

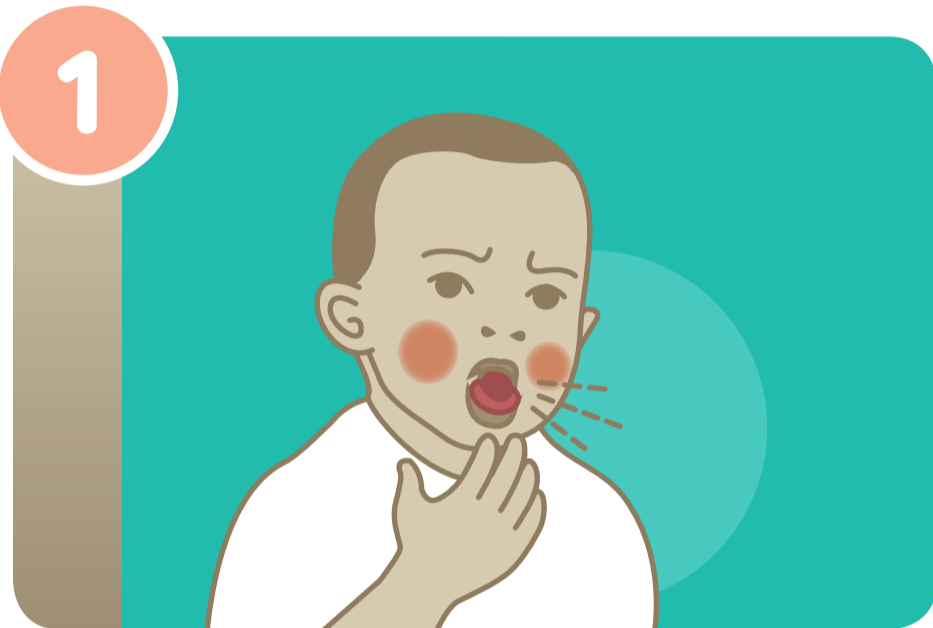


Side-by-Side®



IZIMPAWU EZIYINGOZI!

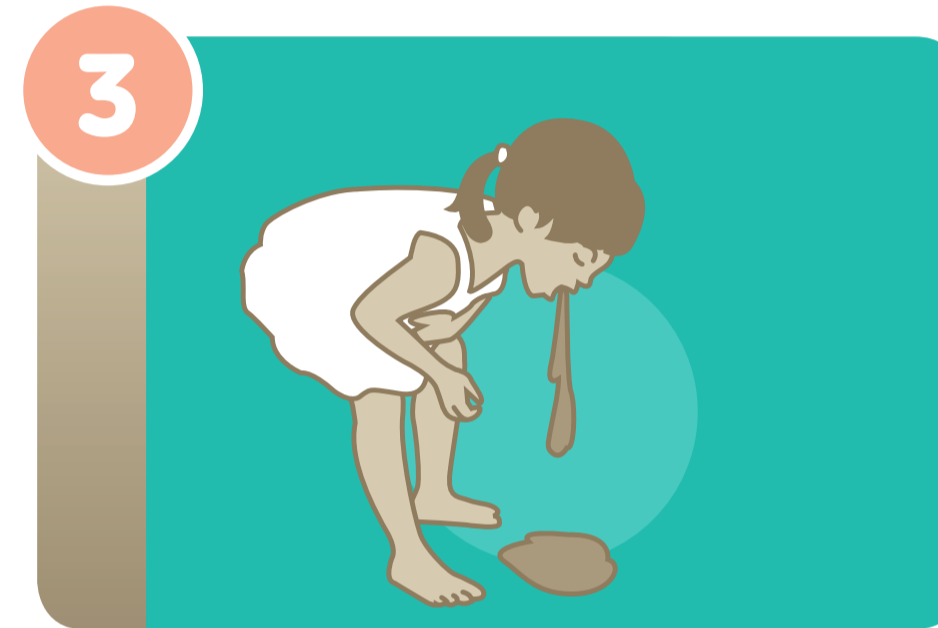
Thatha ingane yakho uyiphuthumise emtholampilo uma ubona lezi zimpawu ezilandelayo:



1 Ingane yakho iyakhwehlela futhi iphefumula ngokushesha (izikhathi ezingaphezu kuka-50 ngomzuzu)



2 Ingane enezinyanga ezingaphansi kwezimbili inemfiva futhi ayifuni ukudla



3 Ingane iyakubuyisa konke ekudlayo



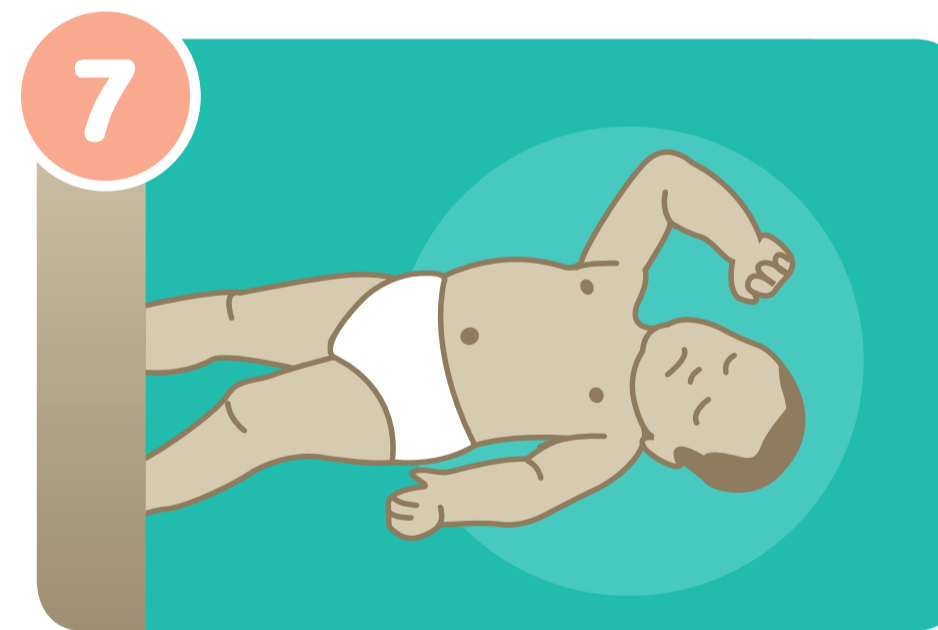
4 Ingane iyahuda, amehlo ashone phakathi, nalapho inokhakhayi olushone phansi



5 Ingane iyadlikizeka (sengathi inesifo sokuwa)



6 Ingane inezimpawu zokuthi ayondlekile (amaqakala nezinyawo okuvuvukele)



7 Ingane ayinyakazi noma ayivuki



8 Awukwazi ukuyincelisa ibele



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

A long and Healthy life for all South Africans

