



INCWADANA YOLWAZI EYENZELWE ABAGULI UKWALIWA NGAMANGOLWANE

- Ingolwane sisidalwa esincinci esinemilenze esi-8 esihlala kwiindawo ezifudumeleyo, ezifumileyo emakhayeni, njengakwizinto zabantu zokulala, iikhaphethi namalaphu efenitshala.
- Amangolwane mancinci gqitha yaye akabonakali ngeliso lenyama, malunga nesinye esithathwini semilimitha ubude.
- Atya amaxolo esikhumba esobuze ebantwini. Amangolwane athanda amaqondo afudumeleyo obushushu nokufuma yaye axhaphake kakhulu kumakhaya angaselunxwemeni, nakuba esenokuthanda ukuxhaphaka nasemakhayeni akwiingingqi zeHighveld.
- Kukho malunga ne-1,000 lamangolwane kwibhedi eqhelekileyo! Imazi yengolwane izala malunga nama-50 amaqanda kwiiveki ezi-6 zobomi bayo.
- Unobangela omkhulu weempawu zokwaliwa ebantwini yiprothini efumaneka kwilindle elikhutshwa ngamangolwane.
- Ingolwane likhupha iingqatha ezimalunga nama-20 yonke imihla.
- Ukwaliwa ngamangolwane yinto exhaphakileyo, mhlawumbi malunga ne-10% yabantu ngokubanzi isenokuba buthathaka, ibonisa iimpawu zokuba neengxaki ezibangelwa ngamangolwane.
- Kubo bonke abaguli abaliwa zizinto ezithile, abamalunga nama-30% baliwa ngamangolwane, okuthetha ukuba yeyona nto ixhaphakileyo eyaliwayo ngabantu eMzantsi Afrika, yaye isenokubangela isifuba kunye/okanye imfixane okanye isenokwenza kuqatsele kakhulu ukurhawuzelela kolusu.
- Xa umguli efika kugqirha ebonisa iimpawu zokuba nesifuba okanye ukuthimla, ugqirha ufanele ngoko nangoko arhanele ukuba kungenzeka ngamangolwane abangela ezo mpawu.

UKUQONDA INGXAKI NGOKUXILONGA

- Kunokwenziwa uhlolo lwesikhumba okanye kuhlolwe igazi ukuze kuqinisekiswa ukuba umntu uyaliwa ngamangolwane.

ULAWULO

- Ukuphepha amangolwane, okanye ukunciphisa amathuba okudibana nawo.
- Ukunyangwa kweempawu ngokusebenzisa amayeza. (Steroid-based nasal sprays nee-antihistamini).
- Ukugonyelwa amangolwane kusetyenziswa isitofu sokugonya. (Jonga incwadana ethetha ngonyango lokugonya)

AKUCETYISWA UKUSEBENZISA KWAMAYEZA OKUVULA IIMPUMLO EZIXINENEYO.

UKUPHEPHA IZINTO EZIVELISA IIMPAWU ZOKWALIWA

- Olu “lunyango” olufanelekileyo, oluza kunciphisa imfuneko yonyango lwexesha elide kusetyenziswa amayeza.
- La manyathelo alandelayo ajoliswe ekunciphiseni amazinga amangolwane kunye nezinto azikhuphayo ekhayeni, ngokukodwa kwigumbi lokulala.
- Qaphela ukuba isenzo esithile sisodwa asizi kuphumelela ukunciphisa amangolwane ngokwaneleyo ukuze zingabonakali iimpawu zempilo.
- Kusegumbini lokulala apho abantu bachitya umyinge wesinye esithathwini sobomi babo, yaye ubuso babo budibana ngqo okanye ngokusondeleyo namangolwane ahlala ebhedini.
- Amanyathelo okuphepha ukudibana namangolwane ajoliswe kwigumbi lokulala.

Imiqamelo neeDuvethi

- Amangolwane angahlala emiqamelweni eyenziwe ngerabha efana nesiponji nangeentsiba nakwiiduvethi.
- Ifanele itshintshwe rhoqo emva kweenyanga ezi-6, okanye uhlobo oluthile lwezigqubuthelo. La malaphu awodwa athintela ukungena kwamangolwane kwizinto zokwandlala, ngelixa esenza kube lula ukuhamba komoya.
- Amalaphu anjalo akwaziyo ukudlulisa umoya ayafumaneka eMzantsi Afrika.
- Izinto zokwandlala zimele zixhonywe elangeni kangangeeyure eziliqela veki gnanye ukuba ezi ntlobo zezigqubuthelo azikho.

