

## CHITHANDIZO CHOYAMBIKIRA MUSANAPITE KUCHIPATALA

### Kutentha kwa thupi

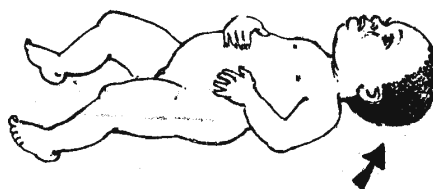
Kutentha kwa thupi ndi pamene m'thupi mwa munthu mwatentha kwambiri. Kutentha thupi si matenda koma chizindikiro cha matenda. Komabe, **kutentha thupi kwambiri ndi kowopsa makamaka kwa ana.**

#### Pamene munthu watentha thupi:

1. Muvuleni china chilichonse m'thupi mwake.

Ana aang'ono ayenera kuwavuliratu chilichonse ndikuwasiya maliseche mpaka kutentha thupiko kutachepa.

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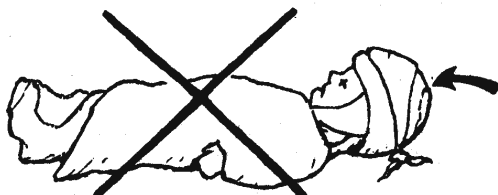


Izi zimathandiza kuti kutentha thupi kuchepe.

Ana **asafunditsidwe** chovala kapena bulangeti.

**Kumufunditsa mwana yemwe watentha thupi ndi kowopsa.**

Ayi



Izi zimachititsa kuti thupi litenthe kwambiri.

Mpweya wozizira sungamupweteke munthu yemwe watentha thupi. Mpweyawu umathandiza kuti kutentha thupi kuchepe.

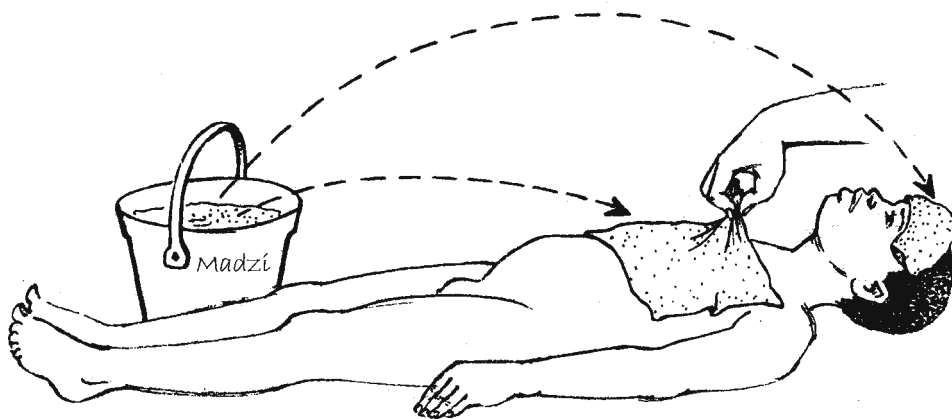
2. Imwaninso *aspirin* pofuna kuchepetsa kutentha kwa thupi (onani tsamba 392). Ana aang'ono angathe kumwetsedwa *acetaminophen* (*paracetamol*, onani tsamba 393), *aspirin* wa ana kapena kachibenthu ka mamiligalamu 300 a piritsi la *aspirin* (onani tsamba 61).
3. Aliyense yemwe watentha thupi **amwe madzi ambiri**, zakumwa zotsekemera ndi zakumwa zina. Kwa ana makamaka akhanda, ayenera kumwetsedwa madzi ozizira omwe ayamba awiritsidwa kaye. Onetsetsani kuti ana akukodza bwinobwino. Ngati sakukodza kwambiri kapena mkodzo wawo ndi wakuda, amwetseni madzi ambiri.
4. Ngati ndi kotheke, pezani ndi kuchiza chomwe chayambitsa kutentha thupiko.

## Kutentha thupi kwambiri

Kutentha thupi kwambiri kungakhale kowopsa ngati sukuchepetsedwa msanga. Kungachititse kudzidzimukadzidzimuka, kuwonongeka kwa bongo kufa kwa zivalo kapena chifufu (khungu). Kutentha thupi kwambiri ndi kowopsa kwa ana aang'ono.

**Kutentha thupi kukakwera kwambiri (kuposa 40°C) ndi koyenera kuchepetsedwe msanga.**

1. Wodwala ayikidwe pamalo ozizira ndipo avulidwe zovala
2. Mukupizeni wodwalayo.
3. Muthireni madzi ozizira pang'ono kapena mumuyike nsalu yonyowa pa chifuwa kapena pachipumi pake. Kupizani nsaluzo ndiponso zisintheni kuti zikhale zozizira. Pitirizani kuchita izi mpaka kutentha thupiko kuchepe (kutentha kwathupi kusafike 38°C).



4. Mupatseni madzi ambiri akumwa.
5. Mupatseni mankhwala kuti thupi lizizire. *Aspirin* kapena *acetaminophen* (*paracetamol*) amathandiza kwambiri.

**Mlingo** (kugwiritsira ntchito matabuleti aakuluakulu a mamiligalamu 300):

Munthu wa zaka zoposa 12: matabuleti awiri pa tsiku pamawola anayi aliwonse

Ana a zaka 6 mpaka 12: tabuleti limodzi pa mawola anayi aliwonse

Ana a zaka 3 mpaka 6: theka la tabuleti pa mawola anayi aliwonse.

Ana a zaka zochepera 3: kachibenthu ka kotala ya katabuleti mawola anayi aliwonse

**Chidziwitso:** Panado ndi wabwino kusiyana ndi *aspirin* kwa ana a zaka zochepera 12 amene akudwala chimfine kapena katsabola (onani tsamba 393).

Ngati munthu yemwe watentha thupi sangathe kumeza *aspirin*, mupereni ndikusakaniza ndi madzi ndipo muwaike kuthako ndi sirinji yopanda zingano.

**Ngati thupi silikuzizira msanga kapena wodwala wayamba kudzidzimuka, pitirizani kuliziziritsa ndi madzi komanso pitani kuchipatala msanga.**

## Kusokonezeka maganizo (shoko)

Shoko ndiyo opsa kwambiri ndipo nthawi zina imayamba chifukwa cha chilonda chachikulu cha moto, kutaya magazi kwambiri, kudwala kwambiri, kutha madzi m'thupi kapena zoipa zina zobwera chifukwa chamankhwala ena. Kutayika kwambiri kwa magazi m'mimba ngakhale sikuwoneka kungathenso kuyambitsa shoko.

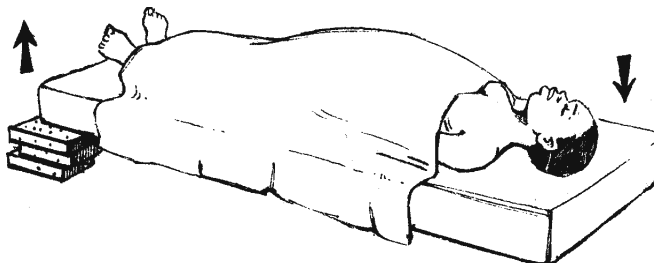
### Zizindikiro zake:

- Kufowoka, kugunda kwambiri kwa mtima (koposa zana limodzi pa mphindi imodzi).
- Thukuta lozizira; kumva kuzizira, thukuta.
- Kusokonezeka maganizo, kufowoka kapena kusazindikira zomwe zikuchitika.
- Kuthamanga kwa magazi m'thupi kumatsika.

### Kupewa kapena kuchiza:

Chizindikiro choyamba chikangowoneka kapena ngati pali kuwopsa kotere:

- Mugonekeni wodwalayo pansi ndi mapazi ake kokwera kusiyana ndi mutu wake monga chonchi:



Wodwala agonekedwe chokhala ngati wapweteka m'mutu kwambiri (onani tsamba 92)

- Onetsetsani kuti magazi asiya kutuluka.
- Ngati munthuyo akumva kuzizira, mufunditseni bulangeti.
- Ngati akuzindikira zomwe zikuchitika ndipo angathe kumwa, mupatseni madzi pang'onopang'ono kapena zakumwa zina (tsamba 161).
- Ngati akuwoneka kuti alibe madzi ambiri m'thupi, mupatseni zakumwa zambiri zobwezeretsa madzi m'thupi.
- Ngati ali ndi zilonda, zipakeni mankhwala.
- Ngati akumva kupweteka m'thupi, mumwetseni aspirin kapena mankhwala ena aliwonse wothetsa ululu koma osati oziziritsa mitsempha ngati *codeine*.
- Mulimbikitseni ndi kumukhazikitsa mtima pansi.

Ngati munthuyo sakuzindikira chomwe chikuchitika mukhoza kuchita izi:

- Mugonekeni cham'mbali motsitsa mutu m'mbuyo. Ngati akutsamwa, kokerani lirime lake cham'tsogolo ndi chala chanu.
- Tsukani m'kamwa mwake ngati anasanza. Onetsetsani kuti waweramitsa mutu wake cham'mbali kuti asapumire masanziwo m'mapapo.
- Asamwetsedwe chilichonse mpakana atazindikira chomwe chikuchitika.
- Apatsidwe diripi yamadzi kudzera m'mitsempha ngati alipo wina wodziwa kagwiritsidwe ntchito kake.
- Pitani kuchipatala msanga.

## Kusazindikira chomwe chikuchitika

Zinthu zodziwika zomwe zimachititsa kuti munthu asazindikire zomwe zikuchitika ndi izi:



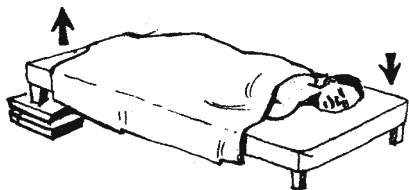
- uchidakwa
- kumenyedwa m'mutu
- kukhala mu shoko (tsamba 78)
- kuthiriridwa poizoni (tsamba 105)
- kukomoka (chifukwa cha mantha, kufowoka ndi zina zotere)
- kufa kwa ziwalo (sitiroko) (tsamba 346)
- matenda a mtima.

Ngati munthu sakuzindikira chomwe chikuchitika ndipo simukudziwa chomwe chayambitsa, **fufuzani msangamsanga zotsatirazi:**

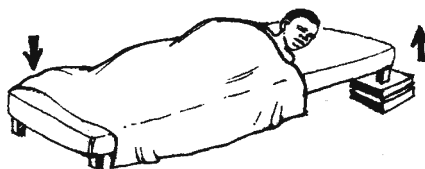
1. **Kodi akupuma bwino?** Ngati sakupuma bwino, yendetsani mutu wake cham'mbuyo ndipo kokerani chibwano ndi lirime lake kutsogolo. Ngati pakhosi pake paima china chake, chitulutseni. Ngati sakupuma, mupumireni mpweya m'kamwa mwake ndi kukamwa kwanu mwamsanga (onani tsamba 81).
2. **Kodi akutaya magazi ambiri?** Ngati ndi choncho, onetsetsani kuti magaziwo sakutayikanso (onani tsamba 83).
3. **Kodi wagwidwa "shoko"?** Ngati ndi choncho, mugonekeni mokweza miyendo yake ndipo masulani zovala zake.
4. **Kodi ingakhale sitiroko** (opanda thukuta, thupi latentha, ndipo thupi lake lafiira, tsamba 82)? Ngati ndi choncho, muikeni pamthunzi, mugonekeni mokweza mutu wake ndipo mumuthire madzi ozizira, kapena ayisi ngati ndizotheka.

**Mmene mungamugonekere munthu yemwe sakuzindikira chomwe chikuchitika wakomoka:**

Thupi loyezuka (kukomokakomoka)



Thupi lofiira: (kufa ziwalo mavuto jmtimchifukwa cha kutentha, kufa ziwalo, vuto la mtima)



**Ngati munthu yemwe sakuzindikira chomwe chikuchitika wavulala kwambiri:**

Ndi bwino kuti musamusunthe mpaka atatsitsimuka. Ngati mukumusunthasuntha, teroni mosamala kwambiri chifukwa ngati khosi kapena msana wake wathyoka, mukhoza kumupweteka kwambiri.

Pezani ngati ali ndi zilonda kapena mafupa othyoka koma musuntheni munthuyo pang'onopang'ono. Musapinde msana kapena khosi lake.

**Musamumwetse munthu yemwe sakuzindikira china chilichonse chomwe chikuchitika.**

## Pamene munthu watsamwidwa



Pamene chakudya kapena chinachaka chatseka kukhosi ndipo munthu sangathe kupuma, chitani izi msanga:

- Imani kumbuyo kwake ndipo mugwireni mozunguliza manja anu m'chiuno mwake.
- Chibakera chanu chikhale pamimba pake m'munsi mwa nthiti komanso chapamwambako pang'ono pa mchombo.
- Mukankhire m'kati mimba yake momdzidzimutsa.

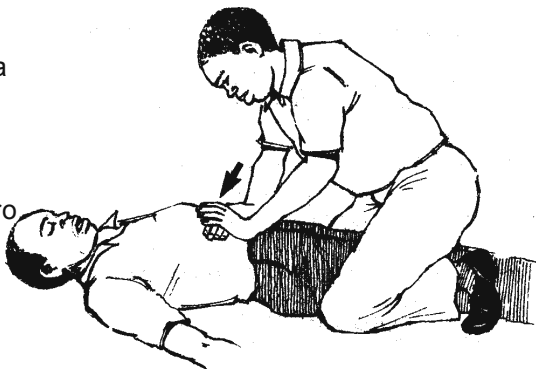


**KUTSAMWIDWA**

Izi zimathandiza kuti mpweya wam'mapapo ake uchoitse chomwe chinatseka kukhosi.

Ngati munthu ndi wamkulu kuposa inu, chitani izi msanga:

- Mugonekeni chagada.
- Mukhalireni pamiyendo yake ndikuyika dzanja lanu pamimba pake pakati pa mchombo ndi nthiti zake.
- Dzanjalo muzilikankha mofulumira
- Bwerezani izi ngati ndi koyenera kutero
- Ngati sikuthabe sangathe kupuma, **yesani kumupumira m'kamwa ndi kukamwa kwanu.**



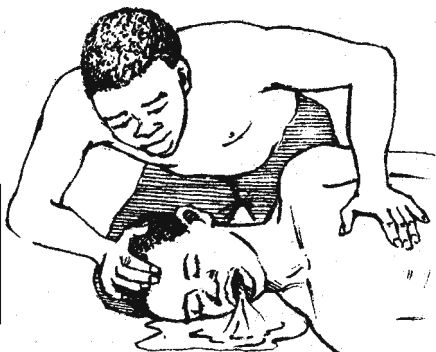
## Kumira m'madzi kobanika nako

Munthu yemwe wasiya kupuma amakhala ndi mphindi zinayi zokha kuti akhale ndi moyo. Koteru muyenera kuchitapo kanthu msanga.

