

I-MPOX (EYAYISAKUBIZWA NGOKUBA YIMONKEYPOX) IBANGELWA YINTSHOLONGWANE YEMONKEYPOX.



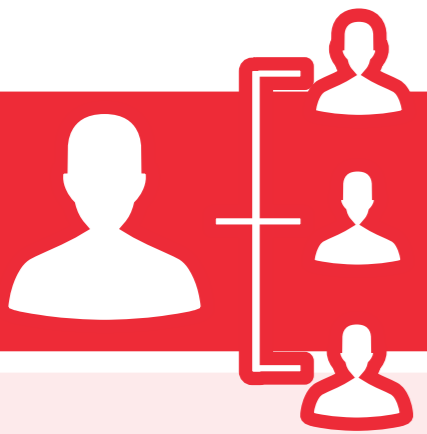
YINTONI I-MPOX?

I-Mpox (eyayisakubizwa ngokuba yimonkeypox) ibangelwa yintsholongwane yemonkeypox. Okwangoku, kukho ngaphezu kwe-80 yeentsholongwane zepox esizaziyo.

Iintsholongwane zepox kufunyaniswe ukuba zivela kwiintlobo ezahlukeneyo zeentaka, izinambuzane, izirhubuluzi kunye nezilwanyana

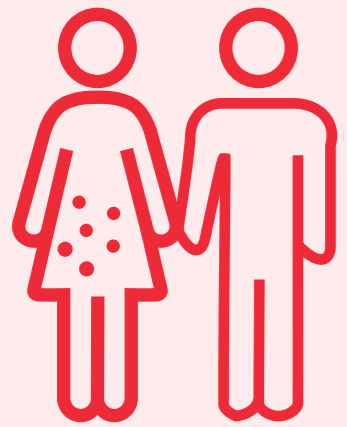
ezincancisayo. Kubekho ukuqhambuka kweMpox kwiilabathi lonke ukususela ngo2022. Isasazeke kumazwe angaphezu kwe100, kuquka naseMzantsi Afrika.

ISEBE LEZEMPILU lithe esi sifo siyalawuleka eMzantsi Afrika, kodwa abantu kusafuneka balumke, kuba ezi ntsholongwane zinokutshintsha.



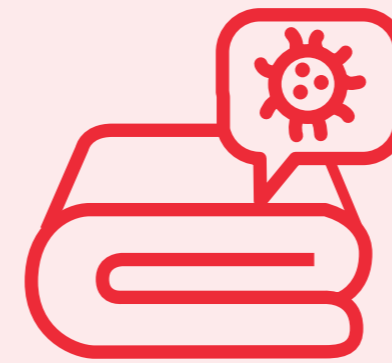
UKUDLULISELWA KWALE NTSHOLONGWANE

ISASAZEKA UKUSUKA EMNTWINI UKUYA KOMNYE



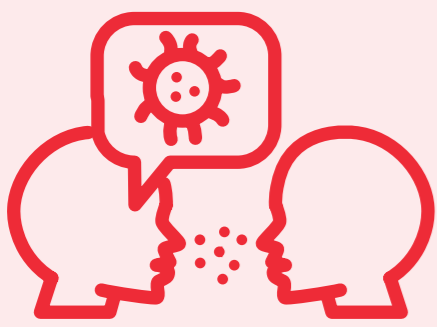
UKUDIBANA NGOKUTHE NGQO

Ukudibana kwesikhumba nesikhumba esinezilonda okanye ulwelo lomzimba olusemlonyeni okanye kumalungu esondo omntu oneMpox.



UQHAGAMSHELWANO OLUNGATHANGA NGQO

Ukuchukumisa izinto ezingcolisekileyo ezifana neebhedhi, iitawuli okanye iimpahla.



AMATHONTSI OKUPHEFUMLA

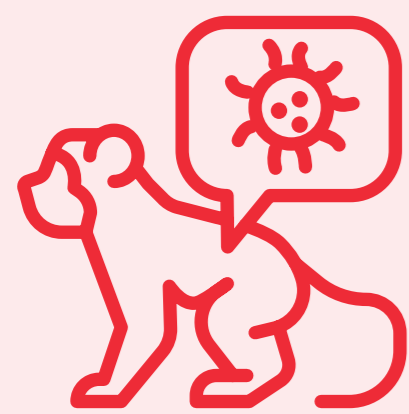
Iintsholongwane inokusasazeke ngamathontsi okuphefumla ukusuka kukudibana ubuso ngobuso ixesha elide nomntu owosulelekileyo.



