

Mayelana ne- Ebola

Isabalala kanjani i-Ebola ingene kubantu?

I-Ebola ingena emzimbeni wakho ngomlomo, amakhala nangamehlo, noma uma kukhona indawo evulekile esikhumbeni sakho. I-Ebola ikungena ngoba uthinte uketshezi lomzimba lomuntu onalesi sifo, bese kuthi ngezandla zakho ezingcolile uzithinte emehlweni, ekhaleni noma emlonyeni. Uketshezi lomzimba kungaba umjulo, indle, umhlanzo, umchamo, isidoda, uketshezi lwesitho sangasese sowesifazane kanye negazi.

Isidumbu somuntu obulawe yilesi sifo se- Ebola uyaqhubeka nokusakaza lesi sifo futhi akumele sithintwe. Kumele sithintwe kuphela ngabantu abaqeqeshiwe maqondana nezindlela eziphephile zokungcwaba.

Izingubo zokugqoka nezokulala zomuntu ezimoshelwe nazo ziyasibebhethekisa lesi sifo futhi kumele zishiswe.

I-Ebola ungayithatha futhi kureyiza (insingo) esisetshenziwe endaweni yokugunda izinwele, noma uma ujova ngenaliti esisetshenziwe, noma usikwa ummbese emcimbini okade usetshenziswa umuntu osethelekile.

I-Ebola ayihambi ngomoya. Angeke wayithola i- Ebola ngokukhuluma nabantu, uhamba emgwaqeni noma uthenga enxanatheleni yezitolo noma emakethe nje.

Abantu bangayithola yini i- Ebola ezilwaneni?

Yebo, kodwa hhayi eNingizimu Afrika. I-Ebola isuka ingene kubantu ivele ezilwaneni ezithile okungaba ngamalulwane kanye nezinkawu. Abantu bangasithola lesi sifo ngokuthinta noma ukudla isilwane esigulayo noma esifile. Sabheduka kanjena lesi sifo e-West Africa. Manje njengoba lesi sifo sesingene kubantu, yibona esebethelelana ngaso.

Eningizimu Afrika azikho izilwane ezinalesi sifo. Ukuthintana nomuntu osethelekile yiyona ndlela kuphela lesi sifo esithathelana ngayo lapha.

Ngubani osengcupheni yokungenwa yi- Ebola?

Abasebenzi bezempilo kanye namalungu emindeni noma abangani abathintana ngqo nabantu abanalesi sifo basengcupheni enkulu yokungenwa yilesi sifo. Ngenxa yokuthi lesi sifo asihambi ngomoya, mancane kakhulu amathuba okungenwa yilesi sifo uma ungxhumani ngqo nomuntu onaso.

Ungazivikela kanjani ku-Ebola?

- Ungamthinti umuntu ogulayo okusoleka ukuthi une-Ebola
- Ungazithinti izimpahla zokugqoka, amathawula nezimpahla zokwendlala umbhede okumoshelwe, kumbe yinoma yiluphi uketshezi lomzimba lomuntu ogulayo okusoleka ukuthi une- Ebola
- Ngesikhathi kubheduke i-Ebola, ungalokothi uthinte yinoma ngubani uma singekho isidingo
- Uma ungumsebenzi wezempilo noma ubandakanyeka ekungcwabeni izidumbu kumele ugqoke izimpahla zokuzivikela ngesikhathi uthinta iziguli kanye nezidumbu zabashonile.
- Ungalokothi uye ocansini olungaphephile
- Jwayela ukuhlale ugeza izandla zakho ngensipho nangamanzi

Yelashwa ngani i-Ebola?

Awukho umuthi osewugunyaziwe wokwelapha i- Ebola. Abantu abahaqwe yilesi sifo basalashwa nje ngokubhekwa kwezimpawu abanazo. Ikhambi lokwelapha lesi sifo olusacwaningwa selivivinywe ezilwaneni nakubasebenzi bezempilo baseMelika, kodwa leli khambi alikagunyazwa ukuba lisetshenziswe yiwona wonke umuntu.

Kuyiqiniso yini ukuthi uma yelaphekile i-Ebola kuwe angeke isaphinde ikuphathe?

Yebo. Uma kade sikuphethe lesi sifo futhi selapheka angeke sisaphinda sibe namandla ekade sinawo ngaphambilini kuwe. Angeke usabathelela nabanye.

