



Ikhemesti ezithile zinokuzinika kanaanjalo iinkonzo ezongezelelweyo:



Uncedo lokuqala, ulawulo lokhathalelo lwesilonda



Inkxaso, icebo kunye nokudluliselwa kwamaxhoba obundlobongela obusekelwe kwisini



Iinkonzo zempilontle yosana (ugonyo, ukubekwa esikalini, icebo lokulutyisa, kunye nokhathalelo lwemveku (kuquka irhashalala ebangwa zizithuba, umoya kunye nezifo eziqhelekileyo zeemveku)



Ukuvavanyelwa i-TB, ii-STI, i-HIV, ukukhulelwa, isifo seswekile, uxinzelelo lwegazi, ikholesteroli



Ucwangciso ntsapho kunye neenkonzo zempilo yokuzala (ngokunxulumene namalungu esini)



Ukulandwa kwamayeza ezifo aphila nazo umntu (Buza usokhemesti wakho malunga nolu khetho)

Ngoncedo kunye nolwazi oluthe vetshe qhagamshelana:

- Nousomachiza wakho onobubele;
- Ikliniki yakho ekufutshane;
- Isibhedlele sakho esikufutshane.



Dikhemise tše dingwe di ka fa gape ditirelo tša tlaleletšo:



Thušo ya pele, taolo ya tlhokomelo ya ntho



Thekgo, keletšo le go romela batšwasehlapelo ba dikgaruru tše di theilwego godimo ga bong fao ba tlogo thušwa



Ditirelo tša boitekanelo bja masea (meento, sekala, maele mabapi le phepo, le tlhokomelo ya masea (go akaretšwa dišo tša go hlolwa ke mengato ya bana, go longwa le malwetši a go tlwaelega a masea)



Go hlalobela TB, diSTI, HIV, boimana, bolwetši bja swikiri, kgatelelo ya madi, kholesterole



Ditirelo tša maphelo tša peakanyo ya lapa le pelego (thobalano)



Dikgetho tša go tšewa ga dihlaire tša malwetši a go se fele goba go tlišetšwa (Botšiša khemise ya gago ka kgetho ye)

Go hwetša thušo le tshedimošo ka botlalo kgokagana:

- Rakhemise wa gago wa go ba le botho;
- Kliniki ya kgauswi le wena;
- Sepetlela sa kgauswi le wena.

Pharmacy Month

Woman and Youth Health

Your pharmacist is easily approachable & can be your source of information on:

- Health & Healthy Lifestyles including smoking cessation, healthy weight, exercise & substance abuse
- What to expect when you take your medicines
- Monitoring chronic health conditions such as diabetes, high blood pressure or asthma



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Some pharmacies can also provide additional services:



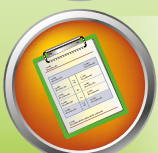
First aid, wound care management



Support, advice and referral for victims of gender-based violence



Baby wellness services (immunisations, weighing, feeding advice and infant care, including nappy rash, colic and common infant diseases)



Screening for TB, STIs, HIV, pregnancy, diabetes, blood pressure, cholesterol



Family planning and reproductive (sexual) health services



Chronic medicine collection or delivery options (Ask your pharmacist about this option)

For help and more information contact:
• Your friendly pharmacist;
• Your nearest clinic;
• Your nearest hospital.



Sommige apteke kan ook bykomende dienste verskaf:



Noodhulp, wondversorging



Ondersteuning, advies en verwysing vir slagoffers van gendergebaseerde geweld



Welstanddienste vir babas (immunisasies, weeg, voedingsadvies en babasorg (insluitend doekuitslag, koliek en algemene babasiektes)



Sifting vir TB, SOI's, MIV, swangerskap, diabetes, bloeddruk, cholesterol



Gesinsbeplanning en reproduktiewe (seksuele) gesondheidsdienste



Opsies vir die afhaal of aflewering van chroniese medikasie (Vra jou apteker oor hierdie opsies)

Vir hulp en meer inligting, kontak:
• Jou vriendelike apteker
• Jou naaste kliniek
• Jou naaste hospitaal.