USULELO OLUTHE NKQO (KUMAMA UKUYA EMNTWANENI)

Usulelo lunokwenzeka ngexesha lokukhulelwa nge-placenta, kwaye ngexesha okanye emva kokunikezelwa.

UKUSASAZEKA KWEZILWANYANA UKUYA KUMNTU



IZILWANYANA EZOSULELEKILEYO

Ukudibana nezilwanyana ezincinci ezincancisayo ezifana noonomatse kunye neenkawu zinokusasaza intsholongwane.



UKULUNYWA KUNYE NEMIKRWELO

Ungayifumana intsholongwane ngokudibana ngqo nezilwanyana okanye ulwelo lwemizimba yazo ngokulunywa kunye nemikrwelo.

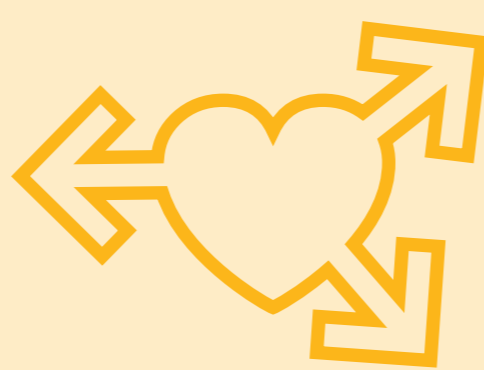


NGUBANI OSEMNGCIPHEKWENI?



Amajoni omzimba asengozini

Ukuba ngaba uphila ne-TB, i-HIV okanye isifo seswekile, usemngciphekweni omkhulu we-Mpox. Yazi imeko yakho!



Abantu ababelana ngesondo

Ukuba unokwabelana ngesondo okusebenzayo kunye namaqabane angaphezu kwelinye, ngoko usengozini ephezulu yosulelo lweMpox, kuba ukunxibelelana ngokusondeleyo kuko okusasaza intsholongwane.



Abasebenzi bezempilo ngaphandle kwePPE efanelekileyo

- Ukukhathalela izigulane ezineMpox
- Ukuqokelela imizekelo kwizigulane
- Uphando okanye abasebenzi baselebhu yeklinikhi abenza uvavanyo lokuxilonga.
- Amalungu eqela lokuphendula ngokuqhambuka.



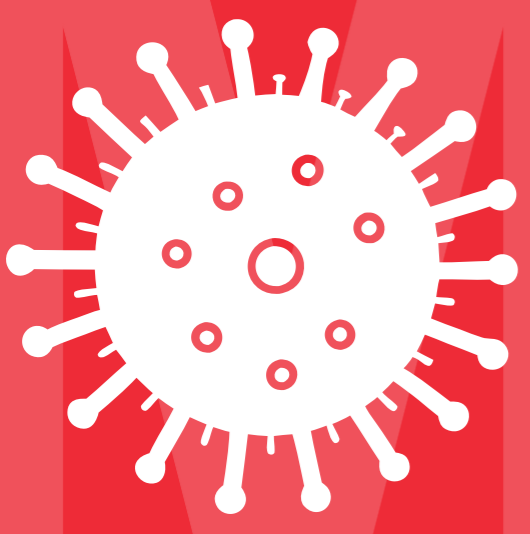
Abantu abahlala kwiindawo ezinqabileyo.

Abantu abadibana nezilwanyana zasendle kwiindawo zamahlathi.

