



I-EBOLA - INTO EKUFUNEKA UYAZI

Yintoni i-Ebola?

• Isifo esibangelwa yontsholongwane ye-Ebola (EVD) sisifo esihlasela ngamandla kwaye sidla ngokubulala ebantwini nasezilwanyaneni ezifana (neenkawu, iigorila neetshimpanzi).

Ingaba sisasazeka njani esi sifo?

- Intsholongwane ye-Ebola isasazeka ngokuthe ngqo xa isikhumba sakho sinomgruzuko waza wadibana nomntu onesi sifo okanye xa iincindi zomzimba kuqkwa neziphuma ngeempumlo, umlomo nasemehlweni) zibe zinegazi, kwakunye neencindi zomzimba (ezifana nelindle, umchamo, amathe, nolwelo oluphuma kwilungu lobudoda) okanye ngeethishu zomntu onesi sifo.
- Intsholongwane ye-Ebola ayisasazeki emoyeni, iye ibe kulo ndawo inalo mntu uhlaselwe sesi sifo kuphela abe naye akakhange wadibana namntu ngokuthengqo ngokwezi ndlela zikhankanywe ngasentla, ngoko ke akukho bungozi bokwasuleleka besosulelwa ngenxa yokuba kufutshane nezinto ezikhutshwa ngumzimba/iincindi zomzimba xa benyanga abantu abagula sesi sifo.

Ngubani osemngciphekweni wokusuleleka?

• Ngexesha lokuqhambuka kwesifo, abonaba semngciphekweni omkhulu ngabo bangabasebenzi bezempilo kunye neentsapho zabo banesi sifo okanye abahlobo babo abathe basondelelana nabo baza bosuleleka.

Uqhambuko lwesi sifo kwiNtshona Afrika

- Ukuqhambuka kwe-Ebola kwiNtshona Afrika kuvakaliswe okokuqala ngoMatshi 2014, kwaye sichaphazele namazwe amane angala: iGeinea, iLiberia, iSierra Leone neNigeria.
- Olu qhambuko lwesifo i-Ebola lelona lakhe lalukhulu kolwakha lwakhona.
- Iingcali ezivela nkalwana zonke zibambisene ngomsebenzi wokulawula uqhambuko lwesi sifo.

Umngcipheko wokuhambela kwiNtshona Afrika

• Umngcipheko wokusuleleka komhambi yi-Ebola usezantsi kakhulu xa umntu engakhange asondele ngqo kwigazi okanye kwiincindi zomzimba zomntu okanye isilwanyana enesi sifo Abahambi into esinesi sifo.

• Abahambi kufuneka babe nesiqinisekiso sokugonyelwa iyellow fever balandele imigaqo isilumkiso abayinikiweyo ukuthintela ukusuleleka zizifo eziquka imalaria prophylaxis, ukuthintela ukulunywa ziingcongconi, ukuhlamba izandla rhoqo ngamanzi acocekileyo nesepha, kananjalo bahlale besitya ngendlela efanelekileyo.

Meko yiphi abaya kuba kuyo abemi boMzantsi Afrika?

• Libonwa liliphantsi kakhulu iqondo lokufika kwentsholongwane ye-Ebola eMzantsi Afrika.

Imeko ekuyiyo ngoku eNtshona Koloni nakuMzantsi Afrika

- Kungoku nje akukabikho zimeko zayamene noqhambuko ze-EVD, zikhe zabikwa kwiNtshona Koloni okanye kuMzantsi Afrika
- Nakuba nje iNtshona Koloni kungekho nto ithi inganazo imeko ezinjalo, kodwa uRhulumente weNtshona Koloni uqule waligangatha ukuqinisekisa ukuba iya kuba nako ukumelana nokufika kwe-EVD.
- Bonke abathathi-nxaxheba abaphambili (abaLawula izifo eziSulelayo nabeeNkonzo zoNyango ezisemaZibukweni, abeeNkonzo zoNyango oluNgxamisekileyo njalo njalo) bayasebenzisana ukuqinisekisa ukuba ukubhaqeka, ukwazisa kananjalo nendlela yokulawula i EVD.
- Isibhedlele saseTygerberg lelona zikompilo lilungiselelwe ukujongana nale meko ngezonyango xa ithe yarhaneleka ukuba ikho iEVD kweli phondo. Eli ziko-mpilo lineengcali nabasebenzi abaqeqeshiweyo ukuze bakwazi ukumelana neemeko ezinjalo.
- AbasemaGonyeni abajongene nezeMpilo emaZibukweni oMzantsi Afrika sebekulungele ukujongana nabantu abathe babonakalisa iimpawu zeEVD abangabahambi abasuka kwiNtshona Afrika.

