixhoba lezifo. Zikhona indlela zokugcina ukutya kwakho kukhuselekile.



## Indlela elungileyo yokugcina nokulungisa ukutya

- Funda imibhalo kakuhle xa uye kuthenga ukutya. Jonga umhla wokuthengisa (“sell-by” date) kwayo nokuba ungayisebenzisa ixesha elingakanani (“use-by” date). Musa ukuyithenga ukuba umhla wokuthengiswa kwayo sele udlulile, musa ukuyithenga ukuba awiqinisekanga ukuba uzakube sele uyisebenzisile phambi kokuba ufike umhla wokuphelelwa kwayo (“use-by” date).
- Musa ukukuthenga ukutya ukuba lento kukuyo yonakele okanye yophukile.
- Ukugcina ukutya ngendlela elungileyo kubalulekile ukukugcina kukhuselekile. Xa uthenge ukutya okuhlala efrijini okanye kwindawo yokukhencisa evenkileni kufunwa ukuphinda kufakwe efrijini okanye kwindawo yokukhencisa (freezer) ngokukhawuleza ngaphandle kokuba uzakupheka kwangoko.
- Ukuba isikhenkcezisi asikho nceda thenga ukutya rhoqo evenkileni ukuba oku ayakwazeka okanye uthenge iziqhamo nemifuno ehlala ixesha elide.
- Bhala apha kwipakethe yokutya umhla ubukuthenge ngawo ukuze
- Uzokuyazi ukuba unexesha elingakanani ukugcinile. Khumbula ukutya okunokubangela ugule okusoloko kubonakala okanye kunevumba elibi.
- Ukuba ufuna ukugcina ukutya okushiyekileyo, kufake kwint enesiciko esivalekayo ukufake efrijini okanye kwisikhencisi ngokukhawuleza.
- Ukuba ugcine ukutya okuseleyo efrijini okanye kufuneka ukutye kwintsuku ezimbini ukubekile. Ukutya okuseleyo okuhlala efrijini ngaphaya kwentsuku ezimbini kufuneka ukulahle- nokuba kukangeleka kakule okanye akunavumba. Ukuba awunaso isikhenkcezisi kungcono wenze ukutya okutsha yonke imihla.
- Hlamba izandla zakho kroqo xa uzakulungisa ukutya. Hlamba izandla zakho kwakhona emva kokuba ubuphethe ukutya okuhlaza oaknye okungekaphekwa.
- Hlamba zonke izixhobo zakho zokutya nezitya emanzini ashushu anesepu
- Ukuba utye ukutya okukwenze wagula kubalulekile ukuba uhlambe zonke izixhobo zakho netafile yasekhitshini ezi ubuzisebezbisa ngoku ubulungisa okokokutya kuthe kwakugulisa.
- Usenokuzicoca usebenzise umxube wamanzi ugalelwe itispuni yeblitshi (bleach) kwilitha yamanzi.
- Musa ukutya inyama, inkuku okanye intlanzi eluhlaza nokuba loluphi udidi
- Xa uthenga amaqanda qiniseka ukuba amaqogobhe awophukanga. Wagcine ebanda amaqanda.
- Sukutya nokuba kokuphi ukutya okunemaqanda oluhlaza
- Sebenzisa ubisi olubilisiweyo ukubulala intsholongwane okanye izinto ngokukhawuleza
- Hlamba zonke iziqhamo nemifuno



## Uxwebu Lwesicwangciso Nkqubo – Ukutya Ngendlela Elungileyo

Cinga ngendlela otya ngayo engalunganga. Sebenzisa olu xwebhu ukwenza isicwangciso sokuphuhlisa into **ibenye** ngokutya kwakho.

Qiniseka ukuba isicwangciso nkqubo siquka oku

Lento ufuna ukuyenza

Uzakuyenza njani

Uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini

Umzekelo: Kuleveki, ndizakuhamba (yintoni) kwalapha ekuhlaleni (njani) phambi kwesidlo sasemini (nini) kantathu ngexesha (kangaphi).