Amanyane amakhemisi ayakwazi ukuhlinzeka ngamasevisi ongeziwe:



Usizo lokuqala, ukunakekelwa kwezilonda namanxeba



Ukwesekwa, nokwelulekwa kanye nokudluliselwa phambili kwezisulu zodlame ngokobulili



Amasevisi empilonhle yabantwana (ukugonywa, ukukalwa kwesisindo, izeluleko zokudliswa kwabantwana, kanye nonakekelo lwezinsana (kubandakanya amashashaza abangelwa yinabukeni, isilumo sabantwana kanye nezinye izifo ezivamile zabantwana)



Ukuhlololwa i-TB, ama-STI, i-HIV, ikukhulelwa, isifo sikashukela, umfutho wegazi ophezulu kanye ne-cholesterol



Ukuhlela umndeni kanye namasevisi ezempilo emayelana nenzalo (ezocansi)



Ukulandwa kwemithi yezifo ezingomahlalakhona noma indlela ongayikhetha yokudilivelwa yona (Buza kusokhemisi wakho mayelana nendlela ongayikhetha)

Mayelana nosizo noma ulwazi oluthe xaxa, xhumana:
• Nosokhemisi wakho ozokusiza ngesihe;
• Nomtholampilo oseduze nawe;
• Nesibhedlela esiseduza nawe.



Dzinwe khemisi dzi a kona u netshedza na dzinwe tshumelo sa:



Thuso-thanzi, ndangulo ya ndondolo ya zwilonda



Thikhedzo, ngeletshedzo na u pfukiswa ha vhabvazwithavhelo vha khakhathi dzo disendekaho nga mbeu



Tshumelo dza mutakalo wa vhana (mihayelo, tshikalo, ngeletshedzo dza u lisa vhana, na ndondolo ya dzitshetshe (hu tshi katelwa na zwipundu zwi itwa ho nga majeri, koliki na malwadze a dzitshetshe o dowealeaho)



Ndingo dza TB, STI, HIV, vhuimana, vhwadze ha swigiri, mutsiko wa malofha, kholesitirolu



Tshumelo dza vhutea-muta na dza mutakalo wa mbebo (zwa vhudzekani)



Ndila dza u dzhia kana nyisedzo ya mishonga ya ndonde-ndonde (Vha vhudzise rakhemisi wavho nga ha ndila iyi)

U wana thuso na zwiñwe zwidodombedzwa kha vha Kwame:

- Rakhemisi wavho a re na vhulenda;
- Kiliniki ya tsini na ha ha vho;
- Vhuongelo ha tsini na ha ha vho.



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September is

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Dikhemise tse ding di ka fana ka ditshebeletso tse eketsehileng:



Thuso ya pele, kalafo ya maqeba



Ho tsheheta, ho eletsa le ho fetisa mahlatsoa a otlilweng ka lebaka la bong



Ditshebeletso tsa boitekanelo ba masea (dikentelo, ho kala boima, keletso ya ho fepa, le tlhokomelo ya masea (e kang lekgopo le bakwang ke leleiri, ho lla haholo le mafu a atileng a masea)



Ho hlahobelwa TB, diSTI, HIV, boimana, tswekere, kgatelelo ya madi, kholesterole



Thero ya malapa le ditshebeletso tsa bophelo bo botle tsa peleho (thobalano)



Ho kgetha ho lata kapa ho tlisetswa meriana ya mafu a sa foleng (Botsa famasi ya hao ka kgetho ena)

Fumana thuso le dintlha tse ding ka ho ikopanya le:
• Setsebi sa hao sa meriana sa botswalle
• Tliliniki e haufi le wena
• Sepetlele se haufi le wena



Gape, dikhemise dingwe di kgona go neelana ka ditirelo tsa tlaleletso:



Thuso ya potlako, botsamaisi jwa tlhokomelo ya dintho



Tshegetso, kgakololo le kaelo go batswasetlhabelo ba tirisodikgoka e e ikaegileng ka bong



Ditirelo tsa botsogo tsa masea (meento, boima jwa mmele, kgakololo go otlal, le tlhokomelo ya ngwana (go tsenyeletsa moraratshane wa monyato, kholike le malwetse a a tlwaelegileng a bana)



Go sekerina THIBII, diSTI, HIV, boimana, bolwetse jwa sukiri, kgatelelo e e kwa godimo ya madi, kholesterole



Thulaganyo ya tsa pelegi le ditirelo tsa tsalo



Go ya go tsaya ditlhare tse di tsewang lebaka le le leele (botsa rakhemisi wa gago ka go tsaya ditlhare kgotsa go tlisetswa ditlhare kwa lapeng)

Go bona thuso le tshedimosetso go feta, ikgolaganye le:
• Rakhemise wa gago yo o botsalano;
• Tliliniki e e gaufi le wena;
• Sepetlele se se gaufi le wena.



