

UFUNA UMNGANI? YIBA NGUMNGANI!

INCWADANA YOKHATHALELA IZIWANYANA, NOKHUSELO EKULUNYWENI



Ibhalwe Ngu:
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Daniel Stewart & Terence Scott
Global Alliance for Rabies Control



World Health
Organization



ULWIMI LWEZINJA INDIXELELA NTONI INJA YAM?



QAPHELA



IYASOLA



IXHALABILE



IYOYIKISWA



INOMSINDO



INOBULELE



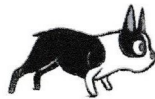
IDINGA ISITHUBA
(INYUSA AMEHLO)



NDISISITHANDWA SAKHO
(IFUNA UKHUHLWA ISISU)



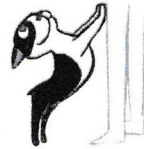
YONWABILE



IYACHWECHWA



MOLO, NDIYAKUTHANDA
(INDLELA YOBULISA NGOZITSALA)



NDINOBULELE!
(UKUTHOBA KODLALA) (UKUTHOBELA ULEQA)



NDILUNGELE
(UKUTHOBELA ULEQA)



UZONDINIKA UKUTYA



IVUYE KAKHULU
(LIWUZISA UMSILA)

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Lili

WENZE KAKUHLA

Esi sisiqinisekiso esinikezwa ngu:

ngokuba ndiyakwazi ukukhuseleka ecaleni kwezilwanyana!

Ndithembisa uku:

- Ndiza kucelo oko phambi kophululainja.
- Ndizakugcina ubuso bam kude nobuso benja.
- "Ndizakubanje ngomthi" okanye "Ndibanje ngelitye" ukubainja eqhawulileyo isondela kum.
- Andisoze ndiyiphazamiseinja xa isitya, ilele okanye ineenjana.

