

USOKHEMISI WAKHO UPHETHE UKHIYE WEMPILO ENHLE!

IMPILO ENHLE – NGUMCEBO WAKHO!

Ungenza impilo yakho ibengcono, uthole injabulo negugu ngempilo yakho. Buza usokhemisi wakho ukuthi imithi ungayisebenzisa kanjani ukuze yenze impilo yakho ibengcono, kanye nangezindlela zokukhetha ukuphila impilo enhle.

IMITHI – NGUMNOTHO

Imithi iyakwazi ukuthi yenze impilo yakho ibengcono, nokuthi futhi yenze isimo ophila kuso sibesihle uma uyisebenzisa ngendlela efanelekile. Usokhemisi wakho uyakwazi ukukululeka ngendlela yokugcinwa kwemithi, nokusetshenziswa kwayo ngendlela ephephile.

QAPHELA IMPILO YAKHO

Usokhemisi wakho angakusiza ngokukubonisa izimpawu ezixwayisa uma impilo yakho isengozini, ukuze kusinde impilo yakho. Ukusheshe wazi ngezimpawu ezikhombisa ukugula kungasiza ekuhlengeni impilo yakho. Kubalulekile ukuhlololwa isikalo sesisindo sakho, ubude bakho, i-BP (hayi-hayi), ushukela kanye namafutha egazini. Kubalulekile ukwazisa usokhemisi wakho ngomlando wempilo yakho ukuze usheshe usizakale ngendlela efanelekile. Futhi kubalulekile ukwazi ngesimo sakho segciwane lesandulela ngculazi kanye nesifo sengculazi (HIV).

ULWAZI

Usokhemisi wakho angakwazi ukuphendula imibuzo yakho ngemithi kanye nezempilo, futhi ungamtshela usokhemisi wakho okwenzakalayo kuwe uma uphuza imithi onikwe yona, yena angakuchazela kabanzi.

UKUPHILA OKUNGCONO

Izinqumo ngempilo yakho zinomthelela esimweni sempilo yakho. Khuluma nosokhemisi wakho ngezinqumo zakho ezibandakanya ukudla okudlayo, ukuzivocavoca, ezobulili, utshwala, ukubhema, ukuphumuza umzimba, kanye nokunye.

UKUNAKEKELA

Usokhemisi wakho uyanakekela impilo yakho kanye nawe uqobo. Nobabili ningathatha izinqumo ezizokwenza impilo yakho ibengcono ngokusetshenziswa kwemithi nangendlela yokuziphatha.

BUZA USOKHEMISI WAKHO!

Zulu

JOU APTEKER BESIT DIE SLEUTEL TOT GOEIE GESONDHEID!

GOEIE GESONDHEID – JOU SKAT!

Jy kan jou gesondheid verbeter en meer genot en waarde uit die lewe put (kry). **Vra jou apteker** oor gesonde leefstylkeuses en hoe die korrekte gebruik van medisyne tot goeie gesondheid kan bydra.

MEDISYNE – ‘N WAARDEVOLLE HULPMIDDEL

Medisyne kan jou gesondheid en lewenskwaliteit verbeter indien dit volgens aanwysings gebruik word. **Jou apteker kan** jou adviseer oor hoe om jou medisyne veilig te berg en verantwoordelik te gebruik.

MONITEER JOU GESONDHEID

Vroeë waarneming van gesondheidsrisiko's kan lewens red. 'n Paar baie eenvoudige toetse – lengte en gewig, bloeddruk, glukose en cholesterol – tesame met sekere inligting oor jou mediese geskiedenis en leefstyl kan 'n baie goeie aanduiding van die stand van jou algemene gesondheid gee. Dit is ook belangrik om jou VIGS-status te ken.

INLIGTING

Aptekers is 'n waardevolle bron van inligting vir pasiënte en ander verskaffers van gesondheidsorg. **Jou apteker kan** jou vrae oor medisyne en gesondheidsake beantwoord. Jy kan ook jou apteker vertel van jou ondervinding met die gebruik en die uitwerking van medisyne op jou.

GESONDE LEEFWYSE

Jou keuses vir 'n leefstyl kan jou gesondheid bepaal. **Gesêls met jou apteker** oor keuses soos streshantering, goeie voeding, oefening, geslagsgesondheid, beheer van alkoholverbruik, ophou rook, die noodsaaklikheid van rus en baie ander sake.

