

I-MPOX (NGAPHAMBILI EYAYIBIZWA NGOKUTHI I-MONKEYPOX) IBANGELWA UKUTHELELEKA NGENGIWANE LE-MONKEYPOX.



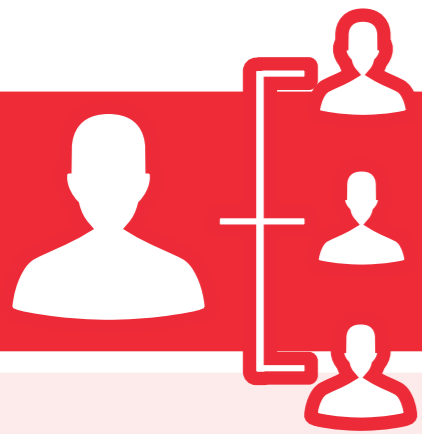
## IYINI I-MPOX?

I-Mpox (ngaphambili eyayibizwa ngokuthi i-monkeypox) ibangelwa ukutheleleka ngengiwane le-monkeypox. Khona manje, kukhona ama-poxvirus angaphezu kwangu-80 esazi ngawo.

Ama-poxvirus aye atholakala ezinhlotsheni ezihlukahlukene zezinyoni, izinambuzane, izilwane ezihuqzelayo nezilwane ezincelisayo.

Kube nokuqubuka kwe-Mpox emhlabeni jikelele kusukela ngo-2022. Isisabalele emazweni angaphezu kwangu-100, okuhlanganisa neNingizimu Afrika.

UMnyango Wezempilo uthethe ukuqubuka kungaphansi kolawulo eNingizimu Afrika, kodwa abantu kufanele baqaphele, ngoba amagciwane angashintsha.



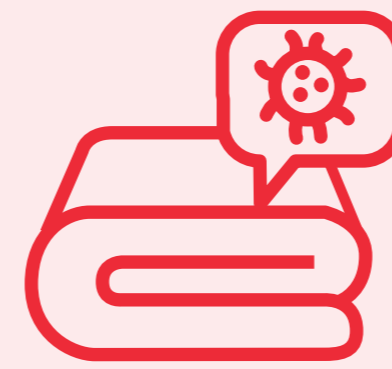
## UKUDLULISWA KWEGCIWANE

### UKUDLULISWA KOMUNTU KUMUNTU



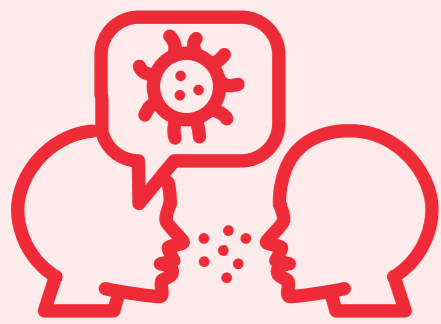
#### UKUXHUMANA OKUQONDILE

Ukuthintana kwesikhumba nesikhumba nezifo noma uketshezi lomzimba emlonyeni noma ezithweni zobulili zomuntu one-Mpox.



#### UKUXHUMANA NGOKUNGAQONDILE

Ukuthinta izinto ezingcolile njengezingubo zokulala, amathawula noma izingubo zokugqoka.



#### AMACONSI OKUPHEFUMULA

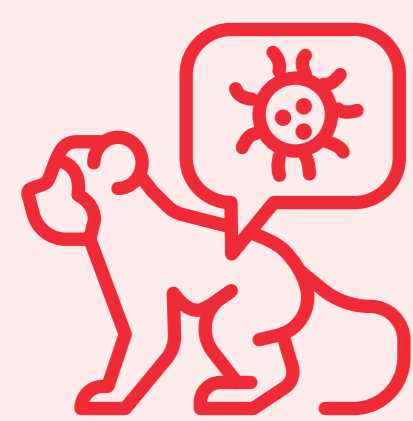
Igciwane lingasakazeka ngamacosi okuphefumula uma umuntu ehlala isikhathi eside ubuso nobuso nomuntu onegciwane.



#### UKUDLULISELWA OKUQONDILE (KUSUKA KUMAMA KUYA ENGANENI)

Ukudluliselwa kungenzeka ngesikhathi sokukhulelwa nge-placenta, nangesikhathi sokubeletha noma ngemva kokubeletha.