Iimatrasi

- Imatrasi imele igqunywe yonke ngelaphu elifanelekileyo. (ingabi yoplastiki, yona ingangeni moya, ibe yenza ibhedi ibe shushu ze ungakwazi kulala)
- Abantu abaliwa yiHDM bamele basebenzise ibhedi ephezulu.

Iikhaphethi

- Endaweni yeekhaphethi ezifakelelweyo kumele kufakwe itapeti, iplanga okanye iithayile.
- Umgangatho weplanga umele ufakwe umthwebeba rhoqo ukuze uhlale uvalekile.

Izinto Zokudlala Ezithambileyo

- Uthuli – ukuqokelela izinto zokudlala ezithambileyo, iincwadi, iintyatyambo ezomileyo, iikhethini ezingqindilili nezinzima, iiVenetian blind, ifenitshala eyogqunywe ngelaphu nezinto ezenza kuxinane zimele zikhutshwe egumbini.
- Sebenzisa iindawo zokubeka iincwadi neekhaphathi ezivalekileyo endaweni yezo zineeshelufu ezivulekileyo.
- Amalaphu eefestile okanye iikhethini ezihlambekayo kulula ukuzigcina zingenathuli. Igumbi limele lingabi nefenitshala eninzi, kukhetheka ukuba ibe yeyenziwe ngomthi okanye ngeplastiki.
- Izinto zokudlala “ezizodwa” zisenokuhlanjwa iveki neveki, zisongelwe ngeplastiki ze zifakwe kwisikhenkcisi ubusuku bonke ukuze kubulawe nawaphi na amangolwane.

Ukucoca ngesifunxi/Ukuvuthulula uthuli

- Ezona zifunxi zokucoca ezisebenzayo zizifunxi zokucoca ezifakelwe izihluzo zeHEPA okanye eze-elektrostatikhi kwiindawo zokukhupha umoya.
- Ezi zihluzo zeHEPA ziyakwazi ukugcina malunga nama-99,9% amasuntswana ukusuka ku-0.3 ukuya ku-0.5 iimayikhromitha.
- Kanjalo ezi zihluzo zeHEPA ziza kugcina amasuntswana omsi wecuba ekwaziwa kakuhle ukuba ayathukuthezela ebantwini abalanayo namangolwane nabagula sisifuba nengxaki yokuthimla.
- Igumbi limele licocwe ngesifunxi ntsuku zonke ukuba kunokwenzeka, okanye ubuncinane kabini evekini, licocwa ngomnye umntu ingabi ngumguli.
- Ukuba ngumguli ekufuneka ecocile/avuthulule uthuli, ufanele anxibe iMaski yokunqanda uthuli.
- Amangolwane aneenzipho athe abambelele ngazo elaphini, ngoko kufuneka isicoci esifunxayo esinamandla.
- Kabini ngeveki kumele kususwe uthuli ngento efumileyo kuyo yonke imiphezulu.
- Ukuba nendawo yokubamba amanzi akuzi kukuthintela ukutshizwa kwamangolwane ngesicoci esifunxayo.
- Kungenzeka ukubulala iHDM ngokusebenzisa iqela leekhemikhali ezibizwa ngokuba zii-Acaroside. Akukho bungqina bokuba kunenzuzo ukusebenzisa zona yaye aziwanciphisi ngokwaneleyo amazinga obukho bamangolwane ngokokuze zinciphe iimpawu.
- Amangolwane abulewe lilanga okanye yi-Acaroside asengabangela umntu abonise iimpawu zokungalungelani nawo, ke ngoko kumele kucocwe ngokufanelekileyo ngesicoci esifunxayo. Ngethamsanqa amangolwane afileyo akancamatheli elaphini yaye ngoko kulula ukuwafunxa ngesicoci esifunxayo.
- Tshintsha isingxobo senkukuma kwisicoci esifunxayo rhoqo.

Ukuze ufunde okungakumbi yiya ku-: http://en.wikipedia.org/wiki/House_dust_mite

ILUNGELO LOBUNIKAZI: YI-ALLERGY SOCIETY OF SOUTH AFRICA

2013



Izihumusho zixhaswe yi-CIPLA