OMGEE

Jou apteker gee om vir jou en jou gesondheid. Gesamentlik kan julle die regte besluite oor leefstylkeuses en die gebruik van medisyne neem om jou lewenskwaliteit te verbeter.

VRA JOU APTEKER!

Afrikaans



PHARMACY

YOUR PHARMACIST HOLDS THE KEY TO GOOD HEALTH!

GOOD HEALTH – YOUR TREASURE!

You can improve your health and get more enjoyment and value out of life. **Ask your pharmacist** about healthy lifestyle choices and how the appropriate use of your medicine can contribute to good health.

MEDICINE – A PRECIOUS RESOURCE

Medicine has the ability to improve your health and quality of life, if used as directed. **Your pharmacist is able** to advise you on how to store and use your medicine safely and responsibly.

MONITORING YOUR HEALTH

Early detection of health risks can save lives. A number of very simple tests – height and weight, blood pressure, glucose and cholesterol – together with some information about your medical history and lifestyle can give a very good indication of the state of your general health. It's also important to know your HIV status.

INFORMATION

Pharmacists are a valuable information resource for patients and other healthcare providers. **Your pharmacist can answer** your questions about medicines and health issues. You can also tell your pharmacist about your experience with medicines and their effect on you.

HEALTHY LIVING

Your lifestyle choices can determine your health. **Speak to your pharmacist** about your choices, such as managing stress, good nutrition, exercise, sexual health, managing alcohol use, stopping smoking, the need for rest and many other topics.

CARING

Your pharmacist cares for you and your health. Together you can make the right decisions about lifestyle choices and medicine use to improve your quality of life.

ASK YOUR PHARMACIST!



RA- KHEMISI WA HAO O TSHWERE SENOTLOLO SA BOPHELO BO BOTLE!

BOPHELO BO BOTLE – LETLOTLO LA HAO!

O ka ntlafatsa bophelo ba hao ka ho fumana thabo le boleng bophelong. Botsa Ra-khemisi wa hao ka dikgetho tse nepahetseng ho ntlafatsa bophelo ba hao, le ka tshebediso e nepahetseng ya meriana.



MERIANA – LERUO LE BOHLOKWA

Meriana e ka ntlafatsa bophelo ba hao ha o e sebedisa ka moo o laetsweng ka teng. Ra-khemisi wa hao a ka o eletska ka ho boloka le ho sebedisa meriana ka tsela e nepahetseng le ka boikarabelo.



TLHOKOMELO YA BOITEKANELO

Tlhokomediso ya ka pele ya boitekanelo e ka baballa bophelo ba hao. Diteko tse mmalwa tse kang: bophahamo le boima ba mmele, kगतello ya madi, tswekere, *cholesterol* ha mmoho le tshedimosetso ya pale ya tsa ho kula ha hao, ho ka fana ka temoso ya bophelo ba hao ka kakaretso. Hape ho bohlokwa ho tseba boemo ba hao mabapi le kokwana ya phamokate.



HLAHISO LESEDING

Bo Ra-khemisi ba na le maele a bohlokwa ho bakudi le ho basebetsi ba tsa bophelo ka kakaretso. Ra-khemisi wa hao a ka araba dipotso tseo o na leng tsona mabapi le meriana le ditaba tse amang tsa bophelo. Ebile o ka mo tsebisa ka ditlamorao tsa meriana eo o e sebedisitseng.



BOPHELO BO BOTLE

Dikgetho tse nepahetseng di ka ntlafatsa bophelo ba hao. Bua le Ra-khemisi wa hao ka dikgetho tse kang: ho laola kगतello ya maikutlo, phepo e ntle, boikwetliso, thobalano e bolokehileng, taolo ya tshebediso ya tahi, kगतotso ya ho tsuba, bohlokwa ba ho phomola le tse ding tse ngata.



KGATHALLO(HLOKOMELO)

Ra-khemisi wa hao o a o tsotella le bophelo ba hao. Mmoho le ka nka qeto e nepahetseng ka bophelo le meriana e ka sebediswang ho ntlafatsa boleng ba bophelo ba hao.

BOTSA RA-KHEMISI OA HAO!

S Sotho

RAMELEMO/MMAMELEMO WA GAGO O TSHOTSE DILOTLELE TSA PHÓLO!

PHÓLO – LETLÔTLÔ!

O ka tokafatsa phólo ya gago mme wa bona boitumelo le boleng mo bophelong. Botsa ramelemo/mmamelemo ka bophelo jwa gago ka kakaretso, le kafa melemo e e maleba e ka rotloetsang phólo ya gago.