**Yambani kumupumira m'kamwa ndi kukamwa kwanu msanga.** Ngati ndi kotheka munthu yemwe wamira asanatulutsidwe m'madzi bola ngati madziwo si akuya kwambiri ndipo mungathe kuyima bwinobwino.

Ngati simungathe kumupumira mpweya m'mapapo ake, mukafika kumtunda, m'gonekeni ndi miyendo yake kotsika ndipo muzikankha mimba yake monga momwe tafotokozeru kale. Pitirizani kumupumira m'kamwa ndi kukamwa kwanu.

**Nthawi zonse yambani kupumira m'kamwa ndi kukamwa kwanu msanga musanyambe kuchotsa madzi m'chifuwa mwa munthu yemwe wamira.**



## Mungatani munthu atasiya kupuma: kupomira m'kamwa ndi kukamwa kwanu:

Zinthu zodziwika zomwe zimachititsa munthu kuleka kupuma ndi izi:

- kutsamidwa pakhosi
- lirime kapena makhololo wotseka kukhosi kwa munthu yemwe wakomoka
- kumira m'madzi, kutsamwa ndi utsi, kuthiridwa poyizoni
- kumenyedwa m'mutu kapena pachifuwa
- matenda a mtima

Munthu angafe pakupita mphindi zinayi zokha ngati sakupuma.

### Ngati munthu wasiya kupuma, yambani kumpumira m'kamwa ndi kukamwa kwanu MSANGAMSANGA.

Chitani zinthu zotsatirazi mwachangu:

1. Chotsani chomwe chatseka kumero kwake kapena m'kamwa mwake mofulumira ndipo kokerani lirime lake kutsogolo. Ngati kukhosi kuli makhololo, achotseni.



2. Mgonekeni munthuyo chagada, moyimitsa mutu wake ndi nkongo yake ndipo kokerani m'tsogolo chibwano chake.



3. Tsekani mphuno zake ndi zala zanu, muyasamulitseni kukamwa kwake. Ndi pakamwa panu tsekani pakamwa pake ndipo pumirani mpweya mwamphamvu m'mapapo ake kuti pachifuwa pake patukule.

Imani kaye kuti mpweya utuluke kenaka mupumireninso. Bwerezani izi kamodzi pamasekondi asanu aliwonse. Akakhala ana, tsekani mphuno ndi pakamwa pawo ndi pakamwa panu ndipo muziwapumira **pang'onopang'ono** kamodzi pamasekondi atatu aliwonse.



Pitirizani kupumira m'kamwa ndi kukamwa kwanu mpaka munthuyo atayambanso kupuma yekha kapena ngati simukukayika kuti wafa. Nthawi zina mukhoza kupitiriza kwa ola limodzi kapena ochulukirapo.

## Ngozi zadzidzidzi zoyamba ndi kutentha

### Kukokana kwa minofu chifukwa cha kutentha

M'nyengo yotentha, anthu amene amagwira ntchito kwambiri komanso amatuluka thukuta kwambiri, nthawi zina amamva ululu chifukwa chakukokana kwa minofu ya m'miyendo, m'mikono ndiponso m'mimba. Izi zimachitika chifukwa chosowa mchere m'thupi.

**Chithandizo chake:** Thirani supuni ya tiyi m'madzi owiritsidwa okwana lita imodzi kenaka imwani. Bwerezani ola lililonse mpakana kukokana kwa minofu kutasiya. Onetsetsani kuti munthuyo wakhala pansi pamalo ozizira ndipo muzimusiita m'malo momwe akumva kupweteka.



### Kufowoka chifukwa chotentha

**Zizindikiro:** Munthu yemwe amagwira ntchito ndi kutuluka thukuta kwambiri m'nyengo yotentha akhoza kufowoka kapenanso kukomoka. Thupi lake limazizira komanso limakhala lonyowa. Mtima wake umagunda mofulumira koma mofowoka. Pamene m'thupi mwake mumakhala bwinobwino.

**Chithandizo:** Mugonekeni pansi munthuyo pamalo ozizira, mapazi ake atakwezedwa ndipo muzimusiita miyendo yake. Mupatseni madzi a mchere kuti amwe: thirani tiyi supuni imodzi ya mchere m'madzi okwana lita imodzi (asamwetsedwe chilichonse ali chikomokere).

### Kufa ziwlo koyamba ndi kutentha (*heat stroke*)

Kufa ziwlo koyamba ndi kutentha ndi yowopsa kwambiri ngakhale kuti si yofala. Iyoyi imagwira makamaka akuluakulu ndi zidakwa m'nyengo yotentha.

**Zizindikiro:** Khungu limatentha ndi kuuma kwambiri. M'khwapa simukhala monyowa. Munthuyo amatentha thupi kwambiri, nthawi zina kuposa 42°C ndipo amakomoka.

**Chithandizo: Kutentha kwa m'thupi kuchepetsedwa msanga.** Munthuyo ndi bwino akhale pa mthuzi. Munyowetseni ndi madzi ozizira ndiponso muzimukupiza. Pitirizani mpaka kutentha thupi kutachepa. Kenaka pitani kuchipatala.

KUSIYANA PAKATI PA MUNTHU WOFOWOKA CHIFUKWA CHA KUTENTHA NDI MUNTHU

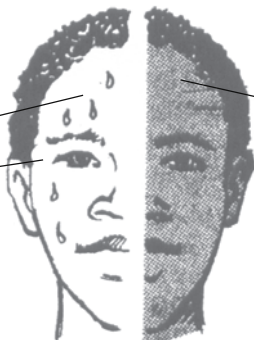
WOCHITA SITOLOKO CHIFUKWA CHOTENTHA:

#### Kufowoka chifukwa chotentha

- thupi la thukuta, loyezuka ndi lozizira
- maso amakula
- thupi silitentha
- thupi kufooka

#### Kufa ziwalo chifukwa chotentha

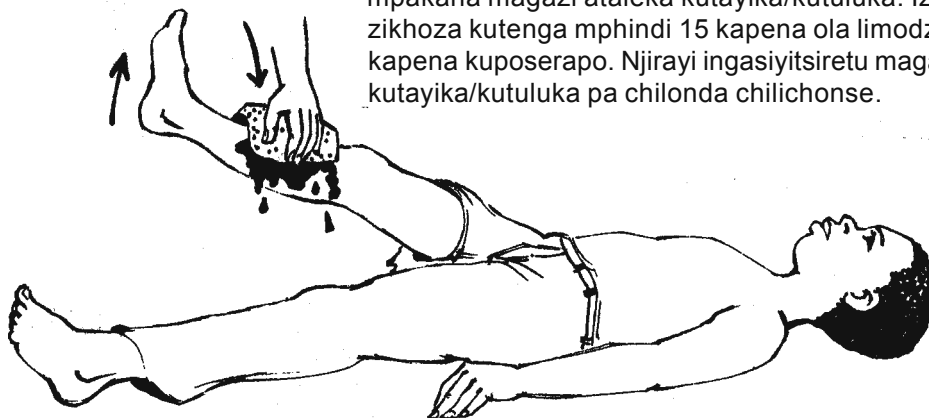
- thupi lowuma ndilotentha
- thupi limatentha kwambiri
- munthu amadwala kwambiri amakomoka



## M'mene mungaleketsere kutayika kwa magazi pachilonda

1. Kwezani m'mwamba mbali yovulalayo.

2. Ikani nsalu kapena dzanja lanu pachilondapo. Mopsinya muzikhazika dzanja pachilondapo mpakana magazi ataleka kutayika/kutuluka. Izi zikhoza kutenga mphindi 15 kapena ola limodzi kapena kuposerapo. Njirayi ingasiyitsiretu magazi kutayika/kutuluka pa chilonda chilichonse.



3. Ngati magazi sakuleka kutayika ngakhale muike dzanja kapena nsalu pachilondapo ndipo ngati munthuyo akutayabe magazi ambiri koti akhoza kufa, chitani zinthu zotsatirazi:

- Pitirizani kuphimba mosindikira pachilondapo.
- Kwezani m'mwamba mbali yovulalayo.
- Mangani mkono kapena mwendo pafupi ndi pachilondapo. Mangani kwambiri kuti magazi asatayikenso.
- Pomanga pachilonda musagwiritsire ntchito waya kapena chingwe chopypyala. M'malo mwake gwiritsirani ntchito nsalu yopinda bwino kapena lamba wamkulu.



### Malangizo akasamalidwe:

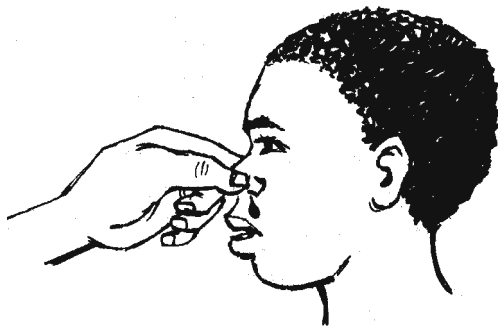
- Mangani mwendo/dzanja pokhapokha ngati magazi akutuluka kwambiri ndipo ngati sangaleketsedwe pophimba pachilondapo
- Masulaniko pang'ono mphindi makumi atatu aliwonse kuti muwone ngati chomwe mwamangacho chikufunikabe komanso pofuna magazi kuti ayende bwino. Chilonda chikamangidwa kwa nthawi yaitali, zikhoza kuwononga mwendo/dzanja. Koteru kuti zikhoza kufunkira kuti zidulidwe.
- **Musagwiritsire** ntchito dothi, parafini, *lime* kapena *coffee* pofuna kuleketsa magazi kutuluka pachilonda.
- Ngati magazi akutuluka kwambiri, kwezani mapazi ndi kutsitsa mutu powopa kuti thupi lichititsidwa shoko kapena kuchititsidwa mantha akulu (onani tsamba 78).



## M'mene mungaleketsere kamfuno (kuluka kwa magazi m'mphuno)

1. Khalani pansi modekha.
2. Minani pang'onopang'ono kuti mamina ndi magazi atuluke.
3. Tsekani mphuno kukwanira mphindi khumi kapena mpakana magazi atasiya kutuluka. Muwuzeni munthuyo kuti apume kudzera m'kamwa.

Ngati magazi akutulukabe...



Ikani thonje m'mphuno. Ngati ndi kotheke yambani mwanyowetsa thonjelo ndi *hydrogen peroxide*, *Vaselini* kapena *lidocaine* ndi *epinephrine* (tsamba 394).



Tsekaninso m'mphuno mpaka padutse maminitsi khumi.

Lisiyeni thonjelo kwa maola angapo magazi atasiya kutuluka, kenaka lichotseni mosamala kwambiri.

Kwa akuluakulu, magazi angatuluke kuchokera kumbuyo kwa mphuno ndipo sangasiyitsidwe potseka mphuno. Zikakhala chonchi munthuyo alume chitsononkho ndi china chilichonse ndipo awerame cham'tsogolo, atakhala phe ndipo asameze kalikonse mpakana magazi atasiya kutuluka. Kuluma chinthu mkumwa kumathandiza kuti munthuyo asanumeze magazi ndinso zimapereka mpata woti magazi asiye kutuluka.



### **Kupewa:**

Ngati munthu amachita kamfuno kawirikawiri, mpakeni pang'ono **Vaselini** m'mphuno mwake kawiri pa tsiku kapena wazamoni madzi pang'ono a mchere (onani tsamba 173).

Kudya malalanje, matimati ndi zipatso zina kungathandize kulimbitsa mitsempha kuti kamfuno azituluka pang'ono.

## Kutemeka, kusupuka ndi zilonda zing'onozing'ono

**Ukhondo ndi ofunika kwambiri pofuna kupewa matenda ndi kuthandiza zilonda kuti zipole.**

**Kusupuka kwa khungu lotsukidwa kumene, kukhoza kuwumitsidwa ndi mphepo.**

### **Kupaka mankhwala pa chilonda:**

Sambani kaye m'manja ndi sopo. Tsukani pomwe pasupukapo pang'onopangono kenaka paumitseni. Ngati muli ndi mankhwala osungunula a GV thirani pang'ono kuti muphe majeremusi. Musamangapo kalikonse makamaka ngati mwangosupuka pamwamba penipeni pa khungu. Pangapole bwino popanda kumangapo.

Ena amakonda kuikapo *Tincture Benzoin Co* (TBC) ndi thonje posupukapo. Ichi si chithandizo chabwino. Sipiriti wa mu TBC amapweteka kwambiri ndipo chilonda chimachedwa kupola.

**Kupaka GV, popanda kumangapo ndi kulola kuti chilonda chiume chokha ndi kwabwino kwambiri.**

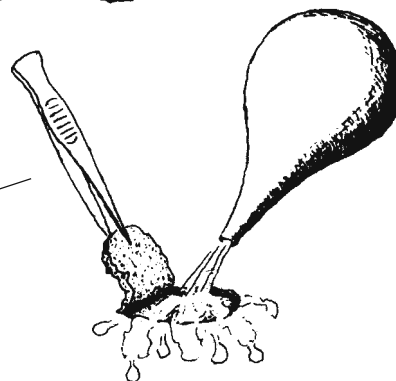
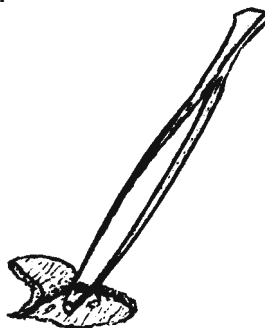
### **Kupaka mankhwala pachilonda chachikulu:**

Sambani manja anu bwinobwino ndi sopo. Kenaka khungu lozungulira chilonda ndi sopo komanso madzi ozizira owiritsidwa. Kenaka tsukani chilonda ndi madzi ozizira owiritsidwa (komanso ndi sopo ngati pachilonda pali zoipa zambiri).

Potsuka chilonda, samalitsani pochotsa zoipa zonse. Nyamulani ndi kutsuka kumunsi kwa khungulo. Mungathe kugwiritsira ntchito sizasi pofuna kuchotsa zoipa zonse pachilondapo koma muziyamba mwawiritsa zipangizozo.

Chilonda chikatsukidwa, ikani kansalu pachilondapo komwe kayenera kukhala kopepuka kuti mpweya uzitha kufika pachilonda kuti chipole. Sinthani kansaluko tsiku lililonse ndipo muziwona ngati pali zizindikiro za matenda ena (onani tsamba 89).

Pitani kuchipatala pofuna kuteteza wodwalayo ku matenda a kafumbata (onani tsamba 90).



**MUSAYIKE manyi a nyama kapena a munthu kapena matope pachilonda. Izi zikhoza kuyambitsa matenda ena monga kafumbata.**

**MUSAIKE sipiliti, TBC wa ayodini pachilonda popeza izi zingawononge minofu nkuchititsa kuti chilonda chichedwe kupola. Gwiritsirani ntchito sopo ndi madzi.**

## Mmene mungatsekere potemeka papakulu

Pamalo pomwe pangotemeka kumene pamapola msanga ngati mutabweretsa pamodzi mbali zotemekazo kuti potemekapo patsekeke/pabisike.

