



IBHUKWANA LOLWAZI LESIGULI UKWALIWA YISIKHUTHA

- Izikhutha zikhona kuyo yonke indawo.
- Amabala amnyama asezingongeni kanye nakoselengi bezindlu ezimanzi yizona kanye izikhutha; izinqwenqwe ezinokumnyama nokumhlophe kwizinkwa ezibolayo kanye nezinuye izinhlobo zokudla, kuhlenganisa namakhowem yizona zonke izinto ezibizwa ngesikhutha lezo!
- Izikhutha zikhqiza okungamagenqezana nabizwa ngokuthi yizimbotshana emoyeni kanti lezi zimbotshana zibanga ukungathokozi kahle kubantu uma bephefumulele kuzo.
- Zingadala futhi izimpawu uma zithintana nesikhumba.
- Abantu abaningi bayazwela kula maqanjana alezi zikhutha futhi kuyenzeka babe nesifuba somoya, babe nezinkinga emakhaleni, balunywe amehlo futhi babe nokhwekhwe.
- Amaqanjana esikhutha akhiqizwa unyaka wonke futhi atholakala ezindaweni ezinobumanzi ngaphakathi nangaphandle kwasezindlini.
- Ngaphakathi: emakhishini (emafrijini), ezindaweni zokugeza, inhlabathi yezitshalo zasendlini kanye nasezindaweni lapho khona kunezinto zokuqeda umswakama khona kanye nalapho kusetshenziswa khona ama-humble driers.
- Ngaphandle: amaqabunga abolayo, utshani obusikiwe, izindunduma zokubola kanye nokhuni lwasolwandle.
- Isikhutha sithanda kakhulu izindawo ezinomswakama kanti sanda kakhulu ekwindla nasentwasahlobo.
- Cishe yiziguli ezingaye zifinyelele kumaphesenti angama-20 ezingaliwa yisikhutha.
- Izikhutha zitholakala kakhulu ezindaweni ezigudle ugu, ikakhulukazi ezindaweni ezifana nakoKwaZulu-Natali kanje.

IZIKHUTHA EZIVAME UKUQUBULA KAKHULU IZIFO ENINGIZIMU AFRIKA

I-*Alternaria Alternata*

- Sihlala kakhulu ezindaweni ezingaphakathi
- Ekudleni (amabala amnyama ekudleni)
- Endaweni ezimanzi ngaphakathi (ezindaweni zokugezela)

I-*Cladosporium Herbarum*

- Ngaphakathi ezindlini (amafriji angahlanzwa, amawindi anomswakama kanye namafulemu, ukudla kanye nasezindaweni ezingashayi umoya owanele ngaphakathi.)
- Nangaphandle (sande kakhulu kwizitshalo ezifile nasenhlabathini.)
- Lesi yizona sikhutha esaziwa kakhulu ngokufusa izifo eNingizimu Afrika.

I-Penicillium Notatum

- Ukudla okonakele (isinkwa esonakele, ushizi, amasiriyeli kanye nezithelo)
- Imivini kanye nezindawo zamawayini.
- Sisetshenziswa ekukhiqizeni ushizi oluhlaza okwesibhakabhaka.
- Iba niningi ebusika nasentwasahlobo.

Isimo i-Aspergillus Fumigatus

- Sitholakala emhlabathini, kumaqabunga abolayo kanye nasemifinweni, kumakaka enyoni kanye nakobhatabhatha abagciniwe.
- Ukugxila kwayo emoyeni kuncane kakhulu.
- Lesi sikhutha simataniswa nesifuba somoya kanye nezimo ezifana ne-Farmer's lung.

