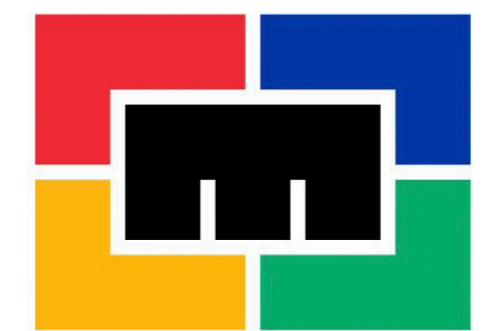


MPOX



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



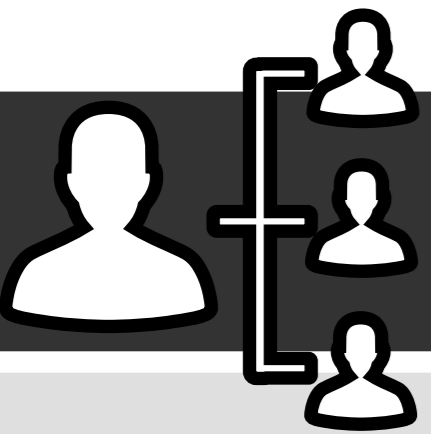
MPOX KE ENG?

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 tse 80 tseo re di tsebang.

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



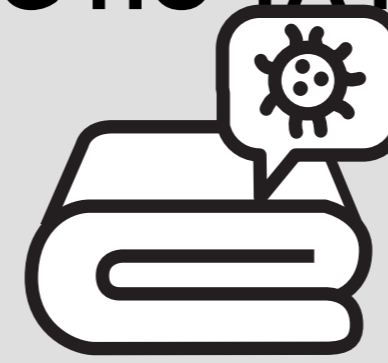
TSHWAETSO YA VAERASE

HO ATA HO TLOHA HO MOTHO E MONG HO YA HO E MONG



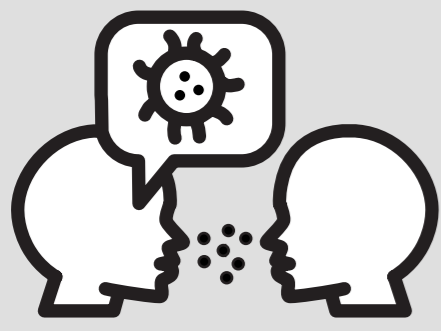
HO KOPANA KA HO OTLOLOHA

Ho thesa 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 HO OTLOLOHA

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



MAROTHODI A HO PHEFUMOLOHA

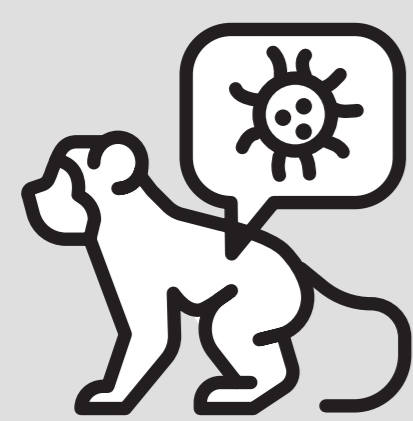
Vaerase ena e ka nama ka marothodi a ho phefumoloha ha a kopana ka nako e telele le motho ya tshwaeditsweng.



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 diphoofolo 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 diphoofolo kapa maro a tsona a mmele ha di o loma kapa ho o ngwapa.

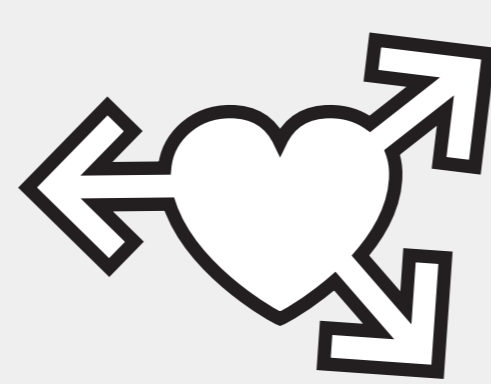


KE MANG YA KOTSING?



Sesole sa Mmele se fokolang

Haeba o phela le TB, HIV kapa lefu la tsekere, 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 fetang ya ho tshwaetswa ke Mpox, hobane ho kopana haufi ke hona ho jalang vaerase.



Batho ba phelang hlatheng

Batho ba kopanang le diphoofolo tse hlaha dibakeng tsa meru.



