



INCWADANA YOLWAZI EYENZELWE ABAGULI UKWALIWA NGAMAPHELA

KUTHETHA NTONI UKWALIWA NGAMAPHELA?

- Oku kukuthi umntu aphaatheke kakubi (ngokuqhelekileyo athimle/aminxane isifuba) ngenxa yokudibana nezinto ezalana nempilo yakhe emapheleni xa ngaba uyaliwa zezo zinto.
- Ingxelo yokuqala yokuba abantu bayaliwa ngamaphela yabonakala ngo-1943 kubaguli abathi baphuma irhashalala ngoko nangoko emva kokuba behanjwe ngawo (amaphela).
- Namhlanje sixilonga ukwaliwa komntu ngamaphela ngokuthi kuhlolwe ulusu (isikhumba) okanye igazi lomntu.

UKUDIBANA NAMAPHELA

- Kukho iintlobo zamaphela ezingaphezu kwama-3.500 emhlabeni wonke yaye iintlobo ezintathu ezixhaphakileyo zifumaneka eRSA.
- Ezi ntlobo zamaphela luhlobo lwaseJamani (iBlatella germanica), lwaseMerika (iPeriplaneta americana) nolwaseMpuma (Blatta orientalis).
- Ngokungathandabuzekiyo akukho nto ibangela ukukhathazeka ukodlula ukubona iphela emizini yethu ngaphezu kwaso nasiphi na esinye isinambuzane. Iphela elinye lingazala into emalunga nama-300, nawo aphinde avelise eyawo inzala.
- Iindawo ekubonakala ukuba zizaliswa kakhulu ngamaphela yaye zinabantu abaninzi abaliwa ngamaphela emazweni aliqela ziindawo ezinemozulu eshushu njengase-USA, eSingapore, eHong Kong, eTaiwan, eIndiya, eYiputa, eLatin America naseMzantsi Afrika.

KWENZEKA NJANI UKUBA UMNTU ALIWE NGAMAPHELA?

- Izinto ezibangela ukwaliwa ngamaphela ziiprothini ezifumaneka ekutyeni kwimizimba eyomileyo, amaxolo, uboya, iintsalela zezinto ezifileyo kunye nezinto ezibangelwe kukuguqulwa kokutya emzimbeni ezinjengobulongwe.
- Ukwaliwa okufanayo zezinye izinto eziveliswa zizinambuzane ezifana namaNgolwane kuxhaphakile. Imilinganiselo ephezulu kakhulu yezinto ezaliwayo ifumaneka kumagumbi okuphekela.

UNYANGO / UKUPHEPHA

- Iphela linenkani gqitha yaye liphila nokuba iimeko zinjani na.
- Amaphela ahlala kwizakhiwo zabantu beentlanga zonke nabantu abaneemeko zonke zentlalo nezozoqoqosho.

- Inyambalala yamaphela ifumaneka kumagumbi okuphekela, ngokukodwa kwiindawo eziphantsi kwesinki, nasecaleni kwefriji, umgqomo wenkukuma nesitovu. Asenokufumaneka nakumagumbi okuhlambela.
 - Nciphisa izinto ezityiwa ngamaphela
 - Sebenzisa umatshini wokufunxa inkukuma okanye utshayele umgangatho rhoqo emva kokuba kutyiwe
 - Gcina inkukuma kumgqomo wenkukuma ocikwa ngci
 - Gcina iinxalenye ezingasetyenziswanga zezinto ezomisiweyo kwizikhongozelo ezivalwayo
- Qiniseka ukuba akukho ndawo afumana manzi kuyo
 - Lungisa iitephu ezivuzayo
 - Coca isinki yasekhithshini rhoqo ngokuhlwa
 - Musa ukuwagalela kakhulu amanzi okunkcenkceshela izityalo zasendlwini
- Yenza kube nzima ukuba abe nendawo yokuzimela
 - Musa ukuzigcina endlwini iinkonkxa ezindala zokutya, amaphephandaba, iimagazini
 - Vala iibhafu zokuhlambela neesinki ngezivingco ebusuku
- Wasuse amaphela afileyo
 - Coca ngomatshini wokufunxa kwiindawo ezisecaleni nasemva kwazo zonke izibane uqalela kwisilingi
 - Coca ngaphakathi kwiiyunithi zokuhambisa umoya

Ukuze ufunde olunye ulwazi, yiya ku-:
<http://allergies.about.com/od/insectallergie1/a/Cockroach-Allergy.htm>

ILUNGELO LOBUNINI: ALLERGY SOCIETY OF SOUTH AFRICA

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linguqulelo-lwimi zixhaswa nguCIPLA