



Umuthi wokugoma weCovid-19: Imibuzo nezimpendulo



Yini
umuthi
wokugoma?

- Umuthi wokugoma usetshenziswa ukuvikela izifo ezenziwa amagciwane afana nesimungumungwane, upokisi kanye neCovid-19.
- Umuthi wokugoma uyatholakala ungamaconsana aconsiselwa emlonyeni uwagwinye noma ubengumjovo.
- Umuthi wokugoma usiza umzimba ukuthi ubone amagciwane bese ufundisa amasosha omzimba ukuthi alwe kanjani negciwane abhekene nalo.

Siyisebenzisela
imithi
yokugoma?

Imithi yokugoma ivikela ukuqubuka kwezifo ezingathelelana ebantwini. Imithi yokugoma enye yezindlela esingayi sebenzisa ukuvimbela ubhubhane lwezifo.

Imithi yokugoma ivikela abantu ukuthi bangangenwa izifo ezinokubabulala, zibashiye nokugula impilo yabo yonke noma zibashiye nemphumela engalindelekanga.

Eningizimu Afrika, zonke izingane ziyagonywa ukuze zivikelwe kumagciwane afana nemumps, i-polio, isimungumungwane, i-meningitis nomdlavuza wesibeletso.

Sivikele ukufa kwezingane eziningi kanye nabantu abadala ngoba bake bagonywa ukuvikela izifo eziyingozi.





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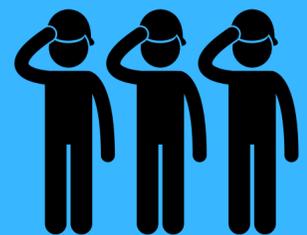
**Yini
amasosha
omzimba?**

Amasosha omzimba indlela umzimba ozivikela ngayo.

Amasosha omzimba anamangqamuzana (cells) lawa alwa nezifo namagciwane njengamasosha.

Uma ugula, kungenzeka izinga lokushisa komzimba linyuke libephezulu. Lokhu indlela amasosha omzimba alwa ngayo negciwane.

Amasosha omzimba **ayakhumbula** uma uke waba negciwane ukuthi uma liphinda liqhamuka, alwe nalo.



Kwabanye abantu, amasosha omzimba anamandla amancane – njengabantu abadala, izingane noma abantu abonokugula okungalapheki. Laba abantu abadinga usizo oluwengeziwe ukulwa nezifo. Imithi yokugoma iyasiza kulokhu.





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**Isebenza
kanjani imithi
wokugoma?
(1)**

Uma umzimba wakho ungenwa igciwane ongalazi, umzimba uzodinga usizo ngokuqonda ukuthi uzolwa kanjani negciwane elisha. Yilapho kudingeka umuthi wokugoma.

Imithi yokugoma yakhelwe ukulingisa igciwane nokulungiselela umzimba ukuthi ulinqobe.

Ukwenza umuthi wokugoma, ososayensi bashintsha ingxenye encane yegciwane ukuze lingasebenzi futhi lingabi namandla.

Uma lufakwa emzimbeni njengomuthi wokugoma, lufundisa umzimba ukulwa negciwane eliphelele.

**Ucezu lwegciwane
alisoze likugulise,
lufundisa umzimba
ngokuzivikela.**

Imithi yokugoma ifundisa amasosha omzimba ukwenza amasosha omzimba akhethekile ukumelana namagciwane athize. Lamasosha omzimba amaprotheni abambelela kwigciwane ukuze amasosha alinqobe.

Amasosha omzimba anjengomkhonto noma izikhali ezisentshenziswa ukulwa negciwane.



**PEOPLE'S
COALITION**



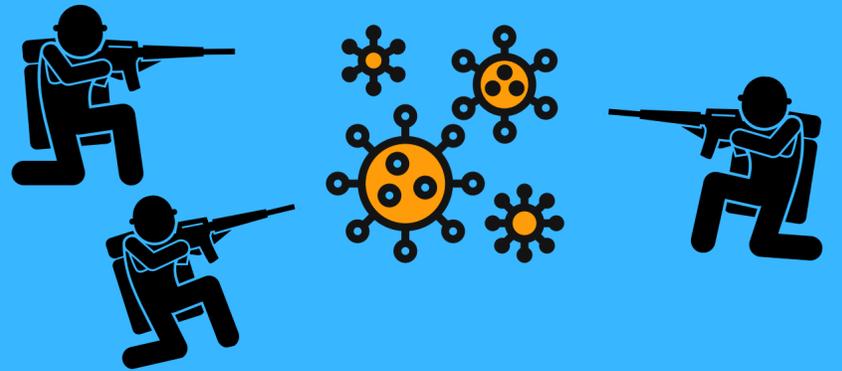
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Ukuze ugule, igciwane lisebenzisa izicubu zomzimba ukuthi libhebhetheke.

Isebenza kanjani imithi yokugoma? (2)

Uma ukewagonyelwa igciwane elithize, uma likungena izicubu zomzimba zikhiqiza amasosha omzimba aqondene nalelogciwane.



Ukuba namasosha akhumbula igciwane, umzimba uphendula ngokushesha ukuze unqobe igciwane uma likungena. Angeke kube lula ukuthi ugule.

Ososayensi bahlola imithi yokugoma ngokukhulu ukucophelela. Imithi yokugoma isetshenziswa kuphela uma kune siqiniseko ukuthi iphephile.

