

INGCEBISO NGOKONGA UMNTU OGULAYO KWIINTSUKU NEEYURE ZOKUGQIBELA ZOBOM

Omawukulindele nengcebiso ngokuthomalalisa nokunika intuthuzelo

Unxibelelwano nokungqongileyo

Xa kusondela esiphelweni, umntu unokoyiswa kukulala okugqithisileyo ade ozele okoko.

Izinto onokuzizama:

- Zama ukucingela iminqweno yomguli . Mvise izandi neemvakalelo eziqhelekileyo, umzekelo ingubo ayithandayo, okanye umculo awuthandayo.
- Gcina umoya uzolile ngokuthoba ukukhanya egumbini nokugcina inani labantu abamndwendwelayo lisezantsi. Oku ngungahlisa ukuxhalaba naxa iqondo lokuqonda lihlike.
- Noxa engaphenduli, kubalulekile ukuthetha naye ngoba umntu unako ukuyiva incoko kude kubengumzuzu wokugqibela.

Iintlungu

Abanye abantu basezintlungwini bade basweleke. Xa bengasathethi, bayancwina okanye basineke ukubonakalisa oku.

Izinto onokuzizama:

- Akhona amayeza okuthomalalisa iintlungu. Thetha nabanakekeli-mpilo bakhe.
- Qala ngokujonga indlela aleli ngayo ukuba ayimphazamisi na . Umhlawumbi akanamandla okushenxa abe enenkantsi.
- Khangela ukuba akukho ndawo zithunakalayo na, umzekelo umqolo obuhlungu, uze ukukhumbule oku xa umlungisa ukulala.

Isicaphucaphu

Ngamanye amaxesha umntu uziva enesicaphucaphu okanye ade agabhe.

Izinto onokuzizama:

- Ukuba uyagabha, akakwazi nokuhlala ngeempundu, mguqule alale ngecala ukuze angatsarhwa.
- Akhona mayeza okuthomalalise nokuphelisa oku.
- Vula ifestile ukuze abethwe ngumoya ococekileyo.

Iphika nokukhohlela

Iphika nokukhohlela zingabangela ukuthukuthezelela nenxalabo, zenze kubenzima ukunxibelelana. Sukumncokolisa; kungcono ubhekele umnike ithuba nomoya wokuphendula.

Izinto onokuzizama:

- Mqinisekise ukuba elithuba lokuvaloka umoya lizakudlula.
- Mthuthuzele ngokuthethela phantsi ngenzolo, uvule nefestile ukuze abethwe ngumoya.
- Ukuba unako, msekelise ngemiqamelo ahlale, ngoba oku kungamnceda aphemfumle ngcono.

Phambi kokuba umntu aphume umphefumlo, ukuphefumla kwakhe kunganengxolo exhalabisayo. Bantu bambi bayibiza ukurhoxoza ('death rattle'). Zama ukungothuki, le ngxolo iqhelekile. Yenziwa ngamathe neencindi ezixineke emqaleni ngenxa yezihlunu eziphelelwa ngamandla. Akhona amayeza okomisa amathe neencindi.

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Ukuphazamiseka nokuthukuthezelwa

Abanye abantu babanokugqushalaza bakhangeleke besilwa xa besweleka. Kuyaxhalabisa kwaye kuyoyikeka ukonga umntu ongazolanga.

Izinto onokuzizama:

- Kubalulekile ukukhangela ukuba unobangela akuyonto ilingusekayo, umzekelo ukugcwala kwesinyi okanye ukuphiswa, zinto ezo zinokulungiswa ngokufaka umbhobho wokuchamisa okanye ukucima. Abanakekeli-mpilo abakuxhasileyo bangakucebisa.
- Khangela ukuba akamanzanga na okanye akazingcolisanga na. Ukuba akuyiyo enye yezi, akhona amayeza nezinto onokuzenza ukumthomalalisa.
- Zama ukumthuthuzela ngokuhlala naye uthethe naye ngokuthuleyo. Ukumphatha nokumphulula kungaluncedo.
- Akhona namayeza anokunceda ukumzolisa amkhulule umzimba.

Ukuya ngasese

- Xa umntu ephuma umphefumlo, kubakho ukuyekelela komchamo nesisu. Nangona silindele ukuba umntu anqabe ukuya ngasese nokuchama kuba engasatyi kuyaphi, qhakamshela nabanakekeli-mpilo bakhe ukuba akachamanga emva kweyure ezi- 12 nangaphezulu, kuba oku kungakhulisa ukuphazamiseka.

Izinto onokuzizama:

- Mgcine ezolile ngokumvasa ngesiqhelo nangomkutshintsha rhoqo ukuba uyazimanzisa okanye uyazenzela.

