

Colds and Flu



- Verkoue en griep
- Imikhuhlane nemfuluwenza
- Ingqele nomkhuhlane
- Sefuba le Mokakallane



Signs: Blocked nose, sore throat, headache, sneezing, coughing.

Tekens: Toe neus, seer keel, hoofpyn, nies, hoes.

Izinkomba: Ikhala elicinene, umphimbo obuhlungu, ubuhlungu bekhanda, ukuthimula, ukukhwehela.

Iimpawu: Ukuxinana kweempumlo, umqala obuhlungu, intloko ebuhlungu, ukuthimla, ukukhohlela.

Matshwao: Dinko tse thibaneng, mmetso o bohloko, ho opelwa ke hloho, ho thimola, ho hohlola.

- **Prevention:** Stay away from coughing people. Don't touch your eyes and nose. Cover your nose or mouth when sneezing or coughing. Wash your hands often.
- **Voorkoming:** Bly weg van mense wat hoes. Moenie aan jou oë en neus vat nie. Hou jou neus en mond toe as jy nies of hoes. Was gereeld hande.
- **Ukuyivimbela:** Hlalela kude nabantu abakhwehelayo. Ungawathinti amehlo nekhala. Yemboza ikhala noma umlomo uma uthimula noma ukhwehela. Hlala ugeza izandla.
- **Ukuyithintela:** Sukusondela ebantwini abakhohlelayo. Musa ukubamba amehlo nempumlo yakho. Gquma impumlo nomlomo wakho xa uthimla okanye ukhohlela. Hlamba rhoqo izandla zakho.
- **Thibelo:** E ba hole le batho ba hohlolang. Se ke wa ama mahlo le nko ya hao. Kwahela nko kapa molomo wa hao ha o thimola kapa o hohlola. Hlapa matsoho kgafetsa.





Treatment | Behandeling | Ukuyelapha Unyango | Kalafo

- Rest in bed and drink lots of water.
- Rus in die bed en drink baie water.
- Phumula embhedeni uphuze amanzi amaningi.
- Phumla ebhedini usele kakhulu amanzi.
- Phomola betheng mme o nwe metsi haholo.
- **Sore throat:** gargle with warm salt water.
- **Seer keel:** gorrel met warm soutwater.
- **Umpimbo obuhlungu:** hahaza ngamanzi afudumele anetswayi.
- **Umqala obuhlungu:** rharhaza ngamanzi adikidiki anetyuwa.
- **Mmetso o bohloko:** kgakgatsa ka metsi a letswai a futhumetseng.



- **Sore nose:** rub Vaseline.
- **Seer neus:** smeer Vaseline aan.
- **Ikhala elibuhlungu:** hlikihla ngovaselina.
- **Impumlo ebuhlungu:** thambisa ivaselina.
- **Nko e bohloko:** pikitla Vaseline.
- **To breath easier:** rub Vicks on your chest.
- **Om makliker asem te haal:** smeer Vicks aan jou bors.
- **Ukuphefumula kangcono:** hlikihla ngeVicks esifubeni.
- **Ukuphefumla lula:** thambisa iviksi esifubeni.
- **Ho hema ha bonolo ho feta:** pikitla Vicks sefubeng sa hao.



- **Headache/fever:** take painkillers.
- **Hoofpyn/koors:** drink pynpille.
- **Ikhanda elibuhlungu/imfiva:** phuza amaphilisi ezinhlungu.
- **Intloko ebuhlungu/ifiva:** sebenzisa iipilisi zeentlungu.
- **Ho opelwa ke hloho/feberu:** nwa dibolayamahlaba.

- Go to the clinic when your child have swollen glands, high fever, earache, don't want to eat and stay sick for longer than two weeks.
- Gaan kliniek toe as jou kind geswelde kliere, hoë koors en oorpyn het, nie wil eet nie en langer as twee weke siek is.
- Yiya emtholampilo uma umntanakho enezindlala ezivuvukile, imfiva ephakeme, ubuhlungu bendlebe, engathandi ukudla futhi egula isikhathi esingaphezu kwamasono amabili.
- Yiya ekliniki xa umntwana wakho edumbe amadlala, enobushushu obugqithisileyo, enendlebe ebuhlungu, engafuni kutya naxa egula ithuba elingaphezu kweeveki ezi-2.
- Leba teleniking ha ngwana wa hao a na le dipudulana tse ruruhileng, feberu e hodimo, a na le ditsebe tse bohloko, a sa batle ho ja mme a dula a kula bakeng sa nako e fetang dibeke tse 2. **UM**