UKULWA NESIKHUTHA EKHAYA

Izindlela zokulwa naso ezivamile

- Qiniseka ukuthi kunomoya owanele, phela izindlu ezivaleke ngci zivimba ukuphuma komswakama futhi zikhuthaza ukukhula kwesikhutha.
- Kufanele kube nenani elingeliningi lezitshalo zasendlini.
- Iziquedi kuhwamuka zingasetshenziswa uma zikhona (gcina ingaphakathi lendlu lingamaphesenti angama-50 noma ngaphansi kwalokho).
- Ungazigcini izinkuni ngaphakathi endlini.
- Qiniseka ukuthi i-tumbler dryer ikhishelwe ngaphandle ngesikhathi sokusebenza. Zama ukugwema ukomisela izimpahla ezimanzi ngaphakathi endlini.
- Sula phansi izindawo ezihlaselwe yisikhutha bese futhi usebenzisa upende olwa nesikhunda.

Ekhishini

- Sebenzisa ama-extractor fans lapha upheka.
- Imiggomo kadoti kumele ichithwe futhi ihlale ihlanzwa.

Endlini yokugezela

- Hlanza womise iphansi lendlu futhi uqinisekise ukuthi kushaya umoya owanele.
- Vula amawindi ngemuva kokugeza.

Ekamelweni lokulala

- Susa okhaphethi ufake abepulangwe noma ama-tiles.
- Khipha izihlahla eziba ngaphakathi ezindlini futhi ungakubeki ukudla ekamelweni lokulala.
- Ukunamfuka okomile emawindini.
- Yesula amafulemu amawindi anomswakama.
- Shayisa ngomoya amakhadibhodi futhi ungalokothi ubeke izicathulo ezimanzi, izimpahla, umthwalo noma izimpahla zesikhumba emakhadibhothini.
- Amakhethini, amaphaneli enziwe ngokhuni kungakwazi ukwesekela ukukhula kwesikhutha.
- Izishisisi kanye nezifudumezi ezisetshenziselwa ukwelapha isifo sokukhwehlela kubantwana kuyenzeka nazo zikhulise isikhutha ekamelweni lokulala.

Ibhalbhu yokukhanyisa enamandla omlilo amancane (40w) linqinda ukukhula kwesikhutha kumakhathibhodwe.

ZINDAWENI EZINGAPHANDLE

- Abantu abazwelayo kwisikhutha kufanele bakugweme ukusika utshani obudala kanye namaqabunga asewile.
- Izikhutha ezincane zivame ukuba khona ngezinsuku ezomile kanye nezinomoya
- Gwema ukuthintwa yinhlabathi, umquba, amabhokisi esihlabathi, ifolishi, izivini kanye nendawo yokubeka izimpahla.
- Izindawo zokondla izilwane emapulazini zigcwala isikhutha.
- Lungisa izindlela zokumunceka kwamanzi eduze nezindlu, ngoba amadamu amanzi lawa andisa khona ukukhula kwesikhutha.
- Gwema ukukhempa noma ukuhamba ehlathini noma kwizindawo ezigcwele izihlahlana ngesikhathi sasekwindla lapho kunamaqabunga ezihlahla amaningi afile emhlabathini.

UKUBA KHONA KWESIKHUTHA EZINDAWENI ZOKUSEBENZELA

- Abalimi, abasebenzi bezingadi, ababhakayo, abavumeli botshwala, abakhigizi bezimbali, ababazi, abasebenzi ezigayweni, abenzi bewayini nabalengisi bama-wallpaper bonke basengcupheni yokuba nesimo sokwaliwa yisikhutha.
- Ama-air conditioners angasebenzi kahle angakwazi ukusabalalisa isikhutha.
- Umoya ongemuhla kanye nama-cellars kukhuthaza ukukhula kwesikhutha.

UKUSIHLONZA NOKUSELAPHA

- Kungenzeka kube nomlando wesifuba somoya esihambisana nokwaliwa yisikhutha kanye nezimpawu zasemakhaleni.
- Isimo sokwaliwa yisikhutha singaqinisekiswa, uma sisolwa ngokomlando ukuthi sikhona, ngokuthi kuchumbuzwe umunwe noma kuhlolwe igazi.
- Ukwelashelwa isikhutha kokuqala kufaka phakathi ukusigwema sanhlobo.
- Izifo okungenzeka ukuthi zisuswe yisikhutha zifaka phakathi isifuba somoya kanye ne-rhinitis, futhi zidinga ukwelashwa ngendlela efanele.