

# "Keeping more than hope alive"

Ku antswisa ku pona ka vana ni vantshwa, swa fanela ku va va hatlisa ku kamberwa ni ku ongoriwa ka ha ri ekusunguleni hi nanga ya mfukuzana ya vana.

## SILUAN SWA XIHATLA SWA MFUKUZANA EKA VANA SWIKOMBETO SWA LAVATSONGO



### SEEK (LAVA)

Lava ku pfuneka loko u vona swikombeto leswi swi nga pfiki swi hangalaka

### EYE (TIHLO)

Mavala yo basa etihlweni, kusungula ku van a maswori, kusungula ku kala a nga voni, ku pfimba ndzololo

### LUMP (BUNDZU)

Khwiiri ni nyonga, nhloko na nhamu, makendze na tinhlarihya.

### UNEXPLAINED (LESWI SWI NGA HLAMUSELEKIKI)

Ku rhurhumela ni ku hisa ku tlurisa mavhiki mambirhi, ku ondza, ku tshutshala, ku karhala, ku khuhleka hi olova kumbe ku huma ngati.

### ACHING (PANDZA)

Marhambu, mahlangano, nhlana ni ku tshoveka marhambu hi ku olova.

### NEUROLOGICAL SIGNS (LESWI SWI KOMBETAKA LESWAKU BYONGO, LONGO NI MISIHA A SWI TIRHI KAHLE)

Ku cinca kumbe ku sungula ku tsandzeka ku famba, ku tsandzeka ku famba ni ku vulavula kahle, ku nonoka ni ku salela endzhaku ku kula, ku pandziwa hi nhloko ku tlula vhiki kumbe ku ri na ku hlanta hambi kuri hava ku hlanta, ku pfimba nhloko.



**TO GET  
HELP:**

If you detect any of the early warning signs in a child or teen, please contact the CHOC helpline:

**0800 333 555**

(during office hours)

If you would like to refer a child or teen please visit:

**[www.choc.org.za](http://www.choc.org.za)**

📞 **086 111 3500**

📧 **@CHOCFoundationSA**

✉ **headoffice@choc.org.za**

✉ **@CHOCfoundation**

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