

# Ukuthetha ngokuGonya



Ukunxibelelana nabahlali bendawo yakho  
malunga nogonyo lwabantwana

ISikhokelo sooNompilo



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



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## MALUNGA NESI SIKHOKELO

*“Ndiyabaxelela abazali ukuba amayeza okugonya sesona siphosibaluleke kakhulu ongasipha umntwana wakho” – UNompilo*

Abantwana badinga ukukhuselwa kwizifo nolwenzakalo olunqandekayo lwasebuntwaneni. Njengonompilo uyazi ukuba ukunqanda into ingenzeki kungcono kunokunyanga. Udlala indima engundoqo! Ngokusebenzisana nabanakekeli ukuze uqinisekise ukuba abantwana balufumana lonke ugonyo lwasimahla ngexesha elifanelekileyo, unceda ekukhuseleni abantwana kwizifo eziqhelekileyo zasebuntwaneni.

Ukusukela ngexesha lenyhikityha yesifo se-COVID-19 izigidi ngezigidi zabantwana baphoswa lugonyo lwabo lwasebuntwaneni. Amanani aphantsi wogonyo athetha ukuba izifo ezinqandekayo ezifana nemasisi ziyenyuka – nto leyo ebeka ubomi babantwana esichengeni.

Esi sikhokelo sikunceda ekubeni:

- Uqonde ukuba ungayifumanaphina inkcazelo echanekileyo malunga nezicwangciso zeenkqubo zokugonya
- Unxibelelane nabanakekeli babantwana malunga nogonyo nenzuzo ehamba nalo kwaye
- Uphendule imibuzo neenkxalabo zabanakekeli, ubakhuthaze bagonye abantwana babo.

# KUTHENI ABANYE ABANTU BENGABASI KUGONYO ABANTWANA BABO?

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Uninzi lwabantu luyalwamkela ugonyo kwaye bayabasa abantwana babo kugonyo. Abanye abantu abaqinisekanga kwaye basenokuba nemibuzo emininzi enezizathu ezivakalayo phambi kokuba base abantwana babo kugonyo. Igcuntswana labantu lungakuchasa ukusebenzisa iyeza lokugonya okanye ukutofa.

Zininzi izizathu ezenza ukuba abanakekeli bangabasi abantwana babo baye kugonywa (kutofa). Kuninzi lwabo kukho imiqobo efana nokuba bangakwazi ukuya eklinikhi ngamaxesho omsebenzi. Abantu abaninzi abafumani zikhumbuzo zokuba babase nini na abantwana kugonyo.

## IINDLEKO

“Andinamali yokukhwela ndise abantwana eklinikhi ukuze bagonywe.”

## IXESHA

“Ndiyasebenza emini, kwaye umqashi wam akandivumeli ndiphume emsebenzini ndise abantwana eklinikhi.”

## UMGAMA

“Ndihlala kude neklinikhi.”

## UKUXAKEKA

“Ndixakekile zizinto ezininzi ekufuneka ndizijonge kusapho lwam nasemsebenzini, ndiyawulibala umhla ekufuneka baphinde ngawo abantwana ukuya kugonywa.”



Abanye baxhalabile ngeziphumo ezisecaleni ezingezintle zokugonya, okanye bayoyika ukuba izitofu okanye amayeza wokugonya awakhuselekanga. “Sikwabone ukukhula kokungamthembi urhulumente kunye namandla wakhe wokuzisa iinkonzo ezithembekileyo,” ukusukela ngemihla yesifo esiyinyhikityha ye-COVID-19. Nangona nje isitofu se-COVID-19 sikhuselekile kwaye sivavanywe kakuhle, abantu abaninzi babesoyika isitofu esitsha – kwaye ngoku abaqinisekanga ngazo nezinye zitofu,

Abantu abaninzi abanankcazelo eyaneleyo ethembekileyo nethembakalayo malunga nokuba kutheni na ugonyo (ukutofa) lubaluleke kangaka, kwanokuba kufuneka babase ninina abantwana babo kugonyo.

### **UKOYIKA**

“Iyeza lokugonya le-Covid-19 lindenze ndoyika ugonyo.”

### **NDYOYIKA IMIPHUMELA YOGONYO**

“Ndiyoyika abantwana bam bayakugula kakhulu kukugonywa.”

### **UKHUSELEKO**

“Ndinexhala lokuba awakhuselekanga la mayeza okugonya, Andazi ukuba ayenziwe njanina la mayeza okugonya nokuba ayevavanywe njani.”

# IYINTONI INDIMA YAKHO NGOKUNXIBELELANA NGOGONYO?



NjengoNompilo unoxanduva lokufundisa nokunceda abanakekeli babantwana baqonde ukuba kutheni na kufaneleke bagonye abantwana babo.

Ungasanceda sifikelele kumanani esijolise kuwo kwaye siqinisekise ukuba abantwana abalithoba kwabalishumi balufumana lonke ugonyo lwabo lobuntwana oluyakunika ukhuseleko olufanelekileyo kwizigulo ezinqandekayo.

