

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



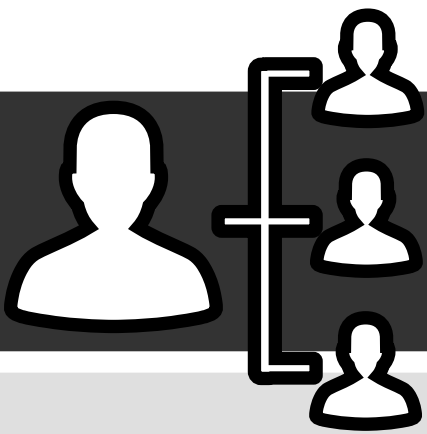
IYINI I-MPOX?

I-Mpox (ngaphambili eyayibizwa ngokuthi i-monkeypox) ibangelwa ukutheleleka ngengiwane le-monkeypox. Njengamanje, kunama-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 uthe ukuqubuka kungaphansi kolawulo eNingizimu Afrika, kodwa abantu kufanele baqaphele, ngoba amagciwane angashintsha.



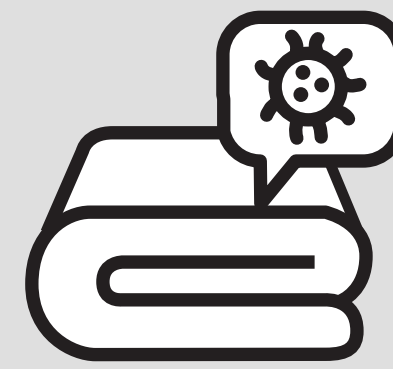
UKUDLULISELWA KWEGCIWANE



UKUDLULISELA KOMUNTU KUMUNTU

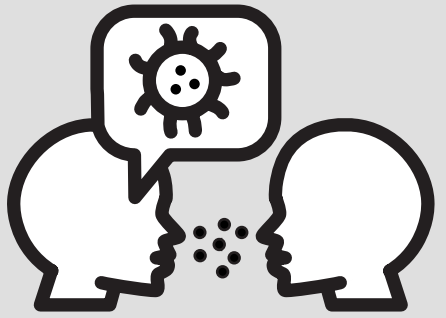
UKUXHUMANA OKUQONDILE

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.



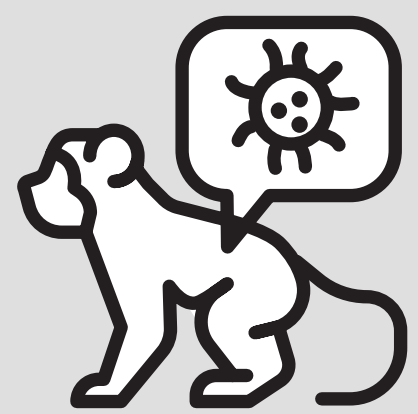
AMACONSI OKUPHEFUMULA

Igciwane lingasakazeka ngamacansi 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.

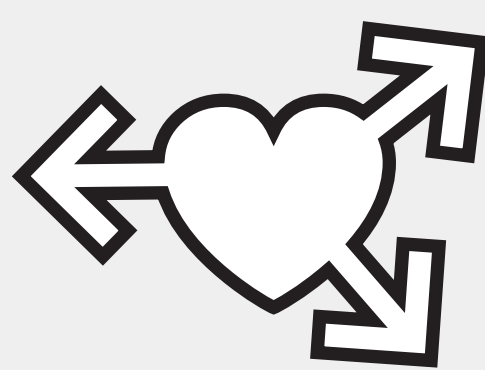


UBANI OSENGCUPHENI?