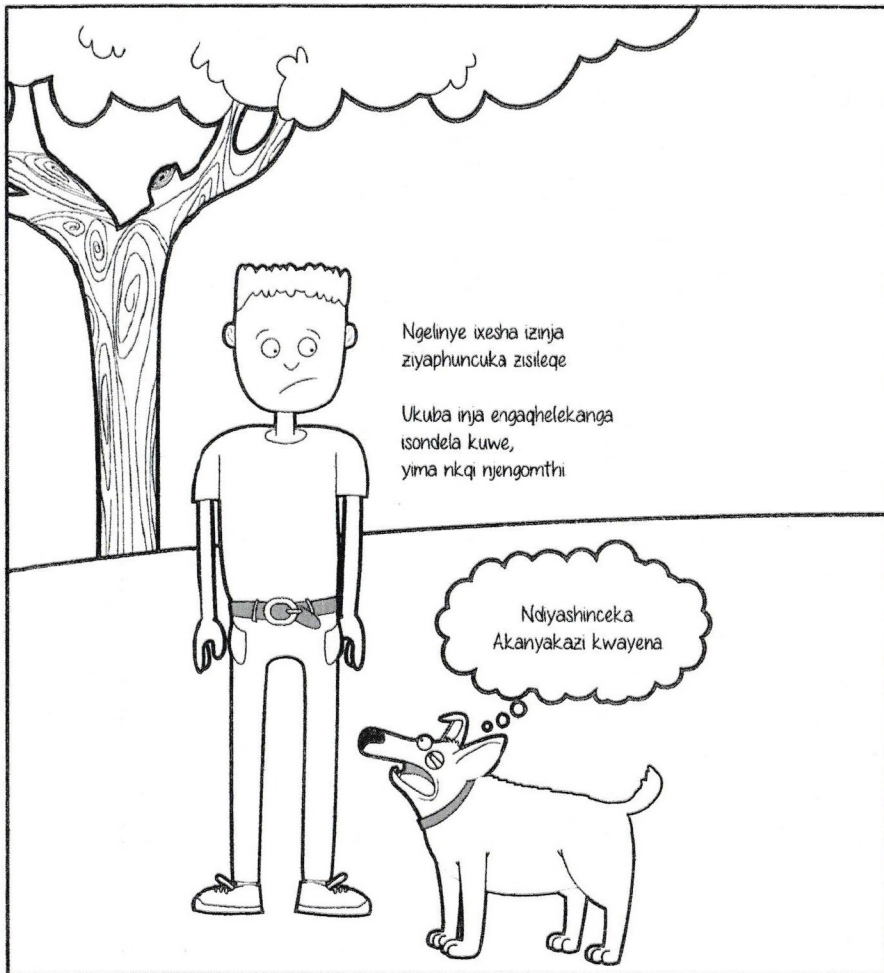


INDLELA ABANTWANA AMABANGAXHULUMANI NGAYO NEZINJA
KULULA, BONA NJE UBA ABANTU BAXHULUMANA NJANI NABANYE

Musa uthatha ukutya kwabantu	✗	Musa ukuhlupha izinja zisitya
Musa uba izinto zodlala zabanye	✗	Musa uthatha amathambo nezinto zodlala zezinja
Musa ufaka ubuso bakho ebusweni bomnye	✗	Musa ukufaka ubuso bakho ebusweni benja
Musa ukuhlupha umntu aleleyo	✗	Musa ukuhlupha izilwanyana xa ziziphumlele. Yeka izinja ezileleyo zilale
Musa ukutsalatsala	✗	Musa ukutsala ngomsila nangeendlebe
Musa uqabela nonyathela	✗	Musa uqabela nonyathela
Musa utswaba	✗	Musa ukwanga. Izinja ezininzi aziyithandi lonto.
Musa ukhwaza notswina	✗	Musa ukhwaza, utswina, nongxola umz. Amagubu, ihuta nezinye

Imiboniso ifunyenwe kwizixhobo zika Dr. Sophia Yin - www.dr.sophiayin.com

Faka imibala!



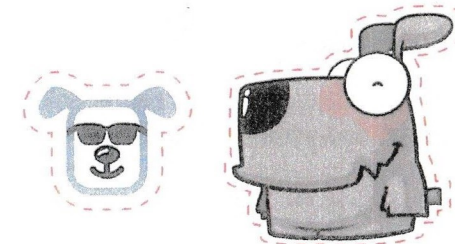
UKHUSELO LOMGADA!

Ukuba ulunywe yinja - lihlabhe inxeba futhi uye emtholampilo!

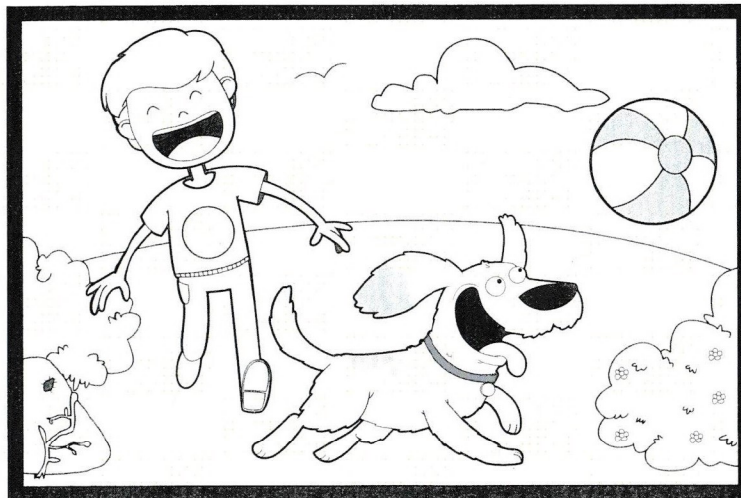
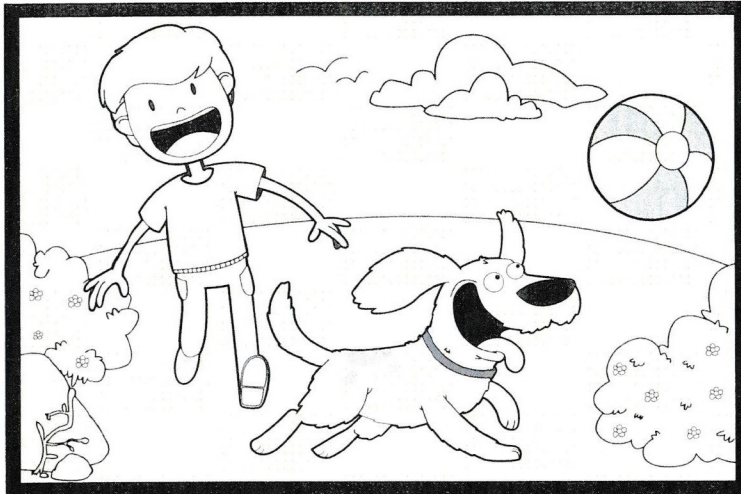
UNGAKUBALEKELA NJANI UTYIWA YINJA!

