

UFUNA UMNGANI? YIBA NGUMNGANI! INCWADANA YOKUKHATHALELA IZILWANYANA, NOKUKHUSELEKA EKULUNYWENI



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ULWIMI LWEZINJA INDIXELELA NTONI INJA YAM?



QAPHELA



IYASOLA



IXHALABILE



IYOYIKISWA



INOMSINDO



INOBULELE



IDINGA ISITHUBA
(INYUSA AMEHLO)



NDISISITHANDAWA SAKHO
(IFUNA UKUKHUHLWA ISISU)



YONWABLE



IYACHWECHWA



MOLO, NDIYAKUTHANDA
(INDLELA YOBULISA
NGOKUZITSALATSALA)



NDINOBUBELE!
(UKUTHOBA KODLALA)



NDILUNGELE
(UKUTHOBELA ULEQA)



UZONDINIKA UKUTYA?



IVUYE KAKHULU
(IJIWUZISA UMSILA)

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

Musa ukuthabatha ukutya kwabantu



Musa ukuhlupha izinja zisitya

Musa ukweba izinto zokudlala zabanye



Musa ukuthatha amathambo nezinto zokudlala zezinja

Musa ukufaka ubuso bakho ebusweni bomnye



Musa ukufaka ubuso bakho ebusweni benja

Musa ukuhlupha umntu oleleyo



Musa ukuhlupha izilwanyana xa zizophumele. Yeka izinja ezileleyo zilale

Musa ukutsalatsala abanye abantwana



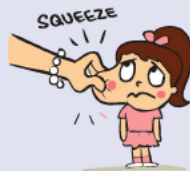
Musa ukutsalainja ngomsila nangeendlebe

Musa ukuqabela nokunyathela



Musa ukuqabela nokunyathela

Musa ukutsweba



Musa ukwanga. Izinja ezininzi aziyithandi lonto.