Yini ongayenza ukunqanda ukubebhetheka kwe- Ebola?

Uma wena noma umuntu omaziyo eke waba seduze komuntu one-Ebola futhi esekhombisa ukuba nezimpawu zayo, xhumana nesikhungo sezempilo esiseduze ngokushesha.

Ungasiza futhi ngokufundisa abanye abasondelene nawe: omakhelwane, abangani, osebenza nabo, amalungu omndeni kanye nabanye abantu.

Kungabe sezike zaba khona yini izehlakalo zokubheduka kwe- Ebola eNingizimu Afrika?

Kwake kwabakhona oyedwa owabe engowokufika owayene-Ebola lapha eNingizimu Afrika. Ngonyaka we- 1996, esibhedlela saseGoli kwangeniswa udokotela owayesebenza neziguli ezihaqwe yi-Ebola e-Libreville, e-Gabon. Umhlengikazi owayenakekela lesi siguli wathetheleka wabe eseshona.



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Iyini i-Ebola?

Isifo i-Ebola virus disease (EVD) phambilini besaziwa ngokuthi i- Ebola Haemorrhagic fever. Lesi yisifo esiyingozi kakhulu futhi isikhathi esiningi siyababulala abantu. Ezingxenyeni ezithize zase-Afrika siyatholakala nasezilwaneni okungaba izinkawu, izimfene ezinkulu zamahlathi, ama-gorilla nama-chimpanzee kanye nezinye izilwane.

I-Ebola ibangwa yigciwane, futhi ukuqala kwaso ukubonakala kwaba ngonyaka we- 1976 lapho esabheduka ezindaweni ezimbili (okokuqala kwaba yisendaweni eseduze ne-Ebola River e-Democratic Republic of Congo, kwase kuthi okunye kwaba yise-South Sudan). Kusukela lapho-ke sesike side siqubuka, ikakhulukazi e-Democratic Republic of Congo, e-Uganda, e-South Sudan, e-Congo nase-Gabon.

Awaziwa umsuka waleli gciwane le-Ebola, kodwa amalulwane adla izithelo yiwona okucatshangelwa ukuba asakaza leli

Symptoms of Ebola

Systemic

- Fever
- Lack of appetite
- Internal bleeding

Muscular

- Aches
- Weakness

Joints

- Aches

Intestines

- Diarrhea

Headache

Red Eyes

Pharynx and lungs

- Hiccups
- Sore throat
- Difficulty breathing
- Difficulty swallowing

Chest pain

Stomach

- Pain
- Vomiting

Skin

- Rash
- Bleeding

Kungabe zikhona izehlakalo ze- Ebola eNingizimu Afrika?

Cha. Kuze kube yimanje, azikho izehlakalo ze-Ebola eNingizimu Afrika. Ukunqanda ukuba i-Ebola ingene noma isabalale eNingizimu Afrika, uMnyango wezeMpilo kaZwelonke usukhiphe iseluleko sokuthatha uhambo. Lesi seluleko siqondiswe kubo bonke abantu abathatha uhambo lokuza lapha eNingizimu Afrika bevela kula mazwe athintekayo noma lokuphuma kuleli belibangise kula mazwe athintekayo.

Ukuhamba uya noma uqhamuka emazweni ane-Ebola

Yimaphi amazwe abandakanyekayo kuseluleko sokuthatha uhambo?

UMnyango wezeMpilo uhlukanise amazwe izigaba ezintathu:

- Amazwe anobungozi obukhulu (i-Guinea, i-Liberia kanye ne-Sierra Leone)
- Amazwe anobungozi obumaphakathi nendawo (i-Nigeria, i-Democratic Republic of Congo, i-Kenya kanye ne-Ethiopia). Uqaphele njalo ukuthi amanye alawa mazwe okuyi Kenya ne-Ethiopia akakabi nayo i-Ebola, kodwa abaliwe lapha ngoba iningi labantu abahamba besuka e-West Africa beza eNingizimu Afrika badlula kulawa mazwe
- Amazwe anobungozi obuncane (wonke amanye amazwe angafakiwe kulawa angenhla)

Ngingaluthatha yini uhambo oluya emazweni anobungozi obukhulu?