- ✗ Dlalala kude ezinjini ONGAZAZIYO!
- ✗ Dlalala kude ezinjini ezingaqondakaliyo kungenzeka zilume!
- ✗ Suleqa, ubethe, ukhabe okanye ungxolise izinjal!
- ✗ Suziphazamisa izinja ezityayo, ezileleyo okanye ezineenjana!

NDI INJA YAM



Qapheka Umohlolo! (Zilishumi Elinesithathu)



UXANDUVA LWESILWANYANA SAKHO IINKULULEKO EZINTLANU

Kuluxanduva lwethu ukuqinisekisa ukuba isilwanyana ngasinye sine:



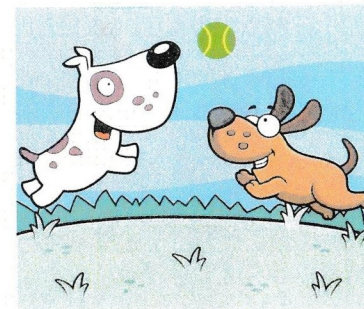
1. Ukutya okuya egazini
namanzi acocekileyo.



2. Indawo
yohlala/yolala
nemfudumalo.



3. Unyango xa igula
okanye ilimele.

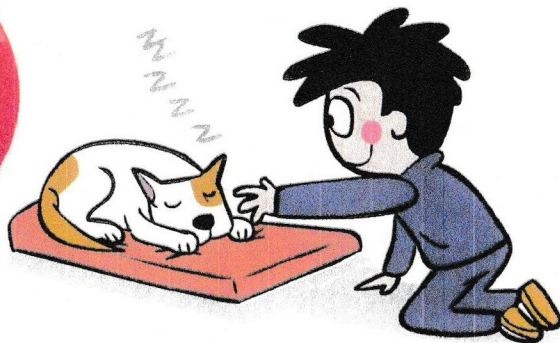


4. Ezinye izilwanyana
ezisempilweni, ezingabahlobo
ezudlala nazo.



5. Ulonwabo! Kufuneka siqiniseke
uba izilwanyana zethu azoyiki
futhi azikhathazekanga.

UNGAZE UVUSE INJA ELELEYO



Yonwaba futhi wakhe ubuhlobo nesilwanyane sakho!

Kuyinxaxheba enkulu, nemfanelo ukuba nesilwanyana. Isilwanyana sakho yinxalenye yosapho lwakho, njengosisi okanye ubhuti. Yiba yitshomi nezilwanyana zakho futhi uthethe nazo! Zingabahlabo bakho abaseyongweni futhi bayakwazi ukugcina imfinyo!

Kufuneka ubonise imbeka kwizilwanyana zonke, njengoba uyibonisa kubhuti wakho, usisi wakho, abazali nabafundisi.

Uba kuyenzeka, fumana indawo ekufundiswa kuyo izinja enokwazi ufundisa inja yakho imiyalelo efunekayo.

Uba ufuna itshomi, yiba yitshomi!



UMGADA YINTONI UMGADA?

Umgada yintsholongwane eyosulela izilwanyana zodwa futhi ixhaphake kakhulu ezinjani. Njengoba lentsholongwane ihlala emathen ezinja ezosulelekileyo, ingena emizinjeni yabantu nezilwanyana ezingosulelekanga ngoluma, okanye ulenca izilonda nemikwelo. Le ntsholongwane ibangela ukufa xa inganyangwanga.

Singasikhusela esisifo sibulalayo ngokugcina izilwanyana zethu zithinteliwe emgadeni.



Lumkela ulunywa



Lumkela uchola
izinja ezingenabani



Lumkela ulencwa
nokwentswa

UNGANYANGEKA UMGADA?

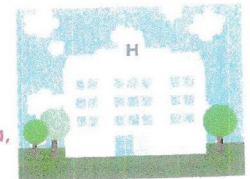
Kufanele sizame ukhusela umgada ngoba sithintelise izilwanyana zethu. Xa sele iimpawu zomgada zivelile, asisakwazi ukuzinyanga.