Uxanduva lwakho kubahlali lolukhethekileyo kuba:

- Abantu beza kuwe xa bengaqinisekanga bedinga iimpendulo
- Abantu bayayithemba inkcazelo yakho neengcebiso obanika zona
- Ungumxulumanisi phakathi koluntu ekuhlaleni nenkqubo yonakekelo lwempilo.

Zintathu iindima ezingundoqo ozidlalayo ekukhuthazeni abantu base abantwana babo kugonyo, ngaxeshanye unceda ekwakheni ukuthembana kwabasemagunyeni bezempilo kunye nabo bahambisa iinkonzo zokugonya.

## **OKU KUBALULEKE NGOKUKODWA XA KUVELE UQHAMBUKO LWESIFO.**

### **● QONDA KWAYE UHAMBISE ULWAZI**

Indima yakho kukuzigcina unolona lwazi olutsha ngezicwangciso zeenkqubo zokugonya ukuze ubenako ukunika abanakekeli babantwana ingcebiso kunye nezikhokelo ezichanekileyo. Xa sitshintsha isicwangciso senkqubo yokugonya, oko kusekelwa

bubungqina obunikwe yi-National Advisory Group on Immunization (NAGI). Abanakekeli babantwana baxhomekeka kuwe ubanike ulwazi ngolu tshintsho, nangenkcazelo malunga neenzuzo nemingcipheko yogonyo, kwakunye neziphumo ezisecaleni ezingezintle eziqhelekileyo.

Kungundoqo wazi ukuba wazi ukuba amanqanaba asezantsi ogonyo esiwabonayo ngoku abeka abantwana abaninzi emngciphekweni wezigulo ezingamandla, ukukhubazeka kunye nokubhubha.

- **MAMELA**

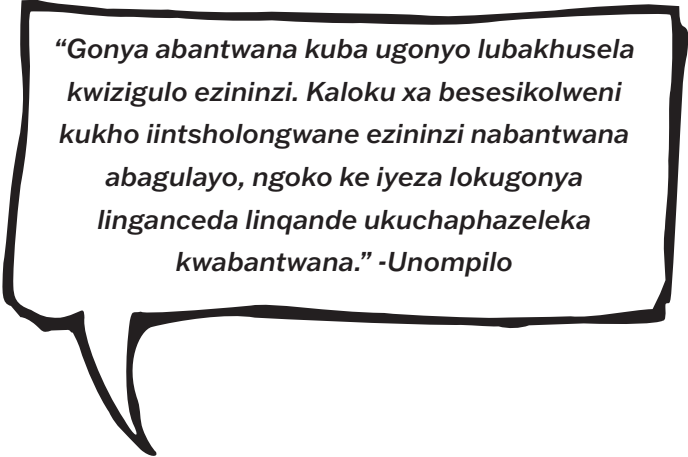
Kubalulekile ukumamela abantu kwaye uve imibuzo neenkxalabo zabo. Mamela ngobubele nangovelwano – ngokumamela ngenzondelelo uyakutsho uve ukuba yintonina ethintela ukuba abanakekeli ekugonyeni abantwana babo.

- **CHAZELA ABANYE UKUZE UPHUCULE IZINGA LOGONYO**

Xelela uManejala wakho okanye UMququzeleli we-EPI malunga neenkxalabo nemicelimgeni nengxaki wena nabahlali enijongene nazo. Ngokuthetha ngezinto ozivayo kubanakekeli- ngokudibene namacebiso abo okusombulula iingxaki – unganceda ekuphuculeni inkqubo yokugonya abantwana kuluntu lonke ngokubanzi.

**KHUMBULA!**

Ugonyo lukhuselekile kwaye kudala lusindisa ubomi iinkulungwane ngeenkulungwane!



*“Gonya abantwana kuba ugonyo lubakhusela kwizigulo ezininzi. Kaloku xa besesikolweni kukho iintsholongwane ezininzi nabantwana abagulayo, ngoko ke iyeza lokugonya linganceda linqande ukuchaphazeleka kwabantwana.” -Unompilo*

## UBUSAZI NA?



Ukungagonyi, okanye ukwala ugonyo olukhuselekileyo olufumanekayo, kubizwa ngokuba luthandabuzo gonyo (vaccine hesitancy).<sup>1</sup>

Abantu abathandabuza amayeza okugonya (izitofu) bangalibazisa bangagonyi kuba banemibuzo neenkxalabo ezingaphendulwanga okanye abakwazi ukoyisa imiqobo ebathintela ekufikeleleni kwezi nkonzco. Okanye bangawala amanye amayeza okugonya kodwa amanye bangawali, ngamanye amaxesha bangalwamkela ugonyo kodwa bangazivi kamnandi ngalo.