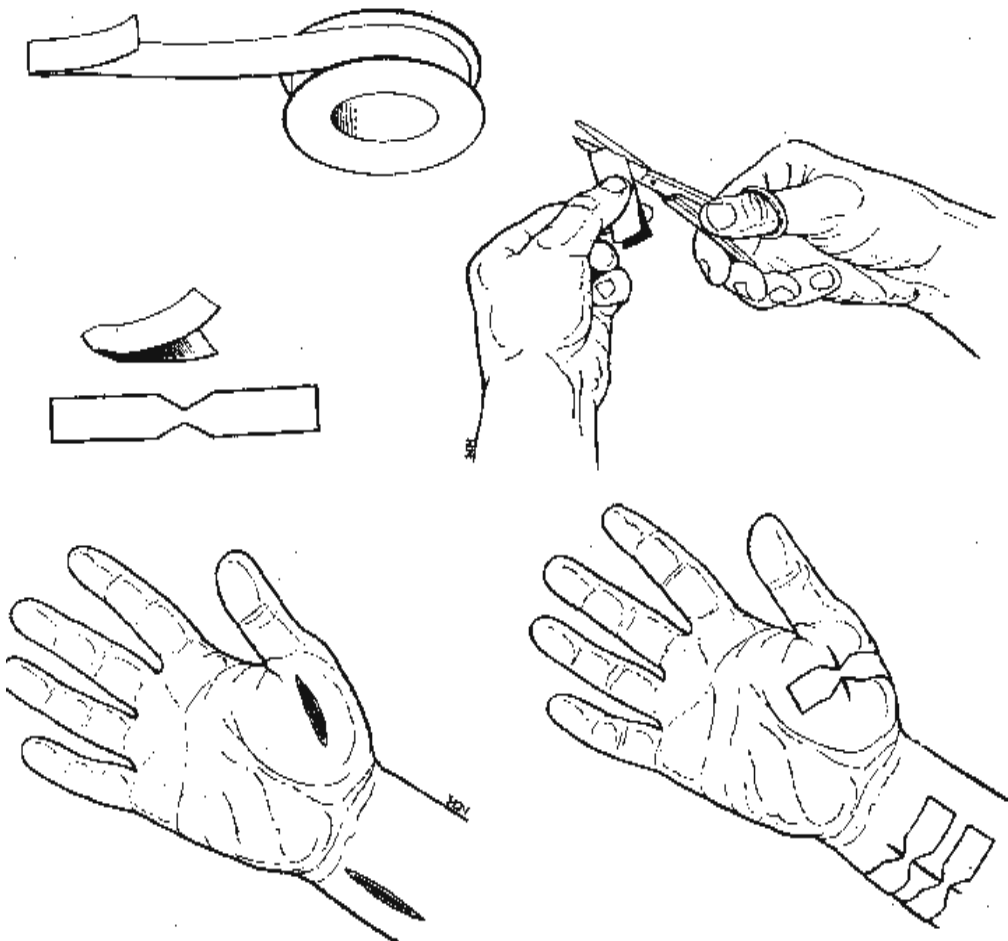
Tsekani pamene patemeka kwambiri ngati zotsatirazi zili zowona:

- potemekapo sipanathe mawola 12
- potemekapo sipanayipitsidwe kapena sipanade
- ndi kosatheka kupeza wogwira ntchito za umoyo kuti adzasoke chilondacho tsiku lomwelo

Musanatseke potemekapo, tsukanipo kaye ndi madzi owiritsa ndi sopo. Ngati ndikotheka gwiritsirani ntchito sirinji ndi madzi. Onetsetsani kuti potemekapo pasakhalire zoipa zina zilizonse.

Pali njira ziwiri zotsekera pamalo potemeka:

### KUMATA NDI BANDEJI

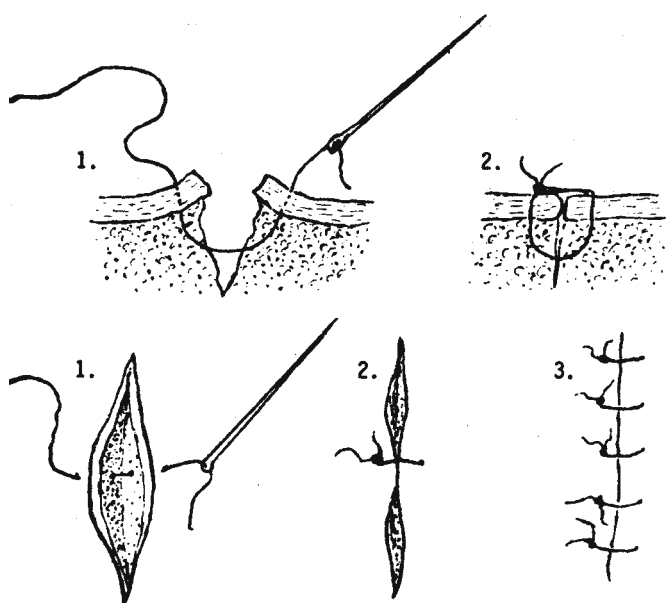


## KUSOKA PACHILONDA

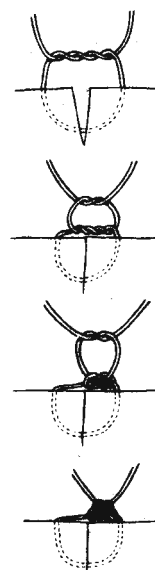
Pofuna kudziwa ngati pomwe patemeka ndi pofunika kusokapo, onani ngati mbali za khungulo zingathe kugundana ndipo ngati zikugundana, palibe chifukwa chosokerapo.

Pofuna kusoka pachilonda:

- Wiritsani zingano yosokera ndi ulusi (ulusi wa siriki kapena ndironi ndiwo wabwino) kwa mphindi khumi.
- Tsukani chilondacho ndi madzi owiritsa ndiponso sopo monga mwamva kale.
- Sambani m'manja bwinobwino ndi madzi owiritsa ndiponso sopo
- Sokani chilondacho motere:



### MOMWE MUNGAMANGIRE MFUNDO YABWINO



Poyamba sokani pakati pomwe patemeka ndipo mangani kuti patsekedwe (1. ndi 2.).

Sokani kokwanira kuti potemeka ponsepo patsekedwe (3.).

Usiyeni pomwepo ulusi mwasokera chilondacho kwa masiku 4 mpaka 9 (masiku 4 pamaso, masiku 6 pamkono, masiku 9 pamwendo kapena paphazi). Kenaka chotsani ulusi: dulani ulusiwo pambali imodzi ya mfundooyo ndipo ikokeni mfundooyo mpakana ulusi utuluke

**Chenjezo:** Sokani zilonda zomwe sizinathe mawola 12 komanso zomwe zili zopanda zoipa zina zilizonse. Musasoke zilonda zobwera chifukwa cholumidwa ndi agalu, anthu, nkhumba kapena nyama zina. Kusoka zilondazi kungayambitse matenda owopsa.

**Ngati chilonda chomwe chasokedwa chikuwonetsa zizindikiro za matenda ena, chotsani masitichiwo msanga ndikuchisiya pamtunda (onani tsamba 89).**

## Mabandeji

Mabandeji amagwiritsidwa ntchito pofuna kuti chilonda chikhale chosamalika bwino. Pa chifukwachi, mabandeji ndi tinsalu tomangira pachilonda tiyenera kusamalidwa bwino. Tinsalu togwiritsidwa ntchito ngati bandeji tiyenera kuchapidwa ndi kuumitsidwa ndi simbi kapena dzuwa, m'malo abwino opanda fumbi.

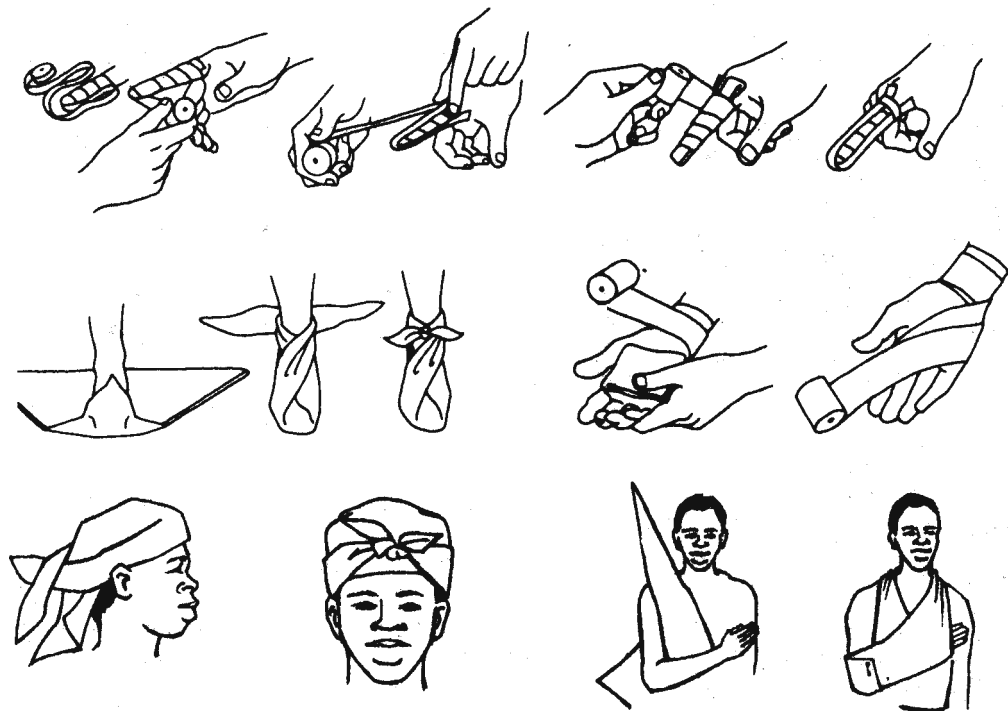
Ngati ndi kotheke, tsekani pachilondapo ndi mapadi musanamange bandeji. Mapadiwa amagulitsidwa m'maenvilopu omatidwa m'sitolo zogulitsiramo mankhwala.

Kapena konzani nokha kansalu kapena mapadiwo. Akulungeni m'mapepala ochindikala nkuwamata ndi tepi yomatira. Mukatero asiye ni mphindi makumi awiri mu uvuni.

**Kuli bwino kusagwiritsira ntchito bandeji kusiyana ndi bandeji yakuda kapena yonyowa.**

Ngati bandeji lada kapena lanyowa, lichotseni ndipo tsukaninso chilonda ndikuikapo bandeji lina labwino.

Zitsanzo za mabandeji:



**Chenjezo:** Musamange kwambiri bandeji kuzungulira mkono kotero kuti magari azitha kuyenda bwinobwino.

Kutemeka pang'ono ndi kusupuka khungu sikufuna kumanga bandeji. Izi zimapola msanga zikatsukidwa ndi sopo ndi madzi ndikuzisiya pamtunda. **Chofunika kwambiri ndi kuzisamalira.**

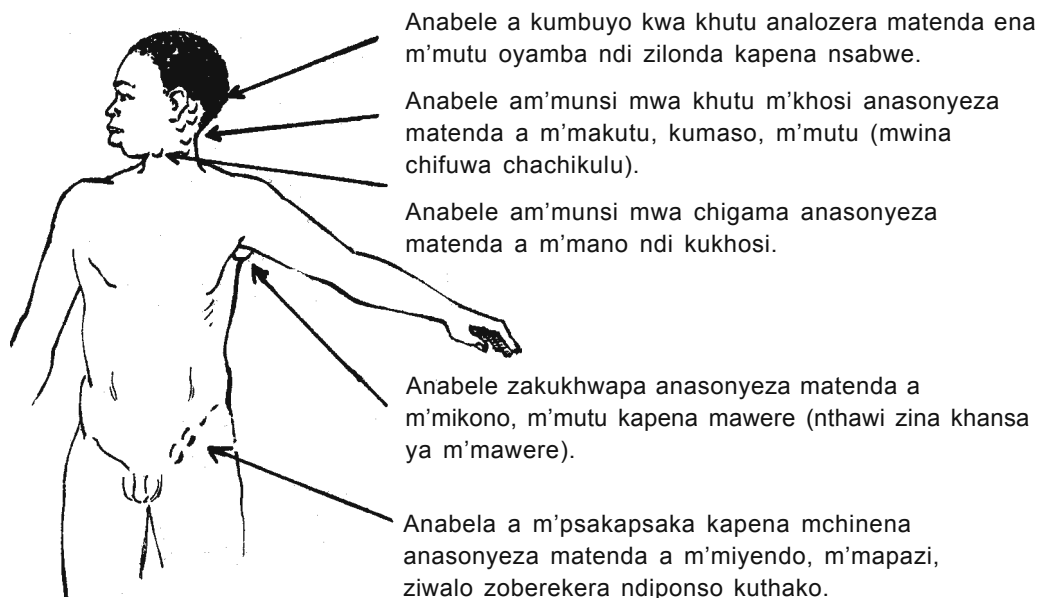
## Zilonda zomwe zalowa matenda

### Chilonda chimalowa matenda ngati:

- chafiira, chatupa, chikutentha komanso kupweteka,
- chili ndi mafinya,
- chayamba kununkha.

### Matenda a chilonda amakhala kuti akufalikira ku mbali zina zathupi ngati:

- akutenthetsa thupi,
- pali mzere wofiira pamwamba pa chilonda,
- kapena ngati anabele a m'thupi (*lymph node*) ochotsa zinthu zoipa atupa ndi kufewa. Anabele ndi tiziwalo amene timakhala ngati msampha wa majeremusi ndipo timatupa tikalo wedwa ndi majeremusi.



### Mankhwala ake:

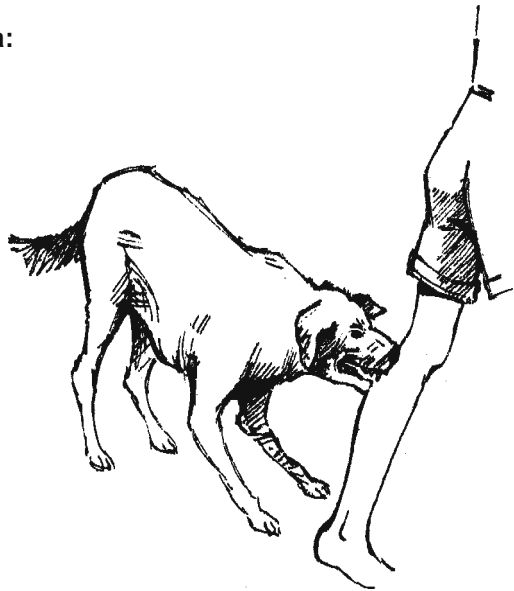
- Ikani nsalu yonyikidwa m'madzi otentha pachilonda kwa maminitisi makumi awiri, kanayi pa tsiku. Dzanja kapena phazi lamatendalo liyikidwe m'chidebe cha madzi otentha okhala ndi sopo kapena *povidine* ayodini.
- Ukwezeni kwambiri m'mwamba mwendowo.
- Ngati matenda ndi aakulu kapena wodwalayo sanalandire katemera wa kafumbata, gwiritsirani antibayotiki ngati *penicillin* (onani tsamba 365, 366).
- Uchi utapezeka, ukhoza kupakidwa tsiku lililonse pachilondapo kuti chipole msanga. Uchi umachepetsa ululu wa chotupa ndi kutsuka komanso kuteteza chilondacho ku matenda ena.

