

## Amanye amakhemisi anganikela ngemisebenzi engezelelweko:



Isizo lokuthoma, ukuphatha itlhogomelo lamanceba



Ukusekela, ukuyelelisa nokuthumela abongazimbi zentruhu yobulili kwezinye iindawo



Imisebenzi yokuba nepilo komntwana (ukugonywa, ukukalwa, isiyeliso sokudisa, nokuthogomela isana (kufake hlangana iratjhi ebangewla madugu, ukuba nethabe kanye namanye amalwele wamasana ajayelekileko))



Ukuskrinelwa i-TB, ama-STI, i-HIV, ukuba sidis, ubulwele betjhukela, ihayibladi, ikholesteroli



Ukupanelala ukuhlela umndeni (komseme) imisebenzi yezamaphilo



Ukuyokuthatha iinhlahla zamalwele angapholiko namkha ukukhetha ukuthunyelwa (Buza usokhemisi wakho ngendlela le yokukhetha)



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 hlahllobela 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)

### Ukuthola isizo nelwazi elinengi thintana:

- Nosokhemisakho onomusa;
- Nomtholapilwakho oseduze nawe;
- Nesibhedlela sakho esiseduze nawe.

### Go hwetša thušo le tshedimošo ka botlalo kgokagana:

- Rakhemise wa gago wa go ba le botho;
- Kliniki ya kgauswi le wena;
- Sepletela 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)



Xipfuno xo sungula, vulawuri byo hlayisa xilondza



Nseketelo, xitsundzuxo na rheferali ya vatwisiwa kuava eka madzolonga ya rimbewu



Vukorhokeli byo hanya kahle ka n'wana (ntlhavelo wa nsirhelelo eka ntulelo wa mavabyi, ntikelo, xitsundzuxo xo dyisa, na nhlayiso wa n'wana (ku katsa swirhumbana swa lerhi, mavabyi mo lumiwa endzeni na mo tololeka ma vana)



Ku hlerisha ka TB, tiSTI, HIV, ku biha emirini, chukele, ntshikelelo wa ngati, kholesterol



Nkunguhato wa swa ndyangu na vukorhokeli bya rihanyo ra (swa masangu)



Nhlengeleto wa mirhi yo godzombela kumbe tindela tin'wana to heleketa (vutisa mutirhi wa wena wa le khemisi hi ndlala leyi yin'wana)



Lusito lwekucala, kunakekela tilondza



Kusekelwa, kwelulekwa kanye nekulayelwa lusito kwalabo labahlukubeteka ngekwebulili



Tinsita temphilo lenhle yebantfwana (kuvikela, kukalwa sisindvo, teluleko ngekubondla, kanye nekunakekelwa kwetinswane (lokufaka ekhatxi kucutjulwa ngemanabukeni, umoya esiswini kanye netifo letivamile tetinswane)



Kuhlolwa tifo letifana neTB, letitsatselana encansini, HIV, sifo sashukela, iBP kanye nekukhulelwu



Tinsita tekuhlelisa umndeni netemphilo yentalo



Kulandza imitsi yetifo letingapheli noma kuletselwa yona (Buta sokhemisi wakho ngalendlela lena)

## For help and more information contact:

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

Ku kuma ku pfuneka na vuxokoxoko hi vuenti tihlanganise na:

- Mutirhi wa wena wa le khemisi wo va na tintswalo;
- Tliliniki ya wena ya le kusuhi;
- Xibedlhele xa wena xa le kusuhi.

## Kutfola lusito nekwati kabanti ungashayela:

- Sokhemisi wakho losihlobo sakho;
- Umtfolamphilo losedvute nawe;
- Sibhedlela lesisedvute nawe