Yeyiphi imiqondiso neempawu eziphawulekayo xa umntu esuleleke yi-Ebola?

- Iimpawu zingabonakala kwisithuba seentsuku ezi-2 ukuya kwezingama-21 emva kokuba umntu ebekhe wasesichengeni sentsholongwane ye-Ebola (umlinganiselo ziintsuku ezisi-8 ukuya kwezili-10).
- Iimpawu ezisuka zibekho ngesiquphe, ngumkhuhlane, intlok' ebuhlungu, iingqaqambo emalungwini nakwizihlunu.
- Oku kulandelwa kukugabha, ukurhuda, iintlungu ezisemazantsi esisu kanti ngaxesha limbi iba kukugubhuka. Ezinye izigulane z i n g a f u m a n i s a ukuba ziyopha nokopha ngaphandle n a n g a p h a k a t h i emzimbeni.

Ingaba ibhaqeka njani intsholongwane ye-Ebola?

• Ukuba umntu u n e e m p a w u ezibhaqeke kamsinyane

ze-Ebola kwaye ikho nento ecacisa ukuba ezo mpawu zezentsholongwane eyenza isifo i-Ebola ngenene kufuneka kuqwealaselwe oko, isigulane kufuneka sona sibekwe sodwa baze amagosa ezempilo orhulumente axelelwe. isampulu yegazi iya kusiwa kwiimvavanyo ukuqinisekisa ukuba sesi sifo ngenene na esinaso isigulane.

- Kukho ilebhu elungiselelwe ngokukodwa le njongo kwiNational Institute for Communicable Diseases (NICD) eJohannesburg, kwaye uya kwazi ukuvavanywa isifo esibangelwa yintsholongwane ye-Ebola.
- I-EVD iye ibhaqeka kuphela xa umntu eba nemiqondiso kwaneempawu zesi sifo.

Bangazikhusela njani abasebenzi bezempilo bangosulelwa yintsholongwane ye-Ebola?

• Abasebenzi bezeMpilo kufuneka bakwazi ukuyibona imeko ekrokrisayo yeEVD kwaye balungele ukusebenzisa amanye

amanyathelo namacebo okulawula esi sifo. Oku kuqka ukunxiba iimpahla ezikhuselayo (umzekelo, iiglavu, iimaski ezilungiselelwe ithiyetha, xa singekho kungasetyenziswa iimaski ezingu N95, iigawuni neendondo zokukhusela), ukusebenzisa imimiselo yokulawula izifo (ukuqinisekisa ukuba izixhobo ziyacociswa ukubulala iintsholongwane. Izigulane ezisuleleke sesi sifo kufuneka zibekwe zodwa zingadibani nezinye izigulane zinyangwe ngabasebenzi abaqeqeshwe ngendlela ehambelana neemeko zokulawula izifo ezilolu hlobo.

• Injongo yala macebo okusebenza kukuphepha ukuchatshazelwa ligazi naziincindi eziphuma emzimbeni womntu onesi sifo.

Ukuba uthe waya kwiindawo ebizinesi sifo ufumanise ukuba unemiqondiso yosuleleko sisifo esenziwa yintsholongwane ye-Ebola?

- Yiya kwiziko lezempilo ngokukhawuleza ubaxelele abasebenzi ngohambo lwakho nangokudibana neendawo ekukrokreleke okanye ekuqinisekiswa ukuba bezichatshazelwe yiEVD.
- Uya kubekwa wedwa uze uxilongwe ngumsebenzi wezempilo (ugqirha) emva kokubonisana nengcali kwiZifo eziSulelayo ukuze bakhangele ukuba yiEVD ngenene na, xa iyiyo banikwe ingqwalasela ngakumbi.
- Ukuba iimpawu onazo ziyahambelana neEVD, kuya kuthathwa isampulu yegazi ukuze kuqinisekiswa ukuba sesi sifo ngenene na.

Ukufumane neye ingcombolo ngena ku- www.westerncape.gov.za okanye tsalela ku- 012 395 9636



Oku nikuphathelwe nguRhulumente wezeMpilo weNtshona Koloni