

Kwatisa Ummango Ngemarabi nemanyuwali Yekukhutsata



Sitfombe nguSarah

ASIBAMBISANENI KUTE SICEDZE EMARABI!

Imanyuwali Yekucecesha

Inhloso

- *Kufundzisa basebenti bemmango ngesifo semarabi kanye nekwasabeka lokukhulu lokubhekane nemimango imihla ngemihla ngenca yemarabi.*
- *Kungani kumele batise futsi basabalalise umningwane ngalesifo ngekhatsi kwemimango yabo?*
 1. *Kugcugcutela bantfu kwekutsi bagomise tinja tabo.*
 2. *Kufundza bantfwana kuvikela kulunywa tinja.*
 3. *Kute kutsi bantfu babike tinja letisoselelwako.*
 4. *Emalunga emmango lalunywa tinja atawelashwa masinyane.*
- *Ngabe bantfu labaceceshwako bangalusebentisa njani lwati lwabo kugcugcutela imimango yabo nakuhlelwa kugonywa kwetinja nangalesikhatsi kwentiwa?*
 1. *Kumbandzakanya baholi bemimango kutsi besekele lemikhankaso*
 2. *Kwatisa imimango ngalemikhankaso letako.*

Lokucuketfwe

1.	Tinja Tetfu:	3
2.	Sifo semarabi:	4
	Umlandvo	4
	Yini Emarabi?.....	4
	Ngubani nobe yini lengatfola Emarabi:	5
3.	Ngabe Ligciwane Lemarabi lingena njani Emtimbeni?	6
	Timphawu eTilwaneni	7
4.	Emarabi neBantfwana.....	8
5.	Yini lesingayenta ngeBungoti baleSifo?.....	9
6.	Ngabe sitigoma njani tinja nangabe sifika emmangweni?	10
7.	Ungasita njani, kungani sikudzinga?.....	11
	Kukhuluma nebantfwana besikolo	12
	Kwakha bbudlelwane lomuhle nawo onkhe emalunga emmango	14
8.	Ngabe ummango utibika kuphi tinkinga temarabi:.....	14
	Yini lekumele uyente nangabe usalindze lusito:.....	15



1. Tinja Tetfu

Tinja tiyincenye lebalulekile emimangweni yetfu nasemlandvweni, titawuhlala tinatsi futsi ngako-ke sifo lesifana nemarabi lesingasuka etinjeni siye ebantfwini kumele sivinjelwe. (Titfombe tiniketwe nguSarah Pryke)



Nanobe kunjalo, tinja tidlala indzima lebaluleke kakhulu etimphilweni tetfu nangabe sitiphetse kakhle titawuhlala titsembekile futsi titasivikela, tivikele emakhaya etfu nemfuyo yetfu. Tingaba bangani bebantfwana futsi tidzinga kuphatfwa ngesineke. Tingandlulisele letinye tifo ngaphandlela kwemarabi, njengetibungu ebantfwini futsi ngako-ke injani lejabulile **lenemphilo** ibaluleke kakhulu.

Tonkhe tilwane tidzinga kucinisekiswa ngetinkhululeko tato letisihlanu

- Kudla lokunemphilo nemanti lahlobile (Luhlobo Lwekudla) (Imidlwane idliswe kabili nobe katsatfu ngelilanga / Inja lendzala kanye nobe kabili ngelilanga)
- Luphahla kuvikelwa emoyeni, emvuleni naselilangeni (Imvelo) (Lolufudvumele futsi Lolomile)



- Kwelashwa nangabe tigula nobe tilimele (Imphilo) Kugonywa, Nekukhishwa tibungu lokungenani kabili ngemnyaka.
- Labanye bangani betilwane labadlala nato (Bangani)
- Inkhululeko Yekuphila Ngalokwetayelekile

