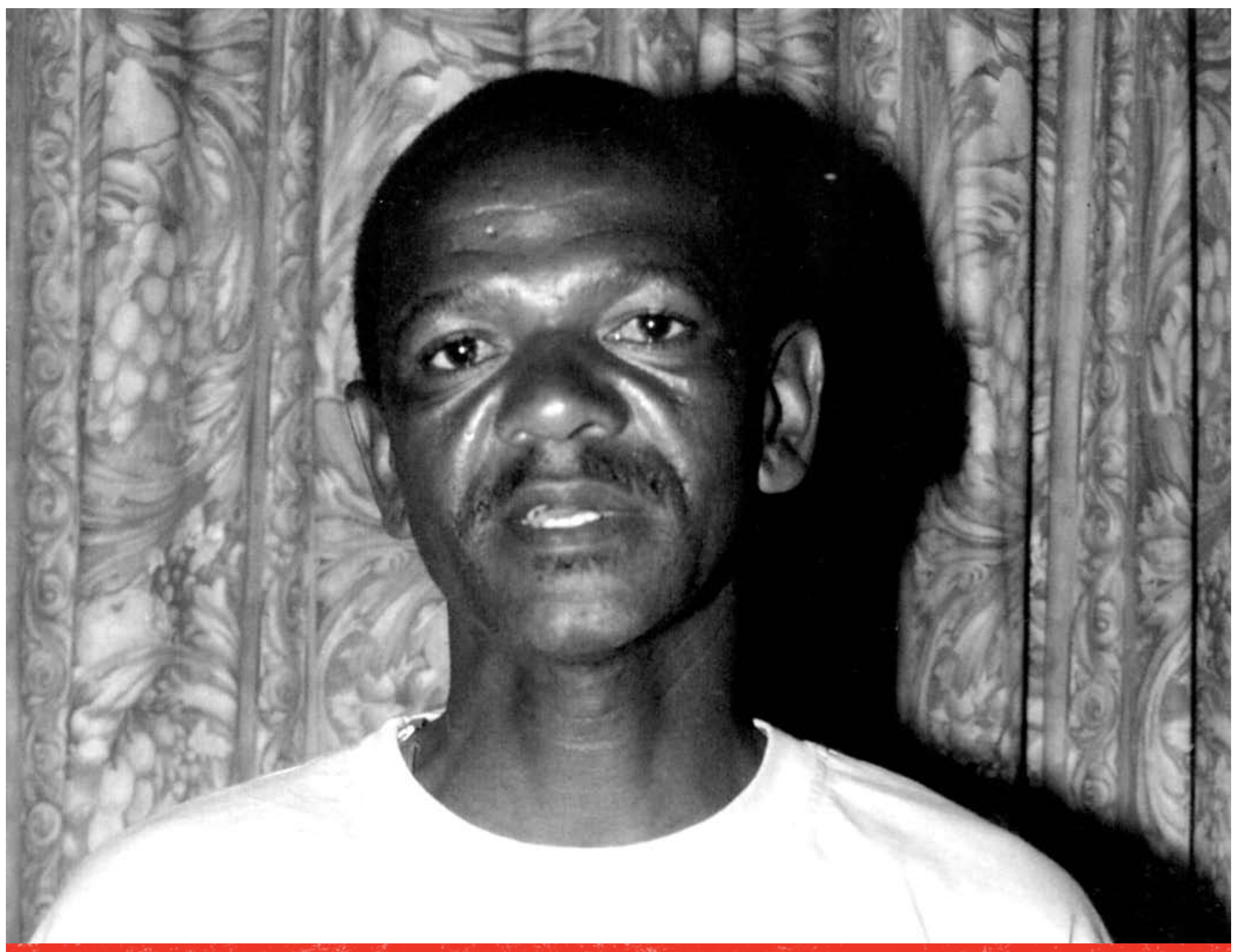
vavanyelwa i-TB IYANYANGEKA

Sonke Singasikhusela Kwi-TB

Sonke singakukhusela ukosuleleka yiTBKukho izinto ezilula ezinokwenziwa nguye wonke ubani ukuqanda ukosuleleka yiTB:

- Yenza uvavanyo lweTB ukuba uneempawu, naziphina, ingakumbi ukuba unokhohlo-khohlo okanye uyehla emzimbeni
- Ukuba uHIV, cela ekliniki bakuvavanyele iTB rhoqo
- Beka isandla emlonyeni xa uthimla okanye ukhohlela
- Ukuba umntu osecaleni kwakho uyakhohlela, jonga kude uze uvale umlomo wakho
- Ukuba uneTB, yitya amayeza wakho ngendlela eyiyiyo
- Vula iifesitile, ingakumbi endlini enabantu abaninzi okanye eziteksini



Bendine-TB. Ndavavanywa ndayangwa. Ngoku ndiphi lile.

Fikile Boyce

Impawu Ze-TB

I-TB yemiphunga

Ukukhohlela iiveki ezimbini okanye nangaphezulu

Ukhukhohlela amathe/amanzi angqindilili okanye igazi

Ukugodola kunye nomkhuhlane, ukubila ebusuku

Ukwehla emzimbeni kunye nokungacaceli kutya

Isifuba esibuhlungu okanye ukuba nengxaki xa uphefumla

Iintlungu okanye ukudumba kwesisu

Iintlungu okanye igazi xa uchamayo

Iingqaqambo kunye neentlungu emqololo okanye kumalungu omzimba

Iingxaki zokuzala

TAC TREATMENT ACTION CAMPAIGN

Tel: 021 422 1700

Xhosa