

Kuyini i-mpox?

Mayelana le-mpox

I-Mpox ayikho elizweni lethu okwakhathesi, kodwa ngenxa yokumemetheka kwayo emazweni aseduze, kuhle ukwazi okunengi ngayo lokuthi ungazivikela njani labanye.

I-Mpox ibangelwa ligcikwane eliyinxenye yemuli efana legcikwane elibangela inzuka. Kulenhlobo ezimbili ze-mpox, i-clade I le-clade II. Akulandaba ukuthi luhlobo olunjani lwe-mpox, abantu abale-mpox bajayeke ukuqubuka, kanye lezinye impawu zokugula. Igcikwane elibangela i-mpox litholakale kumagundwane amancane, inkawu lezinye inyamazana ezihlala kwezinye indawo ze-Central le-West Africa. Kwezinye zendawo lezi, inyamazana zithelela abantu i-mpox, kuthi abantu benelise ukuthelela abanye abantu igcikwane.. Ngokumemetheka kwesifo okwenzakalayo khathesi, i-mpox ithelelwana ikakhulu ngokusuka kumuntu iye komunye.

Impawu lezibonakaliso zokugula

I-Mpox ingabangela ukuqubuka okubukeka njengamaqhubu kumbe amathuthuva loba ngaphi emzimbeni, okugoqela izandla, inyawo, isifuba, ubuso, loba umlomo, njalo ngezinye izikhathi phezu noma eduze kwesitho kumbe ididi.

Ukuqubuka kungabangela ubuhlungu obukhulu kanye lamanxeba kwabanye abantu njalo bungahlala amaviki.

Impawu zokugula zingagoqela:



Ukutshisa umzimba



Ukugodola



Ama-lymph node avuvukileyo



Imsipha leqolo elibuhlungu



Ukudinwa



Impawu zokugula isifuba njengomphimbo obuhlungu, ukuvaleka kwamakhala, kumbe ukukhwehlela



Ukuphathwa likhanda



Ukuqubuka



I-mpox ithelelwana njani?

I-Mpox ingathelelwana kusukisela isikhathi impawu ziqala kuze kube lapho ukuqubuka sekupholile njalo nxa isikhumba esitsha sesikhona. Igciwane leli lingathelelwana livela komunye umuntu liye komunye ngokuthintana, ngokuvamileyo ukuthintana isikhumba ngqo okugqela:

- **Ukuthintana ngqo lamaqubu e-mpox**, ukuxebuka, kumbe amanye amanzi omzimba athize njengamathe, amakhovula, kumbe udenda
- **Ukuthintana okusondeleneyo njegokuya emacansini, ukuqabulana, kumbe ukugona**
- **Ukuthintana izinto** (inkomitsho, imganu), **amalembu** (izigqoko, okokumbatha, kumbe amathawulo), **njalo lendawo** esezisetshenziswe ngumuntu ole-mpox kodwa zingakageziswa.
- Abantu abazithweleyo abale-mpox bangathelela igciwane emntwaneni ongakazalwa ngesikhathi bezithwele kumbe emntwaneni osanda kuzalwa ngesikhathi kumbe ngemva kokubeletha

I-Mpox AYITHELELWA ngokuhlangana nje labantu njengalapho usemsebenzini ewofisini, usiya emsikeneni, kumbe ugada ibhasi.

Ungazivikela njani?

- **Vika ukuthintana eduze, kwesikhumba lesikhumba** labantu abalokuqubuka okubukeka kunjengokwe-mpox.
- Ungaqabuli, ungagoni, ungamgoneli, kumbe ungayi emacansini lomuntu ole-mpox.
- Vika ukuthintana lezinto ezisetshenziswe ngumuntu ole-mpox njengemganu, okokumbatha, loba izigqoko.
- Geza izandla zakho njalonje ngesepa lamanzi kumbe usebenzise isibulali-magciwane esilotshwala.

Kuyini okufanele ngikwenze nxa ngithinte i-mpox?



- **Khangela impawu zokugula okwamalanga angu- 21** kusukisela isikhathi sokucina lapho othinte i-mpox. Ungaqhubeka ngemisebenzi yakho yansuku zonke nxa nje ungelazo impawu zokugula lezibonakaliso ze-mpox.
- **Nxa ulokuqubuka okutsha kumbe okungachasisekiyo** kumbe ezinye impawu ze-mpox, bona udokotela njalo uhlolelwe i-mpox.
- **Nxa ungathola i-mpox**, hlala khatshana kwabanye abantu kakhulu, vala izilonda zakho, njalo gqoka imaski nxa uphakhathi kwabanye kuze kuphele ukuqubuka kwakho.



Ngubani osengozini yesifo esibuhlungu?

I-Mpox ingaba yingozi kakhulu kwabanye abantu, njenga:

- Abantu abalamasotsha omzimba abuthakathaka kakhulu kumbe i-HIV engalawulekiyo
- Abantwana abangaphansi komnyaka owodwa
- Abantu abake baba le-eczema
- Abantu abazithweleyo

Nxa bengagula i-mpox, bangadinga ukunakekelwa okwengeziweyo ukuze bencediswe bebe ngcono.

Ukuthola ulwazi olwengeziweyo,
vakatshela [cdc.gov/mpox](https://www.cdc.gov/mpox).