**Chenjezo:** Ngati chilonda chikununkha, ngati thupi lozungulira chilondacho lada ndikupangitsa totupatupa kapena ngati pakuluka madzi/mafinya a burawuni, izi zingasonyeze kufa kwa thupi lapamalopo chifukwa chakusowa kwa magazi (*gangrene*). Zikatero pitani kuchipatala msanga. Pakali pano tsatani malangizo awa a gangarini pa tsamba 224.

## Zilonda zomwe zingalowe matenda owopsa

### Zilonda zotsatirazi zingakhale zowopsa:

- zilonda zosasamalidwa bwino kapena zilonda zoyamba ndi zinthu zosasamalidwa bwino
- zilonda zazikulu koma zosatulutsa magazi
- zilonda zoyamba muli kumalo kusingira kapena kugona nyama monga nkumba
- zilonda zoyamba chifukwa cholomidwa ndi anthu kapena agalu kapena nkumba
- zilonda za zipolopolo



### Chisamaliro chapadera cha mtundu wowopsa wa zilondazi:

1. Tsukani chilonda bwinobwino ndi madzi owiritsa, komanso sopo. **Chotsani minofu yowonongeka, magazi owundana ndi tizidutswa ta zoipa zonse.**
2. Ngati chilonda n'chachikulu, cholomidwa ndipo ngati chili ndi zoipa, gwiritsirani ntchito antibayotiki. Mankhwala abwino ndi *penicillin*. Ngati mulibe *penicillin*, gwiritsirani ntchito *ampicillin*, *erythromycin*, *tetracycline* kapena *co-trimoxazole*. Onani masamba obiriwira kuti muwone mlingo wa mankhwalawa.
3. **Si bwino** kutseka chilonda cha mtunduwu mwakusoka kapena kumanga ndi bandeji. **Ndi bwino kuchisiya chosasoka.** Pitani naye wodwala ku chipatala. Kumatheka kusoka chilondachi mochedwa.

**Kuwopsa kwa kafumbata ndi kwakukulu** kwa anthu amene sanalandire katemera wa matendawa. Pofuna kupewa kuwopsaku, imwani *penicillin* kapena *ampicillin* msangamsanga ngakhale chilondacho ndi chaching'ono.

**Chilonda cha mtunduwu chikakhala chowopsa**, munthu yemwe sanalandire katemera wa kafumbata ayenera kumwa mlingo wawukulu wa *penicillin* kapena *ampicillin* kwa sabata imodzi kapena masabata ochulukirapo. Mankhwala opha poyizoni woyambitsa kafumbata ayenera kumwedwanso koma samalitsani musanatero (onani tsamba 71).

## Zilonda za zipolopolo, mpeni ndi zina zowopsa



**Kuwopsa kwa matenda:** zilonda za zipolopolo kapena mpeni zingayambitse matenda owopsa. Pa chifukwa ichi gwiritsirani ntchito mankhwala opha tizilombo tam'thupi makamaka *penicillin* (tsamba 365) kapena *ampicillin* (tsamba 367).

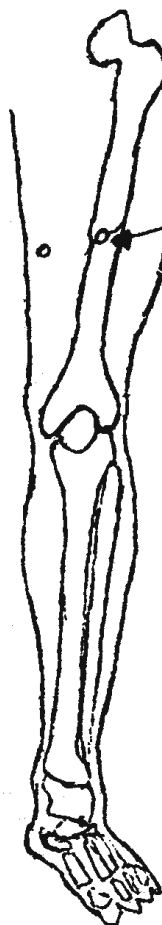
Anthu amene sanalandirepo katemera wa kafumbata ayenera kubayidwa jekeseni yochotsa poyizoni wa kafumbata.

Ngati ndikotheka pitani ku chipatala.



## Zilonda za zipolopolo m'manja kapena m'miyendo

- Ngati chilonda chikutuluka magazi, yesetsani kuleketsa magaziwo kuti akutuluke (tsamba 83).
- Ngati kutuluka kwa magaziko nkosadetsa nkhawa, chisiyeni chilondacho kuti chitulukebe magazi kwa nthawi yochepa. Izi zimathandiza kuchitsuka chilondacho.
- Tsukani chilondacho ndi madzi owiritsa komanso ndi sopo kenaka mangani ndi bandeji. Zikakhala zilonda za zipolopolo, tsukani pamwamba pokha basi. M'kati mwa zilondazi simuyenera kukhudzidwa potsuka.
- Mupatseni wodwala antibayotiki.

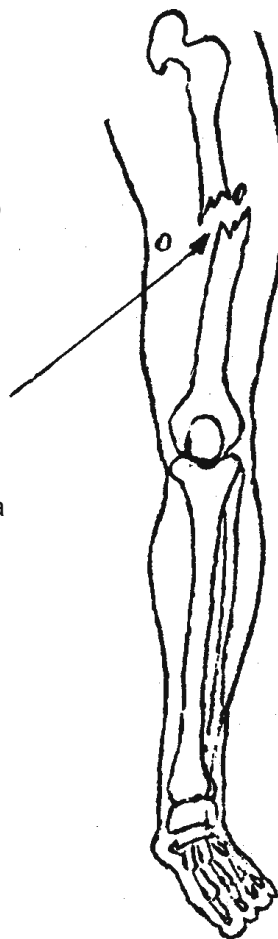


### Chenjezo:

Fupa likhoza kuthyoka ngati chipolopolo chamenya fupalo  
Fupa likhoza kuthyokeratu ngati tiika zinthu zolemera pamwendo wa wovulalayo.

Ngati mukukayikira kuti fupa lathyoka, ndi bwino kuika timitengo mbali ziwiri zamwendo ndikumanga:

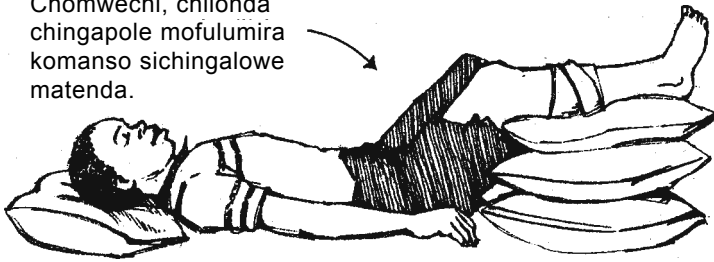
Chilonda chikakhala kuti ndi chowopsa, ukwezeni m'mwamba mwendo ndipo onetsetsani kuti munthuyo sakudzigwedeza.





**Ngati chilonda chakula**, nyamulani mbali yovulala mobzola pantima ndipo mugwireni wovulalayo osamugwedeza.

Chomwechi, chilonda chingapole mofulumira komanso sichingalowe matenda.



**Inde**

Kuyendera mwendo wovulala kapena kuukhazika pansu pomwe takhala ndi zochedwetsa kuchira komanso zodzetsa matenda.



**Ayi**

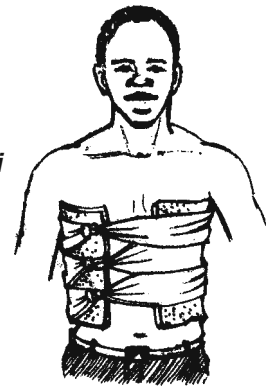


Mangani kansalu monga apa pofuna kuchilimikira mkono wokhla ndi bala la chipolopolo kapena mkono wavulala munjira ina.

### Zilonda za pantima zolowa m'kati

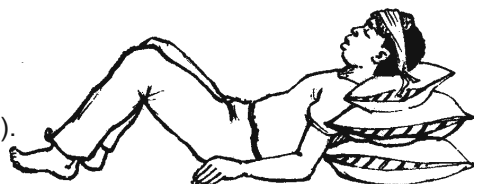
Zilonda za pantima zikhoza kukhala zowopsa kwambiri koteru pitani kuchipatala msanga.

- Ngati chilonda chafika m'mapapo ndipo mpweya ukutulukira m'mabowo munthu akamapuma, mangani chilondacho mwamsanga kuti mpweya wambiri usalowe. Pakani **Vaselini** kapena mafuta ophikira pa padi kapena bandeji ndikumanga kwambiri pabowopo motere.
- Muikeni wodwalayo pamalo abwino. Ngati akulephera kupuma, masulankoni pang'ono kapena chotsani bandejilo.
- Mupatseni wodwalayo mankhwala ngati akusonyeza zizindikiro za shoko (onani tsamba 78).
- Mupatseni maantibayotiki ndi mankhwala ena ochepetsa ululu.



### Zilonda za zipolopolo za m'mutu

- Mangani chilondacho ndi bandeji labwino.
- Wovulalayo akhale chogona.
- Mupatseni maantibayotiki (monga *penicillin*).
- Pitani kuchipatala mwachangu.

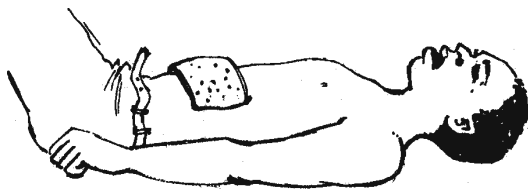


## Zilonda zofika m'mimba

Chilonda chilichonse chofika m'mimba kapena m'matumbo ndi chowopsa. **Zikatero pitani kuchipatala msanga.** Koma poyamba chitani izi:

Mangani chilondacho ndi bandeji labwino.

Ngati matumbo ali kunja kwa chilonda, amangeni ndi nsalu yonyikidwa m'madzi owiritsidwa komanso a mchere. Musayesere kubwezera matumbowo m'kati. Onetsetsani kuti nsaluyo ndi yonyowa nthawi zonse.

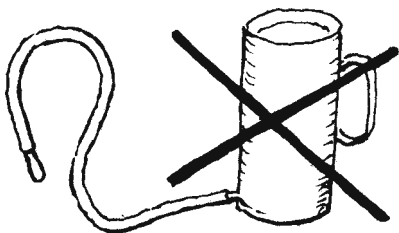


Ngati wovulalayo sakuzindikira chomwe chikuchitika, nyamulani miyendo yake kuti ipitirire pang'ono mutu wake.

**Musam'mwetse wodwalayo mankhwala kapena kumupatsa chakudya chilichonse** pokhapokha ngati kungatenge masiku awiri kuti mukafike kuchipatala. Kenaka mpatseni madzi akumwa pang'onopang'ono.

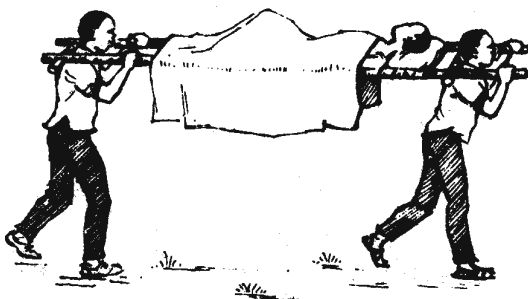


Ngati wovulalayo ali ndi ludzu, muwuzeni kuti ayamwe madzi akukansalu koviikidwa m'madzi.



**Musapereke mankhwala othandiza kuchita chimbudzi (enima)** ngakhale mimba itupe kapena ngati wovulalayo akulephera kuchita chimudza kwa masiku angapo. Mimba ikang'ambika, musapereke enima chifukwa akhoza kupha wovulalayo.

Mpatseni jekeseni wopha tizilombo toyambitsa matenda.



**MUSADIKIRE WAZAUMOYO.**

**PITANI KUCHIPATALA NDI MUNTHU WOVULALAYO MWACHANGU.** Ayenera kukachitidwa opaleshoni.

## MANKHWALAA CHILONDA CHOFIKA M'MIMBA

(Komanso othandiza matenda a Apendisitisi kapena Peritonitisi)

Chitani izi musanalandire chithandizo cha kuchipatala:

Bayani jekeseni ya *ampicillin* (tsamba 367), 1 gm (machubu anayi a 250 mg) maola anayi aliwonse.

Ngati palibe *ampicillin*:

Bayani jekeseni mwamsanga ya *penicillin crystalline* (tsamba 367) ngati ndi kotheka mayunitisi 5 miliyoni, kenaka mayunitisi 1 miliyoni mawola anayi aliwonse.

Pamodzi ndi *penicillin*, perekani jekeseni ya *streptomycin* (tsamba 368), 2 ml (1 gm) kawiri pa tsiku kapenanso *chloramphenicol* wam'machubu wa 250 mg. Mawola anayi aliwonse.

Ngati palibe jekeseni ya maantibayotikiwa, m'mwetseni *ampicillin* kapena *penicillin* ndi *chloramphenicol* kapena *tetracycline* ndi madzi pang'ono.

## Kupotokola kwambiri kwa m'mimba

Kupotokola kwa m'mimba ndi kupweteka kwambiri kwa m'mimba kumene kumayamba mwadzidzidzi chifukwa cha zinthu zosiyanasiyana. Zitsanzo zake ndi atenda a nsonga yathumbo (*appendicitis*), *peritonitisi* ndi kutseka kwa m'mimba. Nthawi zambiri kupota kwa m'mimba sikudziwika kuti kwayamba bwanji pokhapokha akatswiri a opaleshoni atang'amba pamimba ndikuwona m'katimo.