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 ukuthintana ngobuduze 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



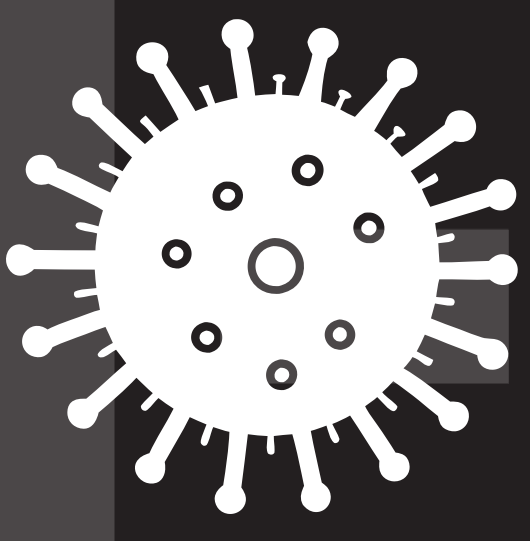
Abantu abasezindaweni zasendle

Abantu abathintana nezilwane zasendle ezindaweni ezinamahlathi.

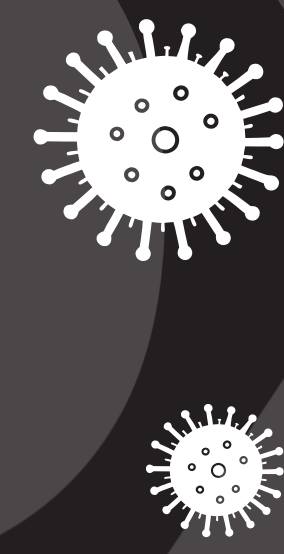


Abantu abasemakhaya

Ozakwethu, amalungu omndeni kanye nezingane ezisekhaya nomuntu oneMpox.



I-MPOX



ZIYINI IZIMPAWU?