2. Sifo semarabi

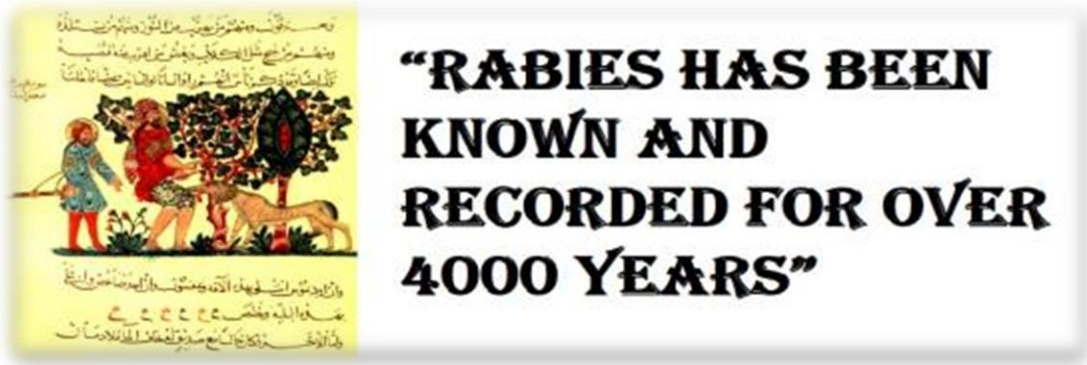


Figure 1 EMARABI BEKATIWA NAKUDZALA EMIYAKENI LENGU-4000 LENDLULILE

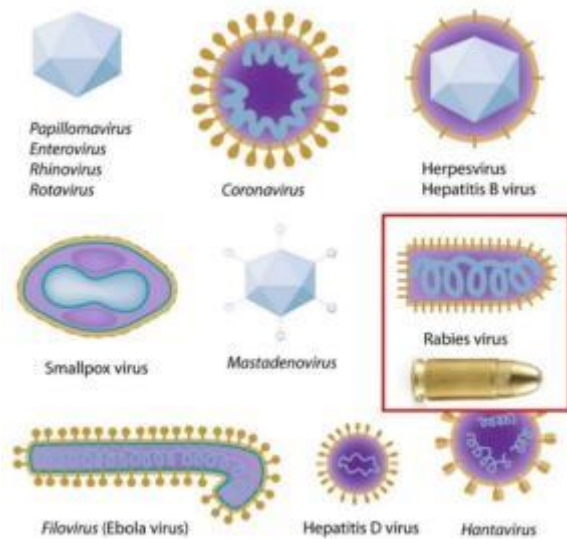
Umlandvo

Emarabi acale kuba khona nga 1976 etinjeni tase KZN kantsi bekabulala kuso sonkhe lesifundza.

Nga 2018 iKZN ihlangabetana nekubhedvuka lokukhulu kwalesifo etilwaneni futsi kwashona bantfu labangu 8 etinyangeni letingu 8, labangu 6 bakhona bekubantfwana beminyaka lesuka kulengu 2 kuya kulengu 12. Lokunyenti kwalokufa kubangelwe kulunywa tinja, nakunye kwekulunywa ngukati; lokunyenti kwalokulunywa kube tilondza letincane futsi ngako-ke bantfu bebangacabangi kwekutsi kumele batfole lusito. Tonkhe letahlakalo ngabe tivinjelwe ngekwelahwa (Kwamahhala) lokufanele, kunekutsi bantfu bashone kabuhlungu.

Yini Emarabi?

Emarabi sifo lesiyingoti kakhulu lesatiwako emunfwini futsi sibangelwa ligciwane. Ligciwane yintjwana lencane lephilako lengabonwa ngemakhroskobhu lenemandla kakhulu. Tifo letinyenti tibangelwa Magciwane. Onkhe emagciwane anemimo lengafani nengobe ubona esitfombeni ngaphasi.



Ligciwane lemarabi linemubo wenhlamvu (ngulo kuphela emhlabeni) lekulifanele ngenca yebungoti balo - liyabulala 100%.

Leligciwane lisabala ngekulunywa silwane LESINELIRABI lapho khona ematse lagcwele ligciwane angena emuntfwini.

Masinyane nalicedza kungena emtsanjeni, akusekho kwelashwa futsi lesilwane nobe lomuntfu utawufa ngenca Yemarabi.

Ngubani nobe yini lengatfola Emarabi:

Tonkhe Tilwane letimunyisako, tingawatfola Emarabi. Tilwane letimunyisako tilwane letinengati leshisako letineboya futsi letidlisa bantfwana bato lubisi.

Tilwane letifana netinyoka, ticoco, tinyoni naletinyet (tilwane letinengati lebandzako) ATINGENWA ngeMarabi.

