



IBHUKWANA LOLWAZI LESIGULI UKWALIWA AMAKOKOLOSHE

NGABE KUYINI UKWALIWA AMAKOKOLOSHE NA?

- Lesi yisimo sokungenzwani nokuthile nesivukuza ukugula okuthile (okuvame ukuba yi-rhinitis/isifuba somoya) nokubangelwa ukusondelana nabantu abaye bathintana namakokoloshe.
- Umbiko wokuqala owavela ngokwaliwa amakokoloshe waba sezigulini ngonyaka ka 1943 nalapho khona iziguli zaba nomqubuko esikhunjeni ngokushesha nje ngemuva kokuba amakokoloshe kade ehamba ezikhunjeni zabo.
- Namhlanje sikwazi ukubona ukwalisa amakokoloshe ngokuhlola isikhumba noma igazi.

UKUTHINTANA NAMAKOKOLOSHE

- Kunezinhlalo zamakokoloshe ezingaphezu kwezingama-3.500 emhlabeni jikelele kanti ezintathu izinhlobo kulezi zejwayeleka ukutholakala lapha eNingizimu Afrika.
- Lezo zinhlobo-ke ezaseJalimane (*Blatella germanica*), ezaseMelika (*Periplaneta americana*) kanye nezivela ngaseMpumalanga nomhlaba (*Blatta orientalis*).
- Ukuba khona kwamakokoloshe emzini yethu nakanjani kubanga ubuhlungu obuyisimanga cishe ukwedlula zonke ezinye izilokazane ezikhasayo. Ikokoloshe lesifazane elilodwa nje, likwazi ukuzala amanye amakokoloshe angaye afinyelele kwayi-300, nawo lawo futhi azale ezawo izingane, njalunjalo.
- Ukuhlaselwa amakokoloshe kakhulu kanye nokwanda kwawo kuye kwabonakala emazweni amaningi anesimo sezulu esifudumele, lapha singabala amazwe afana noMelika, eSingapore, eHong Kong, eTaiwan, eNdiya, eGibhithe, eLatin America kanye naseNingizimu Afrika.

NGABE AMAKOKOLOSHE ASIBANGELA KANJANI ISIMO SOKWALA UMUNTU NA?

- Ezinye zezinto ezala abantu kumakokoloshe amaphrotheyini atholakala emzimbeni eyomile, kwizikhwekhwe, kwizinwele, izicucu zamakokoloshe afile kanye nakwizinto ezikhiqizwa yiwona ezifana nokungcola kwawo noma amakaka awo.
- Ukuzwela nakwezinye izilwanyana zasendlini ezifana nezimbungulu kuyinto eyejwayelekile. Izilwane eziningi kakhulu ezizwelayo zitholakala emakhishini.

UKULWA NAWO / UKUWAGWEMA

- Ikokoloshe liqine ngendlel exakile futhi likwazi ukuphila ngisho kobukhulu ubunzima.
- Amakokoloshe ahlala ezindlini zazo zonke izinhlanga kanye nakuzo zonke izinhlobo zabantu.
- Umphakathi omningi wamakokoloshe wakhela ngasemakhishini, ikakhulukazi ezindaweni ezingaphansi kukasinki, futhi eduzane nefriji, nomgqomo kadoti kanye nesitofu. Kuyenzeka kube khona nelinye idlanzana lawo nasezindlini zokugezela.

- Wancishe umthombo wokudla amakokoloshe
 - Hlanza iphansi ngevakhyumi noma ushanele njalo uma uqeda ukudla
 - Faka imfucuza emgqonyeni ovalwayo
 - Gcina izingxenye zezimpahla ezomile ezintweni ezivalwa ngci
- Omisa indawo lapho ethola khona amanzi
 - Lungisa ompompi abavuzayo
 - Hlanza usinki wasekhishini njalo ebusuku
 - Ungafaki amanzi amaningi ngokwedlulele kwizitshalo zasendlini
- Yenza kube nzima kuwona ukuthi acashe
 - Gcina amakani amadala okudla, amaphephandaba, amaphephabhuku kude nasendlini
 - Shiya osinki njalo ebusuku bevaliwe
- Susa amakokoloshe afile
 - Hlanza ngevakhyumi yonke indlu nangemuva kwamalambu kusilingi
 - Hlanza ngaphakathi ama-air-conditioning units kanye nakumaventileytha

Ukuze ufunde kabanzi ngokunye, vakasheka ku:
<http://allergies.about.com/od/insectallergie1/a/Cockroach-Allergy.htm>

ILUNGELO LOBUNIKAZI: YI-ALLERGY SOCIETY OF SOUTH AFRICA

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Izihumusho zixhaswe yi-CIPLA