

SOKHEMISI WAKHO
Lobambisene naye
ekusebentiseni imitsi ngendlela
lephephile.



**Kusebentisa umutsi ngendlela
lephephile kucala ngekubuta
imibuto.**

Buta sokhemisi wakho:

- ✓ Kufanele ngani kutsi ngisebentise lomutsi?
- ✓ Yini imichakela leminyane lengabakhona nalekumele ngiyigadze?
- ✓ Kufanele ngani kutsi ngiwucedze umutsi lenginikwe wona wekubulala emagciwane?

LICEMBU LAKHO LEKHEMISI
Lobambisene naye
kutemphilo nasekuphileni
kahle

Sokhemisi wakho nguyena chwepheshe
ekunakekeleni temphilo longamtfola
nome nini.

Ungametsemba.
Ungamtfola nome nini.
Uyingcweti.

Ngabe unawo umbuto ngetemphilo?
Buta sokhemisi wakho.



Inyanga yeNyoni
yi-Pharmacy Month



Buta
Sokhemisi Wakho

**Ngingakusebentisa yini loku
nalomunye umutsi?**

**Yini timphawu tekucala tesifo
sashukela?**

Sokhemisi wakho nguchwepheshe
wekunakekela temphilo longametsemba,
nalongamtfola nome nini
Kuze utfole kwati kabanti buta sokhemisi
wakho nome utsatse sikeni sale QR-khodi



health
Department:
Health
REPUBLIC OF SOUTH AFRICA



ICPA
INDEPENDENT COMMUNITY
PHARMACY ASSOCIATION



SOKHEMISI WAKHO
Lobambisene naye ekwelapheni tifo
letingapheli

Sokhemisi wakho uyincenye yelicembu
letekunakekela temphilo

Buta sokhemisi wakho:

- ✓ Ngabe ngiyinatsa kahle yini imitsi yami?
- ✓ Ngabe ngisisebentisa ngendlela lengiyo
yini sifonyo semutsi wesifuba sengati?
- ✓ Isho kutsini imiphumela yekuhlolwa
kwengati yami?



SOKHEMISI WAKHO
Lobambisene naye
ekuvikeleni

Kuvikela kucala ngekcocisana

Buta sokhemisi wakho:

- ✓ Nguyiphi imitsi yekugoma
lengiyidzingako?
- ✓ Ngabe i-kholesteroli yami iphakeme
ngalokwecile yini?
- ✓ Ngingabehlisa kanjani bungoti betifo?

SOKHEMISI WAKHO
Lobabembesane naye
ekutinakekeleni

Ngabe kukhona yini lokukukhatsatako
ngemphilo?

Buta sokhemisi wakho:

- ✓ Ngingakwelapha yini loku ekhaya?
- ✓ Ngiyadzinga yini kubona dokotela?
- ✓ Ngumuphi umutsi lokahle kakhulu
ekwelapheni timphawu lenginato?

