



## Dzinwe khemisi dzi a kona u netshedza na dzinwe tshumelo sa:



Thuso-thanzi, ndangulo ya ndondolo ya zwilonda



Thikhedzo, ngeletshedzo na u pfukiswa ha vhabvazwithavhelo vha khakhathi dzo disendekaho nga mbeu



Tshumelo dza mutakalo wa vhana (mihayelo, tshikalo, ngeletshedzo dza u lisa vhana, na ndondolo ya dzitshtshe (hu tshi katela na zwipundu zwi itwa ho nga maleri, koliki na malwadze a dzitshtshe o doweleaho)



Ndingo dza TB, STI, HIV, vhuimana, vhulwadze ha swigiri, mutsiko wa malofha, kholositirolō



Tshumelo dza vhutea-muta na dza mutakalo wa mbebo (zwa vhudzekani)



Ndila dza u dzhia kana nyisedzo ya mishonga ya ndonde-ndonde (Vha vhudzise rakhemisi wavho nga ha ndila iyi)



## Amanye amakhemisi ayakwazi ukuhlinzeka ngamasevisi ongeziwe:



Usizo lokuqala, ukunakekelwa kwezilonda namanxeba



Ukvesekwa, nokwelulekwa kanye nokudululiselwa phambili kwezisulu zodlame ngokobulili



Amasevisi empilonhle yabantwana (ukugonywa, ukukalwa kwestindo, izeluleko zokudliswa kwabantwana, kanye nonakekelo lwezinsana (kubandakanya amashashaza abangela yinabukeni, isilumo sabantwana kanye nezinye izifo ezivamile zabantwana)



Ukuhlolewa i-TB, ama-STI, i-HIV, ikukhulelwa, isifo sikashukela, umfutho wegazi ophezelu 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)

U wana thuso na zwinwe zwidodombedzwa kha vha Kwame:

- Rakhemisi wavho a re na vhulenda;
- Kiliniki ya tsini na ha ha vho;
- Vhuongelo ha tsini na ha ha vho.

**Mayelana nosizo noma ulwazi oluthe xaxa, xhumana:**

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

# 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)



Dikhemise tse ding di ka fana ka ditshebeletso tse eketsehileng:



Thuso ya pele, kalafo ya maqeba



Ho tshehetsa, ho eletsa le ho fetisa mahlatsipa a otilweng ka lebaka la bong



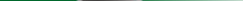
Ditshebeletso tsa boitekanelo ba masea (dikentelo, ho kala boima, keletso ya ho fepa, le tlhokomelo ya masea (e kang lekgopo le bakwang ke leleiri, ho lla haholo le mafu a atileng a masea)



Ho hhahlobelwa TB, diSTI, HIV, boimana, tswekere, kgatello ya madi, kholesterole



Thero ya malapa le ditshebeletso tsa bophelo bo bottle tsa peleho (thobalano)



Ho kgetha ho lata kapa ho tlisetswa meriana ya mafu a sa foleng (Botsa famasi ya hao ka kgetho ena)



Gape, dikhemise dingwe di kgonogo neelana ka ditirelo tsa tlaleletso:



Thuso ya potlako, botsamaisi jwa tlhokomelo ya dintho



Tshegetso, kgakololo le kaelo go batswasethabelo ba tirisodikgoka e ikaegileng ka bong



Ditirelo tsa botsogo tsa masea (meento, boima jwa mmele, kgakololo go otla, le tlhokomelo ya ngwana (go tsenyeletsa moraratshane wa monyato, kholidike le malwetse a a tlwaelegileng a bana)



Go sekerina THIBII, diSTI, HIV, boimana, bolwetse jwa sukiri, kgatelelo e kwa godimo ya madi, kholeseterole



Thulaganyo ya tsa pelegi le ditirelo tsa tsalo



Go ya go tsaya ditlhare tse di tsewang lebaka le le leele (botsa rakhemisi wa gago ka go tsaya ditlhare kgotsa go tlisetswa ditlhare kwa lapeng)

## For help and more information contact:

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

Fumana thuso le dintlha tse ding ka ho ikopanya le:

- Setsebi sa hao sa meriana sa botswalle
- Tliliniki e haufi le wena
- Sepetlele se haufi le wena

Go bona thuso le tshedimosetso go feta, ikgolaganye le:

- Rakhemise wa gago yo o botsalano;
- Tliliniki e e gaufi le wena;
- Sepetlele se se gaufi le wena.