

MPOX (EO PELE E NENG E BITSWA MONKEYPOX) E BAKWA KE TSHWAETSO YA VAERASE YA MONKEYPOX.



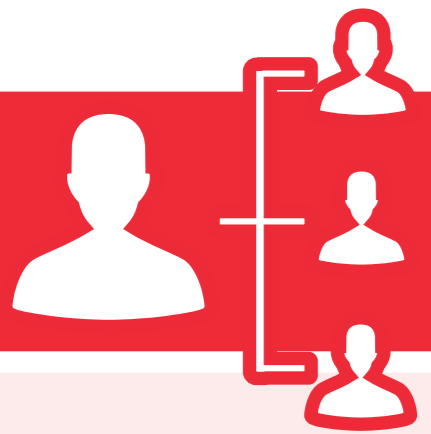
MPOX KE ENG?

Mpox (eo pele e neng e bitswa monkeypox) e bakwa ke tshwaetso ya vaerase ya monkeypox. Hona jwale, ho na le di-poxvirus tse fetang 80 tseo re di tsebang.

Ho fumanwe hore di-poxvirus di tswa mefuteng e fapaneng ya dinonyana, dikokwanyana, dihahabi le diphoofole tse anyesang.

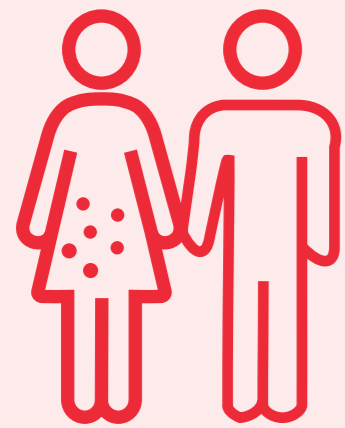
Ho bile le sewa sa lefatshe sa Mpox ho tloha ka 2022. E nametse dinaheng tse fetang tse 100, ho kenyeletsa Afrika Borwa.

Lefapha la Bophelo le boletse hore sewa sena se tlasa taolo Afrika Borwa, empa batho ba ntse ba lokela ho ba hlokolosi, hobane divaerase di ka fetoha.



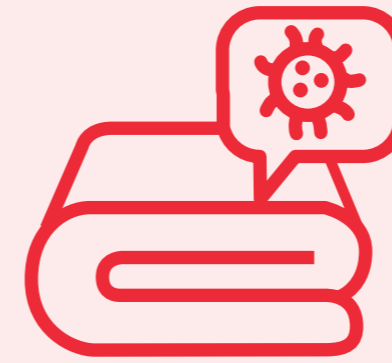
TSHWAETSO YA VAERASE

HO ATA HO TLOHA MOTHONG E MONG HO YA HO E MONG



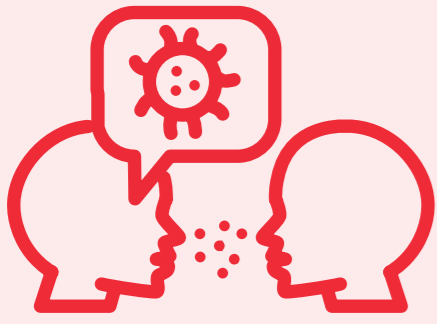
HO KOPANA KA KOTLOLOHO

Ho thetsa letlalo le nang le diso kapa maro a mmele a molomong kapa setho sa botho sa motho ya nang le Mpox.



HO SE KOPANE KA KOTLOLOHO

Ho tshwara dintho tse silafetseng jwalo ka dikobo, dithaole kapa diaparo.



MAROTHODI A HO PHEFUMOLOHA

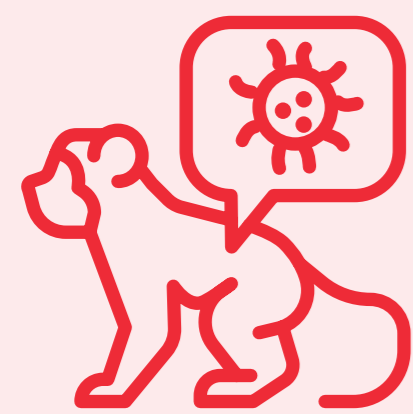
Vaerase ena e ka nama ka marothodi a ho phefumoloha ha o qetile nako e telele o buisana le motho ya tshwaeditsweng.



TSHWAETSO KA KOTLOLOHO (MME-HO-NGWANA)

Tshwaetso e ka etsahala nakong ya boimana ka placenta, le nakong ya pelehi kapa kamora ho pepa.

HO ATA HO TLOHA PHOOFOLONG HO YA MOTHONG



DIPHOOFOLO TSE TSHWAEDITSWENG

Ho kopana le diphoofole tse anyesang tse nyane jwalo ka mesha le ditshwene ho ka jala vaerase.



HO LONGWA LE MENGWAPO

O ka fumana vaerase ka ho kopana ka ho toba le diphoofole kapa maro a tsona a mmele ha di o loma kapa di o ngwapa.

