



UMDLAVUZI WESINYE



IZINTO EZIYINGOZI ZIHLANGANISA:

- ukubhema
- Schistosomiasis (bilharzia)
- Imithi ethize

WAZI KANJANI UKUTHI UNAYO?

UPHAWU NOMA UMAKA WOMDLAVUZI WESINYE

Umdlavuzi wesinye usheshe ubonakale ngezimpawu yingakho kumele ubone umnaki mpilo yakho mayelana nalokhu:

- Igazi kumchamo
- Imikhuba yosintsho esinyeni, noma impawu zokucasuka, njenge:
 - Njengokucama ngaphezu kwenjwayelo
 - Iyinhlungu noma ukusha ngenkathi ucahama
 - Uzizwe engathi ungachama noma isinye sakho singagcwele
 - Ukuba nenkinga yokuchama, noma ukugeleza komchamo obuthaka
 - Ukuvuka kaningi ebsuku uyochama

IZIMPAWU EZITHUTHUKISIWE ZO MDLAVUZI WESINYE

Umdlavuzi wesinye okhule wabamkhuluhave wasaphala kuwo wonke amalunga omzimba umzimba kungenzeka udale izimpawu, njenge:

- Izinhlungu kwicala elilodwa ngezansi komhlane
- Ukulahlekelwa ukudla noma Ukulahlekelwa isisindo
- Uzizwa ukhathele noma ubuthaka
- Ukuvuvukala kwezinyawo
- Ubuhlungu bamathambo
- Ukukhohlela
- Ukuvuvukala kwesisu

UMA UZOBONA UDOKOTELA

Umangabe umchamo wakho ushintshe umbala, futhi ukhathazekile ukuthi ungase ube negazi, yenza ukuqokwa nodokotela wakho ukuze uzothola ukuxilongwa ngokuphazima kweso. Futhi yenza ukuqokwa nodokotela wakho Uma ubona sengathi unezinye impawu noma umaka okukhathazayo.

UDINGA
UKWAZI
KABANZI
OKUNINGI?

@campaign4cancer  
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**CAMPAINING
FOR CANCER**

Lempahla yenziwe ukuthi ibekhona ngokusizana ku umhlaba wesinye ubambisene nomfelandawonye mdlavuzi. Umnikelo wesihle wenziwe abakwa TBWA \ Durban