

- Latlhela dipampiri tse di itshutlhang (tissue paper) tse di dirisitsweng ke molwetse mo ntlwaneng ya boithomelo.

A batho ba ka tsenwa ke Influenza A (H1N1)
fa ba ja nama ya kolobe?

Nnyaa. Ga o kake wa tsenwa ke mogare
ka go ja nama ya kolobe.

A go na le molemo o o sireletsang mhikela
wa Influenza A (H1N1)?

Mo nakong ya gompiano ga gona molemo
o o sireletsang kgatlhanong le Influenza A
(H1N1). Molemo o o sireletsang mhikela
o o tlwaelesegileng ga o sireletse mogare
wa Influenza A (H1N1).

A gona le kalafi ya mhikela wa Influenza A
(H1N1)?

Ee, go na le melemo e e ka dirisiwang
go alafa mhikela o. Etela kokelo fa o na le dikai
tsa mhikela.



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MHIKELA WA Influenza A (H1N1)



Influenza A (H1N1)

Ketapele

Lekgotla la botsogo la mafatshe le tlhagisa sechaba ka bolwetse jwa Influenza A (H1N1). Bolwetse jo bo tlhagogile ka kgwedi ya Moranang 2009.

Bangwe ba balwetse ba robaditswe mo dipateleng fa bangwe ba tlhokafetse ka ntata ya bolwetse jo. Influenza A (H1N1) e simologile kwa mafatsheng a Mexico le America mme e tswelletse ka go anama le mafatshe a mangwe go tla mo Africa.

Batho ga ba kganelwe go tswa mo mafatsheng go ya mo go a mangwe mme ba gakololwa gore ba seka ba tsaya maeto fa ba na le dikai tsa mhikela. Ga gona diofisi dipe tsa mesepele tse di tswetsweng ka lebaka la bolwetse jo.

Influenza A (H1N1) ke eng?

Influenza A (H1N1) e e tlwaelesegileng ka mhikela wa dikolobe, ke bolwetse jo bo amang mafatlha. Bo a tshelwana, go tswa mo mothong go ya go yo mongwe ka dikai tse di tshwanang le tsa mhikela o re o tlwaetseng mme fa bo tsene motho ka bokete bo ka bolaya.

Bolwetse jo bo anama jang?

Bolwetse jo bo anama ka go tswa mo mothong yo mongwe go ya mo go yo mongwe fela jaaka mhikela o re o tlwaetseng.

Bo anama ka go:

- gotlholo kana go ethimola ga molwetse wa Influenza A (H1N1) yo o sa thibang molomo kana nko.
- amana le didirisiwa kgotsa diatla tse di kgotlelesegileng ka mogare wa Influenza A (H1N1)
- amana le dieledi tsa mmele (mathe, mamina) tsa molwetse wa Influenza A (H1N1)

Dikai tsa Influenza A (H1N1)

- Mogote o o feteletseng
- Mometso o o botlhoko
- Go gotlholo
- Go kibana/thibana dinko
- Ditlhabi mo mmeleng
- Letsapa le le feteletseng
- Go sitwa mo go feteletseng
- Go latlhegelwa ke keletso ya dijo
- Balwetse ba bangwe ba ka nna le letshololo, go feroga sebetse kana go kgwa

Fa molwetse a sa alafiwe, o ka nna le khupelo e tona.

Go anama ga bolwetse jo go ka thibelwa jang?

- Thiba molomo le dinko fa o gotlholo le fa o ethimola
- Tlhapa diatla ka metsi a a phepa le molora morago ga go tshwara dilo tse di kgotlelesegileng.
- Se etele mafelo a a amilweng ke mogare wa Influenza A (H1N1)
- Lphaphe mo go amaneg le batho ba ba nang le mogare wa Influenza A (H1N1)
- Fa o nale dikai tsa mhikela, okile wa ya kwa mafelong a a amegilng kana o amane le motho yo o tswang kwa mafelong a a amegileng bona ba bongaka
- Dirisa dilwana tsa itshireletso (gloves and mask) fa o tlhokomela molwetse.
- Tlhatswa dilwana tse di neng di aperwe ke molwetse ka metsi a a bothitho le molora
- Bula matlhabaphefo go bulela phefo
- Fokotsa go tsena kgapetsa kgapetsa mo kamoreng ya molwetse wa Influenza A (H1N1) bogolo jang mme yo o imileng, bana le ope yo masole a gagwe a mmele a leng kwa tlase.