Abantu baseNingizimu Afrika kanye nabantu abanobuzwe obugcwele bokuhlala eNingizimu Afrika akumele bahambe e-Liberia, e-Guinea noma e-Sierra Leone, ngaphandle uma kunesidingo esikhulu.

Ezimweni ezithile, kungadingeka ukuthi abantu bahambe lawa mazwe ngenxa yezimpokophelo zokufeza izindaba zezewwe noma zomsebenzi wezempilo kumbe wokuyosiza noma ngokwebhizinisi okungeke kwahleh-liselwa esinye isikhathi. Kulezi zimo kumele bacele imvume yokuthatha uhambo eMnyangweni wezeMpilo kaZwelonke.

Abantu okungebona abaseNingizimu Afrika abaqhamuka emazweni anobungozi obukhulu angeke bavunyelwa ukungena eNingizimu Afrika ngaphandle uma uhambo lwabo lubaluleke kakhulu. Kuyomele bathole imvume eMnyangweni wezeMpilo kaZwelonke ngaphambi kokuba bathathe uhambo.

Kumele ngixhumane nobani ukuze ngithole imvume yokuthatha uhambo ngiya noma ngisuka emazweni anobungozi obukhulu?

Kumele ufake isicelo ngokuba ubhalele uMqondisi Jikelele wezeMpilo, usiqondise kuDkt. Frew Benson kulawa makheli e-imeyili: Nathoc1@health.gov.za kanye Nathoc2@health.gov.za. Ungashayela kulezi zinombolo zocingo: +27 12 395 9636 noma + 27 12 395 9637, ukuze uthole imininingwane ngokuqhubekayo maqondana nesicelo sakho.

Yini okumele ngiyifake ihambisane nesicelo sami sokuthatha uhambo ngiya noma ngisuka emazweni anobungozi obukhulu?

Uma ucela imvume yokuthatha uhambo kumele ulethe:

- Incwadi enale mininingwane elandelayo:
 - o Imininingwane ephelele ngokumaqondana nawe ngqo, kubandakanya ikheli lalapho uhlala khona uma uyisakhamuzi saseNingizimu Afrika noma ikheli lalapho uzobe uhlala khona ngesikhathi useNingizimu Afrika (isb. Ikheli lehhotela), uma ungesona isakhamuzi saseNingizimu Afrika
 - o Imininingwane yesihlobo sakho segazi uma uyisakhamuzi saseNingizimu Afrika
 - o Imininingwane ephelele yezizathu zokuthatha uhambo uya noma usuka emazweni anobungozi obukhulu
- IFomu Elinemibuzo Yezempilo kanye neFomu Lemininingwane Yezempilo maqondana Nabathatha Uhambo (Travellers Health Questionnaire and Travellers Information Form)

Kufanele ngisilethe nini isicelo sami sokuthatha uhambo?

Okungenani kusasele izinsuku ezizihlanu zokusebenza ngaphambi kokuba uhlelele ukuhamba.

Ngizokwazi kanjani ukuthi isicelo sami siphumelele?

UMnyango wezeMpilo kaZwelonke uyokubhalela ukwazisa ukuthi isicelo sakho siphumelele noma asiphumelel-anga.

Yini okumele ngiyenze uma ngihambela izwe elinobungozi obukhulu?

- Gwema izindawo ezinemikhawulo ebekiwe (ezingo- ‘alubhadwa’)
- Hlala uqaphe inhlanzeko. Gwema ukuthinta igazi kanye noketshezi lomzimba lomuntu ogulayo
- Ungalokothi uthinte izinto ezingaba negazi noma uketshezi lomzimba lomuntu ogulayo

- Gwema ukuya emingcwabeni noma emicimbini yokucina imikhuba yemigcubo lapho kuzofaneleka ukuba ubambe isidumbu somuntu oshone ngenxa ye- Ebola
- Gwema ukuthinta izilwane zasendle noma ukudla inyama yasendle
- Gwema izibhedlela lapho kwelashwa khona iziguli ezine-Ebola
- Ihhovisi lenxusa lezwe aseNingizimu Afrika noma inxusa qobo lalo lingakunika iseluleko mayelana nezikhungo ezingalungela izidingo zakho
- Ngokushesha, iya kudokotela noma esikhungweni sezempilo uma ungenwa yimfiva, ikhanda elibuhlungu, ubuhlungu bamalunga omzimba, ubuhlungu emphinjeni, ukhishwa yisisu, ubuyisa, ulunywa yisisu, uqubuka noma uba namehlo abomvu
- Nqanda ukusondelana nabanye abantu uma sewuya kadokotela

Yini eyenzekayo uma sengithola imvume yokuhambela eNingizimu Afrika ngisuka ezweni elinobungozi obukhulu?

