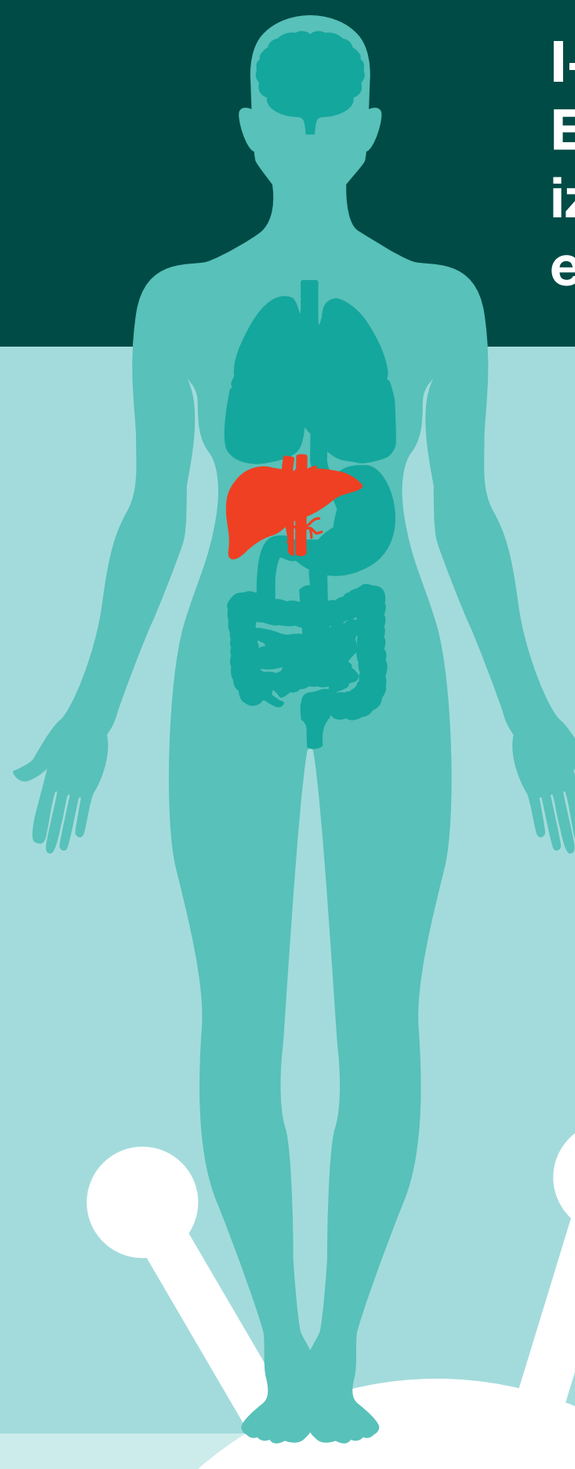
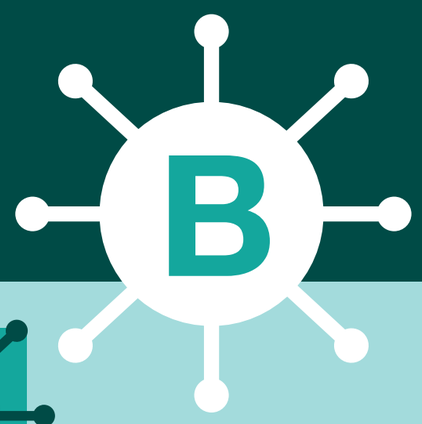
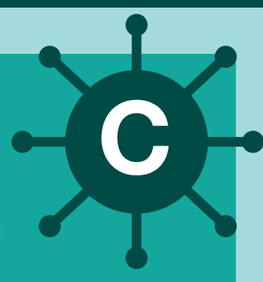
Amaphuzu Mayelana Nempilo ne-Hepatitis

I-Hepatitis ichaza ukuvuvukala kwesibindi. Esikhathini esiningi idalwa amagciwane. Ziningi izinhlobo zakhona, kodwa i-hepatitis B ne-C yizona ezivame kakhulu.







IMFIVA

UKUKHATHALA

UKUZIZWA UGULA/ UKUPHALAZA

UKUVALEKA KWENHLIZIYO

UKUNCIPHA KWESISINDO SOMZIMBA

AMALUNGU AMATHAMBO ABUHLUNGU

ISIKHUMBA NAMEHLO APHUZI

AMAKAKA APHASHILE NOMCHAMO OMNYAMANA

UBUHLUNGU BESISU

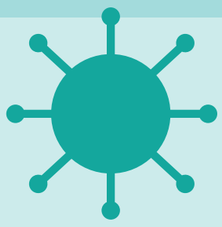
Ngabantu abambalwa kakhulu ababa nezimpawu.
Uma kwenzekile zavela izimpawu, zingaba mandla kakhulu. Indlela eyodwa yokwazi ukuthi unayo na i-hepatitis ukuhlolwa kwegazi.

Uma kutholakale ukuthi unayo, sizokusiza ukuba uthole usizo lwezempilo ukuze uvikele ukugula esikhathini esizayo kanye nokugwema ukusabalalisa igciwane.

Ukutheleleka

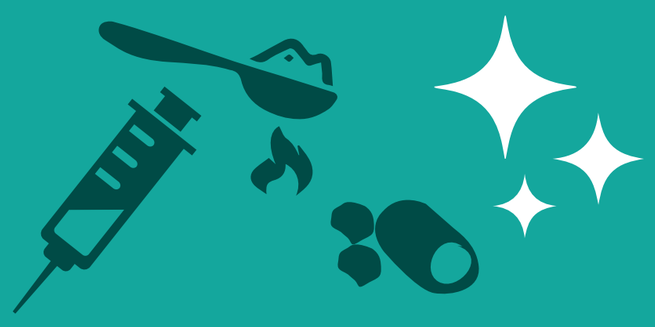
I-hepatitis B ne-C yizo ezithelelana ngamandla kunegciwane leSandulela-Ngculazi uma igazi elithelelekile noma uketshezi lwasemzimbeni lungena emzimbeni womuntu.

Ukuhlolwa



Ungahlolelwa i-hepatitis B no-C kulesi sikhungo. Khuluma nomsebenzi wezempilo kule sayithi ukuze uthole ulwazi oluthe xaxa.

Ukuzivikela



Sebenzisa izinsiza ezingenamagciwan uma usebenzisa izidakamizwa.

Sebenzisa amakhondomu uma uya ocansini.

Ungalokothi wabelane ngemishini yokunquma izinzipho, izixubho noma amareyiza.

Ukugonywa? Uyagwazi ukugomela i-hepatitis B

Ikhambi? Zombili lezi zifo ziyalawuleka futhi i-hepatitis C iyelapheka.

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