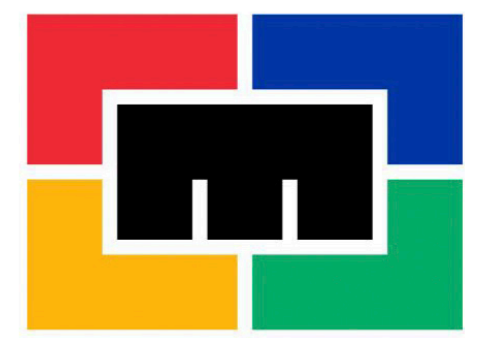


Abantu ekhaya

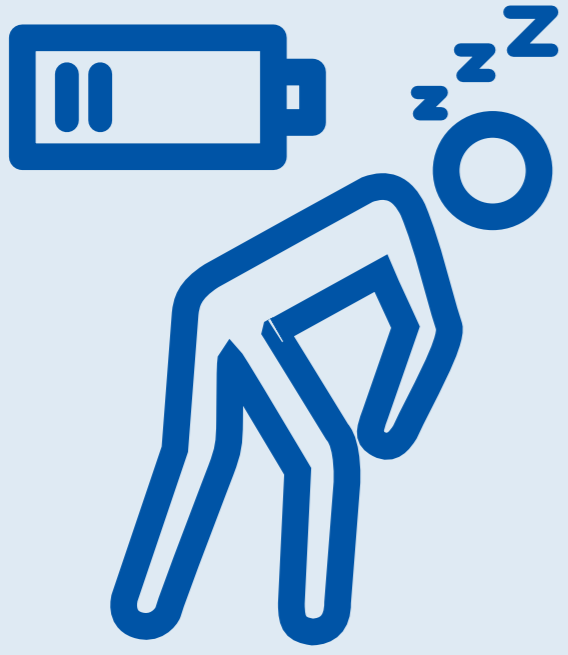
Amaqabane, amalungu osapho kunye nabantwana kwikhaya elinomntu oneMpox.



MPOX



ZIZIPHI IIMPAWU?



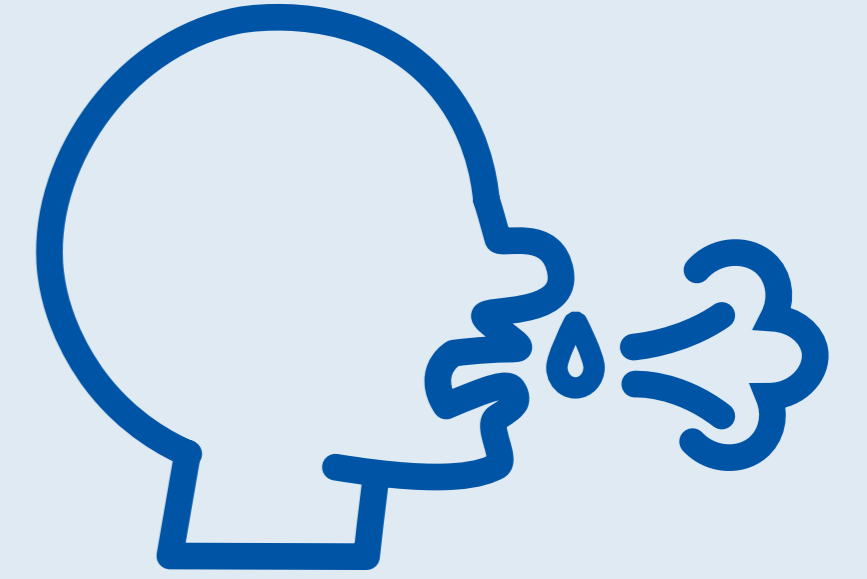
Ukuhlala udiniwe



Intloko ebuhlungu



Umzimba obuhlungu



Iimpumlo ezizeleyo
nokukhohlela



Umqala obuhlungu



Ukudumba kabuhlungu



Umkhuhlane nengqele



Irhashalala elibakho
ukususela kwiiveki ezi2-4



IZINTO OMELE UZENZE XA UNEZI MPAWU



Yiya kugqirha, ekliniki okanye esibhedlele ukuze uvavanyelwe i-Mpox.

1



Zikhethe kwabanye abantu de ufumane iziphumo zovavanyo.

2



Ukuba uvavanyo luphozithivu kwiMpox, ugqirha wakho, ikliniki okanye esibhedlele siza kukuxelela ukuba umele uhlale ekhaya okanye umele uhlale esibhedlele ukuze unyanyekelwe.

3



Ukuzihoya Ekhayeni

- Hlala wedwa kude kuphele irhashalala kwaye ukhwekhwe.
- Musa ukukrwela ulusu lwakho. Coca ulusu lwakho ngamanzi antsholongwane okanye isibulali ntsholongwane.
- Hlamba izandla zakho rhoqo.

- Ukufumana izilonda ngaphakathi emlonyeni, sebenzisa iirinses zamanzi anetyuwa.
- Usenokuwathatha amayeza owamiselweyo ukuze uthomalalise iimpawu ezithile.



I-MPOX EMANDUNDU

- Usulelo intsholongwane kolusu, lwamehlo okanye lwemiphunga
- Ukudumba kwe:
 - Ubuchopho (encephalitis)
 - Imiphunga (inyumoniya)
 - Intliziyo (myocarditis)
 - Iindlela zokuchama (urethritis)
 - Izitho zangasese (balanitis)
 - I-Rectum (iproctitis)



UKUGONYA

- Ugonyo luya lufumaneka ngakumbi.
- Ifuna iidosi ezi-2 ezinikwa iintsuku ezingama-28 ngokwahlukeneyo.
- Izitofu zokugonya i-Mpox zibonelela ngokhuseleko lwama-66-90% kusulelo lwe-Mpox kwaye zinciphisa ubuzaza besi sifo.