**Ngati munthu akumva kupweteka m'mimba ndi kumasanza koma sakutsekula m'mimba, ndi kotheka kuti ndikupota kwa m'mimba chabe.**

### Kupotokola kwa m'mimba: Mtengereni wodwala kuchipatala popeza mwina angafunike opaleshoni

- kupweteka m'mimba kosalekeza
- kudzimbidwa ndiponso kusanza
- kutupa ndi kuuma mimba, odwalayo nkumakaniza mukagwirapo
- kudwala kwambiri

### Ngati m'mimba simukupotokola kwambiri mukhoza kulandira thandizo kunyumba

- kutsekula m'mimba pang'ono
- kupweteka kosalekeza
- zizindikiro za matenda ena monga chimfine kapena zilonda zapakhosi
- ngati adadwalapo kale matendawa
- kudwala pang'ono
- kupotokola komayamba kenaka kusiya

**Ngati munthu akusonyeza zizindikiro zakupota kwa m'mimba, mtengereni kuchipatala msanga.**

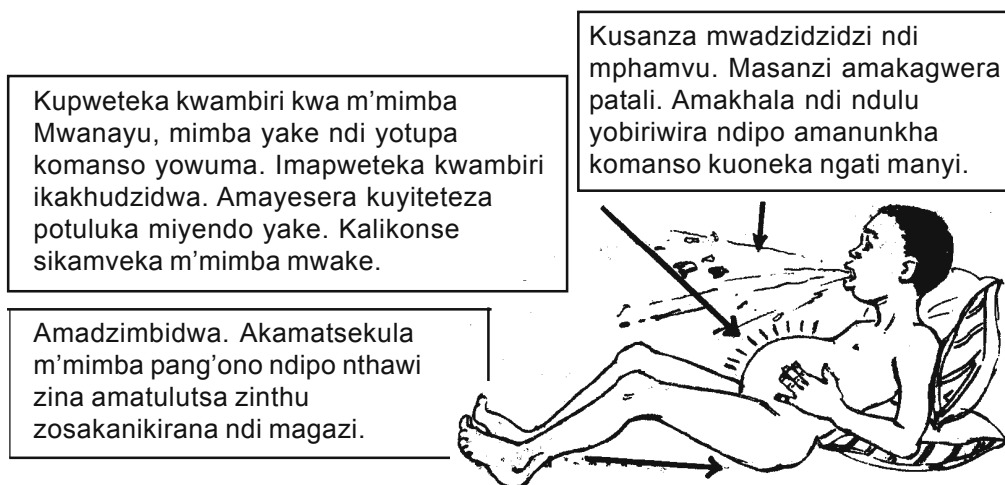
## Kumatira (Kutsekeka kwa m'mimba):

Kupotokola kwa m'mimba kutha kuyamba ndi chinthu chimene chatseka m'mimba kotero kuti chakudya kapena zoyipa zolimba sizingathe kudutsa. Izi zimayamba ndi zotsatirazi:

- nyongolotsi zam'mimba zozungulira (onani tsamba 146)
- kumangana kwa matumbo (onani tsamba 97)
- gawo la matumbo lomwe lalowa m'munsi mwa mbali thumbo lomwelo

Kupotokola kwa m'mimba kwa mtundu uliwonse kumawonetsa zizindikiro zotseka m'mimba. Chifukwa chopweteka, mimba imaleka kapena imasiya kuyenda.

### Zizindikiro za kumatira (kutsekeka kwa m'mimba):



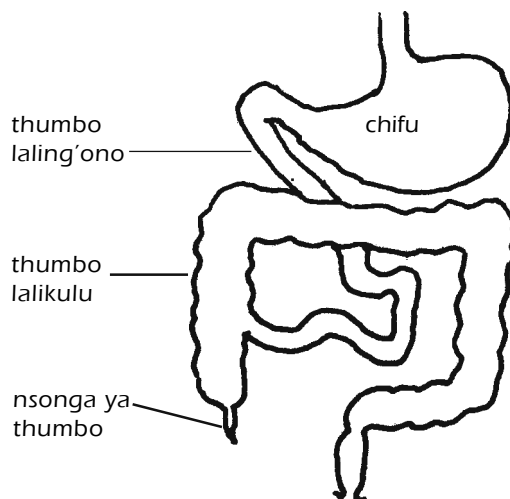
Pita nayeni kuchipatala wodwalayo msanga. Moyo wake ukhoza kukhala uli pachiswe choncho opaleshoni ikhoza kukhala yofunika.

## Matenda ogwira nsonga ya thumbo ndi chikutiro cha thumbo (Appendicitis ndi Peritonitis)

Matendawa ndi owopsa ndipo ndi ofunika opaleshoni.

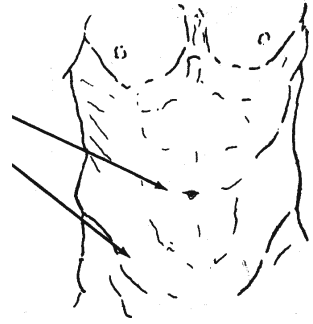
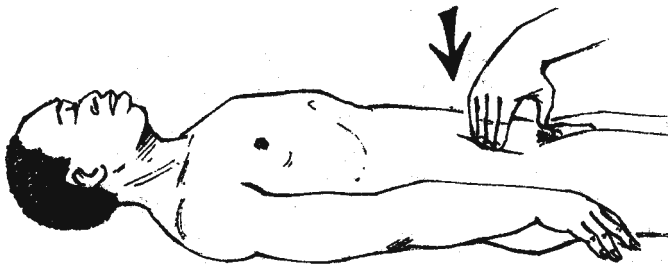
*Appendicitis* ndi matenda omwe amagwira thumbo lowoneka ngati chala lomwe limalumikizika ku matumbo aakulu m'munsi cha kumanja kwa mimba. Thumbo likagwidwa ndi matenda, nthawi zina limaphulika nkuyambitsa matenda a *Peritonitis*.

Awa ndi matenda owopsa omwe amagwira chithumba chimene mumakhala mimba. Matendawa amayamba pamene thumbo kapena mbali ina ya mimba yaphulika.

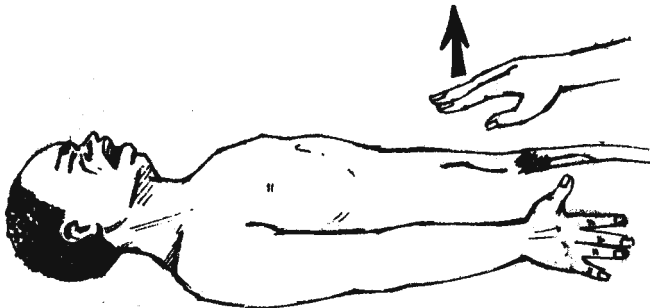


**Zizindikiro za Appendicitis:**

- Chizindikiro chachikulu ndi kupweteka kwambiri kwa m'mimba kosalekeza.
- Kupweteka kumayambira mozungulira pamchombo.
- Wodwala sakhala ndi chilakolako cha chakudya, amasanza, amadzimbidwa komanso thupi limatentha pang'ono.

**Kupima/kuyeza Appendicitis kapena Peritonitis:**

Pang'onopang'ono koma mwamphamvu dinani pa mimba mpakana wodwala amve kupweteka pang'ono. Kenaka msangamsanga chotsani dzanja lanu.



Ngati wodwala amva kupweteka kwambiri dzanja litachotsedwa, nkutheka kuti ali ndi *Appendicitis* kapena ndi *Peritonitis*.

Ngati palibe kupweteka kwina kulikonse yesaninso kumudina pamwamba pa chinena.

**Ngati kukuwoneka kuti munthuyo ali ndi Appendicitis kapena ndi Peritonitis tsatirani izi:**

- **Pitani kuchipatala msanga** makamaka komwe angakam'pange opaleshoni wodwalayo.
- **Musamupatse wodwalayo chakumwa kapena chakudya chilichonse.** Mupatseni wodwalayo madzi ngati akusonyeza zizindikiro zosowa madzi m'thupi mwake ndipo madziwo akhale osakaniza, shuga ndi mchere (tsamba 161).
- Wodwalayo apume atukhala monyonyomala.

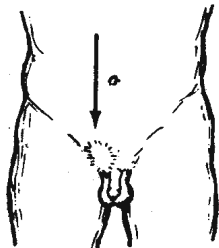


**Chidziwitso:** Nthenda peritonitis ikakula wodwala amamva kupweteka kwambiri akagwidwa mimba yake ndipo mimba imakhala yolimba zedi ndipo moyo wake umakhala pa chiswe. Ndi koyenera kumutengera wodwalayo kuchipatala msanga ndipo mupatseni mankhwala muli kupita kuchipatala (tsamba 94).

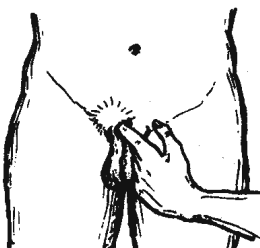
## Kung'ambika kwa minofu yapamimba (*rupture kapena hernia*)

Kung'ambikaku kumachititsa kuti matumbo atulukire ndikufufumitsa pansi pa khungu. Kung'ambika kwa minofuku kumayamba chifukwa chonyamula zinthu zolemera kwambiri. Ana ena amabadwa ndi vutoli (onani tsamba 334). Vutoli limapezeka pa chinena pakati pa amuna ambiri (tsamba 89). Anabele amathanso kuyambitsa chiphundu pa chinena...

Nthawi zambiri mnofu umang'ambika apa,

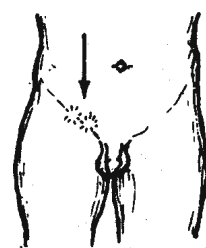


ndipo mukhoza kuukhudza kapena kuumva ndi chala monga chomwechi.



Umakulirakulira pomwe mukutsokomola (kapena kunyamula).

Mfundo zamphechempheche (kapena anabele) zimapezeka apa



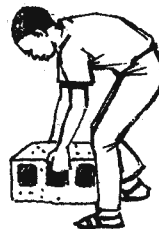
ndipo sizimakulirakulira pomwe mukutsokomola.

### Kapewedwe kong'ambika kwa minofu:

Nyamulani zinthu zolemera motere



osati motere

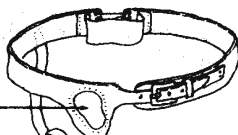


### Matendawa akayamba chitani izi:

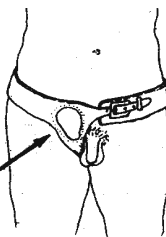
- Yesani kudiniza mimba mutagona pansi.
- Pewani kunyamula zinthu zolemera. Pezani mankhwala achifuwa.
- Mangani chilamba chokhala ndi mapadi kuti chigwire heniayo.

### PANGANI CHILAMBA:

Ikani kanthu kofewa apa



kuti kazikankha m'mphechempheche



- Konzekani kuti mupite ndi wodwala kuchipatala kuti akamupange opaleshoni.

**Chenjezo:** Balalo likakula kapena kupweteka kwambiri yesani kulithetsa pogona chokweza mapazi m'mwamba ndikumadiniza pang'onopang'ono pamalo potupapo.

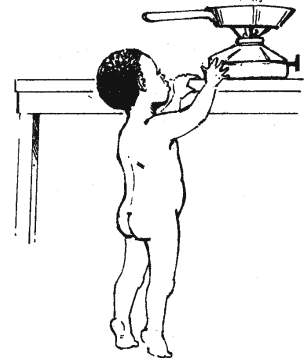
Ngati izi sizikuthandiza, kapena ululuwo ngati ukupitirira, kuphatikizapo ndi kusanza ndipo sakuchita chimbudzi, **ndiye kuti matendawo afika poyipa. Izi ndi zowopsa. Pitani ndi wodwalayo kuchipatala mwachangu.** Koma pakali pano mungathe kumupatsa wodwala chithandizo cha matenda a *appendicitis* (tsamba 96).

## Zilonda zamoto

### **Kapewedwe kake:**

Zilonda zambiri za moto zingathe kupewedwa koteru samalitsani makamaka kwa ana:

- Ana aang'ono asafike pafupi ndi moto.
- Nyali ndi macheso zisungidwe pa malo otalikira ndiponso obisika kwa ana.
- Zigwiriro za mapoto pa sitovu zitembenuzidwire kumbali yoti ana sangafikire.



### **Zilonda zamoto zazing'onozing'ono zosayambitsa matuza (1st degree)**

Ikani mbali ya thupi yomwe yapsa m'madzi pofuna kuchepetsa ululu komanso kupweteka. Palibenso chithandizo china chomwe chingafunike. Imwani *aspirin* kuti muchepetse ululu.

**Pitani kuchipatala ngati zilonda zamotozo ndi zazikuluzikulu kuposa izi.**

Pofuna kupereka **chithandizo choyamba**, ngati chipatala chili kutali, gwiritsirani ntchito ndondomeko iyi.

### **Zilonda za moto zoyambitsa matuza (2nd degree)**

Musaphulitse matuzawo.

Ngati matuza aphulitsidwa, atsukeni bwinobwino ndi sopo komanso madzi owiritsa amene azizira. Ngati chilonda sichili malo olumikizirana mafupa, musachimange bandeji, muchisiye kuti chiume chokha. Pakani kapena thiraniponi mankhwala a GV kuti chisamalidwe bwino komanso kuti khungu louma libwere msanga. Pomatha sabata imodzi, chilondachi chikhoza kukhala chitapola.

Pakani **Vaselini** wowiritsidwa ndikuziziritsidwa ngati chilonda chili malo oyendayenda olumikizana ndi mafupa. Musadzolepo mafuta ophikira kapena batala.

**Ndi kofunika kuchisamala kwambiri chilonda chamoto. Chitetezeni ku fumbi, ntchente ndi zoipa zina.**

Ngati pachilondacho pali chizindikiro cha matenda ena, mafinya fungo loipa, kutentha thupi kapena anabele a zinthu zoipa za m'thupi, ikanipo nsalu yoviikidwa m'madzi owiritsa amchere, kenaka pakanipo antibayotiki monga **Neosporin** (tsamba 384). Mungathe kumwa *penicillin* ngati chilondacho chili chowopsa kwambiri.

### **Zilonda zazikuluzikulu za moto (zolowa m'kati mwa minofu kwambiri) (3rd degree)**

Zilonda za moto zazikuluzikulu zomwe zawononga thupi ndikuwonetsa minofu yaiwisi kapena yopserera ndi zowopsa. Zilondazi ndi monga zomwe zimafikira malo ambiri athupi. Wovulalayo mutengereni kuchipatala mwamsanga. Malo amene apsa amangenipo kansalu kabwino.

Ngati n'kosatheka kupeza chithandizo cha kuchipatala chitani monga momwe

tafotokozera pamwambapa. Ngati mulibe **Vaselini** chisiyeni pamtunda chilondacho. Mungathe kungoyikapo kansalu kopepuka pochiteteza ku ntchentche komanso fumbi. Kansaluko kayenera kukhala koyera bwino ndipo muzikasintha tsiku lililonse kakada ndi magazi a pachilondapo. Mupatseni wovulalayo *penicillin*.

