

Usomachiza wakho:



Uyafikeleleka



Unako ukukunika amayeza kunye nolwazi malunga ngamayeza akho



Uyinxalenye yeqela elisebenzela ukukhathalela impilo nempilontle yakho



Unako ukukunika ukhathalelo lwempilo olusemgangathweni kuwe kunye nakusapho lwakho



Unako ukukunika iingcebiso ngokuphila ngokusempilweni



Unako ukukunika iingcebiso ngogonyo kunye neenkonzo zocwangciso ntsapho



Unokukunceda uhlolwe kwaye uvavanywe



Unako ukukunika uncdo ngokuzikhathalela kunye noncedo lokuqala

Rakhemisi wa gago:



O a hwetšagala



A ka fa dihlare le tshedimošo ka ga dihlare tša gago



Ke karolo ya sehlopha seo se šomago go hlokomela maphelo a gago le go phela gabotse ga gago



A ka fa wena le lapa la gago tlhokomelo ya maphelo ya boleng



A ka fa keletšo ka ga go phela gabotse



A ka fa keletšo ka meento le ditirelo tša peakanyo ya lapa



A ka go thuša gore o lekolwe le go dirwa diteko



A ka fa thušo ka ga go ihlokomela le thušo ya pele

Xa ufuna uncdo kunye nolunye ulwazi qhagamshelana:

- USokhemesti wakho onobuhlobo;
- Iklinikhi yakho ekufutshane;
- Isibhedlele sakho esikufutshane.

Go hwetša thušo le tshedimošo ka botlalo kgokagana le:

- Rakhemisi wa gago wa botho;
- Kliniki ya gago ya kgauswi;
- Bookelo bja gago bja kgauswi.

September is Pharmacy Month

Think Pharmacy



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



English

Your Pharmacist:



Is accessible



Can provide medicine and information about your medicines



Is part of a team that works to look after your health and well-being



Can offer quality health care for you and your family



Can provide advice on healthy living



Can provide advice on immunisation and family planning services



Can help you get screened and tested



Can provide help with self-care and first aid

Afrikaans

Jou apteker:



Is toeganklik



Kan jou van medikasie en inligting oor jou medikasie voorsien



Is deel van 'n span wat werk omsien na jou gesondheid en welstand



Kan kwaliteitsgesondheidsorg vir jou en jou gesin bied



Kan jou van advies oor 'n gesonde leefstyl voorsien



Kan jou van advies oor inenting en gesinsbeplanningsdienste voorsien



Kan jou help om gevalueer en getoets te word



Kan hulp verleen met selfversorging en noodhulp

IsiZulu

Usokhemisi wakho:



Uyatholakala



Uyakwazi ukukunikeza imithi nolwazi olumayelana nemithi yakho



Uyingxenywe yethimba elinakekela impilo nenhlalakahle yakho



Uyakwazi ukuhlinzeka wena nomndeni wakho ngonakekelompilo olusezingeni eliphezulu



Uyakwazi ukukuyala mayelana nokuphila ngokunempil



Uyakwazi ukukuyala mayelana namasevisi okugoma nokuhlela umndeni



Uyakwazi ukukusiza mayelana nokuhlungelwa nokuhlolwa izifo



Uyakwazi ukukusiza mayelana nokuzinakekela nangosizo lokuqala

For help and more information contact:

- Your friendly pharmacist;
- Your nearest clinic;
- Your nearest hospital.

Vir hulp en meer inligting, kontak:

- U vriendelike apteker;
- U naaste kliniek;
- U naaste hospitaal.

Ukuze uthole usizo nolwazi oluthe xaxa, xhumana:

- Nosokhemisi wakho onesihe;
- Nomtholampilo wangakini;
- Nesibhedlela sangakini.

TshiVenda

Rakhemisi wavho:



U a swikelelea



A nga netshedza mishonga na vhuṭanzi nga ha mishonga yavho



Ndi muraḁo wa tshigwada tshi ne tsha shuma u ṭhogomela mutakalo wavho



A nga nea ndondolo ya mutakalo ya maṭhakheni kha vhone na muṭa wavho



A nga netshedza ngeletshedzo nga ha kutshilele ku re na mutakalo



A nga tsivhudza nga ha u haela na tshumelo dza vhutemuṭa



A nga vha thusa u ṭoliwa na u itwa ndingo



A nga netshedza thuso nga ha u ḁi ṭhogomela na thusoṭhanzi

IsiZulu

Usokhemisi wakho:



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Uyakwazi ukukusiza mayelana nokuzinakekela nangosizo lokuqala

U itela u wana thuso na vhuṭwe vhuṭanzi, kha vha kwame:

- Rakhemisi wavho wavhuḁi;
- Kiliniki yavho ya tsini;
- Vhuongelo havho ha tsini.

Ukuze uthole usizo nolwazi oluthe xaxa, xhumana:

- Nosokhemisi wakho onesihe;
- Nomtholampilo wangakini;
- Nesibhedlela sangakini.