### UKUSABALALA KWEZILWANE KUBANTU



#### IZILWANE EZINESIFO

Ukuthintana nezilwane ezincelisayo ezincane njengezingwejeje nezinkawu kungasabalalisa leli gciwane.



#### UKULUNYWA KANYE NOKUKLWEBHEKA

Ungalithola igciwane ngokuthintana ngqo nezilwane noma uketshezi lwazo lomzimba ngokulunywa nokuklwebheka.

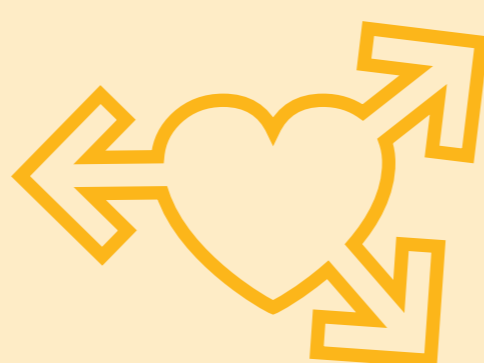


## UBANI OSENGCUPHENI?



#### Amasosha omzimba asengozini

Uma uphila ne-TB, i-HIV noma isifo sikashukela, usengozini enkulu yokuthola i-Mpox. Yazi isimo sakho!



#### Abantu abenza ucansi

Uma wenza ucansi nabantu abangaphezu koyedwa, usengozini enkulu yokungenwa yi-Mpox, ngoba ukuthinta eduze yikho okusakaza igciwane.



#### Abasebenzi bezempilo abangenawo ama-PPE afanele

- Ukunakekela iziguli ezine-Mpox
- Ukuqoqa amasampula ezigulini
- Abasebenzi bocwaningo noma baselabhorethri yomtholampilo abenza ukuhlolwa kokuxilonga
- Amalungu eqembu lokusabela kokuqubuka



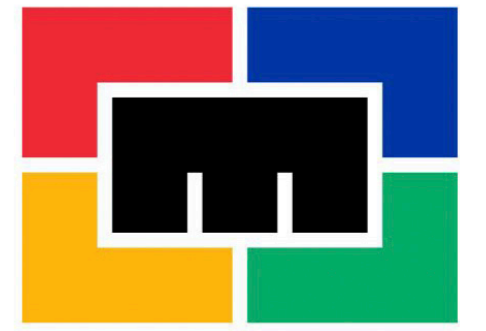
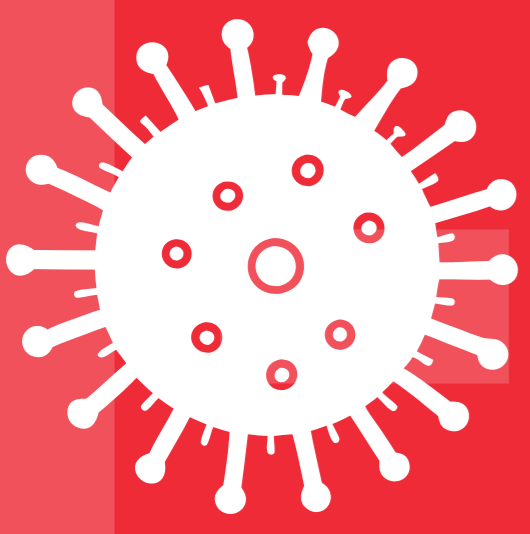
#### Abantu abasezindaweni zasendle

Abantu abathintana nezilwane zasendle ezindaweni ezinamahlathi.