MELEMO - LETLÔTLÔ TOTA

Melemo e kgona go tokafatsa phólo le boleng jwa teng, fa e dirisiwa kafa ditaolong. Ramelemo/mmamelemo o kgona go ka go gakolola ka tiriso e e maleba ebile ya maikarabelo.



TLHOKOMELA PHÓLO YA GAGO

Go lemoga go sale gale ka matshwao a phólo e e sa iketlang, go ka boloka matshelo. Diteko di le mmalwa tsa; bolelee le bokete jwa mmele, kगतello ya madi, sukiri le mafura mo mading – ga mmogo le kitso ka ga phólo ya gago le maitsholo, di ka go lemosa kemo ya phólo ya gago ka kakaretso. Go bothokwa tota go itse maemo a gago mabapi le HIV.



TLHAGISO/KITSISO

Bo-ramelemo/mmamelemo ba dutile kitso ya bothokwa go balwetse le badiredi botlhe ba tsa phólo. Ramelemo/mmamelemo o kgona go araba dipotso tsotlhe; mabapi le melemo le tsotlhe tse di lebaneng le phólo. O ka itekodisa ramelemo/mmamelemo wa gago ka maitemogelo a gago mabapi le melemo e o e dirisitseng, le kafa e neng ya go tshola ka teng.



BOPHELO JO BO LOLAMENG

Maitsholo a gago a kgona go kaya phólo ya gago. Bua le ramelemo/mmamelemo wa gago mabapi le dikgetho tsa bophelo ba gago, jaaka: go laola kगतello ya monagano, go ja ga maleba, itshidillo ya mmele, kemo ya gago ya thoballano, go laola tiriso ya bojalwa, go emisa go tsuba, bothokwa jwa go ikhutsa le tse dingwe jalo-jalo.



ILHOKOMELO

Ramelemo/mmamelemo wa gago o tshwenyegela phólo ya gago. Mmogo le ene, le ka kgona go tsaya ditshwetso tsa maleba; mabapi le dikgetho tsa maitsholo bophelong jwa gago, le tiriso ya melemo; go tokafatsa boleng jwa bophelo jwa gago.

BOTSA TLHE RAMELEMO/MMAMELEMO WA GAGO!

Setswana

RAKHEMISI WAVHO O VHA FARELA NDIVHO YA MUTAKALO WA VHUDI!

MUTAKALO WA VHUDI UNA NDEME!

Vhanga khwinisa mutakalo wavho vha vha muthu o takalaho arena ndeme kha vutshilo havho. Khavha vhudzise rakhemisi wavho malugana na phetho ya kutshilele kuna mutakalo wa vhudi na uri kushumiselwe kwa mishonga kwo teaho kunga thusa hani uri vhavhe na mutakalo wa vhudi.



MISHONGA - TSHISHUMISWA TSHA NDEME

Mishonga ina maanda au alusa mutakalo na vutshilo havho musi yo shumiswa nga ndila yo teaho. Rakhemisi wavho angavha tsivhudza uri ngaha kuvheshelwe na ku shumiselwe kwa mishonga ko kunaho.



UTHOGOMELA MUTAKALO WAVHO

Uwanulusa nga utavhanya malwadze zwinga phulusa vutshilo havho. Ndingo dza tshivhalo dzo leluwaho dzi fanaho na vhumapfu na tshileme, mutsiko wa malofha, vhumwadze ha swigiri, cholesterol khathihhi na ndivho ya nga divha zwakale ya malwadze avho na kutshilele zwingavha tsivhudza ngaha tshiimo tsha mutakalo wavho. Ndi zwa ndeme udivha ngaha tshiimo tshavho tsha HIV.



TSIVHUDZO

Rakhemisi wavho ndi muthu wa ndeme ane avha na ndivho ya malwadze na vthatu vhanee tshumelo dza mutakalo. Rakhemisi wavho anga kona u aravha mbudziso dzavho nga malugana na mishonga na ngaha mutakalo. Vhanga talutshedza rakhemisi wavho ngaha mishonga yavho na nga ndila ine yavha fara ngayo.