Kuleveki ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (njani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

Unethemba kangakanani lokuba uzakusenza esisicwangciso nkqubo?

\_\_\_\_\_  
 Andinathemba | | | | | | | | | | Ndinethemba  
 ngokupheleleyo 1 2 3 4 5 6 7 8 9 10 ngokupheleleyo

Gcina irekodi yokuba uqhuba njani

	Ndicinga ukuthi.....	Ndenze lento...
<b>Mvulo</b>		
<b>Lwesibini</b>		
<b>Lwesithathu</b>		
<b>Lwesine</b>		
<b>Lwesihlanu</b>		
<b>Mgqibelo</b>		
<b>Cawe</b>		

## Idayari enesicwangciso sokuzilolonga

Qhubeka usebenzisa ledayari yesicwangciso sokuzilolonga ukugcina injongo zakho zokulolonga ukususela kwiveki yokuqala. Usenokufuna ukuqala ngokwandisa isicwangciso sakho sokuzilolonga.

Qala ngokuthi ubhale phantsi injongo zakho.

Bhala apha ukuba ufuna ukwenza ntoni: \_\_\_\_\_

Ngoku, yintoni ofuna ukuyenza, ongathi ukwazi ukuyenza kule veiki ozakuthi xa uyenzile ukwazi ukuphumeza injongo zakho.

Khumbula ukubandakanya oku kwisicwangciso nkqubo sakho:

Yintoni ofuna ukuyenza

Uzakuyenza ixesha elingakanani

Ingaba uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini



Umzekelo: Kule veiki, Ndizakuhamba-hamba (yintoni) apha ekuhlaleni (kangakanani) phambi kwesindlo sasemini (nini) kathathu ngemini (kangaphi).

Kule veiki ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (kangakanani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

	Ukuzolula	Umthambo endiwenzileyo...	Ingaba ndiziva njani? Ingaba ikhona into endifuna ukuyitshintsha?
<b>Umzekelo</b>	<i>Ukuzolula imizuzu elishumi kusasa nasemva kwemini</i>		<i>Uye wadinwa kakhulu xa ubusenza uhambo lwesibini, Kule veiki ndiza kulinciphisa, ndiliphungule ngemizuzu emihlanu.</i>
<b>Mvulo</b>			
<b>Lwesibini</b>			
<b>Lwesithathu</b>			
<b>Lwesine</b>			
<b>Lwesihlanu</b>			

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## Iveki 6: Qhubeka Njengomlawuli-siqu Ophumeleleyo

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Kwiveki ezithandathu ezidlulileyo ufunde ubugcisa obuninzi obuza kukunceda uhlale uqinisekile ngmeko yakho. Abaphandi basixelela ukuba abantu abaphila nezifo ezingapheliyo abalandela lamanqanaba banexabiso lobomi obubhetele, bagula nje intsukwana ezimbalwa kwaye bazilawula ngcono zigulo. Lento inyani kubantu abaphila noxinzelelo lwegazi, intsholongwane kagawulayo nogawulayo, umhlaza kunye noxinzelelo. Ufundile ngokuba ungaqinseka njani ngokulawula isiqu sakho ngokuthi usombululo ingxaki kwaye neqela lenjongo ngesiqu sakho ukuze uqhubeke phambili nobomi bakho.

Ufundile ngokubaluleka komthambo. Ukuba ukuzilolonga kungakwenza uzive bhetele kanjani, ngowuphi umthambo ekufuneka uwenze kwaye ubuhleli usenza lomithambo kakade. Ufundile ngempawu ezixhaphakileyo ezikhathaza abantu abaphila nentshlongwane kagawulayo kwaye ufundile ukuba ungazilawula njani ezo mpawu. Ufundile ngenqamambo, nento enokuba ngunobangela wengqamambo nokuba ungazinyanga kwaye uzilawule njani intlungu onokuba nazo. Ufundile ngokutya nangendlela yokutya ngcono kwaye nokuba ungaqinisekisa njani ukuba ukutya kwakho kukhuselekile. Ngazo zonke ezizinto ukwanalo nethuba lokuziqhelanisa nazo ngokuthi wenze izinto ngolunye uhlobo kwaye ucinge ukuba ingaba lento ikwenze waziva njani.