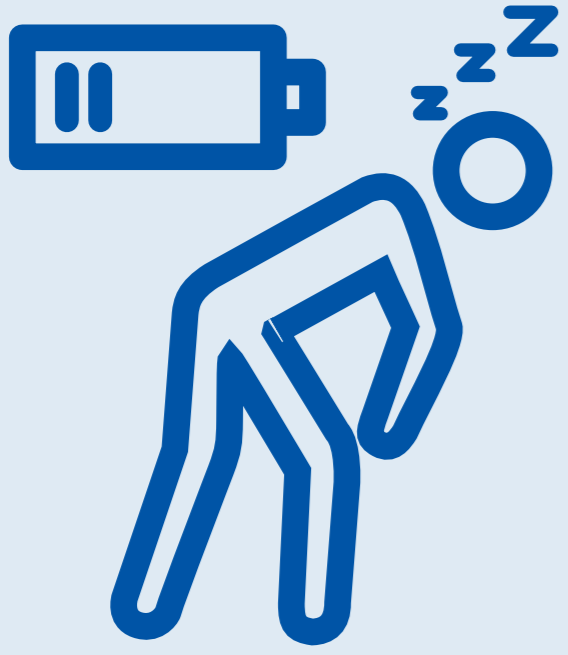
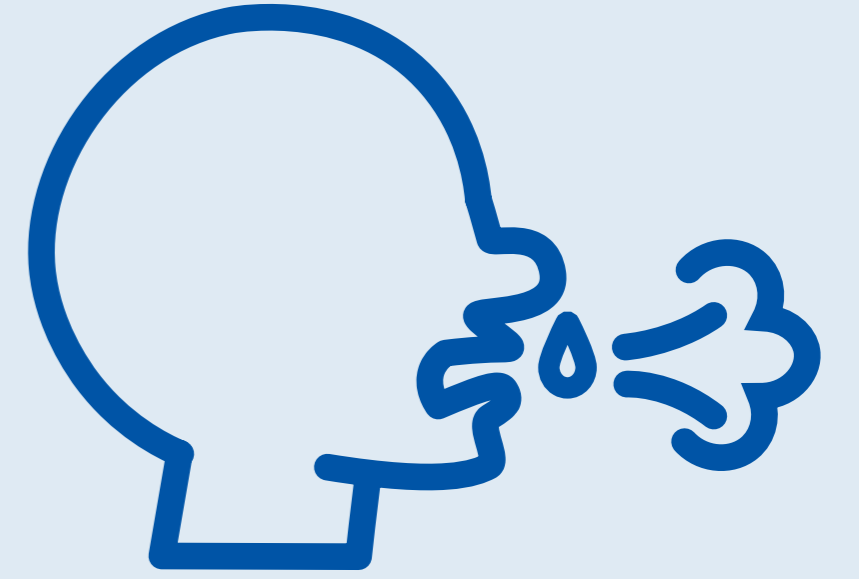


#### Abantu abasemakhaya

Ozakwethu, amalungu omndeni kanye nezingane ezisekhaya nomuntu oneMpox.



## ZIYINI IZIMPAWU?

**Ukhathele njalo****Uphathwa ikhanda****Ubuhlungu bomzimba****Ukuxinana kwamakhala nokukhwehlela****Umpimbo obuhlungu****Ukuvuvukala okubuhlungu****Imfiva nokugodola****Ukuqubuka okungahlala amasonto angama-2-4**

## KUMELE WENZE INO UMA UNEZIMPAWU



Yiya kudokotela, emtholampilo noma esibhedlela uyohlololwa iMpox.

# 1



Zihlukanise nabanye abantu uze uthole imiphumela yokuhlolwa kwakho.

# 2



Uma imiphumela ithi une-Mpox, udokotela wakho, umtholampilo noma esibhedlela sizokutshela ukuthi kufanele yini uhlale ekhaya noma kufanele uhlale esibhedlela ukuze uthole ukunakekelwa..

# 3



### Ukunakekelwa Okutholakala Ekhaya

- Zihlukanise kuze kuphele utwayi notwayi.
- Unganwayi isikhumba sakho. Hlanza isikhumba sakho ngamanzi ahlanzekile noma isibulala-magciwane.
- Geza izandla zakho njalo.

- Ukuze uthole izilonda emlonyeni, sebenzisa amanzi okugeza amanzi anosawoti.
- Ungathatha nemithi kadokotela ukuze udambise ezinye izimpawu.



## IZINKINGA EZINKULU ZE-MPOX

- Ukutheleleka ngamagciwane esikhunjeni, emehlweni noma emaphashini
- Ukuvuvukala kwalokhu:
  - Ubuchopho (i-encephalitis)
  - Amaphaphu (i-pneumonia)
  - Inhliziyo (i-myocarditis)
  - Izindlela zokuchama (i-urethritis)
  - Izitho zangasese (i-balanitis)
  - I-Rectum (i-proctitis)



## UKUGOMA

- Ukugonywa sekutholakala kalula.
- Idinga imithamo emi-2 enikezwa izinsuku ezingama-28 ngokuhlukana.
- Imithi yokugoma ye-Mpox ivikela ngo-66- 90% ekungenweni yi-Mpox futhi inciphisa ubulukhuni besifo.