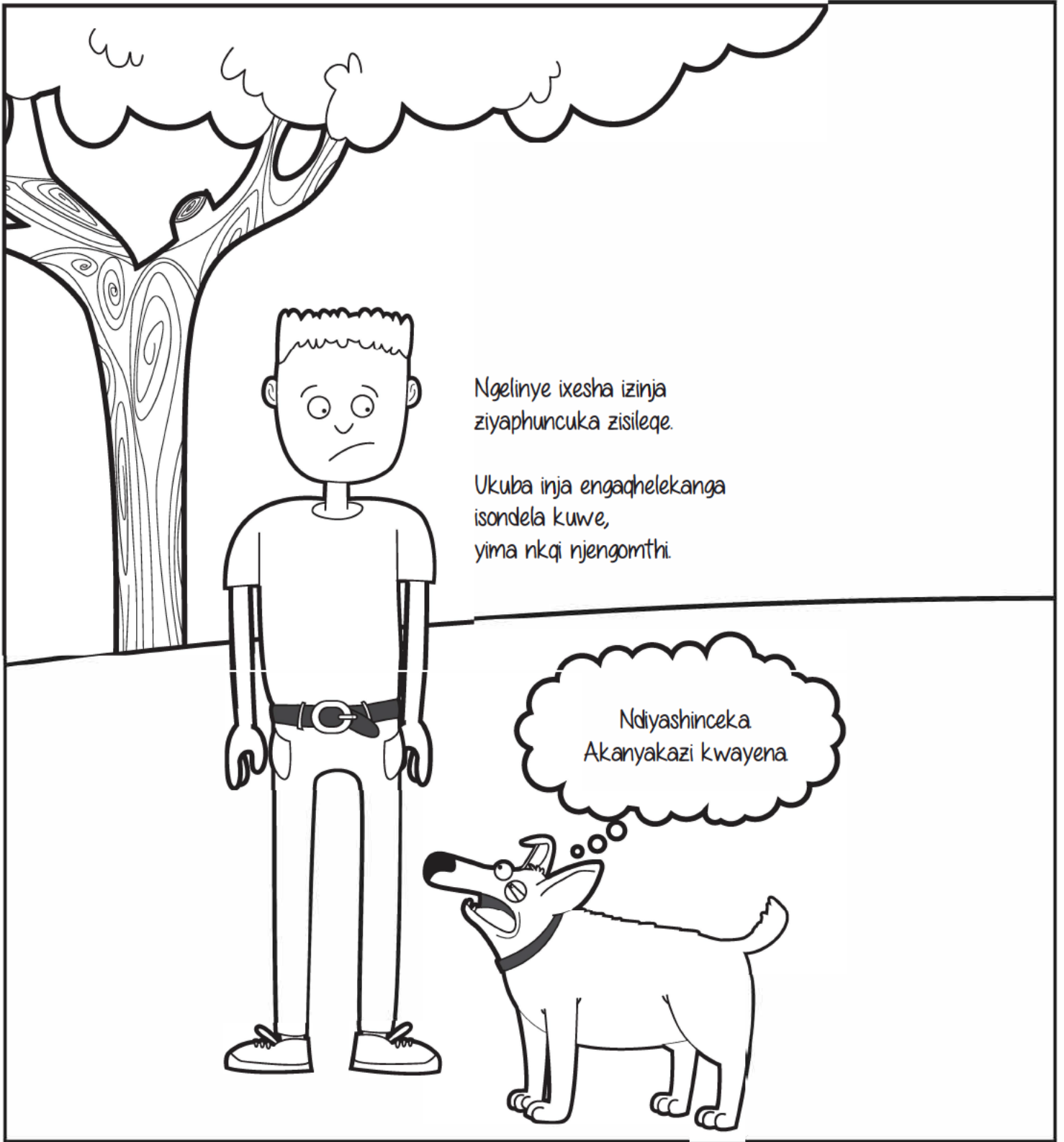
Musa ukukhwaza nokutswina



Musa ukukhwaza ukutswina nokungxola umz. Amagubu, ihuta nezinye.

Imiboniso ifunyenwe kwizixhobo zika Dr. Sophia Yin - www.drSophiaYin.com

Faka imibala!



UXANDUVA LWESILWANYANA SAKHO IINKULULEKO EZINTLANU

Kuluxanduva lwethu ukuqinisekisa ukuba isilwanyana ngasinye sine:



1. Ukutya okuya egazini namanzi acocekileyo.



2. Indawo yokuhlala/ yokulala nemfudumeleyo.



3. Unyango xa igula okanye ilimele.



4. Ezinye izilwanyana ezisempilweni, ezingabahlobo nezidlala nayo.



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

UNGAZE UVUSE INJA ELELEYO



Yonwaba futhi wakhe ubuhlobo nesilwanyana sakho!

Kuyinxaxheba enkulu, nemfanelo ukuba nesilwanyana. Isilwanyana sakho yinxalenye yosapho lwakho, njengosisi okanye ubhuti. Yiba yitshomi nezilwanyana zakho futhi uthethe nazo! Zingangabahlobo bakho abasenyongweni futhi ziyakwazi ukugcina imfihlo!

Kufuneka ubonise imbeko kwizilwanyana zonke, njengoba uyibonisa kubhuti wakho, usisi wakho, abazali nabefundisi.

Ukuba kuyenzeka, fumana indawo ekufundiswa kuyo izinja enokwazi ukufundisainja yakho imiyalelo efunekayo.

Ukuba ufuna itshomi, yiba yitshomi!



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 okufanele, nokungafanelanga sikutyise izilwanyana zethu:

EWE

Inyama ephekekileyo (ebomvu) ✓
Inyama yenkukhu ✓
Isalimoni ✓
Imifuno ✓
Ingqolowa ✓
Ibhatata ✓

HAYI

Itshokolethi X
Grapes X
Itswele X
Ikofu X
Ighaliki X
Itshephisi X
Utywala X



IZIDINGO ZEMPILO

Zonke izilwanyana zingagula, kodwa singakuvikela oko!