Emarami lamanyenti eKZN asatjalaliswa Tinja! Bojakalazi banaso lesifo eKZN kodvwa badlala indzima lencane etindzaweni letingephakatsi. Lapho khona kunemarabi etinja - (Etindzaweni letinyenti eKZN) tehlakala letingu 85-90% tetinja.

Bese kulandzela tinkhomo, bese kuba netehlakalo letincane etimbutini nasetimvwini.

Bokati nabo bayawatfola emarabi futsi bayingoti kakhulu ebantfwini ngobe baba neludlame kakhulu.

Kute emagundvwane netingobiyane letitfolakale tinebarabi eKZN!





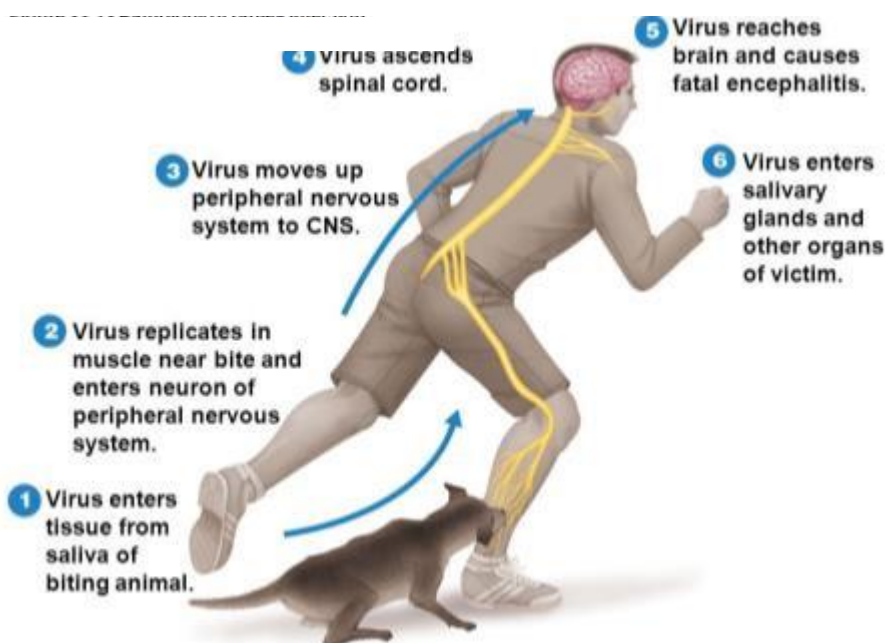
“100% wetilwane letitfola emarabi titawufa”

Letinye tilwane letinyenti tiyaba nemarabi njengetimbolwane, bokati besiganga netinyamatane. Emalilwane nawo aba nawo emarabi kodwa awo ehlukile kancane; ayingoti kakhulu kakhulu.

Lokubaluleke kakhulu kutsi emarabi ayangena EBANTFWINI, futsi ngenca yaloku sifuna kwatisa bantfu futsi sibafundzise kutsi bangisivikele njani lesifo lematima ngalendlela.

3. Ngabe Ligciwane Lemarabi lingena njani Emtimbeni?

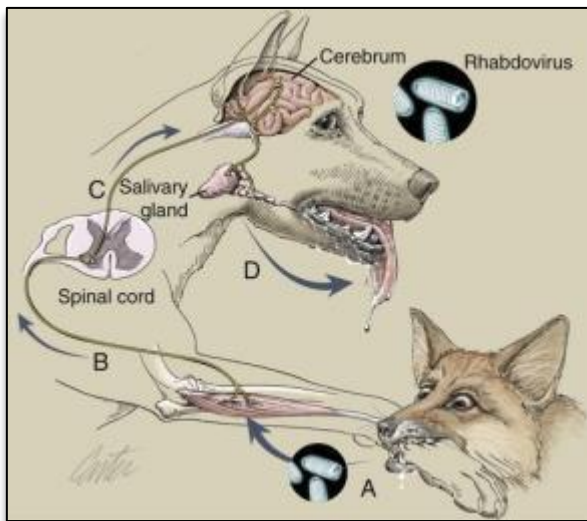
Leligciwane litfolakala ematsini enja nobe esilwane lesinemarabi. Nangabe iluma umuntfu lamatsi angena emtimbeni (Buka sitfombe).