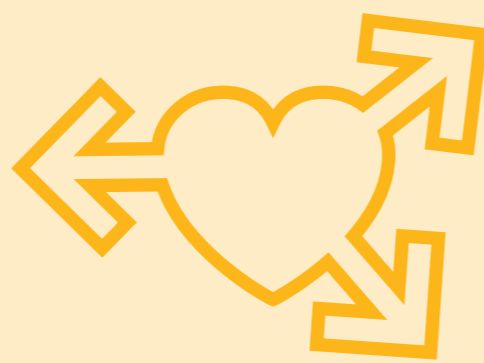


KE MANG YA KOTSING?



Ha sesole sa mmele se fokola

Haeba o phela le TB, HIV kapa lefu la tswakere, o kotsing e kgolo ya Mpox. Tseba boemo ba hao!



Batho ba etsang thobalano

Haeba o etsa thobalano le balekane ba fetang a le mong, jwale o kotsing e kgolo ya ho tshwaetswa ke Mpox, hobane ho kopana haufi ke hona ho jalang vaerase.



Basebetsi ba tsa bophelo bo botle ba se nang PPE e nepahetseng

- Ho hlokomela bakudi ba Mpox
- Ho bokella maro bakeng sa diteko ho tswa ho bakudi
- Bafuputsi kapa basebetsi ba laboratoro e etsang diteko tsa bongaka ba etse diteko tsa tlhahlobo
- Ditho tsa moifo o thusang ha ho ba le sewa



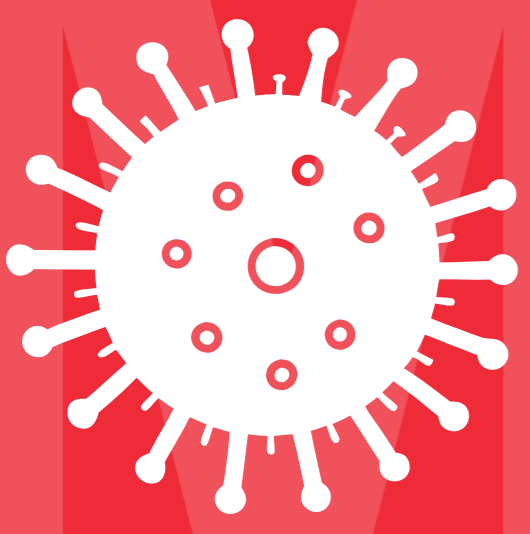
Batho ba phelang hlatheng

Batho ba kopanang le diphoofole tse hlaha dibakeng tsa meru.



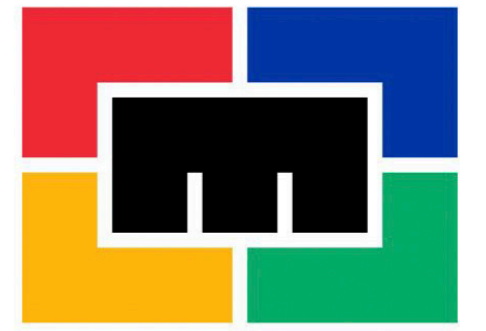
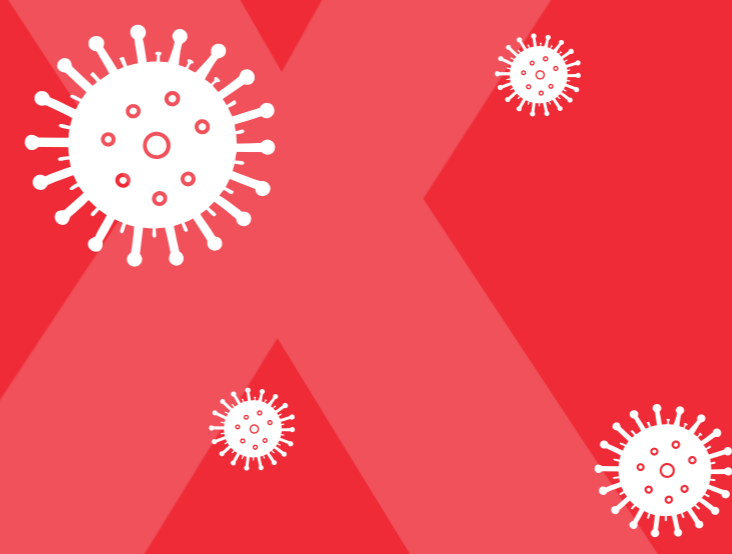
Batho ba phelang hae

Balekane, ditho tsa lelapa le bana ka lapeng le motho ya nang le Mpox.