### *Isicwangciso Sokwenza Sexesha Elizayo*

Ngoku lixesha lokuba ucinge ngexesha elizayo. Abantu abanezigulo ezingapheliyo badla ngokuba ngokukhathaza ngokuba ingaba kuza kwenzeka ntoni xa begula kakhulu, ingaba bazakubulawula njani ubomi babo, bacaphuke okanye babe noxinzelelo kwaye bangakwazi kuzinceda. Le mvakalelo ingenza bazive benobunzima kakhulu ngayo yonke into kunento eyiyo. Ngokuthi usebenzise nje lencwadi uqalile ukumelana nale mvakalelo. Ulwandisile ulwazi lwakho kwaye le yenye yendlela ekhulu esilawula ngayo uloyiko. Ukuba sinoloyiko lwento, ukwazi ngokubanzi malunga ngayo isinceda ukuba sikwazi ukulwa uloyiko. Ukuba unolwazi oluninzi malunga nalonto usenokwenza icebo malunga ngayo kwaye ukuba necebo kusenza sikwazi ukumisa ingqondo ngokulawula nantoni esiye sibenoloyiko lwayo.

Ukucwangcisa ikamva lakho kuthetha ukuba kufuneka ucinge ngezinto ezinokuthi zenzeke kuwe kwixesha elizayo kwaye wenze isicwangciso sezinto ezo. Usenokungasisebenzisi isicwangciso njengoko izinto ozikhathaza ngazo zisenokungenzeki, kodwa ukuba nesicwangciso kungakunceda ungazikhathazi ngolohlobo ngezizinto kwaye ukwazi ukumelana nazo xa zisenzeka. Usenokusebenzisa ixwebhu elinesicwangciso sokwenza obukade usisebenzisa kulencwadi ukucinga ngezinto ezikukhathazayo ngemva lakho. Usenokuqala isicwangciso ngokuba uzakwenza ntoni xa zisenzeka ezizinto. Ukuba awuqinisekanga ukuba uzakusenza njani isicwangciso, usenokuthetha nabanye abantu abanokukwazi ukukunceda ngalento.



**Inqanaba 1:**

Kufuneka ukwazi ukucwangcisa ngekamva, kufuneka wenze isigqibo ngalento yenzekileyo ikukhathazayo. Eli isenokuba lelona nqanaba linzima ukucinga ngal. Umzekelo usenokuziva ukhathazekile kwaye unoxinzelelo. Kuqala kufuneka ucinge ukuba kutheni uvakalelwa ngoluhlobo nje. Isenokwenzeka ukuba ukhathazwa yinto yokuba ungazukukwazi ukukhathalela usapho lwakho xa ugula, okanye usenokuba ukhathazwa kukuba uye wabangela omnye umntu agule. Okanye ukhathazwa kukuba ungazukukwazi ukuzikhathalela xa ugula, okanye unexhala lokufa. Wakuba uthe wayifumana eyona nto ikukhathazayo, ekwenza uzive unxunguphele, ngako oko usenokuqalisa ukwenza isicwangciso sokujongana nalonto. Lonto iyakukwenza ungakhathazeki kakhulu, ungabinaxinzelelo, ungabinamsindo okanye uloyiko.