Leligciwane litawuphindzaphindzana lapho inja ilume khona, (lesi sigaba sekwelapha lesisemcoka!) kodwa nangabe leligciwane lifika emtsanjeni kuba metima kwelashwa. Kusakela ngesikhatsi inja ilunga umuntfu kuye kulesikhatsi lesikhombisa timphawu tesifo, lokuvame kutsatsa emaviki lamabili kuya

kulasitfupha (kodwa lesikhatsi singaba sidze siye etinyangeni letisitfupha nobe ngetulu kwemnyaka).

Nanobe kunjalo, nangabe ligciwane lingena emtsanjeni licala kuphindzana masinyane bese lisondzele ngasebucopheni! (Litsandza imitsambo yemtimba) Kute lokungentiwa kuphephisa umuntfu nangabe ligciwane selihlasela imitsambo, lomuntfu utawufa! Nangabe selisebucopheni liyaphindzaphindzana futsi licala kubanga timphawu lesitibonako njengobe litsintsa tincenye letahlukene tebucopho.



Leligciwane ligcina seliya emadlakaleni ematse lapho lakheka khona, lapho-ke seliyabonakala kwekutsi leligciwane lisematseni kantsi nekucala kwetimpawu kwenteka ngaleso sikhatsi. Letimpawu timbi kakhulu futsi tiyesabeka, emuntfwini lonalesifo nasebantfwini lasedvute nabo. Leligciwane litsikameta masinyane kusebenta lokubalulekile emtimbeni ngekubulala imitsambo lokuvame ekuholela ekufeni, ikakhulukati luhlelo lwekuphefumula luyavaleka. Kufa kuvame kwenteka ngekhatshi kwemalanga

langu 3-5 ngemuva kwekucala kwetimpawu! KUTE TILWANE NOBE BANTFU LABASINDZAKO EMARABINI!!!

Timphawu eTilwaneni

Akuvami kucaca ngaso sonkhe sikhatsi kuletimpawu kutsi ngabe silwane sinemarabi! Kungako-ke kubalulekile kwekutsi ungabambi tilwane longatati!

Letimpawu tiyehluka kakhulu futsi tenteka ngetigama letahlukene esikhatsini semalanga langu 3-5. Kunetinhlobo letimbili talesifo, nguletinhlobo letitimungulu kanye naleti letikhutsele, nanobe kunjalo tiyakhohlisa.

Timphawu Letisemcoka:

- Kugucuka Kwekutiphatsa!
- Kuhlasela nekuluma nobe ngabe yini.
- Kuphendvula lokwengetekile elilangeni nasemisindvweni.
- Kungaphumuli

- Kwetfuka
- Kubamba tilokotane letiphaphako letingekho.
- Kulambatsa
- Kundzindza ngaphandle kwenhloso
- Kubuka ingacedzi.
- Kuntonta ematse
- Kukhonkhotsa ngelivi lelikhulu
- Imisindvo lekhamako
- Tento letiphambene
- Kufa luhlangotsi
- Tinhlavu temehlo lakhatsele
- Kutiluma
- Kuhlaselwa sitfutwane
- Kuculeka sikhatsi lesidze
- Kufa

Timphawu ebantfwini tingafaka naleti tetilwane.

KUBALULEKILE!

**Timphawu
temarabi
tehlukene,
njengobe
leligciwane
lingena
ebucopheni
besilwane, ngako-
ke kumele**



4. Emarabi neBantfwana

Bantfu labanyenti lababulawa sifo semaraba bantfwana, labalunywe tinja futsi bangayi emfolamphilo kuyewulashwa.

Nangabe welashwa kahle futsi masinyane ngemuva kwekwelunywa, lokwelashwa kusebenta 100%.



**Every 9-10 minutes
somebody dies from
rabies in the world**

Figure 2Njalo ngemizuzu lengu 9-10 kukhona lofako ngenca yemarabi emhlabeni

Emarabi abulala 100% futsi ayavikeleka 100%

KUTE LEKUMELE ABULAWE NGULESIFO!!!

Kungako kumele satise bantfu ngalesifo!

