

USOKHEMESTI WAKHO
Iqabane lakho
ekusebenziseni iyeza
ngokukhuselekileyo



Ukusebenzisa iyeza
ngokukhuselekileyo kuqala
ngokubuza imibuzo.

Buza usokhemesti wakho:

- ✓ Kutheni kufuneka ndilithathe eli yeza?
- ✓ Zeziphi iziphumo ebezingalindelekanga ekufuneka ndizijonge?
- ✓ Kutheni kufuneka ndiyigqibe ikhosi yam yezibulala ntsholongwane?

IQELA LAKHO LEKHEMESTI
Iqabane lakho kwimpilo
nempilontle

Usokhemesti wakho lelona gcisa lakho lezempilo lifikelelekayo.

Uthembekile. Uyafikeleleka. Yingcali.

Unombuzo wempilo?
Buza usokhemesti wakho



USeptemba yiNyanga
yeKhemesti



Buza
uSokhemesti Wakho

Ndingalithatha eli nelye iyeza lam?

Zeziphi iimpawu zesifo seswekile?

Usokhemesti wakho ligcisa lezempilo elithembekile, elifikelelekayo. Ngolwazi oluthe vetshe buza usokhemesti wakho okanye uskene ikhowudi ye-QR



health
Department:
Health
REPUBLIC OF SOUTH AFRICA



ICPA
INDEPENDENT COMMUNITY
PHARMACY ASSOCIATION



USOKHEMESTI WAKHO

**Iqabane lakho kukhathalelo lwezifo
ophila nazo umntu ezinganyangekiyo**

Usokhemesti wakho yinxenye yeqela lakho
lokhathalelo lwempilo.

Buza usokhemesti wakho:

✓ Ingaba ndiwathatha

ngokuchanekileyo amayeza am?

✓ Ingaba ndisisebenzisa

ngokuchanekileyo isixhobo sam

sokuphefumlela ngaphakathi sesifuba?

✓ Zithetha ntoni iziphumo zam

zempavanyo zegazi?



USOKHEMESTI Iqabane lakho kuthintelo

Uthintelo luqala ngengxoxo.

Buza usokhemesti wakho:

✓ Zeziphi izitofu zokugonya endizifunayo?

✓ Ingaba iphezulu kakhulu ikholesteroli
yam?

✓ Ndingawehlisa kanjani umngcipheko
wam wesifo?

**USOKHEMESTI WAKHO
Iqabane lakho
ekuzikhathaleleni
Ingaba unayo inkxalabo yempilo?**

Buza usokhemesti wakho:

✓ Ndingayinyanga ekhaya le?

✓ Ingaba kufuneka ndibone ugqirha?

✓ Leliphi iyeza eligqwesileyo

kwiimpawu zam?

