



IBHUKWANA LOLWAZI LESIGULI INHLANZI NOKUDLA KWASOLWANDLE

- Ukwaliwa yinhlanzi/Ukudla kwasolwandle kusho ukungaphathwa kahle amaphrotheyini atholakala ngemuva kokuba umuntu edle noma yini ephuma olwandle.
- Kusho ukuthi amasosha omzimba avele avuke umbhejazane kulabo bantu abaliwa ukudla kwasolwandle, nokuyaye kuthi amasosha omzimba-ke lapho bese ekhiqiza izivikelamzimba okungama-IgE antibodies, wona awenza ukuthi kukhiqizeke i-histamine kanye nezinye izinto ngaso sonke isikhathi uma ukudla kwasolwandle kudliwa.

INHLANZI

- Emhlabeni wonke nje inhlanzi idlala indima ebaluleke kakhulu ekudleni komuntu.
- Indaba yokudla ukudla okunempilo kanye nodaba lokuthi kumiwe ukudliwa kwenyama manje, okunalokho kudliwa ukudla kwasolwandle, sekuholele ekutheni abantu abaningi badle inhlanzi eningi manje.
- ENingizimu nezwe lase-Afrika, zibalelwa ku-2 000 izinhlobo zezinhlanzi.

UKUDLA KWASOLWANDLE yitemu elendlalelekile nelichaza amaqoqo amabili ezilwane zasolwandle:

- **Ama-crustaceans** i-shrimp, i-rock lobster, ama-prawns.
- **Ama-molluscs** yizimbazi, ama-oysters, i-squid, i-calamari kanye nengwane.

Uma waliwa yinhlanzi, lokho akusho ngokomthetho ukuthi waliwa ukudla kwasolwandle. Uma waliwa ama-crustaceans, akusho ukuthi waliwa ngama-molluscs, kanjalo futhi uma waliwa ama-molluscs akusho ukuthi waliwa nangama-crustaceans.

NGABE YIZIPHI IZIMPAWU ZESIMO SOKWALIWA YINHLANZI/UKUDLA KWASOLWANDLE?

- Ukwaliwa ukudla kwasolwandle/yinhlanzi kungenzeka kuholele kunoma yiziphi izimpawu, kodwa-ke ezinye izimpawu zejwayeleke ngaphezu kwezinye.
- Izimpawu ezejwayelekile zifaka phakathi amaqhuquva esikhumba/ukuvuvukala, isicanucanu/ukuhlanza kanye nokuphefumula kanzima.
- Izimpawu zokuphefumula kuyenzeka zivele ezindaweni ezibucayi kulandela ukuhogela isisi esivela kwinhlanzi ephekiwe noma eyosiwe
- Izimpawu eziningi zenzeka engakapheli amahora amabili ngemuva kokudla, kokuhogela kanye nasekuthinteni inhlanzi ngezandla.
- Ukwaliwa yinhlanzi kakhulu kungaholela ezimweni ezibeka impilo engcupheni, kanti esinye salezo zimo yi-anaphylaxis kanti lesi simo siding ukwelashwa nge-adrenaline.

Ukwaliwa yinhlanzi/ukudla kwasolwandle akusho ukwaliwa yi-Iodine!

NGABE SEJWAYELEKE KANGAKANANI ISIMO SOKWALIWA UKUDLA KWASOLWANDLE

- Ukwaliwa ukudla kwasolwandle kujwayeleke kakhulu kubantu abadala ukunabantwana abancane, kodwa kusengenzeka ukuthi lesi simo siqhubeke noma umuntu esemdala uma simqale esemncane.

EZINYE IZIMO EZIBONISA UKWALIWA YINHLANZI

- Ngezinye izikhathi kuba nzima ukuhlonza isiguli esaliwa yinhlanzi uma kukhona nezinye izimo zokugula ezisondelene nenhlanzi ezivumbukayo, isib. ukugula okubangelwa ushevu wenhlanzi.
- Isimo esaziwa ngokuthi **yi-Scromboid Poisoning** senzeka lapho umuntu edla inhlanzi eseyonakele, nokusuke kubangelwa ukungafakwa kwenhlanzi efrijini elifanele noma uma inhlanzi ifakwe efrijini sekwedlule isikhathi. Kanti ezimweni ezifuze lezi kusuke kunezinhlotsana ezithile zenhlanzi. Ezinye zalezo zinhlobo yilezi; inhlanzi ephuzi, ituna kanye ne-mackerel. Izimpawu ezizishaya sakwaliwa yinhlanzi zivame ukubonakala kungakapheli ngisho ihora elilodwa kuya kwamabili futhi kufaka phakathi ukugula okufana nalokhu: amaqhuquva, ukujuluka, ikhanda elibuhlungu, isicanucanu, ukuhlanza, uhudo kanye nezilonjana ezibasesikhunjeni.
- **Ubuthi i-Ciguatera Fish Poisonin** kwenzeka kwizinhlanzi ezitholakala onqenqemeni kwizindawo ezishisayo kanye nasemanzini angashisi kakhulu kanti lawa manzi atholakala kakhulu enyakatho nogu lwaseNatali. Izimpawu zifaka phakathi ukuluma kwezandla nezinyawo, izinga eliphansi lokushaya kwenhliziyo kanye nokwehla komfutho wegazi.
- Izimo zokwaliwa yinhlanzi ziye zachazwa kubantu abaya badla inhlanzi enindwe yisibungu esincane nje esaziwa ngokuthi yi-Anisakis. Lezi zimpawu ezizishaya sakwaliwa yinhlanzi zivame ukubikwa ngemuva kokudla inhlanzi eluhlaza noma inhlanzi engaphekiwe ngokwanele kanti zibangelwa ukwaliwa kwesilwanyana esingaphakathi okungaphakathi kwinyama yenhlanzi. Lesi simo sihlonzwa kalula nje ngokuthi kuhlolwe igazi. ENingizimu Afrika, inhlanzi eyaziwa ngokuthi yi-Snoek, ivame ukuthi kube yiyona ethintekayo ezimweni ezifuze lezi.

NGABE SIHLONZWA KANJANI ISIMO SOKWALIWA YINHLANZI NA?

- Umlando oqondile nobanzi ubaluleke kakhulu ekwaliweni ukudla kwasolwandle ukubonisa ukuthi ngabe ukuguliswa kwakho yinhlanzi ngabe kwenziwa ukwaliwa yinhlanzi noma yingoba inhlanzi inobuthi.
- Ukuhlolwa ngokwemithi kufanele kwelekelelwe izivivinyo ezenziwe kwisampula legazi kulesi simo okusolwa kuso inhlanzi noma ukudla kwasolwandle.

AMACEBO OKUSELAPHA LESI SIMO

- Gwema noma yikuphi ukuqondana nenhlanzi owaziyo ukuthi ayikuphathi kahle kuhlanganisa nokuphatha inhlanzi noma ukuhogela umswakama walokho okuphekiwe.
- Zama ukuqaphela uma uyodla ngaphandle, njengoba kungenzeka ukuthi ukudla lokho okudlayo kungenzeka kube namanenjana enhlanzi (isib. Ama-French fries kanye nenhlanzi elungiswe emafutheni afanayo).
- Gqoka okusasiphandla okuyi-Medic Alert bracelet bese uphatha i-adrenalin ejowwaywo uma kukwala kakhulu ukudla.