KUTSHILELE KUNA MUTAKALO

Phetho ya kutshilele kwavho inga phetha mutakalo wavho. khavhaambe na rakhemisi wavho ngaha khetho dzavho dzi fanaho na hedzi, u laula mutsiko wa malofha, zwiliwa zwina pfushi, nyonyoloso, vhudzekani ho tsireledzeaho, u laula ku nwele kwa zwikambi, udahafola, thodea yau awela na zwinzhi zwaudala.



U LONDOTA

Rakhemisi wavho u londota vhone na mutakalo wavho. Rirothe ringa kona udzhia liga la khwine malugana na phetho ya matshilo ashu na kushumisele kwa mishonga uri rivhe na matshilele avhudi.

Venda

RAKHEMSE/MMAKHEMSE WA GAGO KE PULAMADIBOGO YA BOPHELO BJO BO BOTSE!

BOPHELO BJO BOTSE-BOHWA BJA GAGO

Kaonafatša bophelo le pholo ya gago o oketše boiphsino le boleng bja bophelo bja gago. **Botšiša rakhemese/ mmakhemese wa gago** ka kgetho ya mekgwa ya go phela ka polokego le gore tšhomišo ya maleba ya dihlare e ka go hola bjang bophelong bjo botse le pholo.



DIHLARE-MOTHOPO WA BOHLOKWA

Dihlare di kgona go kaonafatša kgwekgwe ya bophelo le go fola, ge di šomišwa ka fao o laetšwego. **Rakhemese/ mmakhemese wa gago** o kgona go go fa maele a gore o boloke le go šomiša dihlare go ba le mohola bophelong bjo botse le go fola.



LOTIŠIŠA MAEMO A BOPHELO BJA GAGO

Temogo ya matšhošetši a pholo ka pela go phološa maphelo. Diteko tše bonolonolo tše mmalwa – botelele le boima, kgatelelo ya madi, swikiri le kholesterolo – gammogo le tshedimošo ya dikgato tša gago ge o ile dikalafong le mokgwa wa go phela, di kgona go fa maemo a maphelo le pholo ya motho. Go bohlokwa go tseba maemo a gago mabapi le HIV.



TSHEDIMOŠO

Rakhemese/bommakhemese ke mothopo wa makgonthe wa tshedimošo ya mohola go balwetši le badiredi ka bona ba maphelo. **Rakhemese/mmakhemese wa gago** a ka araba dipotšišo tša gago mabapi le dihlare le ka tša maphelo. O ka anegela rakhemese/mmakhemese wa gago ka maitemogelo a gago ka dihlare ge o di šomiša le gore di go swara bjang.



GO PHELA KA POLOKEGO

Mokgwa wa gago wa go phela o ka laola maemo a gago a maphelo. Hlamula le rakhemese wa gago ka dikgetho tša gago, bjalo ka taolo ya gago ya kgatelelo ya monagano, dijo tša diphidiša mmele, boitšhidillo, maphelo a dikobong, go lesa go tsuba, bohlokwa bja go khutša le tše dingwe.



TLHOKOMELO

Rakhemese/mmakhemese wa gago o hlokomela wena le go fola ga gago. Mmogo le ka dira diphetho tša maleba le tšhomišo ya maleba ya dihlare go kaonafatša kgwekgwe ya bophelo bja gago.

BOTŠIŠA RAKHEMSE/MMAKHEMSE WA GAGO!

Sepedi

USOMAYEZA WAKHO UPHETHE ISITSHIXO SEMPILO EGQIBELELEYO!

IMPILO EGQIBELELEYO - IBUBUTYEBI BAKHO!

Ungayenza ngcono impilo yakho kwaye ufumane ulonwabo nexabiso elingaphezulu ebomini. **Buza kuSomayeza wakho** malunga nokukhetha indlela yokuphila esempilweni kwakunye nendlela enokuthi into yokusebenzisa amayeza ngendlela eyiyo yongezelele ngayo kwimpilo egqibeleleyo.



IYEZA - ISIXHOBO ESIBALULEKILEYO

Iyeza liyakwazi ukuyenza ngcono impilo yakho kwakunye nomgangatho wobomi bakho xa lithe lasetyenziswa ngokomyalelo. USomayeza wakho unakho ukukucebisa malunga nendlela yokugcina kwanokusebenzisa amayeza akho ngokukhuselekileyo nangenkathalo.