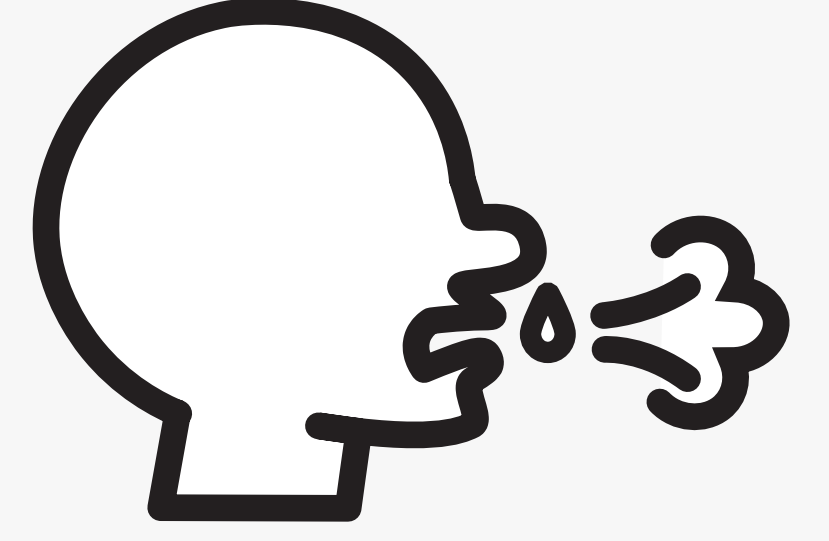
Ukhathele njalo



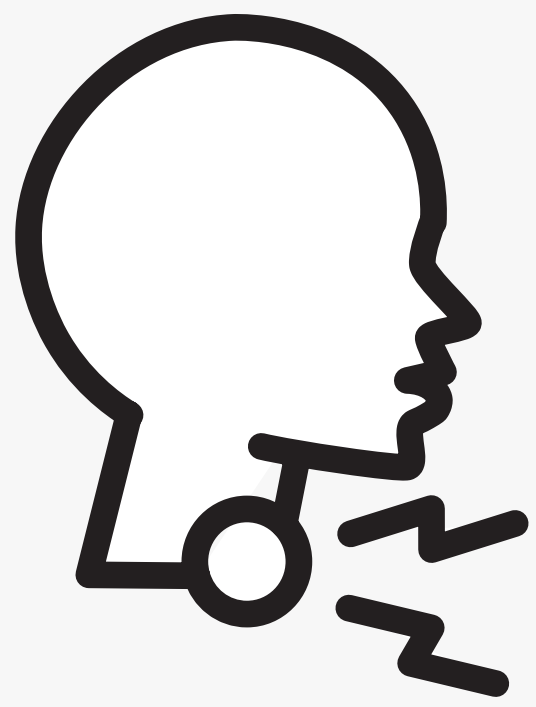
Uphathwa ikhanda



Ubuhlungu bomzimba



Ukuxinana kwamakhala nokukhwehlela



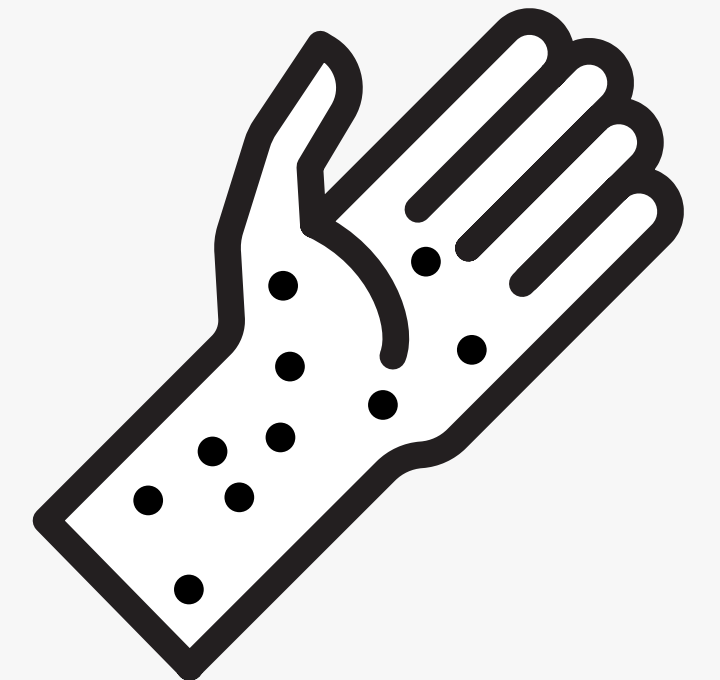
Umpimbo obuhlungu



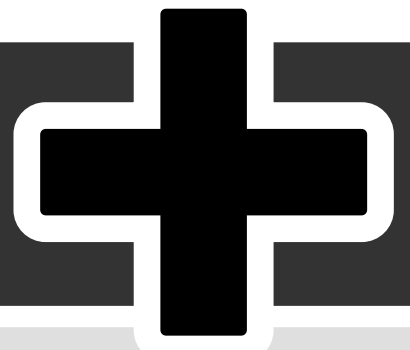
Ukuvuvukala okubuhlungu



Imfiva nokugodola



Ukuqubuka okungahlala amasonto angama-2-4

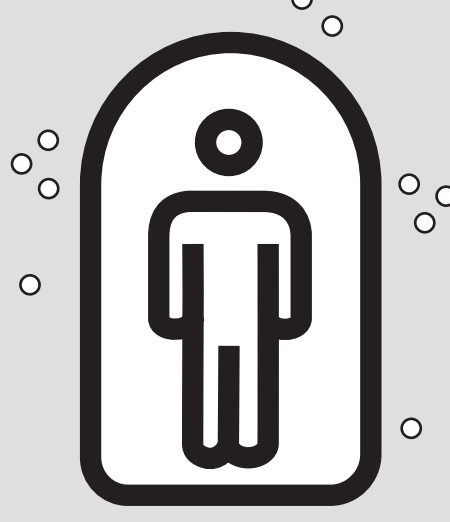


OKUMELWE UKWENZE UMA UNEZIMPAWU



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 nokuklwebheka.
- Unganwayi isikhumba sakho. Hlanza isikhumba sakho ngamanzi ahlanzekile noma isibulala-magciwane.
- Geza izandla zakho njalo.

- Mayelana nezilonda ezisemlonyeni, 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.