**Umkhanyeli weyeza lokugonya okanye umntu ochasene nogonyo ngumntu owalayo ukugonya kuba engakholelwa konke konke kumayeza okugonya. Aba bakhanyeli abaluthembi uphando lweenzulwazi olungqina ukusebenza kwamayeza okugonya, badla ngokungabathembi oorhulumente, okanye abantu abakhuthaza ugonyo, badla ngokuba nazo nenkolelo ezingenabungqina (conspiracy theories)**

Sonke sineenkolelo ezahlukeneyo, iingcinga namava awohlukeneyo achaphazela ubomi bethu nendlela esenza ngayo izigqibo malunga nogonyo lwasebuntwaneni. Unompilo kufuneka athi gqolo ahambise umyalezo wokuba amayeza okugonya akhuselekile, kwaye akhuthaze abanakekeli babantwana bagonye abantwana babo.

***“Amayeza okugonya esinawo eMzantsi Afrika avavanyiwe kwaye ayaqhubeka ukuvavanywa ukuze kuqinisekiswa ukuba akhuselekile kwaye anganikwa abantwana bethu”-Unompilo***

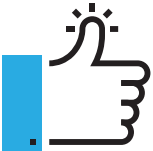
<sup>1</sup> MacDonald NE; SAGE Working Group on Vaccine Hesitancy. Vaccine hesitancy: Definition, scope and determinants. Vaccine. 2015 Aug 14;33(34):4161-4. doi: 10.1016/j.vaccine.2015.04.036. Epub 2015 Apr 17. PMID: 25896383.



## UMSEBENZI ONZIMA

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*“Andazi nokuba abantu bendawo endihlala kuyo bayakuqonda na ukubaluleka komsebenzi endiwenzayo.”  
-Unompilo*



Ukusebenza kwicandelo lezempilo yoluntu kuzisa iingxaki ezohlukileyo. Lidla ngokuba lincinci kakhulu ixesha lokujonga izigulane zakho, izixhobo nezinto zokusebenza zinqongophele, ungaphelelwa zizinto zokusebenza kwaye izigulane ezininzi zingasokolisa okanye zibekrwada.

Kodwa umsebenzi owenzayo ungunoqo! Ngokusebenzisana nqo nabanakekeli babantwana kunye nokukhuthaza ugonyo, uyakukhusela abantwana kwaye unceda ekunciphiseni ukugcwala nengxinano kwiiklinikhi nasezibhedlele, njengoko liyakuncipha inani labantwana abagulayo. Kwakhona ukuba siyafika kwinani esijonge kulo lokugonya abantwana abalithoba kwabalishumi, oko kunganceda kunqande uqhambuko lwezifo ezongamela inkqubo yempilo yoluntu.

## QHUBEKA NALO MSEBENZI MHLE KANGAKA

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Umsebenzi owenzayo yonke imihla ubaluleke ngokugqithileyo kwaye akufanelekanga ulityalwe. Ngokwenza ithuba lokuthetha nabanakekeli, kunye nokukhusela abantwana kwizifo ezinqandekayo, uyanceda ekusindiseni ubomi.

***Enkosi ngokunceda ekugcineni abantwana bephilile!***



**Nazi ezinye zezimvo ngendlela yokunxibelelana nabanakekeli ukuze ubancede bazi ngezicwangciso zenkqubo yokugonya abantwana:**

## **HAMBISA ULWAZI**

Uninzi lwemiqobo ejongene nabanakekeli babantwana ingasonjululwa ngokubanika ulwazi nezimvo ezithembekileyo. Kubalulekile ukuba abanakekeli baqonde ukuba izifo ezininzi zasebuntwaneni zingaba nobungozi kwaye zibangele ukugula okuqatha, ukukhubazeka kwankqu nokubhubha. Mabazi ke kodwa ukuba oku kunganqandeka ngogonyo.

Ungabachazela nangokuhuseleka kwala mayeza okugonya – okungqinelwa yiminyaka yosetyenziso olukhuselekileyo kwiinkulungwane zabantu kwisithuba esingaphezulu kwezigididi zeminyaka.

Ungabachazela abanakekeli eziklinikhi nasezibhedlele, nasekuhlaleni kwemihla ngemihla naxa utshayisile emsebenzini, kwakhona ungasebenzisana neenkokeli zasekuhlaleni ubambe iindibano zokunika ulwazi kwiindibano okanye kwiindawo ngeendawo zokuhlala abantu abadibanela kuzo – ezifana neecawe nezinye iindawo zokukhonza, amaziko emfundo yamabanga abasaqalayo (ECD), ezikolweni kunye nakwiindibano zabahlali.

## **PHUCULA UFIKELELEKO**

Abanakekeli abaninzi abakwazi ukugonya abantwana babo kuba bahlala kude neeklinikhi nezibhedlele, abanamali yokukhwela okanye bayasebenza phakathi evekini.

Mhlawumbi ungacinga ngokusebenzisana neenkokeli zasekuhlaleni ukuze wenze ugonyo lusondele kwiindawo zokuhlala. Oku kungenziwa ngeeklinikhi ezihamba-hambayo eziya kwiindawo ezingaphandle.