### Musaikapo mafuta, zikopa, khofi, mankhwala azitsamba kapena matudzi.

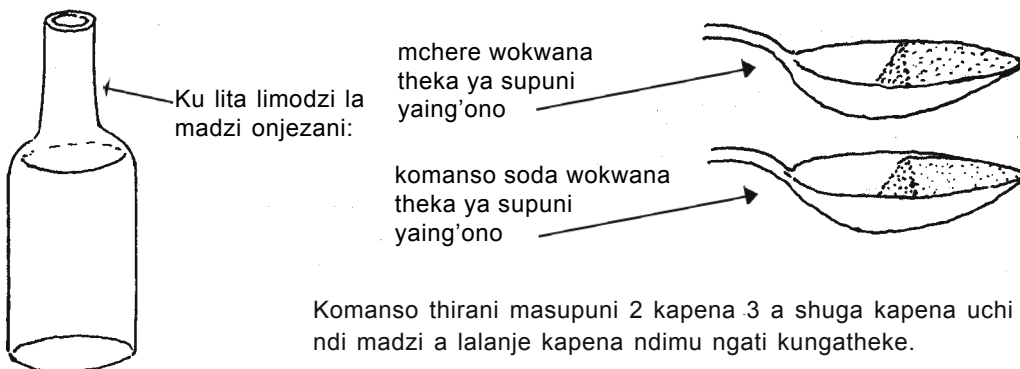
Kutchingapo ndi **uchi** kumathandiza kuchepetsa matenda ena ndiponso kuti chilonda chipole msanga. Muziikapo uchi watsopano masiku awiri aliwonse.

### Njira zapadera zosamalira zilonda za moto zowopsa.

Munthu aliyense yemwe wapsa kwambiri akhoza kusokonekera mutu (kugwidwa ndi shoko) chifukwa chotaya madzi a mthupi kuchokera pachilonda (onani tsamba 78).

Mulimbikitseni ndi kumutonthoza wovulalayo. Mumwetseni *aspirin* kapena makhwala opha ululu otchedwa *codeine*. Kutsuka chilondacho ndi madzi amchere kumathandiza kuchepetsa ululu. Thirani supuni ya tiyi imodzi m'madzi owiritsa okwana lita imodzi.

Munthu amene wapsayo mmwetseni madzi ambiri. Ngati malo amene wapsawo ndi aakulu, mupatsireni chakumwa chotsatirachi:



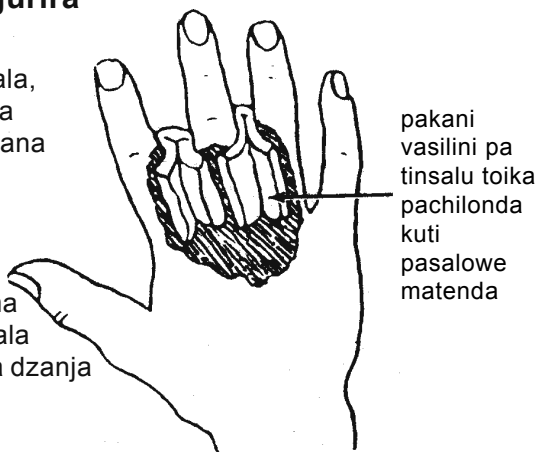
Komanso thirani masupuni 2 kapena 3 a shuga kapena uchi ndi madzi a lalanje kapena ndimu ngati kungatheke.

Wovulalayo ayenera kumwa madzi pafupipafupi, mpaka atayamba kukodzanso kawirikawiri.

Anthu amene apsa kwambiri ndi moto ayenera kudya zakudya zambiri zolimbitsa thupi (onani tsamba 115).

### Zilonda za moto m'malo ozungurira m'mene mafupa alumikizana.

Munthu akapsa kwambiri pakati pa zala, m'khwapa kapena molumikizana mafupa muikeni mapadi opakidwa **Vaselini** pokana kuti khungu latsopano lingadzamerere mogwirizaniza zivalozo. Komanso zala, mikono ndi miyendo ziyenera kumawongoledwa kawirikawiri pamene zikupola. Izi zimapweteka koma zimathandiza kupewa zipsera zokhakhala zolepheretsa kuyenda kwa zala kapena dzanja limene. Dzanja la kupsa likamachira, zala ziyenera kumapindidwa.





## Mfupa othyoka

Fupa likathyoka, choyenera kuchita **ndikulisiya fupalo malo okhazikika**. Izi zimathandiza kuti fupalo lisapitirizike kuthyoka ndipo kuti lichire.

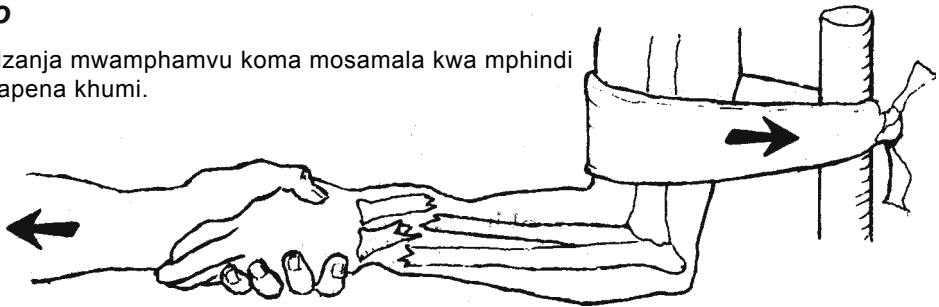
Musanamunyamule munthu yemwe wathyoka fupa, onetsetsani kuti mwalimanga ndi luzi kapena timitengo kuti lisamayendeyende. Mwendo/dzanja lothyokalo likhoza kuyikidwa mupulasitala kuchipatala (onani tsamba 14).

**Ngati mafupa akuonekorakhaleko bwino m'malo mwavo**, ndi bwino kuti musawayendetse kupewa kupweteka kwambiri.

Mafupa akakhala kuti sali m'malo mwake ndipo athyoka kumene mukhoza kuyesa kuwawongola musanawayike pulasitala. Mafupa akawongoledwa msanga savuta kuwaika mu pulasitala. Ngati ndi kotheka mubayeni jekeseni ya *diazepam* kuti minofu ichite dzanzi (onani tsamba 403) kapena pofuna kuchepetsa ululu perekani *codeine*.

### **Mmene mungakonzere fupa lothyoka la polumikizana kanja ndi mkono**

Kokani dzanja mwamphamvu koma mosamala kwa mphindi zisanu kapena khumi.



Pamene munthu wina akukokabe, wina awongole mafupawo ndikubwezeretsa m'malo mwake.



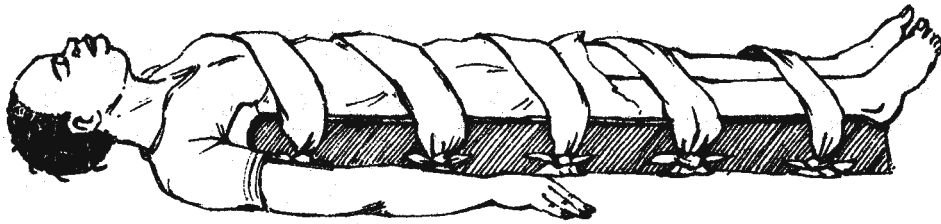
**Chenjezo:** Mungathe kuwonjezera kuwononga mafupawo powawongola. Izi ziyenera kuchitika mothandizidwa ndi munthu amene amadziwa zimenezi. Musachite mokakamiza.

### **Kodi mafupa othyoka amatenga nthawi yaitali bwanji kuti agwirane?**

Fupa lothyoka kwambiri kapena ngati munthu wothyokayo ndi wamkulu, zimatenga nthawi yayitali kuti mafupa agwirane. Mafupa a ana amagwirana msanga. Nthawi zambiri mafupa aakuluakulu sagwirananso ayi. Dzanja lothyoka liyenera kukhala mu pulasitala kwa mwezi wa thunthu ndipo china chilichonse cholemera chisaikidwe padzanjalo. Mwendo uyenera kukhala mupalasitala kwa miyezi iwiri.

## Fupa lothyoka lam'ntchafu

Fupa lothyoka la m'ntchafu limafuna chithandizo chapadera. Ndikwabwino kumangilira thupi lonse motere:



Ndipo m'tengereni kuchipatala munthu wovulalayo.

## Makosi ndi misana yothyoka

Ngati munthu wathyoka msana kapena khosi, **muyenera kusamala kwambiri pomunyamula**. Yesetsani kuti musamusinthe mmene wagonera. Ngati ndi kotheka itanani wogwira ntchito ya chipatala musanamunyamule. Pomunyamula onetsetsani kuti musapinde khosi kapena msana wake. Onani malangizo pa tsamba lotsatirali a momwe mungamunyamulire wovulalayo.

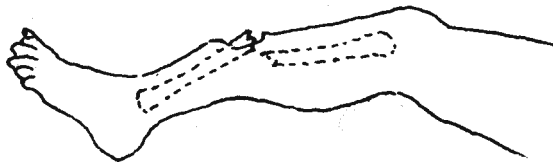
## Nthiti zothyoka

Nthiti zothyoka zimapweteka kwambiri koma nthawi zambiri zimapola mwa zokha. Si bwino kumanga pa chifuwa cha wovulalayo. Chithandizo chabwino ndi kummwetsa wovulalayo aspirin ndi kumulola kuti agone. Pofuna kuti mapapo ake akhale a mphamvu, wovulalayo ayenera kupuma kwambiri kanayi kapena katatu motsatizana mawola awiri aliwonse. Izi ziyenera kuchitika mpakana atayambanso kupuma bwinobwino. Poyamba zikhoza kukhala zopweteka kwambiri ndipo zingathe kutenga miyezi ingapo ululuwo usanatheretu.

Kawirikawiri fupa lothyoka silimabowola mapapo. Koma ngati wovulalayo akutsokomola magazi kapena akulephera kupuma bwinobwino, m'mwetseni maantibayotiki (*penicillin* kapena *ampicillin*) ndipo pitani naye kuchipatala mwachangu.

## Mafupa othyoka otulukira pamtunda

M'pofunika kupeza chithandizo cha momwe mungasamalire wovulalayo powopa matenda ena. Tsukani ndi madzi owira bwinobwino chilonda ndi fupa lotulukiralo.



**Musalibwezere mchilonda fupalo mpakana fupa ndi chilondacho zitatsukidwa bwinobwino.**

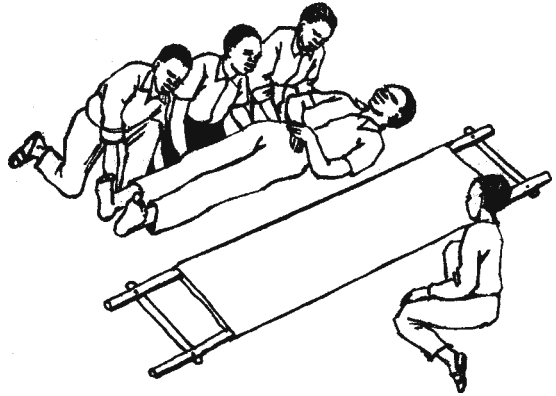
Popewa kuvulala kwambiri mangani mwendowo ndi timitengo kuti usayendeyende.

Wovulala amwe antibayotiki, *penicillin*, *ampicillin* ndi *tetracycline* pa mlingo wochulukira popewa matenda ena ngati fupa latulukira pa khungu (tsamba 366, 367 ndi 370).

**Chenjezo:** Musasisite mwendo woathyoka kapena umene ungakhale kuti wathyoka.

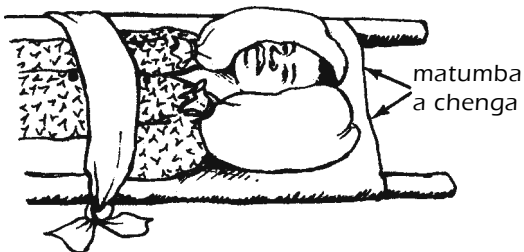
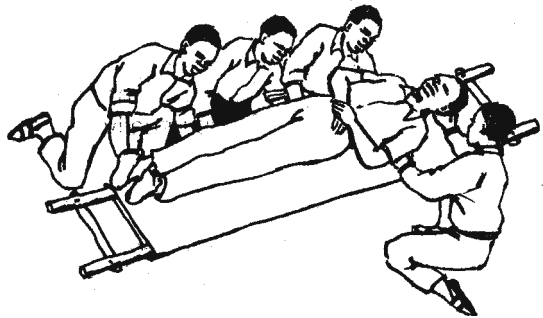
## Mmene munthu wovulala kwambiri anganyamulidwire

Mosamala kwambiri, m'nyamuleni munthu wovulala mosampinda paliponse. Samalitsani kuti mutu ndi khosi zisakhotetsedwe. Munthu m'modzi agwire khozi mowongoka molingana ndi thupi ndipo asasunthesunthe.



Muuzeni munthu wina abweretse machira.

Mothandizana, muikeni wovulalayo mosamala pa machira.



Ngati khosi lathyoka, ikani matumba a mchenga kapena zovala zopindidwa kwambiri m'mbali zonse za mutu wa wodwalayo kuti usayendeyende.

Pomunyamula, yesetsani kuti mapazi akhale m'mwamba ngakhale pa phiri.

## Kusemphana kwa mafupa m'malo awo olumikizirana

### *Mfundo zitatu zofunika za chithandizo chake zili motere:*

- Yesani kubwezera mafupa m'malo mwake. **Ndi bwino kuchita izi mwamsanga!**
- Mangani bandeji kwambiri pa malopo kuti mafupa asachokenso m'malo mwake (kwa mwezi umodzi).
- Pewani kuyenda ndi mwendowo mwamphamvu kwa nthawi yayitali kuti pamalo polumikizana mafupa pachiriretu monga kwa miyezi 2 kapena 3.

### **Mmene mungabwerezeretsere mafupa osemphana paphewa**

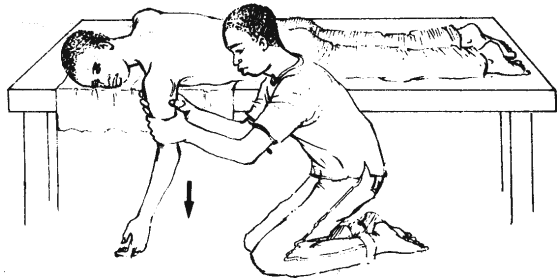
Ovulala agone patebulo kapena pena pake posalala momuyang'anitsitsa pansi pomwe mwamugoneka. Manja ake akhale otambasula cham'mbali mowongoka komanso mowakanikiza pansi monga mowaphinja ndi chinthu cholemera mwa maminitsi kuyambira 15 mpaka 20. Kenaka m'gwireni paphewa kuti phewalo libwerere m'malo mwake.

### **Kuvulala kwa paphewa**

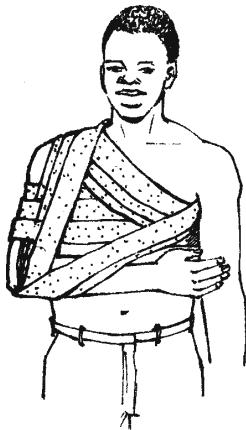
Ndi kovuta kusiyantsa phewa lomwe mafupa ake asemphana ndi fupa lothyoka la m'mwamba mwa mkono.

