

Indlela Yekonga Emanti

noma ludvonga lemfula kutikhulula.

Engadzini

Kuphakela emanti ngalokutsembe-kile ngibomasipala kute afike kuyo yonkhe imindeni eNingizimu Afrika kuku-68% kuphela, nanoma kunemitamo leyentiwe Litiko Letemanti Netekutfutfwa Kwendle kucedza kusalela emuva ekuphakeleni emanti kuleminyaka leyengcile.

Lisekela Lendvuna Yetemanti Netekutfutfwa Kwendle David Mahlobo utsi loku kubangwa ngilesakhiwonchanti lesesigugile, kungasebenti kahle nekunganakekelwa kwemifombo yemanti, kanye nekungahlangani kahle emkhatsini kwetinhlelo tetetindlu kanye nekwemiklamo yamanje yekutfutfukisa sakhiwonchanti.

“Kuyintfo lekhsatata kutsi kuphakelwa kwemanti ngalokutsembekile kukhombisa timphawu tekuncipha,” usho njalo.

Njengeliwe lelingenawo emanti, iNingizimu Afrika

ihlelenjiswe yaba kundzawo ye-30 yemave langenamanti emhlabeni wonkhe. Emanti lamanyenti alelive atfolakala nakuna litulu, kodvwa ngenca yalelinani lelitiwako lemvula lelinciphe nge-40% kunaleyo levisilinganiso semnyaka yemhlaba, lelive livamise kuhlala lihlaselwa somiso.

Nanoma kunjalo, litiko linetindlela letiticwayiso letibekelwe wena tekonga emanti.

Tindlela tekonga emanti ekhaya noma ebhizinisini lakho

- Vala imphompi uma ugeza buso, uchubha ematinyo noma ushefa.
- Kusebentisa ishawa sikhatsi lesimizuzu lesihlanu ngelusuku kunekutsi ugeze ebhavini, konga emanti langafika kumalitha la-400 ngeliviki.
- Kugeza eshawa kungatsa-

tsa emalitha emanti langafika ku-20 ngemzuzu, kantsi kugeza ebhavini kungatsatsa emanti lasemkhatsini kwemalitha la-80 kuya kula-150 ngaleso sikhatsi kuphela. Uma ukhetsa kugeza ebhavini, ungaligcwalisi.

- Gwema kuflasha emanti emthoyi kungenasidzingo. Lahla emathishu, tinambutane naletinye tintfo longasatidzingi etibini kunekutsi utilahlele emthoyi. Ngaso sonkhe sikhatsi uma uflasha umthoyi, usebentisa emanti lamalitha la-12.
- Lungisa umthoyi lovutako uma ungenti njalo utawumoshalima emalitha emanti langafika ku-100 000 ngemnyaka.
- Sebentisa “emanti langcolile” — emanti lasasebentile lasele uma ugeza ebhavini, emishinini yekuwasha kanye nakuleminyeye imifombo lephephile kuflasha umthoyi wakho.
- Ungayigcwalisi ngalokwecile noma ungayiwashi ngalokungenasidzingo indzawo yakho yekubhusha.
- Ungagcwalisi emanti emagedleleni kodvwa awanele kufeza tidzingo takho. Loku futsi kutakongela nagezi.
- Sebentisa libhakede kunekutsi usebentise litfumbu lemanti kuhlanta imoto yakho. Uma kufuneka usebentise litfumbu, sebentisa sipreyi lesingasebenta kuvala emanti ngesikhatsi uwasha imoto. Kusebentisa litfumbu lasengadzini kungatsatsa emanti langafika kumalitha emanti la-30 ngemzuzu.
- Balimi kufuneka bacinisekise kutsi imitsi yekubulala tinambutane ayifinyeleli emitfonjeni yemanti naku-mifudlana.
- Bantfu labahlala etindzaweni tasemakhaya akufunekeni basebentise umfula

- Hlala njalo unisela titjalo takho ekuseni kakhulu noma ntsambama, ngalesikhatsi emazinga ekushisa sehlele.
- Sonkhe sikhatsi uma ubilisa licandza, wabeka kahle emanti uma sapholile unisele ngawo titjalo takho. Titawutfola umsocolophuma kulamagobolondvo elicandza.
- Emanti labuya kuluphahla lwendlu angagcinwa kahle emathangini, asebente kunisela titjalo.
- Sebentisa “emanti langcolile” — emanti lasasebentile labuya emabhavini ekugeza, emishinini yekuwasha nakuleminyeye imifombo lephephile – kunisela ingadze yakho. 

Kutfola lolunye lwatiso, vakashela ku:
www.dws.gov.za