Kungenjalo ungongeza iiyure zokusebenza kweklinikhi ukuze abanakekeli abangakwaziyo ukuya eklinikhi phakathi evekini bakwazi ukufikelela. Ungoyena oyazi ngcono indawo ohlala kuyo!

## **IZIXHOBO ZOKUBEKA ILISO KUMAXESHA OKUGONYA**

### **1. Incwadana yeNdlela eSingise kwiMpilo**

*Incwadi ekuthiwa yi-Road to Health Booklet sisixhobo esiluncedo kuba:*

- Iyingxelo yokukhula komntwana, lonke ugonyo alufumeneyo, kunye nongenelelo okanye uncedo lwezempilo.
- Ngumthombo wolwazi nenkcazelo yabanakekeli.
- Sisixhobo sokukhuthaza intsebenziswano phakathi koonompilo kunye nabanakekeli.
- Ibandakanya isicwangciso esipheleleyo senkqubo yokugonya esinganceda abanakekeli benze amalungiselelo.
- Le ncwadi i-Road to Health Booklet ikwafumaneka kwi-app yasimahla ekwi-Google Play Store. Abanakekeli abaninzi bangakhetha ukusebenzisa obu buxhakaxhaka basimahla ukubanceda babeke iliso kwiinkqubo ezizayo zokugonya.

Abanakekeli abangenayo incwadi ye-Road to Health, okanye xa ilahlekile, bangayifumana kwiklinikhi yendawo.

### **2. I-MOMCONNECT+**

Esinye isixhobo esiluncedo kubanakekeli yi-MomConnect. I-MomConnect ingasetyenziswa ngokukhululekileyo nasimahla, kwaye abanakekeli bangabhalisa ngokucofa u \*134\*550# kwiselulafowuni ngazo zonke iilwimi. Umama okhulelweyo makacele umntu kwiziko lezempilo aqinisekise ukuba ukhulelwe kwaye abhalise. Esi sixhobo sithumela imiyalezo kubanakekeli ukuze sibaxhase ekulawuleni impilo nokukhula komntwana, kwaye sithumela imiyalezo yokukhumbuza ngexesha logonyo.

Qinisekisa ukuba bonke oomama abakhulelweyo obanyangayo bayabhalisa kwi-MomConnect.



## FUMANA ULWAZI RHOQO

Ivela lonke ixesha inkcazelo entsha kwakunye nophando malunga neenzuzo zogonyo lwasebuntwaneni.



Ngecebiso loMbuthe weLizwe wokuCebisa ngoGonyo, i-NAGI, isicwangciso senkqubo ye-EPI singatshintshwa ukuze kuphuculwe ukhuseleko nofikelelo ebantwaneni. I-NAGI ingasenza nesiphakamiso sokuba abantwana abangqaliweyo bongezwe amayeza okugonya, afana neyeza lokugonyela i-flu, okanye iyeza lokugonyela i-COVID-19 kubantwana abanezigulo ezithile zexesha elide.

Sikwabhaqa iimpendulo kwimibuzo ebalulekileyo abantu abanayo malunga nogonyo phantse yonke imihla. Ziqhelise ukusebenzisa imithombo yenkcazelo ethenjweyo edweliswe apha ngezantsi ukuze uzigcine unolwazi ngezicwangciso zeenkqubo zokugonywa kwasebuntwaneni kunye nemiba emitsha evelayo.

### **Health Worker Connect**

- WhatsApp 'hi' ku +27 60 060 1111

### **National Health Hotline**

- Tsalela umnxeba ku: 0800 029 999
- WhatsApp: 0600 123 456

### **NursesConnect**

- Cofa u \*134\*550\*5# kwiselulafowuni yakho

### **Side by Side**

- Website: [sidebyside.co.za](http://sidebyside.co.za)
- Facebook: <https://www.facebook.com/SidebySideSA/>
- Ifowuni: 071 412 0553
- Email: [info@sidebyside.co.za](mailto:info@sidebyside.co.za)

### **National Institute of Communicable Diseases**

- Website: [nicd.ac.za](http://nicd.ac.za)



## YIQONDE IMIBA

Mininzi imiyalezo ebubuxoki ezama ukusoyikisa okanye isicaphukise. Nayo inkcazelo entsha kunganzima ukuyithemba njengoko kusidla ngokungabilula ukwazi ukuba yeyiphi imithombo yenkcazelo ethembekileyo.

Ukusukela ngexesha lokungathenjwa kwamayeza okugonya ngexesha lenyhikityha yesifo se-Covid-19, kwandile ukungathembeki kungenelelo lokugonya, iinkampani ezinkulu zamachiza kunye neenkonzo zempilo yoluntu, ikakhulu ngenxa yolwazi olungeyonyani. Kodwa ngokwazi imiba echanekileyo, ungalulungisa uninzi lwale nkcazelo ingeyiyo.

