



IBHUKWANA LOLWAZI LESIGULI UKWALIWA YI-LATEX

- I-latex yinto ethile eyenziwe ngesihlahla serabha okuyi-*Hevia brasiliensis*.
- Lesi simo sokwaliwa yi-latex sivame ukuhlasela abasebenzi bezempilo kanye nabanye (isib. abacwalibezinwele) abahlala njalo besebenzisa imikhiqizo eyakhiwe nge-latex. (amagilavu namashubhu athile kwiziguli.)
- Isimo sokwaliwa yi-latex maningi amathuba okuthi singene abantu abanezinye izimo zokwaliwa okuthile.

NGABE SENZEKA KANJANI LESI SIMO SOKWALUWA YI-LATEX NA?

Amaphrotheyini e-latex awaziwa emzimbeni. Ukudamane umzimba uhlangana namanenjana amancane amaphrotheyini e-latex kwenza ukuthi kukhiqizeke izivikelamzimba eziyingozi, ama-IgE antibodies. Amagilavu anokusampuphu endaweni eyisibhedlela enza ukuthi kugwinyeke amaphrotheyini e-latex. Umthetho uyakuvimbela ukusetshenziswa kwamagilavu e-latex anokusampuphu ezibhedlela zikahulumeni eNingizimu Afrika.

NGABE YIZIPHI IZIMPAWU ZOKWALIWA YI-LATEX NA?

Izimo ezisheshe zibonakale

- ukuqubuka,
- amehlo alumayo/ababayo,
- ikhala elilumayo noma elivuzayo,
- ukuthimula,
- ukundonda, ukukhwehlela, isifuba somoya,
- ukuvuvukala emqaleni,
- i-anaphylaxis

IZIMO EZINGASHESHE ZIVELE ESIKHUNJENI

- Amaqhuhuvama abomvana, alumayo kwizindawo ezisobala

NGABE SIHLONZWA KANJANI LESI SIMO NA?

- Umlando wezipawu ezenzeka esikhathini esingaphansi kwehora ngemuva kokuba umuntu eye wasondelana namagilavu noma nenye into engumkhiqizo werabha lokho kuyosho ukuthi ukwaliwa yi-latex kuphezulu kakhulu.
- Lokhu kungaqinisekiswa ngokuhlolwa kwegazi noma ngokuchumbusa umunwe ukuze kuhlolelwe ukwaliwa yi-latex.
- Ukuhlolwa ngokuchumbusa umunwe kufanele ngaso sonke isikhathi kwenzelwe esibhedlela esinezinziza zokuvusa umuntu uma engasanyakazi.
- Kungenzeka kube nesidingo sokuthi kwenziwe ukuhlola kokuphalwa uma kusolakala ukuthi i-latex iye yathintana nesikhumba

NGABE KWELASHWA KANJANI UKWALIWA YI-LATEX NA?

Uma waliwa yi-latex, kubalulekile ukuthi ugweme ukusondelana nayo ukuze uvikele ukuqhubeka kwezimpawu zokwaliwa yiyona.

- Faka isiphandlana esiyi-Medic Alert Bracelet
- Phatha i-adrenaline ejowwayo kanye ne-antihistamines
- Gwema ukuqondana ngqo ne-latex.
- Yazisa odokotela bakho ngalokhu
- Chazela amalungu omndeni wakho kanye nabangani osondelene nabo ngesimo sakho sokwaliwa yi-latex.
- Shayela ucingo izikhungo zezimo eziphuthumayo endaweni, okungaba yi-ambulensi kanye nesibhedlela ukuze ube nesiqiniseko ukuthi banezinto ezingayisebenzisi i-latex nezihlala zilindile
- Tshela umcwali wakho wezinwele uma kundaywa izinwele zakho.

NGABE IGWENYWA KANJANI I-LATEX ESIBHEDLELA NA?

- Kubalulekile ukuhlonza kanye nokugwema lezo zindawo eziyingcuphe ephezulu nokungabangela ukuba khona kokusondelana nokuzwela kwe-latex.
- Abantu abezwela kakhulu kwi-latex akumele neze bafake amagilavu e-latex.
- Abantu abazwelayo kwi-latex kumele basebenze endaweni engenawo uphawuda.

NGABE KWENZAKALANI UMA KUDINGEKA UKUTHI UHLINZWE NOMA WELASHWE NGENDLELA ETHILE NA?

- Kumele utshele udokotela wakho.
- Kubalulekile ukuthi ube yisiguli sokuqala esingena ethiyetha ngalolo suku ukuze ugweme noma yikuphi ukuthintana ne-latex okungenzeka ukuthi uqondane nayo ungaqondile

NGABE SINGATHINI NGOKUSONDELANA NE-LATEX NGAPHANDLE KWASESIBHEDLELA?

- I-latex isetshenziswa kakhulu emakhaya anamhlanje.(isib. emathayini amabhayisikili, amabhande erabha, amathoyizi erabha, amabhodlela amanzi ashisayo)
- I-latex iphinda futhi itholakale kwizinto zezemidlalo/zokuzithokozisa (isi. i-racket grip, ama-squash balls, amagilavu egalofu, amasudu okubhukuda)

Ukuze ufunde kabanzi ngokunye, vakasheka ku:

ILUNGELO LOBUNIKAZI: YI-ALLERGY SOCIETY OF SOUTH AFRICA

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Izihumusho zixhaswe yi-CIPLA