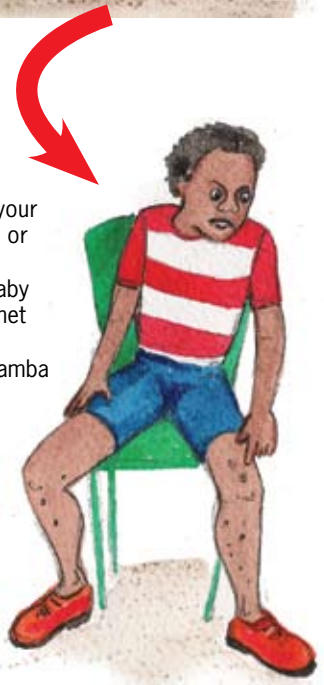
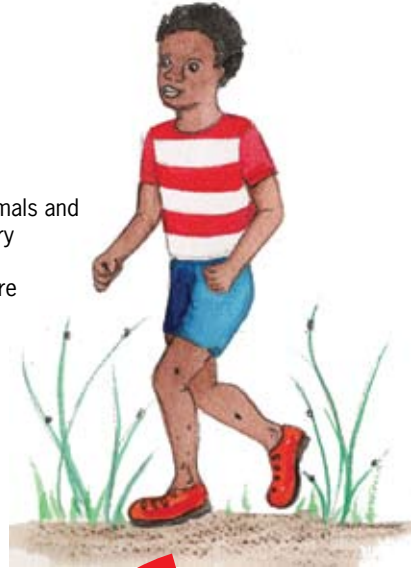


Tick bites

- **Bosluisbyte**
- **Ukulunywa yimikhaza**
- **Izigxala zamakhalane**
- **Ho longwa ke kgofa**

- Ticks are blood-sucking parasites. They bite people or animals and after sucking enough blood, they drop off. Some ticks carry disease and can pass it on to people.
- Bosluise is bloedsuiende parasiete. Hulle byt mense of diere en nadat hulle genoeg bloed gesuig het, val hulle af. Sommige bosluise dra siektes en kan dit aan mense oordra.
- Imikhaza iyizinambuzane ezincela igazi. Iluma abantu noma izilwane bese kuthi ngemuva kokuba incele igazi elenele, bese iwela phansi ukuyozalela amaqanda. Eminye imikhaza ithwala izifo, izedlulisele kubantu.
- Amakhalane ludidi oluthile lwezifunxi-gazi. Aluma abantu okanye izilwanyane aze esakube efunxe igazi elaneleyo, awelephantsi aze abeke amaqanda. Amanye amakhalane athwala izifo athi azidlulisele ebantwini.
- Dikgofa ke dikokonyana tsa dinwamadi. Di loma batho kapa diphoofole mme ka mora ho ba di monye madi a lekaneng di a wa bakeng sa ho behela mahe. Tse ding tsa dikgofa di na le malwetse mme di a fetisetsa bathong.

- Remove the tick completely. Use tweezers to grab it close to your skin. Pull off in one motion. Do not cover the tick with Vaseline or alcohol.
- Verwyder die bosluis heeltemal. Gebruik 'n haartangetjie om dit naby jou vel vas te knyp. Trek af in een beweging. Moenie die bosluis met Vaseline of alkohol toesmeer nie.
- Susa umkhaza ngokuphelele. Sebenzisa udlaka oluncane ukuwubamba phezu kwesikhumba sakho bese uyawudonsa, uwukhiphe. Ungawuvali ngovaselina noma ngotshwala.
- Ukususa amakhalane ngokupheleleyo, sebenzisa izincothuli uze uwasuse ngazo. Musa ukulithambisa ikhalane ngevaselina okanye utywala.
- Tlosa kgofa ka botlalo: Sebedisa sesebediswa seo ho thweng ke tweezers ho e tshwara haufi letialong la hao e be o a e hula o e tlose. O se ke wa kwahela kgofa ka Vaseline kapa alkhoholo.





- Symptoms include: Headache, aching body and skin rash. The doctor will do a blood test and give you antibiotics.
- Simptome sluit in: Hoofpyn, seer lyf en veluitslag. Die dokter sal 'n bloedtoets doen en vir jou antibiotika gee.
- Uma uzizwa uphathwa yikhanda, imfiva noma ubuhlungu bomzimba, yiya kudokotela ukuze ahlole igazi lakho akunike namaphilisi abulala ubuthi, ama-antibhayothikhi.
- Xa unentloko ebuhlungu, ifiva nomzimba obuhlungu, bonana nogqirha oya kuthi yena akutsale igazi alixilonge aze akunike neanthibhayothiksi.
- Ha o ka tshwarwa ke hlooho, feberu le mele o bohloko, e ya ngakeng ho ya etsa diteko tsa madi le ho fumana dilwantshamahloko.

- **Prevention:** Wear long sleeves and long pants. Use an insect repellent.
- **Voorkoming:** Dra lang moue en langbroeke. Gebruik 'n insekweerder.
- **Sivimbelo:** Gqoka izinto ezinemikhono emide kanye namabhulukwe amade. Sebenzisa isiphungi zinambuzane.
- **Indlela yokuwathintela:** Nxiba into enemikhono emide kunye nebhulukwe ende. Sebenzisa isithomalalisi sezinambuzane.
- **Thibelo:** Tena diaparo tsa matsoho a matelele mmoho le marikgwe a matelele. Sebedisa meriana e tebela dikonyana. **UM**