### **Indlela yokuvavanya ubunyani kwimiba evelayo**

Zibuze le mibuzo xa uvavanya inkcazelo

#### **1. Ibhalwe ngubani?**

Phanda msinyane iziqinisekiso zemfundo zalo mntu. Khangela kwi-websites ezithembekileyo uyiphenye imiba le.

#### **2. Ndingangqinisisa ukuba le nkcazelo iyinyani?**

Khangela kwi-online uqonde ukuba ngaba lenkcazelo ivela kumthombo wenkcazelo othembekileyo kusini na.



# DALA UKUTHEMBEKA – MAMELA, BUZA, FUNDISA, PHANDA

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Isigqibo somnakekeli sokungamgonyi umntwana wakhe siphenjelelwa yimibandela emininzi.

Kwimeko enje kukuwe ukufumana iindlela zokuthetha nabanakekeli ngale miyaleza ibalulekileyo ngendlela abayakuyiva kwaye bayamkele ngayo. Yenza inkcazelo ibelula kwaye icace.

Nazi iindlela ongazisebenzisa zokuthetha ngembeko kwaye udale ukuthembana nomntu onexhala ngokugonywa komntwana wakhe.

INYATHELO 1: MAMELA	
<p>✓ Mamela kwaye uqinisekise ukuba uyazama ukuphendula imibuzo yabo ngaphandle kokubagweba. Mamela kwaye uzame ukuyiqonda imiqobo abajongene nayo ethintela ukugonywa.</p> <p>✓ Yiba nomzimba okhululekileyo; mjonge nqo emehlweni, ukunceda bazive bekhululekile.</p>	<p>✗ Ungazigwebi iinkolelo zomntu nezinto azixabisileyo.</p>
INYATHELO 2: BUZA	
<p>✓ Mbuze imibuzo ukuze uqonde ngcono izizathu zabo kwaye ukwazi nokulungisa inkcazelo engachanekanga.</p>	<p>✗ Ungaqhubeli abantu kugonyo ngokuboyikisa.</p>

### INYATHELO 3: FUNDISA

✓ Fundisa: Balisela abantu uxhamle kumava obomi bakho (nakubomi boogxa babo) malunga neenzuzo zokugonya ukuze ubakhuthaze. Sebenzisa ulwimi olulula.

✗ Ungabathwalisi ubunzima abantu ngolwimi olunzima.

### INYATHELO 4: PHANDA

✓ Yenza uphando: Ukuba awunayo impendulo kwamsinyane, akukho ngxaki. Kuyakusoloko kukho inkcazelo nemibuzo emitsha. Fumanisa kwabanye kwaye/okanye uzilungiselele xa ungaphinda uwubuzwe lo mbuzo ngabanye

✗ Ungaxambulisani namntu.  
✗ Zikhuphe kuxambuliswano xa kungekho mvisiswano.

## KHUMBULA

Ungahlangana nabantu abanomlando kwaye abakuchasileyo ukugonywa okanye abangekaqiniseki emva kokuba uthethe nabo. Endaweni yokuxambulisana nabo, dala imvisiswano ukuze ubakhuthaze baphinde bathethe nawe kwixa elizayo.

**HLONIPHA IINKOLELO  
ZABANTU BONKE.**



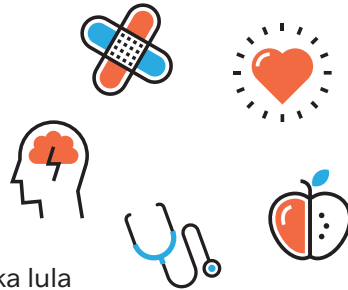
# UKUTHETHA NGEZIPHUMO EZISECALENI EZINGEZINTLE



Ukoyika iziphumo ezisecaleni ezingezintle zogonyo kuqhelekile. Thetha ngokuphandle kwaye uthembeke. Chaza qho ukuba iziphumo ezisecaleni ezingezintle ababanazo abantwana eziqhelekileyo ebantwaneni emva kogonyo, kwaye azibi kangako futhi zisombululeka kwiintsukwana ezimbalwa. Loo nto ibonisa ukuba amayeza okugonya ayawenza umsebenzi wawo. Yixele nento yokuba ezi zigulo zingenelelayo zingcono kunokugula okungamandla okudalwa zizigulo zasebuntwaneni, ezingabangela ukubhubha okanye ukukhubazeka.

## **Iziphumo ezingephi ezisecaleni ezingezintle ingazezi:**

- ingalo ebuhlungu okanye ebomvu kule ndawo kuhlatywe kuyo
- Ifiva/Ingqele
- Intloko ebuhlungu
- Ukutyhafa
- Ukuqaqanjelwa zizihlunu
- Isiyezi, ukurhuda okanye ukugabha
- Irhashalala
- Ukudumba kwamadlala
- Ukungacaceli ukutya
- Ukungonwabi okanye ukuchukumiseka lula



## **Ukuba ezi zinto ziyenzeka kubantwana besigulane sakho:**

1. Mamela kwaye ubaqinisekise. Oku kuqhelekile kwaye kubonisa ukuba iyeza lokugonya liyasebenza kwaye umzimba womntwana wakha izikhuseli zesifo.
2. Abanakekeli bangazilawula naziphina iziphumo ezisecaleni ezingezintle ngokuqinisekisa ukuba umntwana uyaphumla, usela amanzi ngokwaneleyo, kwaye utya amayeza weentlungu ukuba kuyimfuneko.