Nangabe kukhona lekalunywako, lesilondza sidzinga kugezwa masinyane ngesipho nangemanti futsi utawudzinga kuya esibhedlela nobe emtfolamphilo losedvute. Nangabe lesilondza siphuma ingati sigulane sitawutfolela umjovo losipesheni lobitwa nge-immunoglobulin, lekungema-antibodies mbamba. Lomjovo ufakwa ngco esilondzeni. Emvakwaloko batfolela imijovo lemine (4) yemutsi wekugoma ngetinsuku 0, 3, 7 na 14.

Kufa lokunyenti kubangela kungabi nelwati kwemmango ngako-ke bantfwana abayi emtfolamphilo ngemuva kwekulunywa, nobe abativisi tingoti talesifo. Nobe ngekwelashwa lokungakafaneli, nobe sigulane atfolela yonkhe imijovo. Gcizelela ekwelashweni, nangabe kukhona lolunywako!

Timphawu temarabi ebatfwini tiyingoti futsi tivamise kuhlanganiswa nekuba nemadimoni eKZN; bonkhe labangenwe nguwo bayafa.

Konkhe kulunywa lokusabalalisa emarabi kulunywa lokuncane nobe kuhuzuka nje loku bantfwana nebatali labangenandzaba nako!

Akukhatsaleki kwekutsi silondza singakanani, yani Esibhedlela lesisedvute kuyewulashwa!



5. Yini lesingayenta ngalesifo?

EMARABI ANGACEDVWA NGEKUGONYWA KWETINJA!

Nangabe 70% wetinja tingagonyelwa emarabi lesifo singaphela!

Nangabe bantfu labalunywa tinjani nobe Emakati, belashwa - ANGEKE BAFE!

Nangabe bonkhe bantfu basita ngekunakekela tinja tabo, ngekutidlisa futsi nekugcina endlini, bangasita kuvimbela tinja kutsi tindzindze nekutfole emarabi.

Nangabe bantfwana bavisisa kwekutsi tinja titiphatsa njani nekutsi kumele bativikele nini futsi njani, bangakuvimbela kulunywa.

Emarabi angavela nobe ngukuphi futsi nanganobe ngusiphi sikhatsi

Ngaletinye tikhatsi tinja letinemarabi tigijima emabanga lamadze. Inja ingaba nalesifo emtimbeni wayo tinyanga letinyenti ngaphandle kwekukhombisa timphawu nobe ibe yingoti. Kanjalo-ke, umuntfu angaletsa emarabi endzaweni ngekutsenga imidlwane kuletinye tindzawo. Lemidlwane nobe letinja tibese ticala kugula bese tisabalalisa lesifo emmangweni wangakini. Kubalulekile kwekutsi tinjanyane tigonywe. Nangabe utsenga umdlwane hlola kwekutsi ngabe unina ugonyiwe yini ngaphandle kwekuwutsatsa, nakungenjalo gomisa lomdlwane masinyane.

Kumele sigome tinja (nemakati) letinyenti ngendlela lesingakhona ngayo!!



6. Ngabe sitigoma njani tinja nangabe sifika emmangweni?

- Sitawatisa ummango kuseneliviki nobe emaviki lamabili kwekutsi siyeta.
- Sitawutfumela umlayeto ngeLitiko Letemphilo / ngeRedcross!!



Kugoma tinja nemakati kuphephile

Kugoma emarabi kuphephile futsi angeke kutsikamete inja yakho nanganobe nguyiphi indlela.

Angeke kuyigulise nobe ibe neluffuffuva nobe ingakwati

- Ngetikolo (Sitawatisa bothishelanhloko futsi sicele kutsi babeke umningwane ngeLusuku Lwekugoma)
- Ngemibhoshongo (Sitawukhangisa ngemibhoshongo emalangeneni lamabili ngaphambi kwelusuku lwekugoma)
- Emaphosta (Atawufakwa etipaza, emasontfweni njll.)
- Umsakato

Ngelusuku Lwekugoma:

- Sitawufika ngetimoti letinyenti (buka ngaphasi)
- Timoti titawuhla tenyuka kuyo yonkhe imigwaco, timema ebantfu ngemibhoshongo kwekutsi baletse tinja emgwaceni kute kwekutsi tigonywe.
- Bonkhe baniyo betinja baniketwa titifiketi.