Uzohlolwa ngokulandela imiyalelo ye-Nhlango YezeMpilo Yomhlaba (WHO) ngaphambi kokuba usuke endaweni leyo enobungozi obukhulu. Uma kungukuthi unemfiva enamandla angeke wabe usavunyelwa ukuba uhambele iNingizimu Afrika.

Yini ezokwenzeka uma ngithola imvume yokudlula eNingizimu Afrika ngiphikelele kwelinye izwe?

Ngesikhathi ufika nje eNingizimu Afrika, abasebenzi bezokuphepha basesikhumulweni sezindiza bazokuphelezela uye kongena kuleyo ndawo yokulindela ukudlulela phambili. Uzohlala lapho kuze kube yisikhathi sokuba ugibele uhambe. Uyophelezela ufakwe ebhanoyini lakho ukuze kuqinisekise ukuthi uyaphuma kuleli.

(izakhamuzi zaseNingizimu Afrika) noma ngithola imvume yokuvakashela eNingizimu Afrika ngiqhamuka ezweni elinobungozi obukhulu (abakwamanye amazwe)?

Ngesikhathi ufika nje eNingizimu Afrika uyohlolwa ngokukhulu ukucophelela ngaphambi kokuba uvunyelwe ukungena.

Kuyomele ukhiphe ifomu eligcwalisiwe elinezimpendulo zocwaningo maqondana nempilo yakho (i- Travellers Health Questionnaire) kanye nencwadi ekugunyazayo oyithole eMnyangweni wezeMpilo kuZwelonke eya kubasebenzi bezempilo basesikhumulweni.

Uma kukhona izimpawu ze-Ebola onazo, abasebenzi bezempilo besikhumulo bayokuthatha bakuse emtholampilo ukuze uphinde uxilongwe. Uma ungekho umtholampilo lapho ungene khona eNingizimu Afrika bayobe sebekucina endaweni lapho ungenelana khona nabanye abantu kuze kube kufika abezimo eziphuthumayo ukuze bakuxilongwe noma bakuyise emtholampilo.

Uma ungenazo izimpawu ze-Ebola, abasebenzi bezempilo besikhumulo bayokwaluleka maqondana ne-Ebola. UMnyango wezeMpilo uyokuqapha zonke izinsuku isikhathi esiyizinsuku ezingama-21 kubhekwa izimpawu okungaba yimfiva, ikhanda elibuhlungu, ubuhlungu bamalunga omzimba, ubuhlungu emphinjeni, ukukhishwa yisisu, ukubuyisa, ukulunywa yisisu, ukuqubuka noma amehlo abomvu.

Yini okumele ngiyenze uma sengiya ekhaya?

Uma kungukuthi kade usendaweni ehlaselwe ngumbhedukazwe i- Ebola, kumele uqaphe impilo yakho isikhathi esiyizinsuku ezingama-21. Shayela udokotela noma isikhungo sezempilo uma unemfiva, ikhanda elibuhlungu, ubuhlungu bamalunga omzimba, ubuhlungu emphinjeni, ukhishwa yisisu, ubuyisa, ulunywa yisisu, uqubuka noma uba namehlo abomvu.

Ngaphambi kokuba ungene egunjeni lokuxilongwa noma lezimo eziphuthumayo kumbe lokuhlazwa, mazise udokotela ngohambo osanda kuluthatha kanye nezimpawu onazo. Ukushesha amazise kuzosiza ukuba udokotela akwazi ukukunakekela ngokuyikho futhi avikele nabanye abantu abangaba kulelo gumbi.

Yini eyenzekayo uma ngibuya emazweni anobungozi obumaphakathi nendawo noma obuncane?

Uma utshengisa ukuba nezimpawu ze-Ebola uyobe sewuhlaliswa wedwa bese uhlelelwa lesi sifo. Uma kungukuthi azibonakali izimpawu zalesi sifo uyobe sewukhululwa bese ulandele inqubo yokuhambela amanye amazwe ejwayelekile bese welulekwa kabanzi maqondana ne- Ebola.