Zintatu iindlela esinokhusela ngazo umgada:

1. Kubalekele ukulunywa nasesiphi isilwanyane.
2. Ukuba uthe walunywa, hlamba isilonda kwangoko ngamanzi abalekayo nesephu imizuzu elishumi elinesihlanu.
3. Xelela umntu omdala uba ulunyiwe ukuze akuse esibhedlele okanye emtholampilo uzofumana ugonyo lumgada.

GAPHELA:

Ukuba awumfumani umntu omdala ozokukhapha, hamba netshomi ngoba kubaluleke kakhulu ukuba ufumane uncedo



UKUKHUSELA UKULUNYWA

Singazinqanda njani izinja ekusilumeni?

Izinja ezizaziyo:

Xa injana zesincinci, kufanele simane sidlala nazo ukuqinisekisa ukuba aziboyiki abantu. Injana kumele zikonwabele udlala nabantu ukuze zikhule zikuqhelile ukudlala nabantu futhi zingalumi. Lena yindlela esakha ngayo ubuhlobo nezinja zethu.

Bonke abantu abanezilwanyana kufuneka bafunde uxhulamana nazo ukuze bavikele izimo eziyingozi futhi bafundise izinja zabo ukuziphatha kakuhle phakathi kwabantu.

Zicoce izilwanyane zakho, ubulale iintsholongwane. Iinkunzi zezinja ezingacocwanga zingagadalala ebantwini futhi nakwezinye izilwanyana. Iimazi zona zingagula xa zingacocwanga. Ukungazicoci izilwanyana zakho kungayingozi kakhulu kubantu nakwezinye izilwanyana.

Izinja esingazaziyo:

Ukuba inja ibalekela ngakuwe, yima nkqi, uthule. Yikeke ikujoje ize xa ihamba - kufanele uhambe kancinci, uye kwelinye icala.

Dlalela kude nakweyiphi na inja ongayaziyo, kuquka nezinja ezibotshelweyo nezingapha kwamacingo.

Ungaze unqwale, uleqe okanye ujule nantoni na enjeni. Ungaziphazamisi izinja ezityayo, ezileleyo okanye ezincanasayo.

Qaphela indawo ohlala kuyo kunye nezinja zayo. Yakha ubuhlobo nezinja futhi uyihloniphe indawo yazo.

Subetha, ukhabe okanye ungxolise izinja futhi dlalela kude kwizinja eziziphatha ngedlela ongayiqondiyo.

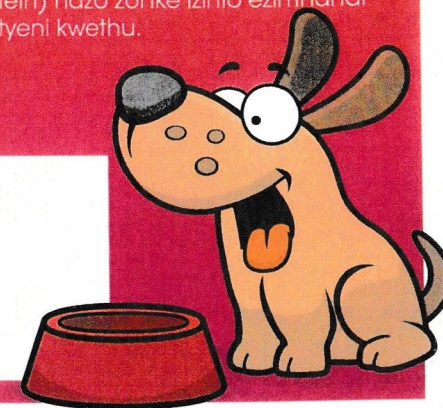
UKUTYA OKUSEMPILWENI NAMANZI AMATSHA

Zonke izilwanyana, njengathi, zidinga ukutya okusempilweni okunazo zonke izondlo (nutrients, vitamins, calcium, protein) nazo zonke izinto ezimnandi ezidingwa ngumzimba esizifumana ekutyeni kwethu.

Ukutya okufane, nokungafanelanga sikutyise izilwanyana zethu:

EWWE
Inyama ephekekileyo (ebomvu) ✓
Inyama yenkukhu ✓
Isalimoni ✓
Imifuno ✓
Ingqolowa ✓
Ibhatati ✓

HAYI
Itshokolethi X
Grapes X
Itswela X
Ikofu X
Ighaliki X
Ishephisi X
Utywala X



IZIDINGO ZEMPILO

Zonke izilwanyana zingagula, kodwa singakuvika oko!

Izilwanyana zidinga:

Uthintelo qho ngonyaka.
Ilipilisi zeentshulube qho emva kweenyanga ezimbalwa.
Ukuyobona ugqirha wezilwanyana noba kukanye ngonyaka.