### ***Kusemphana kwa mafupa m'malo momwe iwowo amalumikizirana:***

- Kumachitika chifukwa chogwera pa malo olumikizana mafupa osati chifukwa chomenyedwa.
- Kumasonyeza kachizindikiro kolowa m'kati m'munsi mwa kumapeto kwa phewa.
- Limawoneka lokhazikika pa malo olumikizana mafupa ataliatali a mkono ndipo ndi kovuta kugwira m'chiuno.
- Kumalepheretsa munthu wovulala kuika mkono wake pa phewa la mbali ina, kapena kuwuka pa phewapo. Mothandizidwa ndi munthu wina ndikotheka ngakhale phewalo likupweteka kwambiri.



Kapena mangirirani kumkonowo chinthu cholemera mapaundi a pakati pa 10 ndi 20 ndipo chikhale mphindi pakati pa 15 ndi 20 (muyambe ndi mapaundi khumi koma musapyole makumi awiri).



Phewalo likabwezedwa m'malo mwake, mangani kwambiri mkonowo ndi bandeji kuthupi la wovulalayo. Mkono ukhale womangidwa choncho kwa mwezi wathunthu. Anthu akuluakulu ayenera kumasula bandejilo kwa mphindi zingapo popewa kuti phewalo lingalimbe kwambiri. Mkonowo uyenera kumayendetsedwa pang'onopang'ono mouzunguza.

Ngati simungathe kubwezera mkonowo m'malo mwake, pitani kuchipatala msanga. Kungakhale kovuta kubwezera mkono m'malo ngati mutachedwa kwambiri kutero.

## Kubinya

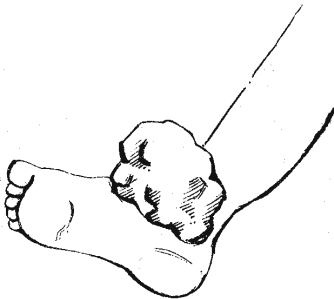
Nthawi zambiri n'kovuta kudziwa ngati dzanja kapena phazi lasupuka, labinya kapena lathyoka. Zimathandiza dzanjalo kapena phazilo likajambulidwa kuchipatala kuti mudziwe chomwe chavuta.

Ngati mungathe kugwiritsira ntchito mwendo wovulalawo, mwachitsanzo ngati munthu yemwe wavulala kakolo akutha kuyenda ngakhale pataliko ndi pamene wavulalira, zimakhala zokayikitsa kuti wathyoka fupa. Zikhoza kukhala kuti wangobinya chabe ngakhale kuti pakakolo patupa ndiponso akumva kupweteka kwambiri. Tingathe kuganiza kuti wathyoka fupa ngati sangathe kuponda pansi. Choncho wovulalayo ayenera kutengedwa kuchipatala msanga.

### Chithandizo chake:

Pofuna kuchepetsa ululu ndiponso kutupa, pamene pabinyapo payenera kukwezedwa m'mwamba. Ikani madzi ozizira kwambiri aja timati oundana (ayezi) omwe akulungidwa m'kansalu kapena pulasitiki kapena kansalu konyowa pamalo pamene wabinyapo kwa mphindi makumi awiri kapena atatu. Pakatha masiku awiri (ngati sipakutupiratupirabe), ikani pobinyapo m'madzi otentha kangapo pa tsiku.

Tsiku loyamamba ikani ayezi  
Pomwe wabinyapo



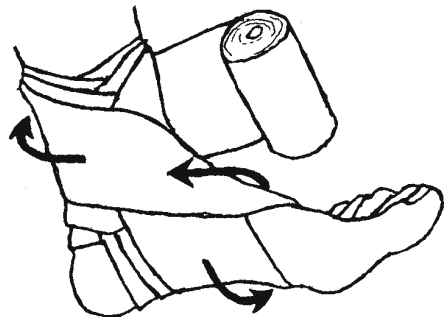
Tsiku lachiwiri, ikani pobinyapo  
m'madzi otentha



Mungamange bandeji yotamuka (kiripi) pobinyapo kuti pasamayendeyende ndiponso kuti papole (onani tsamba 14) kapena pagwirane msanga.

Kumanga phazi ndi kakolo ndi bandeji yotamukayi kumachepetsa kutupa kwa phazilo. Mangani kuyambira ku zala mpakana m'mwamba pang'ono mwa kakolo. Onetsetsani kuti musamangitse kwambiri ndipo muzilichotsa bandejiyo mawola awiri aliwonse. Wovulalayo ayenera kumwetsedwa *aspirin*.

Pitani kuchipatala ngati ululu ndi kutupa zikupitirira.



**Chenjezo: Musasisite pomwe mwabinyapo.** Kusisita sikuthandiza ndipo kukhoza kungowonjezera kuvulalako.

Pitani kuchipatala msanga ngati wovulala akulephera kuyendetsa zala zake kuti akamupange opaleshoni.

## Kumwetsedwa poyizoni

Ana ambiri amamwalira akameza zinthu zomwe zili ndi poyizoni. Pofuna kuteteza ana anu, tsatani njira zozitetezerazi:



### Poyizoni woyenera kusamala naye:

- mankhwala ophera makoswe
- DDT kapena mankhwala aliwonse ophera tizilombo monga *lindane* ndi *sheep dip*
- ayodini
- chakudya chowonongeka
- mankhwala opaka matabwa
- nyema za ntsatsi
- macheso
- fodya
- chitedze
- mankhwala ochedwa *Lye*
- machesi
- mafuta anyali komanso agalimoto
- masamba, njere kapena zipatso zokhala ndi poyizoni
- chakudya chowonongeka

### Chitani izi msanga:

- **Musankakamize kusanza munthu amene sakuzindikira** chomwe chikuchitika (wokomoka) kapena yemwe wamwa poyizoni wa m'mafuta a nyali, agalimoto ngakhalenso asidi wina wa mphamvu kwambiri. Wodwalayo akakhala mwana m'mwetseni madzi kapena mkaka maminitsi 15 aliwonse kuti usungunule poizoniyo.
- Ngati mukuganizira kuti munthuyo wamwa poyizoni wa m'zinthu zina zake ndipo munthuyo sali mtulo, **m'thandizeni kuti asanze**. Ikani chala chanu kukhosi kwake kapena mupatseni supuni ya tiyi yodzadza ndi mankhwala a madzi a silapu kapena ipekaki (*ipecac*)(tsamba 402) kenaka ndikum'mwetsa madzi. Mukhozanso kum'patsa **chakumwa chosakaniza makala opera**. Akuluakulu apatsidwe matambula awiri a madziwa (tsamba 402).

Ngati munthuyo akumva kuzizira, mfunditseni bulangeti koma apewe kutentha. **Ngati munthuyo wamwetsedwa poyizoni wambiri, pitani naye kuchipatala msanga.**

## Kulumidwa ndi njoka

Anthu onse amene alumidwa ndi njoka amakhala ndi mantha kwambiri chifukwa cha poyizoni wa njoka. Amayenera kudziwa kuti ogwira ntchito za chipatala ali ndi jekeseni wotchedwa kuti *antivenin* yemwe amalimbana ndi poyizoni wa njoka. Anthu olumidwa ndi njoka ayenera kubayidwa jekeseni.

Izi ndi zabwino koma:

- *Antivenin* payekha angathe kukhala ndi zotsatira zake zoipa.
- Kupanga *antivenin* kumafunika ndalama zochuluka komanso ndi wovuta masungidwe ake. Choncho n'kosayenera kumugwiritsira ntchito posafunikira *antivenin*.

Kotero anthu ena omwe alumidwa ndi njoka kapena akuganiza kuti alumidwa ndi njoka sayenera kubayidwa jekeseni wa *antivenin*.

## Amene alumidwa ndi njoka zopanda poyizoni

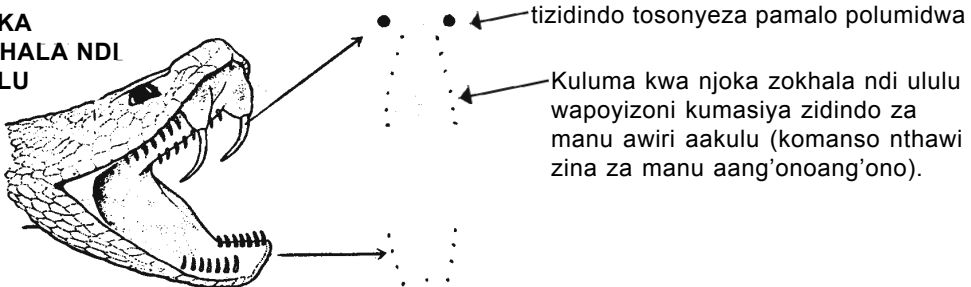
Maiko ambiri a muAfrica ali ndi mitundu ya njoka pafupifupi zana limodzi, yomwe mitundu yosaposa khumi ili ndi yapoyizoni kwambiri ndipo makumi asanu ndi mphambu zinayi n'zopanda poyizoni.

Zina mwa njoka zopanda poyizoni ndi izi:

- Njoka yobiriwira. Iyi ndi yobiriwira mowala m'mawonekedwe, yowonda ngati chala ndipo imakhala yayitali pafupifupi mafiti atatu.
- Njoka ya mawonekedwe okongola yomwe ndi yamizere yofiira yamawonekedwe akuda ndi achikasu. Kuloza mulitali mwa thupi lake kupatula m'mutu ndi m'khosi mwake momwe mumakhala mwa madonthomadontho.

Njokazi zimafika m'makomo mwa anthu kufuna abuluzi, agulo, mbewa kapena achule. Njokazi si ziopsa kwa anthu ndipo si zofunika kuziwopa kapena kuzipha akaziwona. Zimatha kuluma anthu mwa apo ndi apo koma ngakhale izi zili choncho njokazi zilibe poyizoni. **Yang'anitsitsani pamene zalumapo ngati pangawoneke tizidindo tosonyeza kuti palumidwa.**

**NJOKA  
YOKHALA NDI  
ULULU**



**Njoka zopanda poyizoni sizisiya tizidindo tosonyeza kuluma kwa njoka.**

## Olumidwa ndi njoka zapoyizoni

Mano a njoka zapoyizoni amakhala osongoka ngati zingano zobayira jekeseni ndipo njokazi zikaluma munthu zimazamitsa manowo kenaka n'kutulutsa poyizoni kudzera m'manowo. Nthawi zambiri poyizoniyo amakhala wochepa ndipo osawopsa ku moyo wa munthu wolumidwayo. Anthu 95 mwa anthu 100 aliwonse olumidwa ndi njoka amakhala ndi moyo ngakhale atapanda kulandira mankhwala othana ndi poyizoni wa njoka.

Njoka zina zomwe zili ndi mano osongokawa, poyizoni wawo amangopereka ululu komanso kutupa pamalo polumidwapo. Poyizoniyo safalikira thupi lonse la wolumidwayo chotero sawopseza moyo wa munthu wolumidwayo.

**Poyizoni** kuti afalikire thupi lonse amatenga theka kapena ola limodzi kuti atero. Nthawi zina amatenga masiku ambiri. Zina mwa njoka za poyizoni ndi zotsatirazi:

- Mbobob: Poyizoni wa njokayi amafowola thupi kwambiri, amachititsa kuti zikope zizivuta kutsekuka komanso kuti munthu wolumidwayo azivutika kumeza zakudya. Mapeto ake ziwalo zina m'thupi zimafa.
- Mphiri: Poyizoni wa njokayi amayambitsa kutayika kwa magazi m'nkhama ndi m'malo enanso, momwenso mano a njokayo amalowa. Poyizoniyu amapereka ululu kwambiri komanso amatupitsa malo olumidwawo komanso malo oyandikira

## Kudziwa mtundu wa njoka

Funsani mtundu wake komanso dzina lake ngati lili lodziwika. Ngati njokayo inaphedwa, apempheni achibale anu ayibweretse kuti muyiwone.

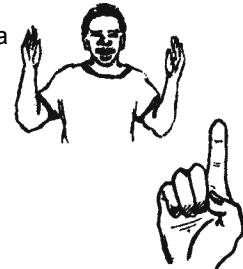
Njoka za poyizoni zingathe kugawidwa m'magulu atatu kutengera ndi misinkhu yake motere: **zazitali, zonenepa ndi zazing'ono**. Anthu ambiri savutika ponena ngati njoka ndi:

**Yayitali**  
(mamitala  
1½ mpaka  
2 mafiti 5  
mpaka 6)



**Yonenepa**  
ngati mkono

**Yaying'ono** (mamitala  
1½ mafiti 1½)



kapena **yowonda**  
ngati chala chawo

	Msinkhu ndi mtundu wa njoka	Zotsatira ikaluma	Kufunika kwa antivenin
Sikelo 0 KUTALIKA	Mitala imodzi Mbobob wakuda kapena Mamba wobiriwira.	mamitala awiri <b>Yowopsa:</b> kufowoketsa	Inde Inde
	Mphiri	<b>Yowopsa:</b> onetsetsani ngati magazi akutuluka	Inde Inde
YAING'ONO	Nsalulu		Inde
	Mphiri yausiku	Kupweteka ndi kutupa	Ayi
	Nsalulu yolowa pansi		Ayi

Ndi bwino kudziwa ngati njokayo ndi mphiri kapena mamba. **Mphiri ndi yowopsa kusiyana ndi mamba**. Njokayo ikaphedwa iwoneni pa mutu komanso ku mimba kwake.

**Nsalulu**



Yopanda banga pamutu



Mawanga kumimba

**Mphiri yausiku**



Yokhala ndi kachizindikiro ka V pamutu



Yopanda mawanga pamimba

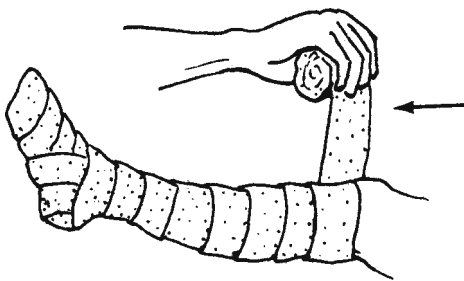
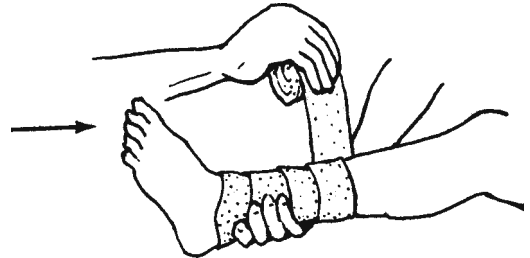
Ngati mwalumidwa ndi mamba, palibe chifukwa chobayira jekeseni ya *antivenin*.