UKUQWALASELA IMPILO YAKHO

Ukufunyaniswa kwangethuba kwezinto ezibeka impilo yakho esichengeni kungasindisa ubomi bakho. Imivavanyo emininzi eyenzeka lula – singabala ubude kunye nobunzima, uxinzelelo egazini (high-high), iswekile, kwakunye namafutha angalunganga emzimbeni - zizonke ezi zinto, kwakunye nolwazi ngembali yempilo yakho, kunye nendlela esulungekileyo yokuphila, zingalatha isimo sempilo yakho jikelele. Kukwabalulekile ukwazi isimo sakho sesandulela sikagawulayo.



ULWAZI

OoSomayeza bazizixhobo zolwazi ezixabisekileyo kwizigulana kwakunye nabanye abasebenzi bezempilo **USomayeza wakho unakho ukuphendula imibuzo yakho** malunga nokuphathelene namayeza kwanangezempilo. Unakho ukumxelela uSomayeza wakho ngamava akho okusebenzisa amayeza neziphumo zoko.



UKUPHILA UBOMI OBUSEMPILWENI

Indlela okhetha ukuphila ngayo ingachaphazela impilo yakho. **Thetha kunye noSomayeza wakho** malunga neendlela ozikhethayo, ezinjengokuzinakekela kungabikho ukukhathazeka okunokucutha impilo yakho, ukutya okuya egazini, uthambo, impilo kwicala lezesondo, indlela eyiyo yokusebenzisa utywala, ukuyeka ukutshaya, ukubaluleka kokuphumza umzimba ngokulala kwakunye nezinye izihloko ezininzi.



UKUKUKHATHALELA

USomayeza wakho ukukhathalela wena kwakunye nempilo yakho Xa sibambisene sinakho ukuthabatha izigqibo ezizizo malunga nendlela yokuphila ekhethekileyo kwakunye nendlela eyiyo yokusebenzisa amayeza ukuze kuphucuke umgangatho wempilo yobomi bakho.

BUZA KUSOMAYEZA WAKHO!

Xhosa

NWA-KHEMISI YA WENA YI KHOME XIKHIYA XA RIHANYU RA KAHLE

RIHANYU RA KAHLE – I RIFUWO

U nga antswisa rihanyu ra wena, u tiphina swinene na ku va na nkoka eka vutomi bya wena. **Vutisa Nwa-Khemisiya wena** hi ku tihlawulela rihanyu ra kahle ni ku hatlisa ku tirhisa murhi. Swi nga engetele rihanyu ra kahle.



MURHI – I XINTIRHO XO NKOKA

Murhi wa swi kota ku antswisa rihanyu ra wena na nkoka wa vutomi bya wena, loko wu tirhisiwa hi ndlela leyi hlamuseriweke. **Nwa-Khemisiyaya wena ya swi kota** ku ku tsundzuxa hi ku veka na ku tirhisa murhi wa wena hi ku hlayiseka na vutihlamuleri.



KU KAMBISISA RIHANYU RHA WENA

Ku hatla u lemuka vuvabyi hi xihantla swi nga hlayisa vutomi bya wena. Nhlayo ya vukamberi byo vevuka – ku leha na ntikelo wa wena, nsusumeto wa ngati, chukela na vuvabyi bya mafurha –swin'we ni vutivi bya wena bya khale bya rihanyu swi nga kombisa xiyimo xa rihanyu ra wena. Swi ni nkoka ku tiva xiyimo xa wena xa HIV.



VUTIVI

Nwa-Khemisiya u ni vutivi hi ntirho wo pfuna vavabyi ni vanw'ana lava nyikaka pfuno wa rihanyu. **Nwa-Khemisiya** wa wena yi nga hlamula swivutiso swa wena hi mayelana ni mirhi na swinwana swa rihanyu. U nga tlhela u byela Nwa-Khemisiya wa wena hi ntokoto wa mirhi ya wena.



RIHANYU LERINENE

Mahanyelo yo tihlawulela ma nga fambelana na rihanyu ra wena. **Vulavula na Nwa-Khemisiya** hi ku tihlawulela ka wena, ku lawula xitirese, swakudya leswi akaka mirhi, vutiolori, rihanyu ra masangu, ku tirhisa kahle madleke, ku tshika ku dzaha, ku lava ku wisa na tihlokomhaka tinw'ana.



KU HLAYISA

Nwa-Khemisiya u hlayisa wena na rihanyu ra wena. Swin'we u nga endla hlawulo lowu nene hi mahanyelo yo tihlawulela ni matirhiselo ya mirhi ku antswisa ntikelo wa vutomi bya wena.

VUTISA NWA-KHEMISIYA WA WENA!

Tsonga