Izilwanyana zidinga:

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

Ucwangciso, nokucocwa kwezibeleko lwezilwanyana 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 ZODLALA
- UGQIRHA WEZILWANYANA
- JIWUZISA
- HAMBA



UCWANGCISO LUNGCONO KUNONYANGO

"NQANDA UKULUNYWA YINJA KUNGEKENZEKI"

Izinja aziqondi 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
- Hlukanisa ilisa elilungele ukudlala nazo

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

IMPAWU EZIYINGOZI

- UKUBAMBA UMZIMBA
- UMSILA OQINILEYO
- IINDLEBE EZITSALELWE EMVA
- UKUBUYA UMVA
- UKUGRAGRAMA
- UKUJAMA
- UKUNYUSA UBOYA



INTO OMAWUYENZE ✓

- GCINA IZANDLA ZISEMACALENI
- YIMA NKQI



OMAWUNKWENZI! ✗

- UKUBALEKA
- UKUTSWINA NOKUNGXAMA!
- UKUYIJONGA NGQO EMEHLWENI

UKUBA UTYIWE YINJA

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



UKUKHUSELA UKULUNYWA

Singazinqanda njani izinja ekusilumeni?

Izinja esizaziyo:

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

Bonke abantu abanezilwanyana kufuneka bafunde ukuxhulumana 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. Yiyeke ikujonge ze xa ihamba – Nawe hamba kancinci, uye kwelinye icala.

Dlalela kude nakweyiphi na inja ongayaziyo, kuquka nezinja ezibotshelelweyo nezingaphaya kwecingo.

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

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

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

UMGADA YINTONI UMGADA?

Umgada yintsholongwane eyosulela izilwanyana zodwa futhi ixhaphake kakhulu ezinjeni. Njengoba lentsholongwane ihlala ematheni ezinja ezosulelekileyo, ingena emizinjeni yabantu nezilwanyana ezingosulelekanga ngokuluma, okanye ukulenca izilonda nemikrwelo. Le ntsholongwane ibangela ukufa xa inganyangwanga.

Singazikhusela kwesisifo sibulalayo ngokugcina izilwanyana zethu zithintelwe kumgada.



Lumkela ukulunywa



Lumkela ukuchola
izinja ezingenabani



Lumkela ukulencwa
nokrwentswa

UNGANYANGEKA UMGADA?

Kufanele sizame ukuzikhusela kumgada ngokuba sithintelise izilwanyana zethu. Xa sele iimpawu zomgada zivelile, asisakwazi ukuyinyanga.

Zintatu iindlela esinokukhusela ngazo umgada:

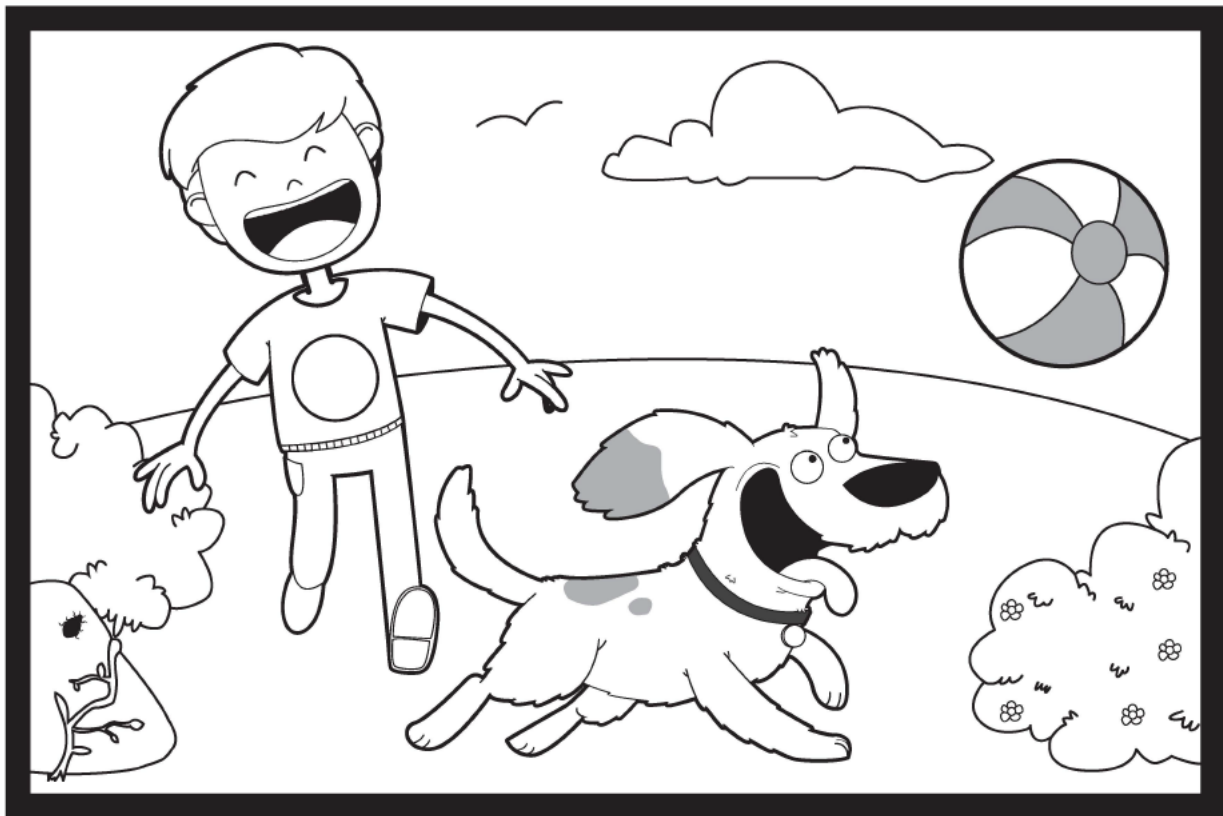
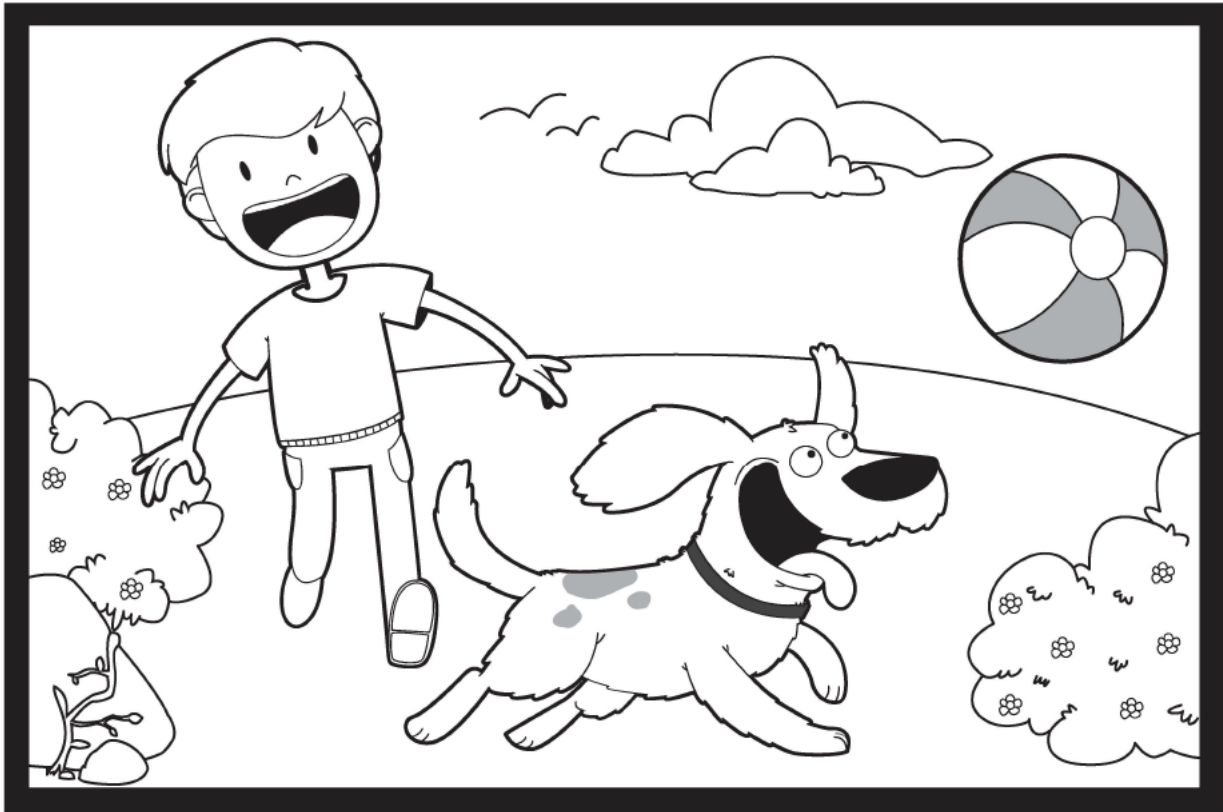
1. Qaphela ungalunywa nasesiphi na isilwanyane.
2. Ukuba uthe walunywa, hlamba isilonda kwangoko ngamanzi abalekayo nesephu imizuzu elishumi elinesihlanu.
3. Xeleta umntu omdala ukuba ulunyiwe ukuze akuse esibhedlele okanye emtholampilo uzokufumana ugonyo lungada.