Ukushukuma nokuhamba

Umntu ogulayo udinga ukuvaswa nokuba kukanye ngemini aze aguqulwe rhoqo emva kweyure ezi- 2 ukuya kwezi-4 ukuze angabinazo izilonda zoxinzelelo.

Izinto onokuzizama:

- Mtshintshe ekulaleni ngomqolo, umguqule amacala. Ungasebenzisa imiqamelo okanye iitawuli ezisongiweyo ukuxhasa umzimba, ukwahlukanisa nokuxhasa imilenze neengalo.
- Xa umvasa, khangela iimpawu zokutyabuka, umzekelo ukuba bomvu okanye ukutshintsha kwengangeleko yolusu.
- Qaphela unonophele inqentsu neendlebe, imicephe yegxalaba, kunye namazantsi omqolo, amahleza neempundu, amaqatha, izithende namadolo.

Ucoceko lomlomo

Nangona kunqabile ukuba abantu bakhale ngonxano kwiintsuku zokugqibela, umlomo owomileyo uyinkathazo kuba umntu uphefumla ngomlomo kakhulu.

Izinto onokuzizama:

- Kubalulekile ukuyithambisa imilebe ngentwana ye-vaselina ukuze ingachachambi.
- Manzisa umphakathi womlomo rhoqo ngentwana yamanzi okanye umkhenkce ucoce iintsini nompakakathi wemilebe ngetoothbrush okanye igauze emanzi (noba uhleli okanye ulele).
- Khangela izilonda nezibhaxu ezimhlophe elwimini, ezintsinini nasezidleleni, ezingabuhlungu ngokwenene. Ukuba zikhona, xelela abanakekeli-mpilo bakhe kuba zinyangeka lula.

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Ukutya

Okuya umzimba unikezela, awusadingi kutya naziselo ukuwugcina usebenza. Xa umntu efika esiphelweni, uyaphelelwa yinkanuko yokutya nokusela, agqibelise engasafuni nokuginya. Unako nokwehla umzimba ngokukhawuleza. Le meko ibanzima ukwamkeleka kusapho lwakhe kuluntu lonke ukutya kuhambelana nempilo entle, nokondla ikwasisenzo sothando. Noxa kunjalo, indlala nonxano aziyongxaki ekupheleni kobomi. Umguli akaziva.

Ekugqibeleni, kungakho ubunzima bokuginya, ukutsarhwa nokukhohlela xa umntu efunzwa okanye esezwa. Xa umntu engasakwazi ukuginya, izizalwane nabongi bangafuna ukuba kunikwe amanzi ngemithambo (i-drip), kodwa inyaniso kukuba oku akuloncedo kwesisigaba. Umzimba awusakwazi ukuwasebenzisa okwesiqhelo la manzi, ndaweni yoko, amanzi nokunika ukutya nge-drip zingadala umonakalo emzimbeni. Zingangenisa iintsholongwane egazini nasemzimbeni, okanye kubulaleke umzimba ngamanzi amaninzi, ze oko kudale iphika nokudumba komzimba.

Izinto onokuzizama:

- Qhubeleka umnika ukutya okucujiweyo, umrhabulise amanzi ngetispuni okanye i-straw xa esafuna (ungamnyanzeli xa engafuni). Myeke atsho xa elambile okanye enxaniwe. Myeke asele lonto ayinqwnelayo xa efuna, noba uyatsarhwa. Kubalulekile unganyanzelisi.
- Khumbula ukumhlalisa xa esela okanye esitya ukuze angatsarhwa.
- Mphe umkhenkce ogqunywe ngelaphu elicocokileyo elibhityileyo ukuze afunxe, kuba oku kunganceda umlomo owomileyo ngaphandle kokusela amanzi amaninzi.

Ukuvasa

Maxa wambi kuyimigudu ukuvasa umzimba wonke. Ukuvasa izandla, ubuso nemiphakatho kungawuhlaziya kakhulu umzimba.

Izinto onokuzizama:

- Xa usulela ebhedeni, sebenzisa amalaphu amabini ohlukeneyo, elinye ebusweni nomntla womzimba, elinye emazantsi omzimba.
- Qala emantla omzimba, uvase ubuso, iingalo, umqolo, isifuba, nesisu. Landelisa ngemilenze neenyawo. Gqibelisa ngemiphakatho.
- Vasisisa yonke isephu ukuze ulusu lungomi. Sulisisa ulusu kakuhle kodwa ungakuhli ngamandla.
- Veza kuphela amalungu omzimba owavasayo ngeloxesha – ungawugquma umzimba ongomnye ngetawuli. Oku kugcina umzimba ufudumele kwaye kukhusela nesidima sakhe.