LEQEPHE LA DINNETE/ LWETSE 2024

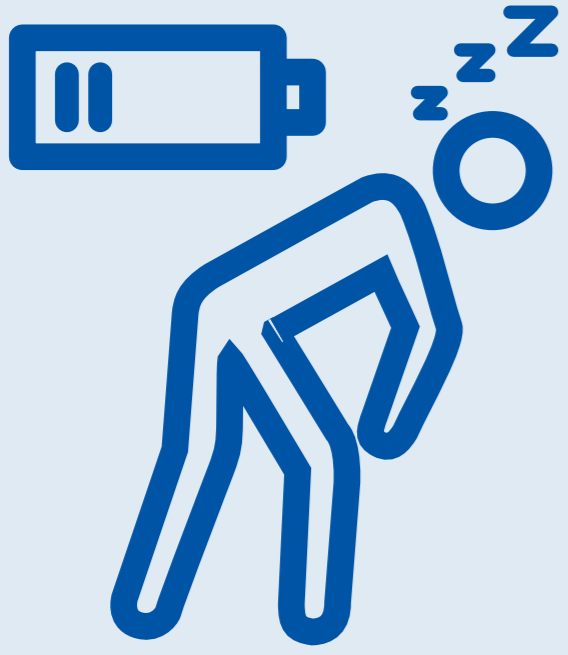
MPOX



MINERALS COUNCIL
SOUTH AFRICA



MATSHWAO KE AFE?



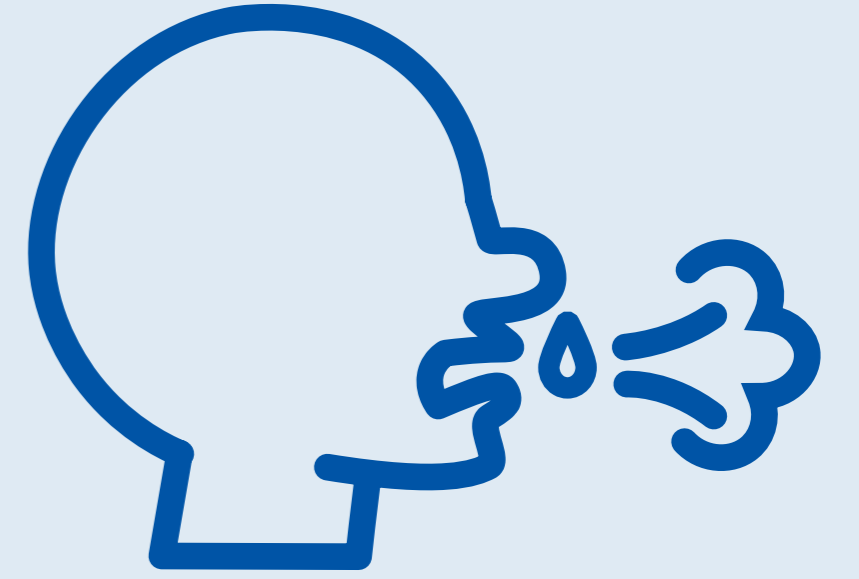
Ho dula o kgathetse



Hlooho e opang



Ho opa ha mmele



Dinko tse kibaneng le ho kgohlela



Bohloko bo mmetsoeng



Ho ruruha ho bohloko



Motjheso le mohatsela



Lekgopho le lesesane le ka bang teng bakeng sa dibeke tse 2-4



SEO O LOKELANG HO SE ETSA HA O NA LE MATSHWAO A HO KULA



Eya ngakeng, tleliniking kapa sepetlele bakeng sa ho hlahlobela Mpox.

1



Ikarole ho batho ba bang ho fihlela o fumana diphetho tsa diteko tsa hao.

2



Haeba diphetho di bontsha tshwaetso ya Mpox, ngaka ya hao, tleliniki kapa sepetlele se tla o bolella hore na o lokela ho dula hae kapa hore o dule sepetlele hore o fumane tlhokomelo.

3



Bakeng sa Hae Tlhokomelo

- Ikarole bathong ho fihlela lekgopho la hao le lesesane le tlohile, mme kgoo e wele.
- O se ke wa ingwaya. Hlwekisa letlalo la hao ka metsi a hlwekisitsweng kapa sebolaya dikokwana.
- Hlatswa matsoho a hao kgafetsa.

- Bakeng sa maqeba a hanong, itsukunye ka metsi a letswai.
- O ka boela wa nwa meriana e laetsweng ho kokobetsa matshwao a mang a ho kula.



MPOX E BOEMONG BO BOBE MATHATA A HO MPEFALA

- Tshwaetso ya baktheria ya letlalo, mahlo kapa matshwafo
- Ho ruruha ha:
 - Boko (encephalitis)
 - Matshwafo (nyumonia)
 - Methapo e ntshang mosesa (urethritis)
 - Karolo ya mala e ntshang mantle (proctitis)
 - Pelo (myocarditis)
 - Ditho tsa botho (balanitis)



KENTELO

- Menyetla ya ho fumana kentelo e ntse e eketseha.
- E hloka ditekanyo tse 2 tse fanwang matsatsi a 28 a arohaneng.
- Dikentelo tsa Mpox di fana ka tshireletso ya 66-90% kgahlanong le tshwaetso ay Mpox le ho fokotsa ho teba ha lefu lena.