



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

I-Ebola Virus Disease (EVD)

I-Ebola iyisifo esiyingozi futhi ngokuvamile esibulalayo



Izimpawu kanye nezinkomba ze-Ebola

I-Ebola idala imfiva ekubamba ngamandla, ukukhathala ngokweqile, ubuhlungu bekhanda, ukuqaqamba kwamalunga omzimba kanye nokungakuthandi ukudla. Lokhu kuyaye kulandelwe ukubuyisa, ukukhishwa yisisu (uhudo), ukuqubuka, ukwehluleka ukusebenza kwezinsu nesibindi kanye nokopha ngaphakathi nangaphandle emzimbeni.

Isabalala kanjani i-Ebola?

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 umjuluko, indle, umhlanzo, umchamo, isidoda, uketshezi lwesitho sangasese sowesifazane kanye negazi. Isidumbu somuntu obulawe yilesi sifo se-Ebola uyaqhubeka nokusakaza lesi sifo futhi akumele sithintwe. Uma kade umuntu ephethwe yi-Ebola yabe seyelapheka ayibe isaphinde imphathe

Khumbula: I-Ebola ayilona igciwane elibebhethekiswa ngumoya. Angeke wayithola i-Ebola ngokuba ukhuluma nabantu, uhamba emgwaqeni noma uthenga enxanxatheleni yezitolo noma emakethe nje.

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?

Okwamanje awukho umuthi noma umjovo osegugunyaziwe wokwelapha i-Ebola. Abantu abahaqwe yilesi sifo basalashwa nje ngokubhekwa kwezimpawu abanazo.

Yini ongayenza ukuze unqande ukubebhetheka kwe-Ebola?

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