Bhala apha ezinye zezinto ocinga ukuba zingenzeka kwixesha elizayo ezikukhathazayo:

- 1) \_\_\_\_\_
- \_\_\_\_\_
- 2) \_\_\_\_\_
- \_\_\_\_\_
- 3) \_\_\_\_\_
- \_\_\_\_\_



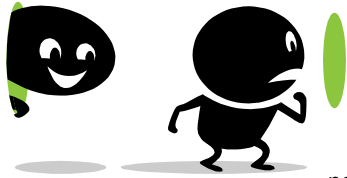
## Inqanaba 2:

Ngoku sele uziqonda ezinye zezinto ezikukhathazayo, usenokuqala ukucinga ngendlela ezahlukeneyo onokulawula ngazo ezizinto. Ukuba unexhala lokuba ungasuke ugule kwaye ungakwzi ukzikhathalela, bhala phantsi uluhlu lwezinto ocinga ukuba uzakufuna ukuncedwa kuzo. Abantu abanokuknceda isenokuba lusapho, abahlobo, onontlalontle, ikhansila, onesi, ifiziyotheraphisti kunye nogqirha. Ukuba ngubani onokuknceda usenokuthetha nomntu omthembayo akuncede ufumane oyena mntu unokuknceda.

Bhala phantsi izinto ezintathu ezahlukeneyo ocinga ukuba zingakunceda ukucwangcisa ixesha elizayo:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Mininzi imibutho kunye nabantu onokubacela bakuncede ukucwangcisa ikamva lakho. Le mibutho iquka imibutho efana ne Treatment Action Campaign (TAC), I-Family and Marriage Society of South Africa (Famsa), icawe yakho, i-Aids consortium, i-Aids Law Project (ALP), i- National Association of People living with HIV/AIDS (NAPWA) kunye nabakhathaleli mpilo kwikliniki yakho yasekuhlaleni. Inkcukacha zokuqhangamshelwana nale mibutho zibhalwe ngemva ekupheleni kwelicandelo.



Wakube uligqibile inqanaba lesibini kwaye ubhale phantsi izinto ezintathu ezohlukeneyo, zingakunceda ukuba ucwangcise izinto ezikuhluphayo ngekamva lakho, khetha eyona ucinga ukuba ikufanele (isenokuba yinto elula, okanye enxabiso eliphantsi, okanye oyaziyo ukuba yayikhe yasebenzela omnye umntu). Sebenzisa ixwebhu elinesicwangciso sokwenza ukuze wazi ukuba ungenza ntoni ukuba lento ikukhathazayo ingenzeka. Ungasebenzisa le ndlela ukucwangcisa ukuba nayiphi into onexhala layo.

Ixwebhu Lesicwangciso Sokwenza Xa Ukhathazekile Ngekamva Lakho



Ndikhathazekile kuba kwixesha elizayo andizukukwazi uku:

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Isicwangciso sam sokulawula lento ukuba yenzekile kuku:

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(yintoni, ngubani, njani, phi?)

Uzithembile na ukuba ungasizalisa esi sicwangciso sokwenza? (khumbula ujonge ukufumana u-7 ku-10 kumngca wokuzithemba)

Andinathemba										Ndinethemba	
ngokupheleleyo	1	2	3	4	5	6	7	8	9	10	ngokupheleleyo

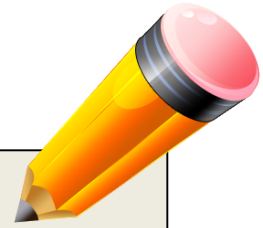
Qhubela phambili:

Kwezi veki zithandathu zidlulileyo ufunde izinto ezininzi ezinjengokuba ungaphila njani nesifo esinganyangekiyo esifana nogawulayo nentsholongwane yakhe. Ufunde ngezifo nokuba ungaba ngumlawuli – siqu ophumeleleyo njani. Lonto yithethi kuthi kufuneka ulawule impilo yakho ngokwakho. Ithetha ukuthi ngoku unabo ubuchule bokulawula impilo yakho kunye nobomi bakho njengenxalenye leqela lezempilo. Ukhumbule awuwedwa qha uyinxalenye leqela labantu abanenjongo zokukunceda ufumane okhona kuninzi ngempilo yakho. Sikunika inkxaso yokuba uqhubeke uphile ngokuqinsekileyo. Akhona amanye “amaxwebhu anesicwangciso sokwenza” kunye “nedayari yokuzilolonga”ngemva kule ncwadi ukuze uwasebenzise. Zama ukuqhubeka uwasebenzisa lamaxwebhu ukuzinceda uhlale ukhuthele kwaye unengcinga zokuzimisela nokuphumelela ebomini bakho. Xa ukhuthele kwaye uzibandakanya, usebenzisa ubugcisa obufunde kule ncwadi inamanqanaba abalulekileyo anokukunceda uphumeze obona bomi bunexabiso. Kule bhokisi ingezantsi bhala ezona nguqu zibalulekileyo uthe wazenza ebomini bakho kwezi veki zintandathu.

