



Yiba nolwazi

Izimpawu zokwexwayisa zomdlavuzi (kwabadala)

- Inguquko kwizinsumpa noma umkhangu
- Isilonda esingapholi, ujongujungu oluphuma kwisitho sangasese olungajwayelekile, ukopha ngokwedlulele
- Ukopha ngokweqile
- Ukuqina noma ukwakheka kwesigaxa
- Ukungagayeki kahle kokudla noma ukugwinya kanzima
- Ukukhwehla okungapheli noma ukuhohoza uma uphefumula
- Inguquko ebonakalayo emathunjini noma ekuyeni endlini yangasese
- Thatha lizinqumo Ezinobuhlakani

Izimpawu zokwexwayisa zomdlavuzi (ezinganeni)

- Ukuqhubeka kokwehla kwesisindo somzimba okungachazeki
- Ubuhlungu bekhandi, isikhathi esiningi okuhambisana nokubuyisa, njalo ebusuku noma ekuseni kakhulu
- Ukuvuvuka okwandayo noma ubuhlungu obungapheli emathanjeni, kumalunga noma emhlane
- Isigaxa noma ukusindwa esiswini, entanyeni, esifubeni, kunkimfi noma ezingalweni
- Ukwanda kwemihuzuko, ukopha noma ukuqubuka
- Ukutheleleka ngezifo okungapheli
- Ukuba nombala omhlophe ngenhla kwezinhlamvu zamehlo
- Ukucanuzela kwenhliziyo okuqhubekayo noma ukubuyisa ngaphandle kokucanuzela kwenhliziyo
- Ukukhathala okungapheli noma ukuphaphatheka okubonakalayo
- Inguquko emehlweni noma ekuboneni eyenzeka ngokushesha nengapheli
- Imfiva ebuya njalo engazeki ukuthi ivelaphi

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**Sihola impi
yokulwa nomdlavuzi
eNingizimu Afrika**



Thatha izinqumo ezinobuhlakani

Lezi zimpawu zingadalwa ezinye zezinkinga zezempilo kodwa uma okukodwa noma ngaphezulu kwalezi zimpawu kuqhubeka, bonana nodokotela wakho ngokushesha.

Uma uphila impilo ekahle, ungehlisa ubungozi bokuba nomdlavuza. U-CANSA ugqugquzela wonke umuntu ukuba alandele lokhu okuyisisekelo okumele ukwenze nokungamele ukwenze:

Okumele ukwenze

- Yidla izithelo nemifino okusha nsuku zonke
- Zivocavoce njalo
- Phuza amanzi amasha anele, nahlanzekile nsuku zonke
- Yenza ukuzihlola njalo
- Zemboze elangeni noma uhlale emthunzini

Okungamele ukwenze

- Ungabhemi noma usebenzise noma yimuphi umkhizozo kagwayi
- Ungaphuzi ngaphezulu kwengilazi eyodwa yophuzo oludakayo ngosuku
- Ungakudli ukudla okuthengwa sekulungisiwe, okungenamsoco noma okunamafutha amaningi esilwane
- Ungayidli inyama ebomvu eningi

Inhlangano yoMdlavuza yaseNingizimu Afrika (CANSA) iphatheke kabi kakhulu mayelana nezinga eliphezulu lomdlavuza ezweni lethu. Siphokophele ukuba ngumholi owethenjwayo ongenzi nzuzo owenza ucwaningo, afundise umphakathi futhi ohlinzeka ngokuxhasa kubo boke abantu abathintekile ngenxa yomdlavuza.

Mayelana neNhlangotho yoMdlavuza yaseNingizimu Afrika

Ihloso ye-CANSA ukuhola impi yokulwa nomdlavuza eNingizimu Afrika ngokunikezela ngosizo olungavamile noluhlanganise izinsiza emphakathini nakubo bonke abantu abathintekile ngenxa yomdlavuza. Njengabaholi ababambe iqhaza abahamba phambili kucwaningo lomdlavuza (R4,5 wezigidigidi osetshenziswa minyaka yonke), imiphumela yezesayensi nolwazi oluzuziwe kucwaningo lwethu kusetshenziselwa ukumisa ngendlela efanele izinhlelo zethu zezempilo ibuye futhi iqinise indima yabaqaphi bethu ukuze kuzuze kakhulu umphakathi.

I-CANSA inabasebenzi abangaphezulu kwama-330, abazinikelayo bayizi-12 000, namahhovisi angama-51 kanye namakhaya esikhashana ayi-11 emadolobheni amakhulu kwiziguli ezinomdlavuza ezingaphandle kwamadolobha ezithola ukwelashwa. I-CANSA isebenzisa inikezela ngosizo lolwazi ngocingo olungakhokhelwa ngezikhathi zokusebenza ku-0800 22 66 22. I-CANSA inikezela ngekhithi yokuMelana noMdlavuza engesiNgisi, isiSotho, isiZulu nangesiBhunu. I-CANSA idinga abangazinikela ukuze basize ekunikezeleni ngosizo lwabo kuyona yonke imiphakathi njengoba ukwanda komdlavuza kwenyuka futhi baningi abantu baseNingizimu Afrika okudingeka ukuthi babambe iqhaza elibonakalayo kwimpi yokulwa nomdlavuza.

Ukuze uthole olunye ulwazi olwengeziwe, shayela inombolo engakhokhelwa ye-CANSA ku-0800 22 66 22 noma uvakashele ku-www.cansa.org.za

