hamba uyohlolwa i-TB

i-TB isifo esingalapheka

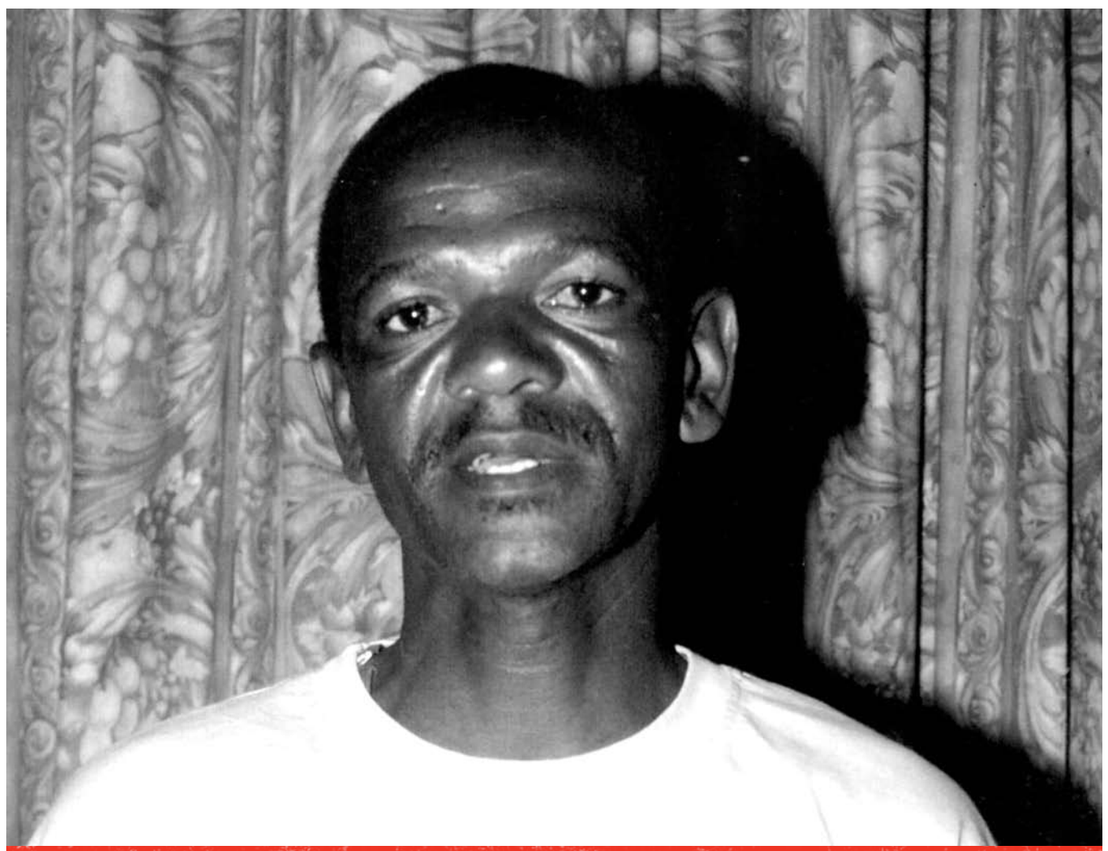
Sonke singakwazi ukuzivikela ku-TB

Kunezinto ezisobala wonke umuntu angazenza ukuvimbela ukuzalana nokwanda kwegciwane le-TB

- Hamba uyohlolwa i-TB uma ukhombisa izimpawu zokugula, ikakhulukazi uma ukhwehlela noma umzimba wakho wehlile kakhulu
- Uma unegciwene i-HIV, hamba uye emtholampilo wangakini bakuhlole i-TB ngaso sonke isikhathi
- Vala umlomo uma uthimula noma ukhwehlela
- Uma umuntu oseduze kwakho ekhwehlela , fulathelisa ubuso bakho uvale umlomo wakho
- Uma une-TB, phuza imithi yakho ngendlela efanele
- VUla amafasitela , ikakhulukazi emagumbini noma emathekisini agcwele abantu

TREATMENT ACTION CAMPAIGN

Tel: 021 422 1700



Bengine-TB. Ngaya kohlolwa futhi ngabe sengelashwa. Manje sengipholile.

Fikile Boyce

Izimpawu ezikhombisa ukuthi une-TB

Ukukhwehlela amasonto amabili noma ngaphezulu

Ukukhwehlela ukhiphe izindende noma igazi

Ukugodola, imfiva nokujuluka ebusuku

Ukwehla komzimba nokungathandi ukudla

Amahlaba esifubeni noma ukucinana

Ubuhlungu noma ukuvuvuka kwesisu

Ubuhlungu noma ukuchama igazi

Ukunkenketha nokuba buhlungu komgogodla noma amajoyini

Ukuba nezinkinga ngesizalo

Zulu