Iziphumo ezisecaleni ezingezintle ezingamandla zogonyo lwasebuntwaneni zinqabile kwaye zibekwe iliso rhoqo, futhi ziyaphandwa yikomiti ezimeleyo yokucebisa abaphathiswa, iSebe



lezeMpilo, kunye no-Gunyaziwe waseMzantsi Afrika weMigqaliselo yeeMveliso zeMpilo i-South African Health Products Regulatory Authority (SAHPRA).

Zinqabile iziphumo ezisecaleni ezingezintle ezidalwa lugonyo. Ezi ziphumo ezisecaleni ezingezintle zaziwa ngokuba zii-Adverse Events Following Immunisation (AEFI).

Oonompilo bangazixela ii-AEFI kwi-SAHPRA kwi-Med Safety App, ongayifaka kwiselulafowuni apha ku: <https://medsafety.sahpra.org.za/>

## **KHUMBUZA ABANAKEKELI**

**Ukuba umntwana uphethwe ziziphumo ezisecaleni ezingezintle zogonyo nceda unxulumane nale nombolo:**

### **INOMBOLO YONGXAMISEKO YEMPILO YELIZWE**

- **Tsalela umnxeba: 0800 029 999**
- **WhatsApp: 0600 123 456**

#### **Yisa umntwana eklinikhi ngoko nangoko ukuba:**

- Umntwana wakho uyakhohlela kwaye uphefumla ngokukhawuleza (imiphefumlo engaphezulu kuma 50 ngomzuzu).
- Umntwana wakho ungaphantsi kweenyanga ezimbini, kwaye unefiva yatshisa kwaye akancanci.
- Umntwana wakho uyayigabha yonke into.
- Umntwana wakho uyarhuda, amehlo athe loxo kwaye ifokotho litshonile.
- Umntwana wakho uyangcangcazela (uyaxhuzula).
- Umntwana wakho uneempawu zokungondleki (ukudumba amaqatha neenyawo).
- Umntwana wakho akashukumi okanye akavuki.
- Umntwana wakho akatyi.

#### ***KHUMBULA:***

***Qho bhekisa imibuzo kumphathi we-National Adverse Events Following Immunisation (AEFI), yena oyakuba nenkcazelo yakutshanje malunga nokwenzekileyo kwanokuba kufuneka kwenziwe ntonina. Ungaceli ingcebiso kubantu abangengabo bonyango nezempilo.***

# IMIYALEZO EPHAMBILI EMAYIDLULISWE

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Qiniseka ukuba uyayidlulisa le miyalezo iphambili kootata, noomama kunye nabanakekeli babantwana xa besiza ekliniki

Leliphi iyeza alinikiweyo  
lokugonya kwaye linceda esiphi  
isifo

Ukugcina incwadana i-Road  
to Health (ikhadi lokugonya)  
kunye nokuza nayo xa  
ephinda esiza

Iziphumo ezisecaleni  
ezingezintle ezingephi  
zogonyo ezinokwenzeka  
kwaye zingapheliswa  
njani.

Uya nini  
kundwendwelo  
olulandelayo uze  
ufake isikhumbuzo

Khuthaza ootata  
babandakanyeke  
ekuqinisekiseni ukuba  
abantwana babo  
bayagonywa  
ngokupheleleyo.

# MASITHATHE AMANYATHELO ABONAKALAYO

## U-MPHO ONGUMSEBENZI ONCEDISA EMAKHAYA

Lo nguMpho. UMpho ngumsebenzi oncedisa ekhaya ngoMvulo ukuya kutsho ngoLwesihlanu ukusukela ngentsimbi ye 7 kusasa atshayise ngo 6 ngorhatya. Umqashi akamvumeli ase abantwana bakhe eklinikhi ngexesha lomsebenzi, ngaloo ndlela ke abantwana bakhe abalufumananga lonke ugonyo.

### Impendulo

#### INYATHELO 1: MAMELA

Myeke uMpho agqibe. Ungamphazamisi.

#### INYATHELO 2: BUZA

“Ndiyabona uyakwazi ukubaluleka kokugonywa, masifumane isisombululo. Akekho omnye umntu kusapho lwakho ongasa abantwana eklinikhi? Okanye unganako ukuthatha ilifu yesiqingatha semini ukuze uye eklinikhi?”

#### INYATHELO 3: FUNDISA

Ziqonde iingxaki zikaMpho kunye neenjongo zakhe zokusa abantwana bakhe kugonyo. Mxelele ngeenkonzole zeklinikhi zasemva kweeyure zokusebenza ukubangaba zikhona.

