

Ukulimala/Ukuhlongakala

ngetjhefu:

Itjhadi yokuLawula ngaphambi

kokuya esiBhedlela

Umrhala wesizo ngeLwazi elimayelana neTjhefu

weTjingalanga Kapa, sisebenzela iSewula Afrika

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Utlanywe yi- Tygerberg Poison Information Centre

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Beka itjhadi le lapho ozoyithola khona kobana wazi lokho ekufanele ukwenze esehlakalweni sokulinyazwa yitjhefu.

Dosela umrhala wesizo ngeLwazi elimayelana netjhefu bese ulandela imihlahlandlela yezokwelatjhwa yeengaba ezihlukileko ngenzasi.

Ekuqaphazelekeni okulandelako:

Ungamhlanzisi umuntu. Ungamnikeli okhunye nokhunye kokusela namkha okudliwako.

Acetone
Battery (Button) – Ibhethri (ikunujana)
Benzine - Ibhenzini
Camphorated Oil
Carbon Tetrachloride Disinfectants- limbulalambewu zobulwelwe
Firelighters
Insecticides - Isibulalingogwana
Insect Repellents
Liniments (e.g. wintergreen)
Metal Cleaners & Polishes
Nail Polish Removers
Paraffin - Ipharafini
Paint (Oil) – Ipende (I- oli)
Paint Removers (Solvent)
Pesticides - limbulalinunwana
Petrol- Ipetroli
Snail Bait
Thinners
Turpentine (Mineral)
Varnish - Ivanitjhi

Ekuqaphazelekeni okulandelako:

Ungamhlanzisi umuntu. Ungamnikela amanzi amancani ngomlomo. Ungazami ukuqeda amandla wetjhefu.

Ammonia- I-amoniya	Fertilisers - limvundisi
Acid – I-esidi	Hair Colourants- limfakimbala zeenhhluthu
Battery Acid – I-esidi yebhethri	Hair Perms- Iphemu yeenhluthu
Bleach - Isirhalusi	Hair Straighteners- linthabululinhhluthu
Caustic Soda - Ikhosithikisoda	Hydrochloric Acid
Cement - Isamende	Hydrogen Peroxide
Chlorine (for pools) – Itlorayini (yamaphulu)	Mothballs (Naphthalene)
Condy's crystals	Oven Cleaners- linhlwengisi-ondo
Detergents	Paint Removers (Caustic)- linsusipende (-dlavuzako)
Dishwashing Liquids	Potassium Permanganate
Dishwashing Powder (automatic) - Iputjhana yokuhlansa izitja (zilawulako)	Toilet Cleaners- linhlwengisindlwana
Drain Cleaners - Isihlwengisidreyini	Washing Powder – Isibha sokuvasa esiyipuphu
Dyes (Fabric or Hair) – Idayi (yamatjhila namkha yeenhluthu)	Washing Soda
Fabric Softener - Isithambisimatjhila	Weed killers (Herbicides)- limbulalikhula
	Window (Glass) Cleaners – Isihlwengisimafesidere (marhalasi)

Ekuqaphazelekeni okulandelako:

Ungamhlanzisi umuntu. Ungamseza amanzi / ibisi elincani (ihafu yebhigiri) ngomlomo.

Alcohol- I-alkhoholi
Calamine lotion
Cosmetics - Izezeso zokwenza ubuso bube buhle
Deodorants
Fluoride tablets (nikela **ibisi**)
Glue (contact & other) – Ikghomu (ukuthintana nayo nokhunye)
Mercurochrome
Methylated spirits - Isipiridzi
Perfumes - Amakha
Plants - lintjalo
Rat bait (e.g. Rattex)
Shampoos
Surgical spirits

Ekuqaphazelekeni okulandelako:

Nanyana ikambiso yokuhlansiswa kungasiyo ikambiso yangemihla, ingatjhejwa esigulaneni esiphaphamileko nesilemukako nangabe ingenziwa esikhathini esingange- iri sokudliwa khulu. Lokhu kungazuzwa ngokunikela isigulani irhalasi lamanzi avuvu kulandeliswe ngokukghodlwa komphimbo ngokufaka umuno namkha isibambo esingasibukhali selebhula. Ungarageli phambili ngekambiso le nangabe ayisebenzi kokuthoma.

Aspirin
Iron tablets
Mushrooms—poisonous
(please note the isiNdebele translation in blue) – Amakhowe- anetjhefu
Paracetamol
Pills - Amapilisi
Tablets- Amapilisi
Iron containing Vitamins

Ukulunywa yinyoka namkha isiswebu ukutinywa ngufezela: Nakukghonakalako zama ukuthola isisusa bese uthinta umrhala wesizo elimayelana nelwazi ngetjhefu bese **usa isigulani emtholapilo /esibhedlela msinyazana.**

BEKA ZOKE IINHLHLA, AMAKHEMIKHALI WANGENDLINI NEEMBULALINUNWANA KUDE NABENTWANA. Nangabe okuthileko okunetjhefu kuthintana namehlwakho, ungazami ukuqeda itjhefu kodwana pula amehlo kuhle ngamanzi imizuzu eli- 15–20bese usa umuntu lowo emtholapilo/esibhedlela. Nangabe isikhumba sithintana nokuthileko okuyitjhefu, sihlambe ngamanzi nesibha. **Khamba nesimumathi nesamphula yesihlahla namkha yetjhefu namkha yesitjalo namkha esinye isifaniso sebhayo nesigulani emtholapilo namkha esibhedlela.**