

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



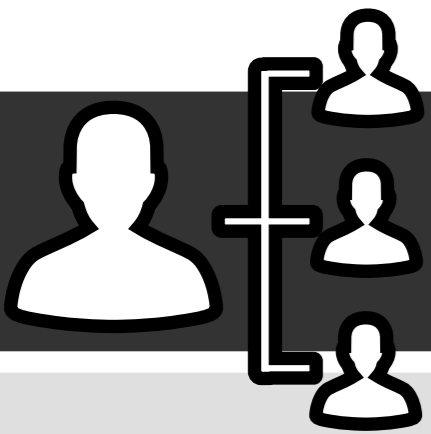
YINTONI I-MPOX?

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

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

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

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



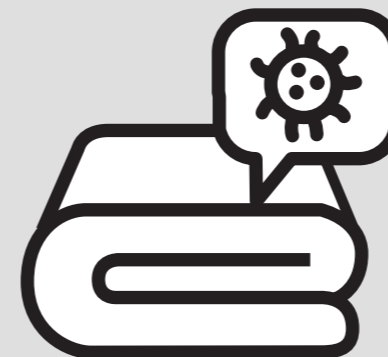
UKUDLULISELWA KWALE NTSHOLONGWANE

ISASAZEKA UKUSUKA EMNTWINI UKUYA KOMNYE



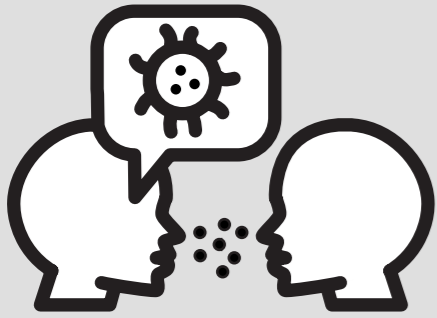
UKUDIBANA NGOKUTHE NGQO

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

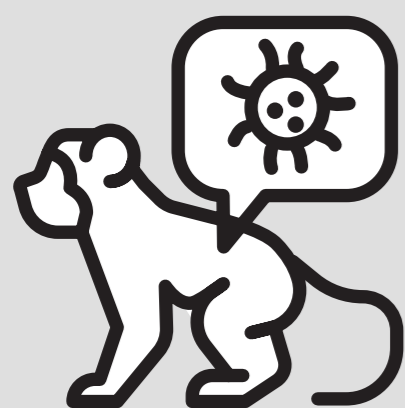
Iintsholongwane inokusasazeke ngamathontsi okuphefumla ukusuka kukudibana ubuso ngobuso ixesha elide nomntu owosulelekileyo.



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 nemikrwele.

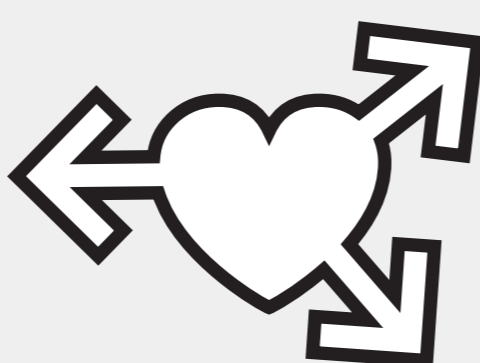


NGUBANI OSEMNGCIPHEKWENI?



Amajoni omzimba asengozini

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



Abantu ababelana gesondo

Ukuba ulala nabantu abaninzi, usemngciphekweni wokosulelwa yiMpox, kuba eyona nto ibangela ukuba esi sifo sisasazeke kwabanye kukusondelelana kakhulu kwabanye abantu.



Abasebenzi bezempilo ngaphandle kwePPE efanelekileyo

- Ukukhathalela izigulane ezineMpox
- Ukuqokelela iisampuli kwizigulane
- Abasebenzi bophando okanye abaselebhu abenza uvavanyo lokuxilonga.
- Amalungu eqela lokuphendula ngokuqhambuka.