Ucwangciso, nokucocwa kwezibeleko kwezilwanyana lubalulekile, lonto ikhusela uzalo lwenjana neminqamfu engakwazi ukhuseleka kakuhle.



UKHANGELO LWAMAGAMA

U	I	A	I	U	H	A	H	A	Z	A	G	H	I	S	B	O	L	A
H	N	O	H	A	O	J	A	B	N	Q	I	T	H	A	M	B	O	J
A	T	K	I	N	U	Y	Z	A	B	X	T	O	J	H	Q	U	X	I
I	O	T	D	N	B	A	Q	S	I	L	W	A	N	Y	A	N	A	W
N	Z	I	N	T	J	O	A	Y	H	I	N	L	J	O	S	E	Z	U
J	O	S	U	T	H	A	N	D	O	H	O	N	Y	E	R	S	A	Z
A	D	I	R	U	N	I	N	Z	Y	O	R	U	M	N	D	E	N	I
B	L	M	I	G	S	B	Q	A	X	B	A	L	U	G	N	J	H	S
A	A	X	Y	I	L	H	N	O	J	U	M	S	I	L	A	O	O	A
N	L	T	U	G	U	O	K	J	R	I	D	O	Q	E	X	J	L	E
Y	A	U	N	O	T	L	A	Y	E	S	J	L	T	A	R	A	S	L
U	G	Q	I	R	H	A	W	E	Z	I	L	W	A	N	Y	A	N	A
S	I	X	O	S	B	O	B	S	Z	E	B	A	M	L	J	A	N	K
A	H	J	H	A	M	B	A	J	H	A	L	O	A	N	A	D	A	Q
M	J	U	M	S	E	I	M	U	B	O	Y	A	Z	E	K	S	J	N
E	S	I	N	T	A	M	B	O	Y	E	N	J	A	N	B	O	O	A
H	K	Y	I	R	D	I	N	E	S	I	L	A	Y	E	N	H	J	E
L	A	N	B	O	Y	S	K	H	O	N	K	O	T	H	A	O	A	Z
O	W	B	A	L	E	K	A	M	B	O	Q	N	D	E	N	T	H	A

IBHOLA
KHONKOTHA
ITHAMBO
INJA
NYUSAMEHLO
UMNDENI
UBOYA
INTAMBO YENJA
UTHANDO
UHAHAZA
SILWANYANA
DLALA
INJANA
BALEKA
JOJA
UMSILA
INTO ZODIALA
UGQIRHA WEZILWANYANA
JIWUZISA
HAMBA



UCWANGCISO LUNGCONO KUNONYANGO "NQANDA UKULUNYWA YINJA KUNGEKENZEKI"

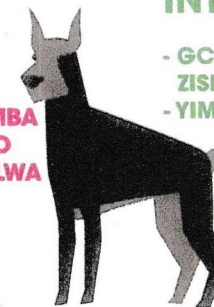
Izinja eziqondi ukuba ukuluma akulunganga. Amaxesha amaninzi izinja ziluma ngoba zisoyika okanye zizama ukuzikhusela. Ukuze sivikele ukutyiwa zizinja kufuneka siqonde ukuba:

- Izinja zona ziziva njani
- Masiziqale njani izinja
- Kulunge/Akulunganga nini ukuziqala okanye udladla nazo

Ngokuqonda indlela izinja eziziphatha ngayo, nophephela izimo eziyingozi, singakubalekela ukulunywa zizo.

IMPAWU EZIYINGOZI

- UKUBAMBA UMZIMBA
- UMSILA OQINILEYO
- IINDLEBE EZITSALELWA EMVA
- UKUBUYA UMVA
- UKUGRAMA
- UKUJAMA
- UKUNYUSA UBOYA



INTO OMAWUYENZE ✓

- GCINA IZANDLA ZISEMACALENI
- YIMA NKQI



OMAWUNGAYENZI! ✗

- UKUBALEKA IZINJA
- UKUTSWINA NONGXAMA!
- UKUJONGA NGQO EMEHLWENI

UKUBA UTYIWE YINJA

- SUKUZITSALA ENJENI
- BAMBELELA
- UBA UWILE, ZISONGE OKWEBHOLA IZANDLA NEENYAWO UZIFAKE PHAKATHI

