



UKWENZA IHAKI YOKUBAMBISA IINTLANZI (SINKER) NGOKUNYIBILIKISA ILOTHE KUYINGOZI ENKULU!

Iphi ke ngxaki?

Kumanxweme, kwiilwandle, kwimilambo nakwimigxobhozo yalapha, abemi boMzantsi Afrika abaninzi bayaloba belungiselela ukuthengisa, ukondla iintsapho zabo nolonwabo. Ukuloba kunye nokuntywila kudla ngokubandakanya ukunyityilikiswa kwelotho ukwenza iihaki okanye iintsimbi. Ngelishwa, abantu abantu abaninzi banyibilikisa ilotho bengaqondi ukuba iyayingcolisa indalo. Le nto ikwanobungozi kwimpilo kwabo banyibilikisa ilotho, kunye neentsapho zabo kunye nezihlobo zabo. Uphando olwenziwe yi-Medical Research Council lubonise ukuba abantwana abaninzi abahlala kwindawo ekulotywayo kuzo eMzantsi Afrika bane sifo se tyhefu yelotho.

Yenzeka njani le ngxaki?

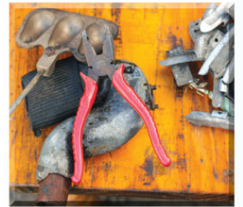
- Xa ilotho inyibilikiswa, kwenzeka amasuntswana amancinci anetyhefu akwazi ukuhamba imigama emide ze ahlale apha emoyeni ixesha elide;
- Umpunga welotho ungangunxeka lula, ze uhambe ngegazi uye engqondweni nakwamanye amalungu omzimba;
- Amasuntswana elotho angahlala emhlabeni, ezimpahleni, kwisikhumba nasezinweleni, kwiithoyi, kwiitafile nakwenye ifenitshala nakuthuthu lwendlu. La masuntswana elotho angahlala ixesha elide emva kokuba bekunyityilikiswe ilotho. Ekuhambeni kwexesha, la masuntswana elotho angaginywa esuka esandleni esiya emloyeni.

Ibudala njani ubungozi ilotho ebantwaneni?

Abantwana ngabona basemngciphekweni wokuchathazelwa yilotho ngoba bathanda ukufaka iithoyi, amaswazi nezinye izinto eziqabeke ilotho emilonyeni yabo. Abanye abantwana banesigulo esibizwa ngokuba yi-pica, esisisimbo sokutya izinto ezingekokutya ezifana nomhlaba, ipeyinti, izitimpi zesigarethi okanye imicinga yomathshi. Abantwana bakwachitha ixesha elininzi bedlala emhlabeni okanye ebaleni, baze ngaloo ndlela babe kumngcipheko wokuba badibane nelotho eyongezelelekileyo esemhlabeni okanye eluthulini kunabantu abadala.

Izinga eliphezulu lelothe linganezi ziphumo zilandelayo zezempilo nezentlalo:

- Ukuhla kobukrelekrele;
- ukufumana kunzima ukufunda esikolweni, ingakumbi ukufunda iincwadi kunye nezibalo;
- ukundweba ngokugqithisileyo nobunzima ekugxileni kwinto ethile;
- Ukuba sisithulu;
- ubuthathaka begazi (anaemia) (igazi "elibuthathaka" elinokudala ukudinwa nokuphefumla nzima) kunye nokungakhuli kakuhle;
- ukufa umphelo kwamalungu omzimba, ukuchaphazeleka kobuchopho, umntu angalala esibhedlele angavuki ixesha elide okanye abhubhe xa ethe wadibana nelotho eninzi.



Into onokuyenza ukunqanda ityhefu yelotho kuwe nakusapho lwakho

- Okubaluleke kakhulu, zama ukungayinyibilikisi ilothe konke konke.
- Ukuba unakho, zama ukusebenzisa ihaki zokubamba iintlanzi ezikhuselekileyo nezingenalotho, njengezo zenziwe ngetoti, ngekhemikhali ekuthiwa yi-tungsten, ngentsimbi okanye ngento engathi sisinyithi;
- Ukuba kunyanzelekile ukuba unyibilikise ilothe, kwenze oko kwindawo ekhuselekileyo. Sukunyibilikisa ilothe kwikhaya lakho okanye kwindawo edlala abantwana;
- Abantwana mabangasondeli kwindawo ekunyityilikiswa kuyo ilothe;
- Qinisekisa ukuba iithoyi zabantwana azisondezwa konke konke kwiindawo ekunyibilikiselwa kuyo ilothe;
- Sebenza kwindawo enomoya omninzi ongenayo nophumayo;
- Gcina indawo osebenzela kuyo icocekile ze usebenzise amanzi anesephe ukususa uthuli kuloo ndawo ubusebenza kuyo, kumadonga naphantsi;
- Impahla yokuzikhusela, efana neentlobo ezithile zeminqwazi yokuzikhusela eluthulini kunye neglavu, ingakunceda ungafunyanwa kakhulu yilotho;
- Emva kokunyibilikisa ilothe, hlambisisa izandla zakho ngesephe namanzi;
- Zisuse iimpahla nezihlangu ebezinxitywe xa ubunyibilikisa ilothe ze uzihlambe zodwa. Sukungena nazo endlwini iimpahla obuzinxibe xa ubunyibilikisa ilothe;

- Hlamba ukugqiba kwakho ukunyibilikisa ilothe ze uyicocisise ibhafu okanye ikomu obuhlamba kuyo phambi kokuba isetyenziswe ngomnye umntu;
- Iihaki zakho zokuloba iintlanzi zelotho kunye nezixhobo ebezisetyenziswa ukunyibilikisa ilothe mazigcinwe kwindawo abantwana abangasoze bafikelele kuyo;
- Ungaze ufake ihaki yokuloba iintlanzi yelotho emlonjeni wakho;
- Gcina indlu yakho icocekile ngokukorobha ngamanzi anesephe kunokuba umane utshayela ngomtshayelo owomileyo. Kananjalo, yosula indlu, ngakumbi apha ngasezifestileni, ngelaphu elinamanzi anesephe kunelaphu elomileyo okanye idasta;
- Iinzopho zakho, ingakumbi ezabantwana bakho mazigcinwe zimfutshane yaye zicocekile;
- Hlamba umntwana wakho kaninzi kangangoko unakho, ingakumbi phambi kokuba aye nasemva kokudlala endaweni enesanti okanye enothuli;
- Sukunyibilikisa ilothe kufutshane neendawo ekukhuliswa kuzo iziqhamo nemifuno;
- Zihlambisisa zonke iziqhamo nemifuno phambi kokuba uzitye;
- Yithi kubantwana bakho mabangazityi iinzopho, kananjalo bangafaki izandla zabo nezinto ezingekokutya emilonjeni yabo.



Ukuba unexhala lokuba umntwana wakho unetyhefu yelotho, thetha nogqirha wakho malunga nokuba kujongwe igazi lakhe ukuba alinalotho na.