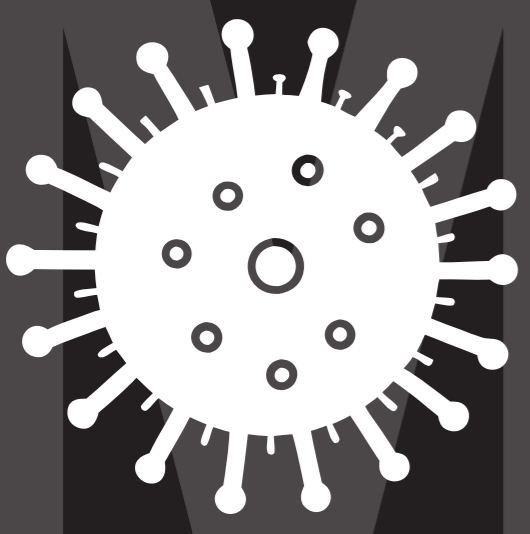
Abantu abahlala kwiindawo ezingasehlathini.

Abantu abadibana nezilwanyana zasendle kwiindawo zamahlathi.

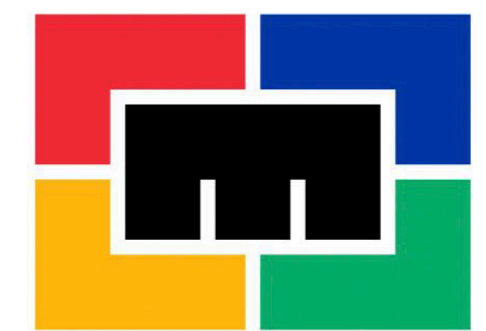


Abantu ekhaya

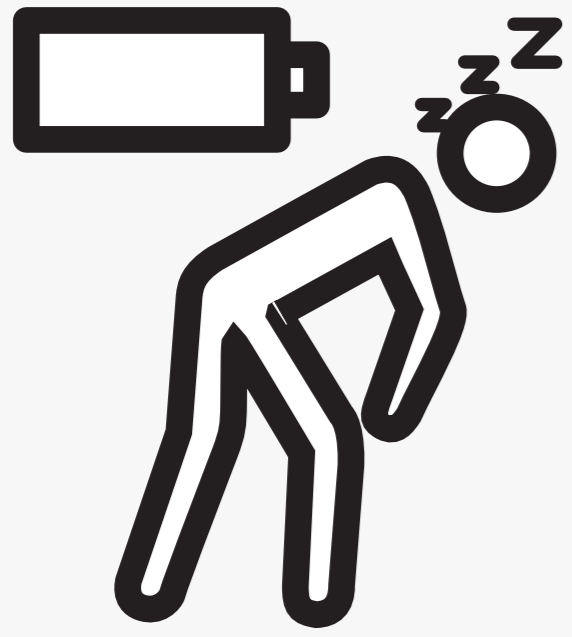
Amaqabane, amalungu osapho kunye nabantwana kwikhaya elinomntu oneMpox.



MPOX



ZIZIPHI IIMPAWU?