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Can help you get screened and tested



Can provide help with self-care and first aid

Rakhemisi wa hao:



O fumaneha habonolo



A ka fana ka meriana le tlhahisoleseding mabapi le bophelo ba hao bo botle le boiketlo



Ke karolo ya sehlopha se hlokomelang bophelo ba hao bo botle le boiketlo



A ka fa wena le balelapa la hao tlhokomelo ya bophelo ya maemo



A ka fana ka keletso mabapi le ho phela bophelo bo botle



A ka fana ka keletso mabapi le ho entelwa mafu le ditshebeletso tsa thero ya malapa



A ka o thusa hore o itlhokomele le ho etsa liteko



A ka o thusa ka ho itlhokomela le ka thuso ya pele

Rakhemisi wa gago:



O a fitlhelesega



A ka go naya meriana le tshedimosetso ka meriana ya gago



Ke mongwe wa ba ba tlhokomelang boitekanelo le botsogo jwa gago



A ka naya wena le ba lelapa la gago tlhokomelo ya boitekanelo ya bolenong jwa kwa godimo



A ka go naya kgakololo ka go tshela ka boitekanelo



A ka go naya kgakololo ka tsa meento le thulaganyo ya lelapa



A ka go thusa go tiholwa le go dira diteko



A ka go naya thuso ka tsa go itlhokomela le tsa thuso ya potlako

For help and more information contact:

- Your friendly pharmacist;
- Your nearest clinic;
- Your nearest hospital.

Hore o fumane thuso le dintlha tse eketsehileng ikopanye le:

- Setsebi sa hao sa meriana sa botswalle;
- Tleliniki e haufi le wena;
- Sepetlele se haufi le wena.

Go bona thuso le tshedimosetso go ya pele ikgolaganye le:

- Rakhemisi wa gago yo o botsalano;
- Tliniki e e gaufi le wena;
- Bookelo jo bo gaufi le wena.

IsiNdebele

Usokhemisi wakho:



Uyatholakala



Angakunikela imitjhoga kunye nelwazi ngemitjhoga yakho



Uyingcenywe yesiqhema esisebenza ngokutjheja ipilo yakho nokondleka kwakho



Anganikela wena nomndenakho itlhogomelo lezamaphilo eliphezulu



Angakunikela isiyeleliso ngokuphila kuhle



Angakunikela isiyeleliso ngokugonywa kunye nelwazi mayelana nokuhlela umndeni



Angakusiza lokha nakumele uhlolwe umulwana othileko



Angakunikela iinyeleliso ngokuzitlhogomela kunye nangesizo lokuthoma

Sepedi

Rakhemisi wa gago:



O a hwetšagala



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A ka fa thušo ka ga go ihlokomela le thušo ya pele

Nawufuna isizo nelwazi elinengi thintana:

- Nosokhemisi wakho onomusa;
- Netlinigi eseduze nawe;
- Nesibhedlela esiseduze nawe.

Go hwetša thušo le tshedimošo ka botlalo kgokagana le:

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- Kliniki ya gago ya kgauswi;
- Bookelo bja gago bja kgauswi.

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Quality Healthcare for All



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Mukhemisi wa wena:



Wa fikeleleka



A nga nyika murhi na vuxokoxoko hi mayelana na mirhi ya wena



I xiphemu xa xipano lexi tirhaka ku hlayisa rihanyo na ku hanya kahle ka wena



A nga nyika nhlayiso wa rihanyo wa risima eka wena na ndyangu wa wena



A nga nyika switsundzuxo hi rihanyo leri nene



A nga nyika switsundzuxo hi vukorhokeri bya nsawutiso na bya nkunguhato



A nga ku pfuna ku hleriwa no kamberiwa



A nga nyika mpfuno hi matihlayiselo na xilamulelamhangu

Sokhemisi wakho:



Kuyafinyeleleka kuye



Angakuniketa imitsi kanye nelwati ngemitsi yakho



Uyincenye yelitsimba lelisebenta kunakekela imphilo kanye nenhlalakahle yakho



Anganiketa wena nemndeni wakho kunakekelwa ngetemphilo lokusezingeni leliphakeme



Angakweluleka ngekuphila kahle



Angakweluleka ngekugoma kanye nekuhlela umndeni



Angakusita kutsi ucilongwe uphindze uhlolwe



Angakusita ngetindlela tekutinakekela nelusito lwekucala

For help and more information contact:

- Your friendly pharmacist;
- Your nearest clinic;
- Your nearest hospital.

Ku kuma ku pfuniwa na vuxokoxoko byo tala tihlanganise na:

- N'wakhemisi wa wena loyi a nga na vung-hana;
- Tlilini ya le kusuhi na wena;
- Xibedhlele xa le kusuhi na wena.

Kutfola lusito nelwati lolwengetiwe tsintsa:

- Sokhemisi wakho longumngani;
- Umtfolamphilo losedvute nawe;
- Sibhedlela lesisedvute new.