*“Ndiyazi ukuba abantwana bam kufuneka bagonywe, kodwa ndiyoyika, ukuba andiyanga emsebenzini ndiyakuphelelwa ngumsebenzi..”*

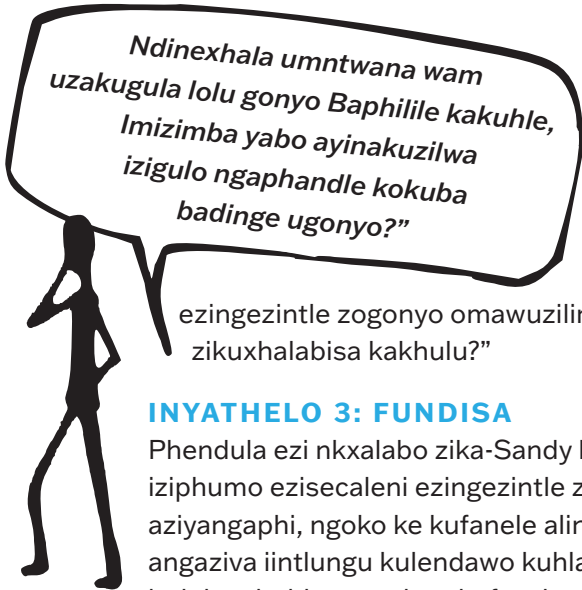


*“Ndiyabona ufuna abantwana bakho bagonywe, qha awunalo ixesha. Ubusazi ukuba ilungu losapho okanye umhlobo osondeleyo kuwe angamsa umntwana eklinikhi xa ungakwazi? Masijonge ukuba ungathatha eliphi icebo elilungele imeko yakho”*

## U-SANDY ONGUNOBHALA EBHANKINI

Lo ngu-Sandy. Ungunobhala wasebhankini oneminyaka engama 35, akaqinisekanga ukuba abagonye na abantwana bakhe, kuba unexhala ngeziphumo ezisecaleni ezingezintle.

Ndinexhala abantwana bam bangagula kakhulu beguliswa lolu gonyo, nokuthi bazakulila kakhulu ziintlungu. Baphilile kakuhle. Imizimba yabo ayinakuzilwa izigulo ngaphandle kokuba badinge ugonyo?"



### Impendulo

#### INYATHELO 1: MAMELA

Mamela. Ngomdla. Mjonge nqo emehlweni. Uyibeke kude ifowuni.

#### INYATHELO 2: BUZA

"Uyazazi iziphumo ezisecaleni

ezingezintle zogonyo omawuzilindele? Zeziphi ezona zikuxhalabisa kakhulu?"

#### INYATHELO 3: FUNDISA

Phendula ezi nkxalabo zika-Sandy kwaye umchazele ukuba iziphumo ezisecaleni ezingezintle zogonyo ziqhelekile, kodwa aziyangaphi, ngoko ke kufanele alindele ukuba umntwana wakhe angaziva iintlungu kulendawo kuhlatywe kuyo, ubushushu ingqele, intloko ebuhlungu, ukutyhafa, ukuqaqanjelwa zizihlunu zomzimba, isilungulela okanye irhashalala. Mchazele amava wakho:

*"Bonke abantwana bam balufumana ugonyo lwasebuntwaneni kwaye nangona nje babaneengalo ezibuhlungu, ubushushu obungephi okanye irhashalala, zange kubekho nto ixhalabisayo. Ibingeyonto ebendingenako ukumelana nayo ngokuphumla namayeza eentlungu. Imingcipheko yesifo ingaphezulu kweziphumo ezisecaleni ezingezintle zogonyo."*



Khumbula ukuqinisekisa ukuba lowo umnika inkcazelo uyaqonda ukuba ugonyo lwasebuntwaneni luyakunceda ukukhusela abantwana bakhe ekubeni bagule kakhulu okanye babhubhe ngenxa yezi zifo.

## UGOGO DLAMINI

Lo nguGogo Dlamini. UGogo Dlamini uthetha nabahlobo bakhe emgceci wasevenkileni malunga nogonyo lwasebuntwaneni. Uyamva xa esithi la mayeza okugonya awakhuselekanga kwaye awavanywanga kakuhle.

### Impendulo

#### INYATHELO 1: MAMELA

Mamela lento uyixelelwa nguGogo Dlamini.

*“La mayeza okugonya enziwe ngokukhawuleza; zange bawavanye nokuwavanyana bakhangele ukuba awayikusigulisa ngakumbi na.”*

Mlindle agqibe ukuthetha phambi kokuba uphendule.

#### INYATHELO 2: BUZA

“Kutheni ucinga ukuba olu gonyo alukhuselekanga? Uyivephi loo nto?”

#### INYATHELO 3: FUNDISA

Chaza ukuba ezi zifo azintshanga kwaye olu gonyo lwaveliswa lwaze lwavanywa iminyaka emininzi phambi kokuba lubhengezwe ukuba lungasetyenziswa ngokukhuselekileyo.