Imitfolamphilo Lengahambi - Kuloku, sitawucela sikolo nobe umniyo wesipaza kwekutsi sisebentise takhiwo takhe njengemtfolamphilo. Kukhangisa kutawentiwa ngendlela lefanako nakukhangiselwa indlela lehambako kodvwa sihlala endzaweni yinye bese bantfu beta kitsi. Loku kwenteka kuphela nangabe bantfu bakhona kuletsa tinja endzaweni yinye malula. Kusebenta kancono etindzaweni letibukhalu.

Ungasita njani, kungani sikudzinga?

Kukhuluma kubantwana besikolo ngulenywe yetindlela letincono kakhulu kwatisa sive.

Cela tikolo kwekutsi tikunikete imizuzu lengu-10 ku--Assebly nobe mhlawumbe sifundvo sinye ngesikhatsi sesikolo.

- **Tincwajana** - Ungasebentisa letincwajana kusita kufundzisa bantwana ngemarabi; ngekunakekela tilwane tasekhaya tabo nekutsi bangakuvikela njani kulunywa tinja. Letincwajana tingasebentiseka kufundzisa liklasi kunekutsi



tiniketwe nje ebantfwaneni (Kungentiwa emakhophi etitifiketi kuklomelisa bantwana labacedza imisebenti yencwadzi yekusebentela).

- **Emakhomikhi** - Anetindzaba letingafundvwa bantwana futsi bente umdlalo eklasini. Ungabuta lemibuto ngemuva kwendzaba ngayinye futsi uphindze ufundze ngekwenza umdlalo. Futsi angaphindze asetjentiswa njengemtfombo wabothishela futsi anganiketwa bantwana, ngaphandle nangabe kuniketwa lamanyenti. (Yinye ingashiywa elayibhrari)

Phindze utawme kusebentisa yinye yaletinsita lesikuniketa ngato, iPowerPoint, sifaniso semuvi lesincane (mhlawumbe niketa sikolo emakhophi kute bakhombise ngesikhatsi sabo), kufaka imibala emakhasini njll... etama kuta nemicondvo lemisha wente lesifundvo sijabulise...



Umlayeto Losemcoka:

- ***Ungadlali nobe ungabambi nobe ungasondzeli edvute, nanobe nguyiphiinja/likati longalati. Ikakhulukati tilwane letilahlekile letigulako nobe letilimele.***



Gomisa tinja takho nemakati. "NGUMTSETFO!"



Nangabe ulunywa yinja nobe ngukati:

1. Geza lesilondza ngemanti lahambako nobe empompini lokungenani imizuzu lengu-15.

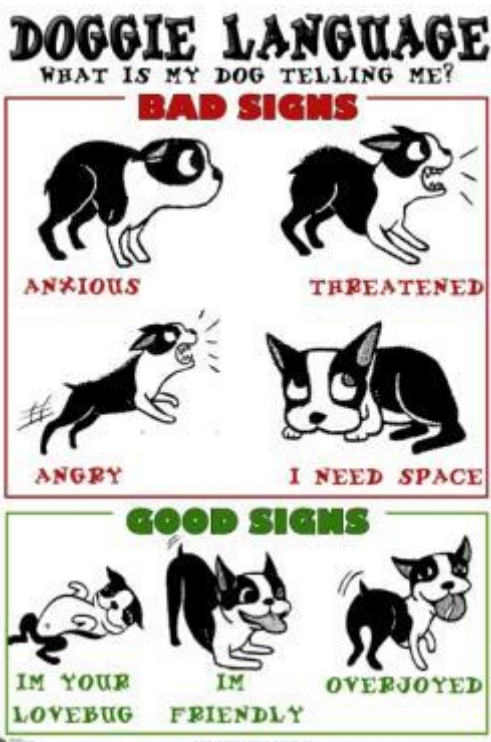
2. Faka nobe ngusiphi sibulalamagciwane kulesilondza!

3. Yani ngco emfolamphilo nobe esibhedlela

4. UNGALINDZI, Nyakata masinyane!!!!

Kubalulekile kufundzisa bantfwana kutsi kumele bakuvikele njani kulunywa tinja.