QAPHELA:

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



Khangela Umohloko! (Zilishumi Elinesithathu)





UKHUSELO LOMGADA!



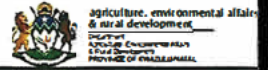
Ukuba ulunywe yinja - lihlambe inxeba futhi uye emtholampilo!

UNGAKUBALEKA NJANI UKULUNYWA YINJA!

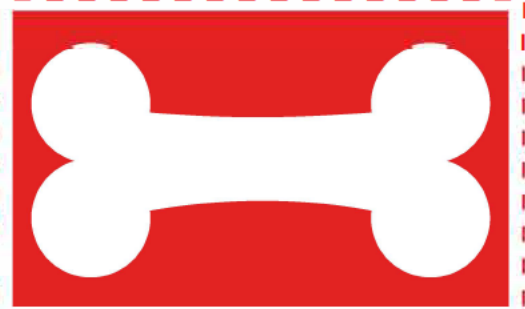
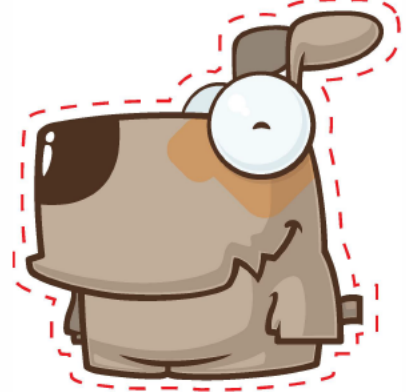
- ✗ Dlalela kude ezinjeni ONGAZAZIYO!
- ✗ Dlalela kude ezinjeni ezingaqondakaliyo kungenzeka zikulume!
- ✗ Sukuleqa, ubethe, ukhabe okanye ungxolise izinja!
- ✗ Sukuziphazamisa izinja ezityayo, ezileleyo okanye ezineenjana!



Concept by: D. Stewart Rabies Project. Designed by D. Cooke Department of Agriculture, Environmental Affairs & Rural development: Veterinary Epidemiology Section 033 3476267



NDI INJA YAM



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.