Amanye amakhemisi anganikela ngemisebenzi engezelelweko:



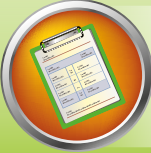
Isizo lokuthoma, ukuphatha itlhogomelo lamanceba



Ukusekela, ukuyelelisa nokuthumela abongazimbi zenturhu yobulili kwezinye iindawo



Imisebenzi yokuba nepilo komntwana (ukugonywa, ukukalwa, isiyeleliso sokudlisa, nokuthogomela isana (kufake hlangana iratjhi ebangelwa madugu, ukuba nethabe kanye namanye amalwele wamasana ajayekileko))



Ukuskrinelwa i-TB, ama-STI, i-HIV, ukuba sidis, ubulwele betjhukela, ihayibhadi, ikholesteroli



Ukupilanela ukuhlela umndeni (komseme) imisebenzi yezamaphilo



Ukuyokuthatha iinhlaha zamalwele angapholiko namkha ukukhetha ukuthunyelwa (Buza usokhemisi wakho ngendlela le yokukhetha)



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Ukuthola isizo nelwazi elinengi thintana:

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Tikhemisi tin'wana ti nga tlhela ti nyika vukorhokeli lebyi engeteriweke:



Xipfuno xo sungula, vulawuri byo hlayisa xilondza



Nseketelo, xitsundzuxo na rheferali ya vatwisiwa kuvava eka madzolonga ya rimbewu



Vukorhokeli byo hanya kahle ka n'wana (ntlhavelo wa nsirhelelo eka ntlulelo wa mavabyi, ntikelo, xitsundzuxo xo dyisa, na nhlayiso wa n'wana (ku katsa swirhumbana swa lerhi, mavabyi mo lumiwa endzeni na mo toloveleka ma vana)



Ku hleriwa ka TB, tiSTI, HIV, ku biha emirini, chukele, ntshikelelo wa ngati, kholesterol



Nkunguhato wa swa ndyangu na vukorhokeli bya rihanyo ra (swa masangu)



Nhlengeleto wa mirhi yo godzombela kumbe tindlela tin'wana to heleketa (vutisa mutirhi wa wena wa le khemisi hi ndlela leyi yin'wana)

Ku kuma ku pfuneka na vuxokoxoko hi vuenti tihlanganise na:
• Mutirhi wa wena wa le khemisi wo va na tintswalo;
• Tlilini ya wena ya le kusuhi;
• Xibedlhele xa wena xa le kusuhi.



Lamanye emakhemisi ayaniketa letinye tinsita:



Lusito lwekucala, kunakekela tilondza



Kusekelwa, kwelulekwa kanye nekulayelwa lusito kwalabo labahlukubeteka ngekwebulili



Tinsita temphilo lenhle yebantwana (kuvikela, kukalwa sisindvo, teluleko ngekubondla, kanye nekunakekelwa kwetinswane (lokufaka ekhatsi kucutjulwa ngemanabukeni, umoya esiswini kanye netifo letivamile tetinswane)



Kuhlolwa tifo letifana neTB, letitsatselana encansini, HIV, sifo sashukela, iBP kanye nekukhulelwa



Tinsita tekuhlelisa umndeni netemphilo yentalo



Kulandza imitsi yetifo letingapheli noma kuletselwa yona (Buta sokhemisi wakho ngalendlela lena)

Kutfola lusito nekwati kabanti ungashayela:
• Sokhemisi wakho losihlobo sakho;
• Umtfolamphilo losedvute nawe;
• Sibhedlela lesisedvute nawe