*“Ezi zifo zinjenge-TB, imasisi, i-diphtheria, unkonkonko kunye nepoliyo kudala zikhona amakhulu ngamakhulu weminyaka. Into embi yeyokuba, izigidi ngezigidi zabantu zibhubhile kwixa elidlulileyo ngenxa yezi zifo kwaye abanye zibashiye bekhubazekile. Kodwa ke akusenjalo ngoku, ngenxa yogonyo olwaga ukoveliswa kwiminyaka engaphezulu kwamakhulu adlulileyo. Ukusukela ngoko oosonzululwazi sebevelise amayeza amaninzi awohlukeneyo bawavanyana iminyaka emininzi ukuqinisekisa ukuba akhuselekile ukuwasebenzisa.”*



## DIBANA NODEBRA LO NGU-DEBRA

Lo ngu-Debra. U-Debra unabantwana abathathu abaselula kwaye akukho nomnye kubo olufumene lonke ugonyo. U-Debra ukwangumama ozikhulisela abantwana eyedwa kwaye unomsebenzi osisigxina.

*“Ndinabantwana abathathu abaselula nomsebenzi osisigxina. Kunzima kum ukukhumbula ukuba bayaninina kugonyo lwabo olulandelayo.”*



### Impendulo

#### INYATHELO 1: MAMELA

Mamela uthini uDebra. Yonwaba kwaye ukhululeke nasemzimbeni.

#### INYATHELO 2: BUZA

“Usibonile isicwangciso senkqubo yokugonya kwincwadi ye-Road to Health okanye kwi-website yeSebe leZempilo?”

#### INYATHELO 3: FUNDISA

Chaza iindlela ezingasetyenziswa ngu-Debra ukuze asilandele rhoqo esi sicwangciso sokugonya.

*“Ndiyabona uyafuna abantwana bakho bagonye, qha ufumana ubunzima ekulandeleni imihla yogonyo. Ndiyayiqonda indlela oziva ngayo. Kutheni ungasebenzisi ikhalenda okanye ufake izikhumbuzi efowunini. Ungayikhupela simahla kwifowuni yakho i-app le ncwadana yezempilo. Yiza apha ndikuncede.”*



# YIBA YINTSHATSHALI YOKUGONYA

Nazi ezinye zezinto ongazenza, njengonompilo, kwindawo ohlala kuyo yonke imihla, ukuze ukhuthaze kwaye uphakamise ugonyo lwabantwana:



## **Dala amathuba okuphakamisa ugonyo**



Njengenkokeli ethenjiweyo ngabahlali, zininzi iindlela ongaphakamisa ngayo ugonyo lwasebuntwaneni kubahlali. Ungaququzelela imihla yenkcazelo kwiindibano zasekuhlaleni, kwii-ECDs okanye kumathuba okudibana kwabahlali ukuze ubanike inkcazelo nemfundiso. Ungaququzelela kwankqu iiklinikhi ehamba-hambayo indwendwele abahlali abakude neklinihi.



## **Lungisa inkcazelo ebubuxoki malunga nogonyo**

Nika kuphela inkcazelo echanekileyo kwi-WhatsApp nakweminye imibutho oyinxenye yayo. Qinisekisa ukuba unolwazi olutsha oluchanekileyo ngesicwangciso senkqubo yugonyo kunye neendlela zokuphakamisa ugonyo.



## **Thetha ngamava akho nangamabali awakhayo okugonywa kwabantwana bakho**

Balisela usapho nabahlobo kwi-online okanye kwindawo zendibano ezinjengendawo okhonza kuyo ngeenzuzo ozibonileyo kugonyo kunye nangamava okugonywa



## **Xhasa kwaye ukhuthaze nabanye abahlali kwindawo yakho benze njengawe.**

Ukufumana ugonyo lwasebuntwaneni kuyinxenye yokuphila ubom obufanelekileyo nobunempilo. Wonke umntu kufanele enze njalo, kwaye ancede aqinisekise ukuba bonke abantwana kwiindawo zokuhlala bayagonywa qho ngamaxsha afanelekileyo.

### **Health Worker Connect**

- **WhatsApp 'hi' ku +27 60 060 1111**

### **National Health Hotline**

- **Tsalela umnxeba ku: 0800 029 999**
- **WhatsApp: 0600 123 456**

### **MomConnect**

**Bhalisa ngokucofa u \*134\*550#**

### **Side by Side**

- **Website: [sidebyside.co.za](http://sidebyside.co.za)**
- **Facebook: <https://www.facebook.com/SidebySideSA/>**
- **Ifowuni: 071 412 0553**
- **Email: [info@sidebyside.co.za](mailto:info@sidebyside.co.za)**

### **NurseConnect**

- **Ifowuni: \*134\*550\*5#**

### **National Institute of Communicable Diseases**

- **Website: [nicd.ac.za](http://nicd.ac.za)**



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



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