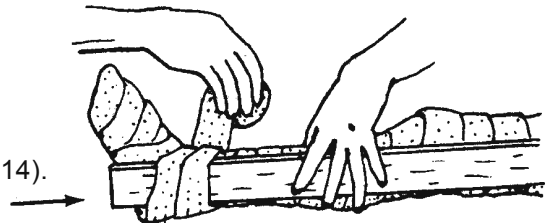
**Chithandizo cha njoka yapoyizoni:****1. Khalani phe; musayendetse pa malo pamene njokayo yakulumani.**

Poyizoni amafalikira msanga thupi lonse ngati pa malo polumidwapo payendetsedwayendetsedwa. Ngati mwalumidwa pa phazi, onetsetsani kuti musayende. **Pezani chithandizo msanga.**

**2. Mangani pa malo polumidwapo ndi bandeji lotamuka kapena kansalu kabwino kuti poyizoni asafalikire m'thupi mwachangu. Umangeni mkono kapena mwendo kuti usayendeyende.**



**3. Kulungani mkono kapena mwendo wonse ndi bandeji. Onetsatsani kuti muzitha kumva kugunda kwa magari pa mkonopo.**



**4. Mangani ndi timitengo mwendowo kutiusayendeyende (onani tsamba 14).**

5. Mtengereni wolumidwayo kuchipatala pa machira. Ngati mungathe, itengeninso njokayo chifukwa njoka zosiyanasiyana zimafunika *antivenin* (*antitoxin*, onani tsamba 401) wosiyananso. Bandeji lisamasulidwe msanga ngati nkofunika kubaya jekeseni ya *antivenin* (onani tsamba 71). Koma ngati palibe *antivenin*, imasuleni bandejilo.

6. Pofuna kuchepetsa ululu, mupatseni wolumidwayo *paracetamol* (*panadolo*) osati *aspirin*. Ngati ndi kotheka wolumidwa abayidwe jekeseni ya katemera wa kafumbata. Wolumidwa apatsidwe *penicillin* ngati matenda ena ayamba.

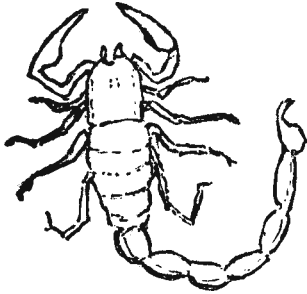
7. **Ayezi** amachepetsanso ululu ndiponso kufala kwa poyizoni m'thupi. Umangeni mkono kapena dzanja ndi pepala la pulasitiki komanso nsalu yokhuthala. Ayezi wophwanyidwa ayikidwe pa mkonopo. (**Chenjezo:** Khungu komanso minofu imawonongeka chifukwa chozizira kwambiri. Chilonda chimapweteka kwambiri chifukwa chakuzizirako. Choncho mfuseni wolumidwayo nthawi imene akufuna ayeziyo kuti achotsedwe kwa mphindi zingapo).

**Onetsetsani kuti muli ndi *antivenin* wa njoka m'dera lanu ndipo muzidziwa mmene mungamugwiritsire ntchito munthu wina asanalumidwe ndi njoka!**

Kulumidwa ndi njoka yapoyizoni ndi kowopsa kwambiri. Pangani zinthu zomwe zafotokozedwazi nthawi yomweyo musanapeze chithandizo cha kuchipatala.

Mankhwala ena anjoka zikaluma munthu ndi osathandiza (onani tsamba 3). Musamwe mowa mukalumidwa ndi njoka. Mowa umangosokoneza zinthu.

## Kulumidwa ndi namkalize



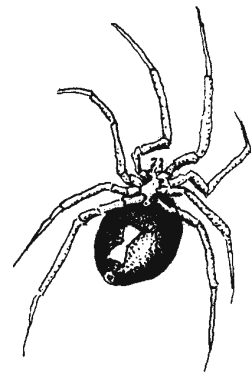
Kulumidwa ndi namkalize kumapweteka kwambiri koma si kowopsa, kupatula nthawi zina kwa ana. Imwani aspirin ndipo ngati ndi kotheke ikani ayezi pomwe mwalumidwapo. Kuika nsalu yoviikidwa m'madzi otentha kumachepetsa ululu komanso dzanzi lomwe limatha masabata kapena miyezi ingapo (onani tsamba 207). Mankhwala a *emetine* amachepetsa ululu akalasidwa pamalo ulumidwawo.

## Ziyabwe zina zaubweya

Munthu amamva kulumaluma komanso amatuluka totupa ngati akhudza ubweya wa pa msana pa ziyabwe zina. Izi sizidetsa nkhwana ndipo zimatha pakadutsa mawola ochepe. Mankhwala a *cortico-steroid* kapena matabuleti a *antihistamine* amathetsa kupweteka msanga (tsamba 399).

## Kulumidwa ndi kangaude

Kulumidwa ndi kangaude kuphatikizapo uja amatchedwa tarantula kumapweteka koma si kowopsa. Munthu wamkulu akhoza kudwala atalumidwa ndi akangaude a mitundu ina. Zimakhala zowopsa mwana akalumidwa ndi kangaude. Kangaude wakuda amapweteketsa m'mimba kwambiri (nthawi zina kupwetekaku kumasokonezedwa ndi apendisitisi, nthenda ya msonga ya thumbo).



Wolumidwayo apatsidwe aspirin kenaka mtengereni kuchipatala. Mankhwala ofunika kwambiri sapezeka m'masitolo. (Jekeseni wokhala ndi 10% wa *calcium gluconate*, wa mamililitala 10 wobayidwa kudzera m'mitsempha **pang'onopang'ono** munthawi yokwana mphindi khumi kumachepetsa kuphwanya kwa thupi. *Diazepam* (tsamba 403) amathandizanso. Ngati zizindikiro za shoko (tsamba 71) zayamba, mupatseni chithandizo chomwe chimaperekedwa ngati thupi ndi mankhwala. Jekeseni wa *cortisone* angafunike kwa ana.)

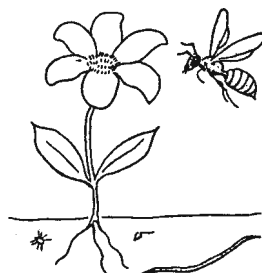
## Poyizoni wa mankhwala ophera tizilombo ta mbewu

Mankhwala ophera tizilombo amakhala ndi poyizoni yemwe amapha zomera zina, mafangayi, tizilombo kapena nyama zina (monga mankhwala a makoswe). Zaka zino, pali vuto logwiritsira mankhwala ophera tizilombo kotero vutoli likunka likulirakulira makamaka m'maiko amene akukwera kumene. Mankhwala owopsa angathe kuyambitsa matenda osiyanasiyana. Angathenso kuwononga chilengedwe chomwe chingachititse kukolola mbewu zochepa.



**Mankhwala ambiri ophera tizilombo ta mbewu ndi woopsa kwambiri.** Anthu am'midzi ambiri amagwiritsira ntchito mankhwala asanadziwe kuwopsa kwake. Izi zimachititsa anthu ambiri **kudwala kwambiri, khungu, kukhala osabereka, kufa kwa ziwalu** kapena ana awo akhoza **kubadwa ndi mavuto ena ndi ena.** Kugwiritsira ntchito mankhwalawa kapena kudya zakudya zomwe zathiridwa mankhwalawa kungathe kuyambitsa **matenda akhansa.**

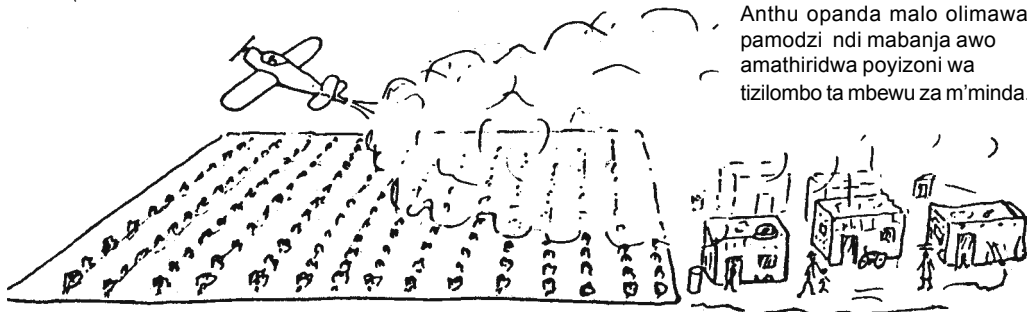
Mankhwala ophera tizilombo ndi udzu m'minda poyamba amathandiza alimi kukolola zambiri. Masiku ano mbewu zothiridwa mankhwalawa, sizimabereka kwambiri poyerekeza ndi zomwe sizinathiridwe mankhwalawa. Izi zimachitika chifukwa mankhwalawa amaphanso mbalame ndi tizilombo tofunikira pochepetsa mwachilengedwe tizilombo towononga mbewu ndiponso tofunikira m'nthaka. Komanso tizilombo ndi udzu zimayamba kulephereka kugonjetsedwa ndi mankhwalawa. Kenaka mankhwala ochuluka ndi osiyanasiyana amayamba kufunikira. Choncho alimi akayamba kugwiritsira ntchito mankhwala apoyizoniwa amapitiriza kuwadalira kotero kuti zimakhala zovutu kusiya kwagwiritsa ntchito mankhwalawo.



Mankhwala ambewu amaphanso tizilombo tofunika — monga njuchi ndi nyongolotsi.

Alimi akapitiriza kudalira mankhwalawa, ndalama zogulira mankhwalawa zimachulukirachulukira. Alimi ang'onoang'ono osauka akamalephera kupeza mankhwalawa amathamangitsidwa m'minda yawo. Pamene malo akutengedwa ndi alimi akuluakulu anjarandi ndipo anthu ambiri akukhala opanda malo olimawa ndipo chiwerengero cha anthu osowa chakudya mthupi chikumachulukirachulukira.

Poyizoni angathe kufikira m'nyumba zawo kapena m'zitsime chifukwa anthu wa amakhala mphepete mwa minda yomwe ikupopere wa mankhwala opha tizirombo tosafunika m'munda. Izi ndi zowopsa makamaka kwa ana omwe angathe kupwetekeka ngakhale ndi poyizoni wochepe chabe. Alimi amene amaberekera zipangizo zothirira mankhwala, zomwe zimachucha, amaika moyo wawo pa chiswe chifukwa cha poyizoni wa m'mankhwalawa.



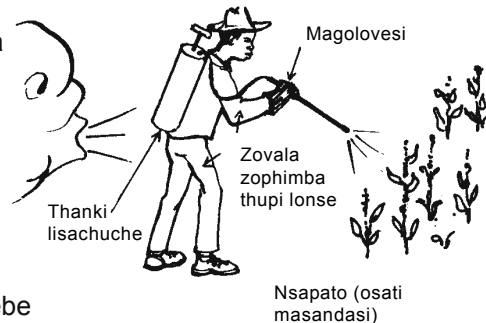
Anthu opanda malo olimawa, pamodzi ndi mabanja awo amathiridwa poyizoni wa tizilombo ta mbewu za m'minda.

Ndi kofunika kupanga malamulo oletsa kugwiritsira ntchito mankhwalawa ndiponso kunena za kuwopsa kwake ndi kofunika. N'zomvetsa chisoni kuti maboma am'maiko okwera kwambiri pamene adaika malire akagwiritsidwe ntchito ka mankhwala ophera tizilombowa, makampani ambiri opanga mankhwalawa adayamba kuwagulitsa ku maiko amene akukwera kumene komwe malamulo awo ndi osakhwima kwambiri.

Mankhwala ena owopsa ophera tizilombo monga ta mbewa ndi *aldrin*, *endrin*, *chlordane*, *heptachlor*, DDT, DBCP, HCH, BHC, *ethylene dibromide* (EDB), *paraquat*, *parathion*, *agent orange* (2-4D okhala ndi 2-4-5T), *camphechlor* (*toxaphene*), *pentachlorophenyl* ndiponso *chlordimeform*, nkofunikiradi kwambiri kuweringa mosamala zomwe zalembedwa pa kalebulo ka pachitini ka mankhwalawo. Onetsetsani kuti mwawerenga timalembo tating'onoting'ono tolembedwa pa kalebulo chifukwa mankhwalawo sangakhale a dzina lomwe lalembedwa pa chitinipo.

**Chenjezo:** Ngati mumagwiritsira ntchito mankhwala ophera tizilombo ta m'mbewu, tsatani njira zodzitetezerazi.

- Sakanizani mankhwala m'chipangizo chopopera mankhwala mosamala kwambiri.
- Musaine ku mbali kumene mphepo ikupita popopera mbewu mankhwala.
- Valani zovala thupi lonse zodzitetezera kumankhwalawo.
- Sambani m'manja musanadye chakudya.
- Sambani thupi lonse ndiponso musinthe zovala zomwe munavala mukatha kupopera mankhwala mbewu.
- Chapani zovala mukatha kupopera mbewu mankhwalawa.
- Muwonetsetse kuti madzi ochapira asagwere m'chitsime chamadzi akumwa.
- Onetsetsani kuti zidebe zomwe muli mankhwalawa zili patali ndi ana komanso zikhale ndi zizindikiro zosonyeza kuti zili ndi mankhwala zakudya zisaikidwe muzidebe zomwe zidagwiritsidwa ntchito yopopera mankhwala.



**Chenjezo:** Onetsetsani kuti ana ndi amayi oyembekezera kapena omwe akuyamwitsa asamakhale pafupi ndi mankhwala ophera tizilombo ta mbewu.

### Chithandizo cha poyizoni wa m'mankhwala ophera tizilombo tophera mbewu:

- Mupumileni m'kamwa munthu yemwe wamwa/wadya/wameza poyizoni wa m'mankhwala ophera tizilombo tophera mbewu ngati munthuyo sakupuma (onani tsamba 81).
- Tsatani malangizo omwe ali pa tsamba 105 kuti munthu yemwe wameza/wamwa/wadya mankhwalawa asanze ndiponso mupatseni makala opera (kapena dzira) kuti atsukulutse mphamvu yapoyizoni m'matumbo. Koma musamukakamize munthuyo kuti asanze ngati simukudziwa mtundu wa mankhwala omwe amagwiritsira ntchito kapena ngati anameza mankhwala pamodzi ndi mafuta a nyali kapena mafuta ena aliwonse.
- Vulani chovala chomwe chanyowa chifukwa cha mankhwalawa ndipo musambe m'thupi.

Njira zili pamwambazi zingathandize kuchiza msanga munthu amene wameza kapena wamwa poyizoni wa mankhwala ophera tizilombo ta m'mbewu. Kuthetsa mavutowa kungafune:

1. Maphunziro a kapewedwe ka mankhwala owopsa ophera tizirombo ta m'mbewu komanso malamulo okhwima oletsa kugwiritsa ntchito.
2. Ogwira ntchito m'minda ikuluikulu nkofunika kugwirizana kuti ufulu wawo utetezedwe ndi kukonzanso njira zodzitetezera ku mankhwalawa.
3. Kugawa malo olima mosakondera.