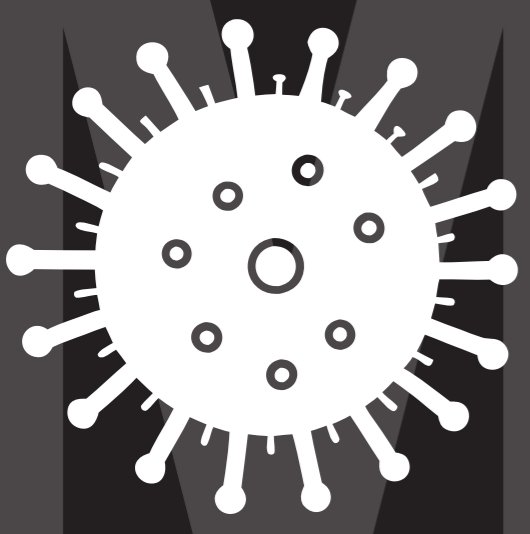
Batho ba phelang hae

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



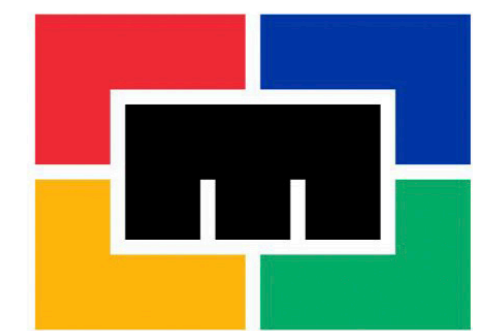
Basebetsi ba tsa bophelo bo botle ba se nang PPE e nepahetseng

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



LEQEPHE LA DINNETE/ LWETSE 2024

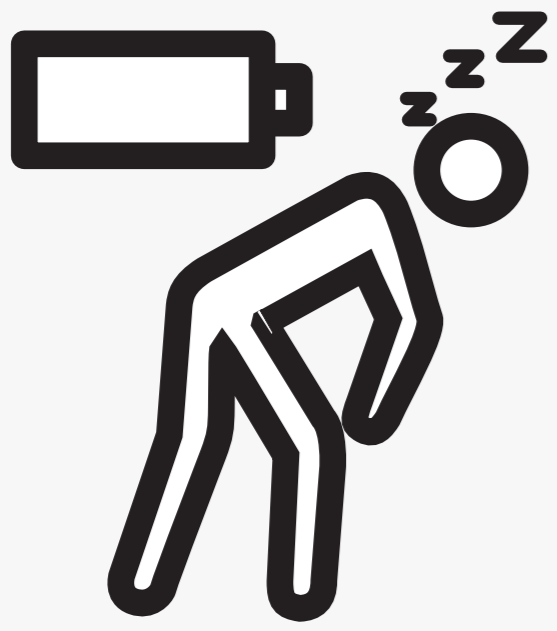
MPOX



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MATSHWAO KE AFE?



