

likhemesti ezithile zinokuzinika kananjalo iinkonzo ezongezelelwego:



Uncedo lokuqala, ulawulo lokhathalelo lwesilonda



Inkxaso, icebo kanye nokudlulisewa kwamaxhoba
obundlobongela obusekelwe kwisini



Iinkonzo zempilontle yosana (ugonyo, ukubekwa
esikalini, icebo lokulutyisa, kanye nokhathalelo
lwemveku (kuquka irhashalala ebangwa zizishuba,
umoya kanye nezifo eziqhelekileyo zeemveku)



Ukuvavanyelwa i-TB, ii-STI, i-HIV, ukukhulelwa,
isifo seswekile, uxinzelelo lwegazi, ikholesteroli



Ucwangciso ntsapho kanye neenkonzo zempilo
yokuzala (ngokuxulumene namalungu esini)



Ukulandwa kwamayeza ezifo aphila nazo umntu
(Buza usokhemesti wakho malunga nolu khetho)

Ngoncedo kanye nolwazi oluthe vetshe
qhagamshelana:

- Nousomachiza wakho onobubele;
- Iklinati yakho ekufutshane;
- Isibhedlele sakho esikufutshane.



Thušo ya pele, taolo ya tlhokomelo ya ntho



Thekgo, keletšo le go romela batšwasehlapelo ba
dikgaruru tše di theilwego godimo ga bong fao ba
tlago thušwa



Ditirelo tše boitekanelo bja masea (meento, sekala,
maele mabapi le phepo, le tlhokomelo ya masea (go
akaretšwa dišo tše go hlolwa ke mengato ya bana, go
longwa le malwetši a go tlwaelega a masea)



Go hlahlobela TB, diSTI, HIV, boimana, bolwetši bja
swikiri, kgatelelo ya madi, kholeseterole



Ditirelo tše maphele tše peakanyo ya lapa le
pelego (thobalano)



Dikgetho tše go tšewa ga dihlare tše malwetši a go
se fele goba go tlisetšwa (Botšiša khemise ya gago
ka kgetho ye)

Go hwetša thušo le tshedimošo ka botla-
lo kgokagana:

- Rakhemise wa gago wa go ba le botho;
- Kliniki ya kgauswi le wena;
- Sepetlela sa kgauswi le wena.

September is
Pharmacy Month

Woman and Youth Health

Your pharmacist is easily approachable & can be
your source of information on:

- Health & Healthy Lifestyles including smoking cessation, healthy weight, exercise & substance abuse
- What to expect when you take your medicines
- Monitoring chronic health conditions such as diabetes, high blood pressure or asthma



**The Pharmacy is a safe and trusted
place for advice and assistance**

Quality Healthcare for All



Some pharmacies can also provide additional services:



First aid, wound care management



Support, advice and referral for victims of gender-based violence



Baby wellness services (immunisations, weighing, feeding advice and infant care, including nappy rash, colic and common infant diseases)



Screening for TB, STIs, HIV, pregnancy, diabetes, blood pressure, cholesterol



Family planning and reproductive (sexual) health services



Chronic medicine collection or delivery options
(Ask your pharmacist about this option)



Sommige apteke kan ook bykomende dienste verskaf:



Noodhulp, wondversorging



Ondersteuning, advies en verwysing vir slagoffers van gendergebaseerde geweld



Welstanddienste vir babas (immunisasies, weeg, voedingsadvies en babasorg (insluitend doekuitslag, koliek en algemene babasiektes)



Sifting vir TB, SOI's, MIV, swangerskap, diabetes, bloeddruk, cholesterol



Gesinsbeplanning en reproduktiewe (seksuele) gesondheidsdienste



Opsies vir die afhaal of aflewing van chroniese medikasie (Vra jou apteker oor hierdie opsies)



Amanye amakhemisi ayakwazi ukuhlinzeka ngamasevisi ongeziwe:



Usizo lokuqala, ukunakekelwa kwezilonda namanxeba



Ukwesekwa, nokwelulekwa kanye nokudluliselwa phambili kwezisulu zodlame ngokobulili



Amasevisi empilonhle yabantwana (ukugonywa, ukukalwa kwestisindo, izeluleko zokudliswa kwabantwana, kanye nonakeko lwezinsana (kubandakanya amashashaza abangelwa yinabukeni, isilumo sabantwana kanye nezinye izifo ezivamile zabantwana)



Ukuhlolelwa i-TB, ama-STI, i-HIV, ikukhulelwa, isifo sikashukela, umfutho wegazi ophezulu kanye ne-cholesterol



Ukuhlela umndeni kanye namasevisi ezempilo emayelana nenzalo (ezocansi)



Ukulandwa kwemithi yezifo ezingomahlalakhona noma indlela ongayikhetha yokudilivelwa yona (Buza kusokhemisi wakho mayelana nendlela ongayikhetha)

For help and more information contact:

- Your friendly pharmacist;
- Your nearest clinic;
- Your nearest hospital.

Vir hulp en meer inligting, kontak:

- Jou vriendelike apteker
- Jou naaste kliniek
- Jou naaste hospitaal.

Mayelana nosizo noma ulwazi oluthe xaxa, xhumana:

- Nosokhemisi wakho ozokusiza ngesihe;
- Nomtholampilo oseduze nawe;
- Nesibhedlela esiseduza nawe.