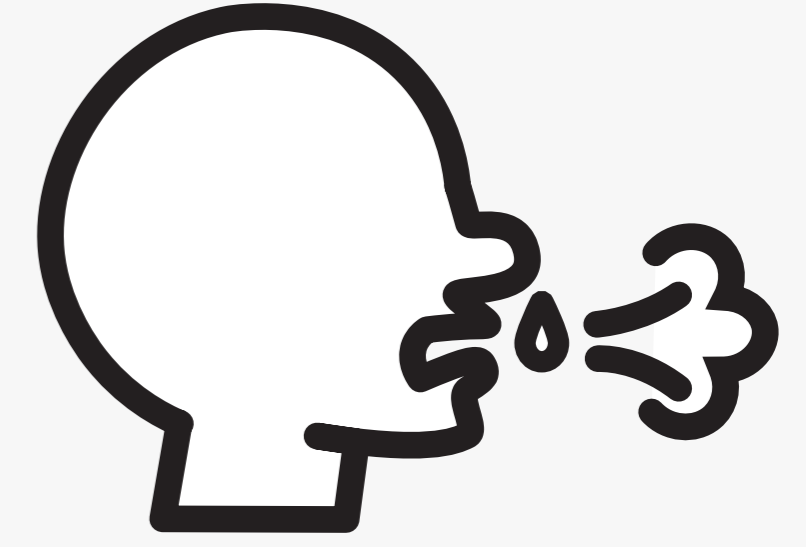
Ukuhlala udiniwe



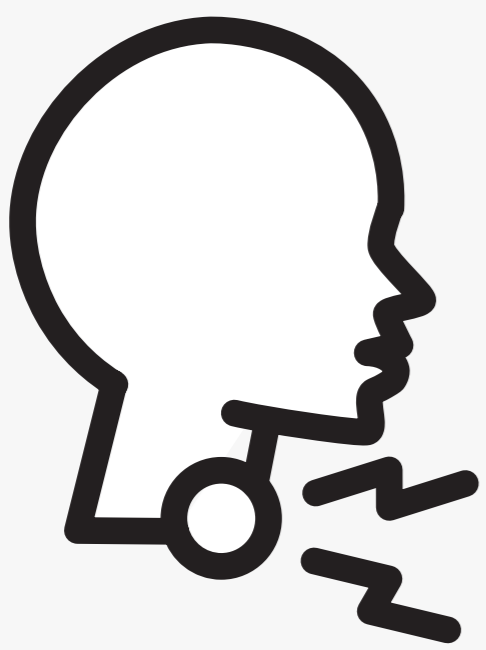
Intloko ebuhlungu



Umzimba obuhlungu



Iimpumlo ezizeleyo
nokukhohlela



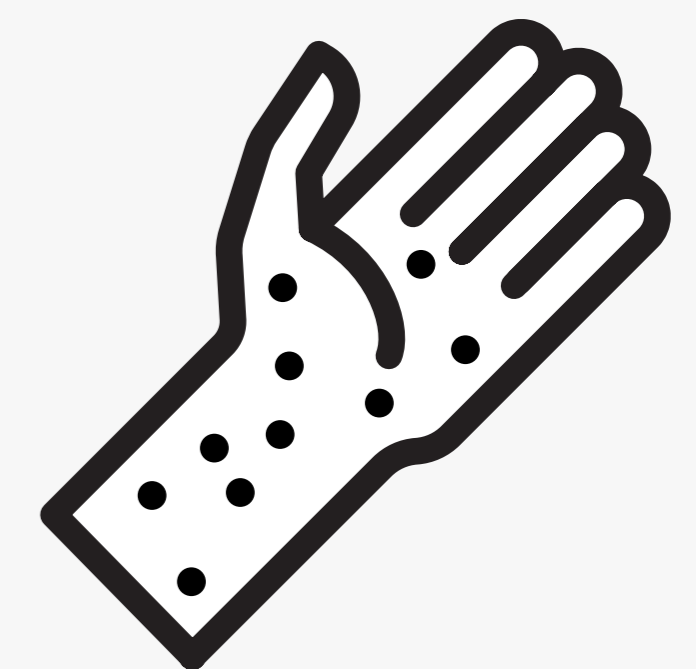
Umqala obuhlungu



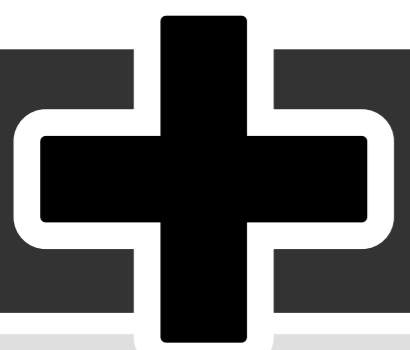
Ukudumba kabuhlungu



Umkhuhlane nengqele



Irhashalala elibakho
ukususela kwiiveki ezi2-4

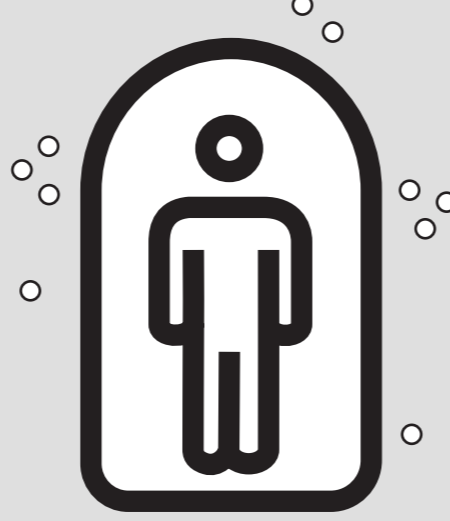


IZINTO OMELE UZENZE XA UNEZI MPAWU



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

1



Zikhethe kwabanye abantu de ufumane iziphumo zovavanyo.

2



Ukuba ufunyaniswa uneMpox, ugqirha wakho, i-kliniki okanye isibhedlele siza kukuxelela ukuba umele uhlale ekhaya okanye umele uhlale esibhedlele ukuze unyanyekelwe.

3



EseKhaya Inkathalo

- 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:
 - 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.