



IBHUKWANA LOLWAZI LESIGULI ISIFO SEZINTWALA

- Imbungulu yisilwanyana esincane esinemilenze eyi-8 kanti siphila endaweni eyikhaya elifudumele, elinomswakama, kanti sitholakala emibhedeni yabantu, kokhaphethe kanye nasezindwangini zefenisha.
- Izimbungulu zincane kakhulu ukuthi umuntu angazibona ngamehlo enyama, zincane njengendlela yokuthi zilinganiselwa kokukodwa okuthathu kwimilimitha.
- Izimbungulu zidla izinkwekhwe zesikhumba sabantu. Imbungulu iphila kahle endaweni efudumele futhi zijwayele ukutholakala emizini egudle ugu yize-ke sisengatholakala ngisho nakwezinye izindawo ezingamakhaya asezingaweni eziphakeme.
- Kunezimbungulu ezilinganiselwa kwi-1,000 embhedeni owodwa owejwayelekile! Imbungulu yesifazane izalela amaqanda alinganiselwa kuma-50 emasontweni ayisithupha okuphila kwayo.
- Imbangela enkulu yezimpawu zokwaliwa yizimbungulu itholakala ebulongweni bembungulu.
- Imbungulu ikhipha ngemuva izimbungulwana ezingama-20 njalo ngosuku.
- Kuvamile ukuthi abantu baliwe yizimbungulu, ngoba babalelwa cishe kumaphesenti ayi-10 emphakathini wonke abavame ukuthi babenezimpawu zokulunywa yizimbungulu.
- Cishe abantu abangamaphesenti angama-30 kubona bonke abantu abaliwa yizimbungulu abavame ukuba nokungaphatheki kahle ngenxa yezimbungulu, kanti-ke lokho kungaphatheki kabi kungenza ukuthi laba bantu baphathwe yisifuba somoya kanye/noma umkhuhlane noma kwenze ukhwekhwe luqhubeke ngamandla.
- Uma isiguli sihlizeka udokotela ngezimpawu zesifuba somoya noma ze-rhinitis, udokotela kufanele asole ukuthi imbungulu kungenzeka ukuthi yiyona ebangele lezo zimpawu.

UKUHLONZWA KWAZO

- Ukuhlolwa esikhunjweni kanye nokuhlolwa kwegazi kungenziwa ukuqinisekisa isifo sezimbungulu esiphethe umuntu.

UKULAWULWA KWEZIMBUNGULU

- Ukugwema izimbungulu, noma ukusondelana kancane nazo.
- Ukulwa nezimpawu zezimbungulu ngemithi yasemakhemisi. (Imithi efuthwa emakhaleni kanye nama-antihistamines).
- Ukugomela izimbungulu usebenzisa umjovo. (Bheka ibhukwana elimayelana nokugoma)

IZINTO ZOKUSUSA UKUCINANA EMAKHALENI AKUMELE ZISETSHENZISWE.

UKUGWEMA IZIMBUNGULU

- Leli-ke “yikhambi” elihamba phambili neliyokwenz ukuthi kungabibikho siding sekhambi lesikhathi eside.
- Lezi zindlela ezilandelayo kuhloswe ngazo ekunciphiseni amazinga ezimbungulu kanye nezinto ezizikhiqizayo ekhaya, ikakhulukazi ekamelweni lokulala.

- Qaphela-ke ukuthi ukugwema okukodwa kuphela noma okunye angeke kwaphumelela ekunciphiseni inani lezimbungulu ngokwanele ukunciphisa izimpawu zokugula.
- Phela kusekamelweni lokulala lapho abantu bechitha khona isikhathi esiningi esikhulu sempilo yabo, nalapho uthola ukuthi ubuso babo bubhekene ngqo nezimbungulu ezihlala embhedeni.
- Izindlela zokugwema izimbungulu ziqonde ngqo ekamelweni lokulala.

Imicamelo namaDuveyi

- Izimbungulu zikwazi ukuphila kwimicamelo eyenziwe ngesikhephukhephu kanye nangezimpaphe.
- Kufanele kufakwe eminye imicamelo njalo ngemuva kwezinyanga eziyisithupha noma kufanele kusetshenziswe amakhava avalela konke ngaphakathi. Lezi zindwangu eziyisipesheli zivimbela ukwedlula kwezimbungulu embhedeni kodwa futhi zibe zivumela nomoya ukuthi wedlule.
- Lezo zivikeli zezindwangu ezikwazi ukungenisa umoya ziyatholakala lapha eNingizimu Afrika.
- Izinto zokwendlala embhedeni zingabekwa ziqondane nelanga amahora ambalwa njalo ngesonto uma amakhava engekho.