Kudzingeka kwekutsi bakhone “kufundza” lulwimi lwemtimba lenja futsi bavisise kutsi tinja tidzinga kuphatfwa ngesineke nangenhlonipho.



Sebentisa tincwajana, emakhasi emniningwane, emaphosta kanyye netetfulo tePower Point lafaka ekhatsi emaklipi emavidiyo. Uyacelwa kwekutsi uzame kufundza lulwimi lwemtimba

HOW TO AVOID BEING BITTEN BY A DOG



IF BITTEN: -Immediately wash thoroughly with soap and running water for 10 minutes - go to the hospital!



wetinja ngekwakho futsi nangabe udzinga kuchubeka ngekufundza, buka emawebhusayithi/nemapheshana laphuma kuGARC ekupheleni kwalencwajana. Sebentisa lensitakufundza ngendlela longakhona ngayo kute wente letifundvo tibe mmandzi ebantfwaneni.

Kwakha budlelwane lomuhle nawo onkhe emalunga emmango futsi ikakhulukati nebaholi beMmango.

KUSEMCOKA kunconota: Budlelwane

Nangabe kukhonakala tfola imvumo yemholo wangakini, mhlawumbe incwadzi lebhaliwe. Iyiphi etikolweni, emasontfweni, letinye tikhurini kwekutsi ungubani futsi yini lofuna kuyiphumelela.

Ngekwakha budlelwane lobuhle ungakhona kufundzisa ummango cishe wonkhana futsi mhlawumbe utfola nelusito kubaholi. Ngako-ke yinye yetintfo tekucala lekumele utente kutsi ubatsintse futsi ubatise kutsi ungubani nekutsi yini lofisa kuyiphumelela.

7. Ummango ubika kuphi tinkinga temarabi?

Umtfolamphilo - Bonkhe bantfu labalunywa tilwane kumele baye emtfolamphilo ngalelo lusuku!!!!

Tatise kubonesi nakubosista emitfolamphilo yendzawo kute bavisise kwekutsi wetama kusita ngemarabi. Ungaphindze ubeke emapheshana emitfolamphilo kanye nemningwane wekugonywa kwemaRabi lokulandzelako - Konkhe kuya ngebudlelwano WENA lobakhako nemtfolamphilo.

I-SAPS – Nangabe tinja tikwayi futsi tiluma bantfu loku kungabikwa kuSAPS.

Tiphatsimandla tembuso letisebenta ngetilwane - Tinja letisolelwako kanye naletinye tilwane kumele tibikwe kutiphatsimandla tembuso. (Buka luhla loluhlanganisiwe

Litiko Letemphilo - Inombolo yamahhala yeLitiko Letemphilo ingashayelwa ku 0800005133

I-SPCA /Tiphatsimandla tendzawo - Nato tingatsintfwa.

Yini lekumele uyente ngaphambi kwekufika kwelusito?

Kwekucala, zama kuhlaliseka! Cwayisa bantfu ngalesilwane futsi ubatjele kutsi bangasondzeli kuso. Nangabe ungakhona kuvalela lesilwane endzaweni levalekile, enta njalo futsi watise tiphatsimandla. KUBALULEKILE kwati kwekutsi lesilwane siya kuphi kute kutsi sitsatfwe nangabe lusito selufika.

Asibambisaneni kute sicedze emarabi!!

Tinombolo Tekutsintsana Tetiphatsimandla Tetilwane Tembuso

Sigodzi	Siphatsimandla Setilwane/Isuphavayiza	Inombolo
Illeembe	Lucingo	032 4377504
Uthukela	Lucingo	036 6346300
Ugu	Lucingo	039 6822020
Umzinyathi	Lucingo	034 2999662
King Cetshwayo	Lucingo	035 4742163
Ethekweni	Lucingo	031 3289300
Hluhluwe	Lucingo	035 5620207
Jozini	Lucingo	035 5725303
Nongoma	Lucingo	035 8749018
Harry Gwala	Lucingo	039 8342974
Umgungundlovu	Lucingo	033 3476247
Amajuba	Lucingo	034 3153936
Vryheid	Lucingo	034 9814416/7

Luhlu Lwetinombolo teLitiko Letemphilo

Inombolo yamahhala yeLitiko Letemphilo ingashayelwa ku 0800005133