**Inguqu endizenzileyo ebomini bam:**



Ngoku, into yokugqibela emawuyenze singa ngezinto osafuna osafuna ukuzitshintsha ebomini bakho. Khumbula, lento ufuna ukuyitshintsha yeyokuba wenze okuninzi ngobomi bakho, ukwandisa ixabiso lobomi bakho. Ingaba zisekhona izinto ongenazo ebomini bakho, ingaba zizinto onokuphinda ukwazi ukuzenza? Kule bhokisi ingezantsi bhala phantsi izinto ezingekhoyo. Usenkuligcina olo luhlu ukuze uqhubeke nokusebenzela injongo yakho.



**Izinto endingekabinazo ebomini bam:**

Lined writing area for notes.

Ngoku sele uyigqibile ukuyifunda lencwadi. Ngokuthi usebenzise lencwadi wenze eyona nto ibalulekileyo



ngesiqu sakho. Ukhethe ukuchitha ixesha ukhathalela isiqu sakho kwaye uthathe amanqanaba ukuphumelela izinto ezininzi abantu abaphila nentsholongwane kagawulayo abajongene nazo. Ungakulinge uyilahle lencwadi; yigcine lencwadi uyibeke endaweni ekhuselekileyo efikelekayo apho uzakukwazi ukumana uyifunda amaxesha ngamaxesha. Siyathanda ukulibala izinto ngamanye amaxesha kubalulekile ukuba sijonge ngemva kwaye sizikhumbuze ngezinto esithe sazilibala. Singajonga ngasemva kwaye sibone apho sisuka khona.

Siyathemba ukuba ulwazi nobugcisa obufunde kule ncwadi buyakuqhubeka buneziphumo oqinisekileyo ngazo ebomini bakho.

## **Imibutho Engaluncedo:**

### **Zithulele ARV Clinic and Outreach programme** ([www.jabulanifoundation.org](http://www.jabulanifoundation.org))

Jabulani Office (Zithulele Village): 081 370 1041

### **Philani - Mentors Mothers Programme** ([www.philani.org.za](http://www.philani.org.za))

Zithulele Office (Zithulele Village): 0739048243 (Ncedisa)

0732250751 (Nomsa)

### **Stop Stock Outs – Monitoring Essential Medicines Consortium** ([www.stockouts.org/index](http://www.stockouts.org/index))

Reporting Stock Outs: 084 055 7867 (STOP) (SMS, Please Call Me, Phone, WhatsApp)  
(email) [report@stockouts.co.za](mailto:report@stockouts.co.za)

### **Treatment Action Campaign (TAC)** ([www.tac.org.za](http://www.tac.org.za))

National Office (Cape Town): 021 422 1700

Eastern Cape Office (Lusikisiki): 039 253 1951

EC Satellite Office (East London): 073 636 1373

### **Family and Marriage Society of South Africa (FAMSA)** ([www.famsaorg.co.za](http://www.famsaorg.co.za))

East London Office: 043 743 8277

### **AIDS Consortium** ([www.aidsconsortium.org.za](http://www.aidsconsortium.org.za))

National Office (Gauteng): 011 403 0265

### **National Association of People Living with HIV/AIDS (NAPWA)** ([www.napwasa.org](http://www.napwasa.org))

Eastern Cape Office (East London): 043 760 0333

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## Ulwazi Olongezelelweyo

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Olu lwazi lukulencwadi luthathwe kuninzi lwemithombo yolwazi. Ukuba ufuna ukufunda ngakumbi ngenye yezi zintloko sikucebisa ukuba ufuna ukuzijonga:

Living Well with HIV & AIDS; Gifford A.L.; Lorig K; Laurent D; Gonzalez V (3<sup>rd</sup> edition) Bull Publishing Company, Boulder Colorado 2005

Self-management of Long-term Health Conditions: A handbook for people with chronic disease. Expert Patients Programme Community Interest Company . Bull Publishing Company, Boulder Colorado 2007

Manage your pain. Nicholas M, Molloy A, Tonkin L, Beeston L ABC Books, Sydney 2000

HIV in our lives: a book of information sheets for clinics. Treatment Action Campaign, Cape Town, 2007

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## Uxwebu Lwesicwangciso Nkqubo

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Qiniseka ukuba isicwangciso nkqubo siquka oku

Lento ufuna ukuyenza

Uzakuyenza njani

Uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini

Umzekelo: Kuleveki, ndizakuhamba (yintoni) kwalapha ekuhlaleni (njani) phambi kwesidlo sasemini (nini) kantathu ngexesha (kangaphi).

Kuleveki ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (njani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

Unethemba kangakanani lokuba uzakusenza esisicwangciso nkqubo?

Andinathemba	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> <td style="width: 10%; border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Ndinethemba
1	2	3	4	5	6	7	8	9	10														
ngokupheleleyo		ngokupheleleyo																					

Gcina irekodi yokuba uqhuba njani

	Ndicinga ukuthi.....	Ndenze lento...
<b>Mvulo</b>		
<b>Lwesibini</b>		
<b>Lwesithathu</b>		
<b>Lwesine</b>		
<b>Lwesihlanu</b>		
<b>Mgqibelo</b>		
<b>Cawe</b>		

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\_\_\_\_\_  
 Andinathemba | | | | | | | | | | Ndinethemba  
 ngokupheleleyo 1 2 3 4 5 6 7 8 9 10 ngokupheleleyo

Gcina irekodi yokuba uqhuba njani

	Ndicinga ukuthi.....	Ndenze lento...
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<b>Mgqibelo</b>		
<b>Cawe</b>		





## Idayari enesicwangciso sokuzilolonga

Sebenzisa ledayari yokuzilolonga ukugcina inkqubo yakho yenjongo zokuzilolonga.

Qala ngokuthi ubhale phantsi injongo zakho.

Bhala apha ukuba ufuna ukwenza ntoni: \_\_\_\_\_

Ngoku, yintoni ofuna ukuyenza, ongathi ukwazi ukuyenza kule veiki ozakuthi xa uyenzile ukwazi ukuphumeza injongo zakho.

Khumbula ukubandakanya oku kwisicwangciso nkqubo sakho:

Yintoni ofuna ukuyenza

Uzakuyenza ixesha elingakanani

Ingaba uzakuyenza nini

Uzakuyenza intsuku ezingaphi evekini



Umzekelo: Kule veiki, Ndizakuhamba-hamba (yintoni) apha ekuhlaleni (kangakanani) phambi kwesindlo sasemini (nini) kathathu ngemini (kangaphi).

Kule veiki ndiza:

\_\_\_\_\_ (yintoni)

\_\_\_\_\_ (kangakanani)

\_\_\_\_\_ (nini)

\_\_\_\_\_ (kangaphi)

	Ukuzolula	Umthambo endiwenzileyo...	Ingaba ndiziva njani? Ingaba ikhona into endifuna ukuyitshintsha?
<b>Umzekelo</b>	<i>Ukuzolula imizuzu elishumi kusasa nasemva kwemini</i>		<i>Uye wadinwa kakhulu xa ubusenza uhambo lwesibini, Kule veiki ndiza kulinciphisa, ndiliphungule ngemizuzu emihlanu.</i>
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