Omatilasi

- Umatilasi kufanele ukuthi ukhavwe ngokuphelele ngendwangu efanele. (makungafakwa upulasitiki ongawufaki umoya ngoba wenza umbhede ushise futhi ungathokozeleki)
- Abantu abanenkinga ngezimbungulu kumele basebenzisa umbhede ophezulu.

Okhaphethi

- Okhaphethe abafakiwe kufanele ukuthi bakhishwe kufakwe abayi-vinyl, abakhiwe ngokhuni noma ngama-tiles.
- Iphansi elakhiwe ngokhuni kufanele lihlale likalajwa ukuze lihlanzeke futhi livaleke.

Amathoyizi Athambile

- Amathoyizi athambile aqoqa udoti, izincwadi, izimbali ezomile, amakhethini alugginsi amakhulu, amablinds ama-Venetian, ifenisha ethungelwe okusasikhumba kuyo kanye nemfuhlumfuhlu kufanele kususwe endlini.
- Sebenzisa amasudukesi ezincwadi kanye namakhabhinethi avalwayo esikhundleni salawo anamashalofu avulekile.
- Umkhanya wefasitela noma amakhethini awashekayo kulula ukuzigcina lezi zinto zingenazintuli. Indlu kufanele ibe nefenisha ekahle nje elingene, okungcono kube enokhuni noma upulasitiki.
- Amathoyizi athambile “ayisipesheli” kungenzeka ahlanzwe masonto onke, agoqwe ngopulasitiki afakwe efrijini ukuze kubulawe noma ngabe yiziphi izimbungulu ezikhona lapho ebusuku.

Ukusebenzisa ivakhyumi/ ukususa izintuli

- Indlela esbenza kakhulu yokulwa nezimbungulu ukusebenzisa ama-vacuum cleaners afakwe ama-HEPA filters noma ama-filters ayi-lektronikhi kwizindawo zawo ezikhipha umoya.
- Ama-HEPA filters aqoqa yonke into engaye ifinyelele kumaphesenti angama-99,9 nanesilinganiso esingamamitha amancane asukela ku-0.3 kuya ku-0.5.
- Ama-HEPA filters akwazi ngisho nokubamba ngisho nezinqamu zosikilidi nokuyizinto ezaziwayo ukuthi ziphazamisa labo bantu abanesifuba somoya kanye ne-rhinitis.
- Indlu kufanele ukuthi ifakwe ivakhyumi nsuku zonke uma indlela ikhona noma okungenani kabili ngesonto, kodwa lokho kwenziwe omunye umuntu, hhayi lona oyisiguli.

- Uma isiguli kufanele sivakhyume nome sisuse izintuli, kufanele sifake isivimbelaluthuli emlonyeni.
- Izimbungulu zinezinzwane ezibambelela ngazo ezindwangwini, ngakho-ke kudingeka i-vacuum cleaner enamandla ukuzisusa.
- Kufanele kususwe uthuli kuzona zonke izindawo kwiphansi lezindlu.
- Ukufaka unoxhaka wamanzi angeke kuze kuzivimbe izimbungulu ukuthi ziphume ngembobo ye-vacuum cleaner.
- Kuyenzeka ukuthi izimbungulu zibulawe ngokusebenzisa iqoqo lamakhemikhali elaziwa ngokuthi ama-Acarosides. Abukho ubufakazi bokuthi lawa makhemikhali ayasebenza kodwa futhi awazehlisi izimbungulu ziye zifinyelele ezingeni elifanele ukuze kuncishiswe izimpawu zazo.
- Izimbungulu ezibulawe ukukhanya kwelanga noma yi-Acaroside nazo ziseyingozi kulowo ezimalayo noma ongezwani nazo, ngakho-kufanele khona ukuthi zivakhyumwe zonke. Ngenhlanhla-ke izimbungulu ezifile azibambeleli ezingutsheni ngakho-ke kulula kakhulu ngisho nokuzisusa nge-vacuum cleaner.
- Hlala njalo ushintsha isikhwama esikwi-vacuum cleaner.

Ukuze ufunde kabanzi, vakasheka ku: http://en.wikipedia.org/wiki/House_dust_mite