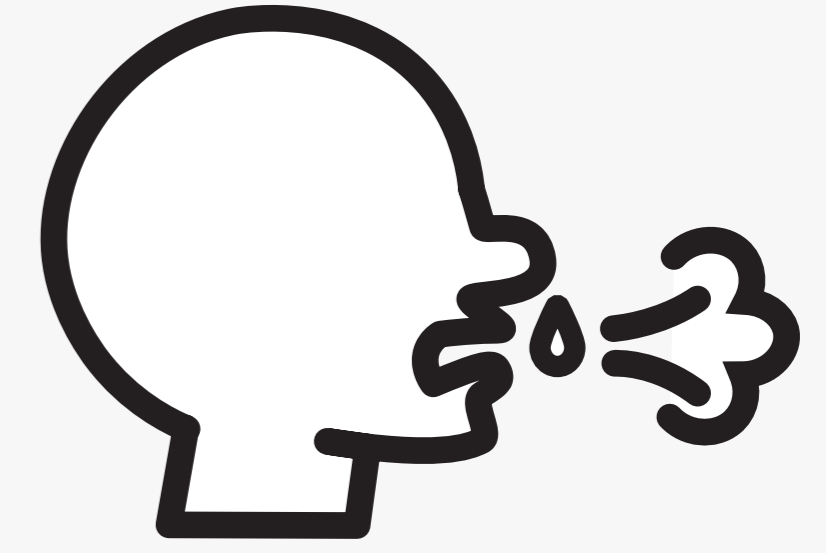
Ho dula o kgathetse



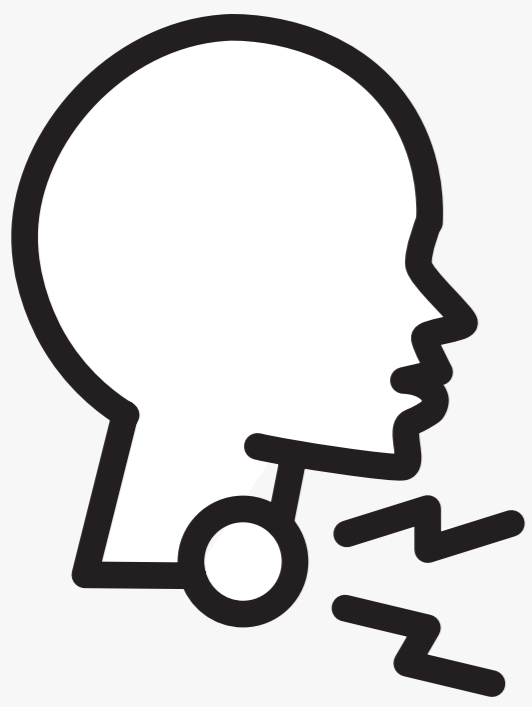
Hlooho e opang



Ho opa ha mmele



Dinko tse kibaneng le ho kgohlela



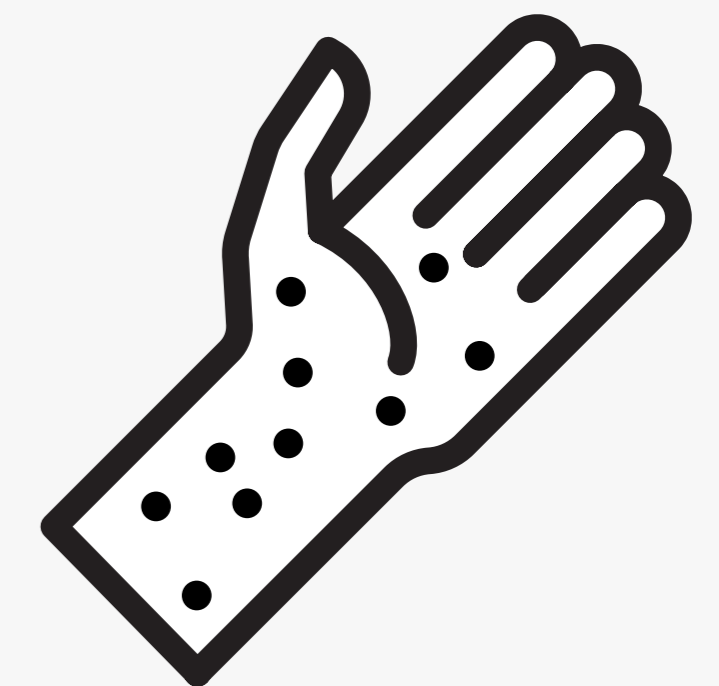
Bohloko bo mmetsoeng



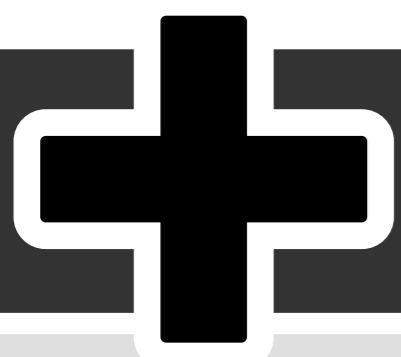
Ho ruruha ho bohloko



Motjheso le mohatsela



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

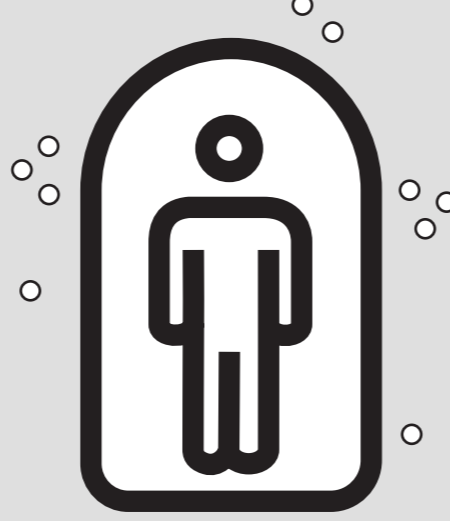


SEO O LOKELANG HO SE ETSA HA O NA LE MATSHWAO A HO KULA



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

1



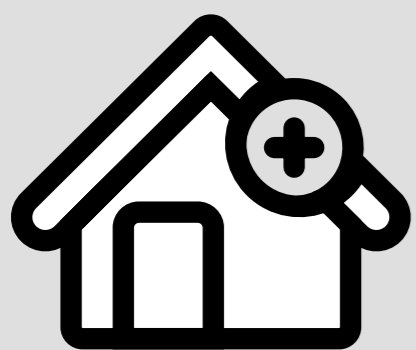
Ikarole ho batho ba bang ho fihlela o fumana diphetho tsa diteko tsa hao.

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 e le hore o fumane tlhokomelo.

3



Bakeng sa Hae Tlhokomelo

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

- Bakeng sa maqeba a ka molomong, 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 ya ho ntsha mosese (urethritis)
 - Pelo (myocarditis)
 - Ditho tsa botho (balanitis)
 - Karolo ya mala e ntshang mantle (proctitis)



KENTELO

- Menyetla ya ho fumana kentelo e ntse 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 ya Mpox le ho thusa hore e se ke ya ba boemong bo bobo.