

Amanqaku amahlanu okutya okukhuselekileyo

Kutheni



Gcina kucocekile

- Hlamba izandla zakho phambi kokuphatha ukutya naxa ulungisa ukutya
- Hlamba izandla emva kokusebenzisa indlu yangasese
- Hlamba ucoce izixhobo nendawo olungiselela kuyo ukutya
- Khusela igumbi lokuphekela nokutya kwizinambuzane nakwezinye izilwanyane

Nangona iintsholongwane ezininzi zingagulisi, ezinobungozi ziyafumaneka emhlabeni, emanzini, kwizilwanyane nasebantwini. Ezintsholongwane zihlala ezandleni, kumalaphu okusula, kwizixhobo zokutya, ingakumbi kwizithebe zokusikela kwaye ukudibana okuncinci kuyagulisa

Kutheni



Hlukanisa ukutya okuvuthiweyo nokukrwada

- Hlukanisa inyama ekrwada, eyenkukhu, eyaselwandle kokunye ukutya
- Sebenzisa izixhobo ezohlukeneyo ezifana nemela nezithebe zokusikela xa ulungisa ukutya okukrwada
- Gcina ukutya kwakho ezityeni ezohlukeneyo ukuqinisekisa ukuba ukutya okukrwada akudibani nokuvuthiweyo

Ukutya okukrwada ingakumbi inyama, eyenkukhu neyaselwandle neencindi zako ngamanye amaxesha ziba nentsholongwane ezinokosulela okunye ukutya ngexesha lokulungiselela ukupheka nokugcinwa

Kutheni

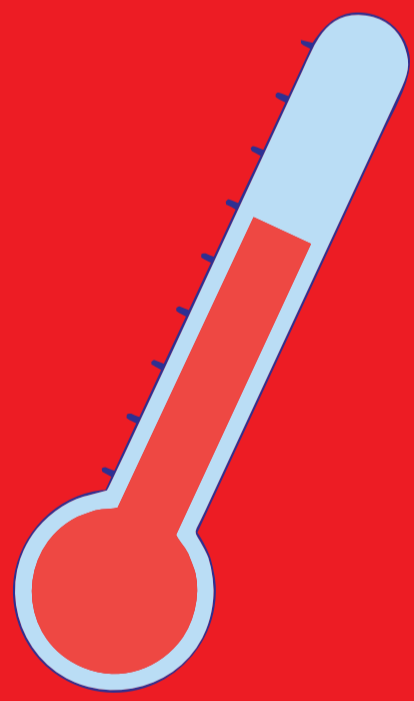


Kuphekisise ngononelelo ukutya

- Pheka ukutya kuvuthwe kakuhle ingakumbi inyama, eyenkukhu, amaqanda neyaselwandle
- Xa upheka isophu nesityu zipheke uzibilisise
- Qiniseka ukuba umhluzi wenyama umhlophe awukho bomvu!
- Kufudumeze kude kubeshushu ukutya

Ukuphekisisa ukutya kubulala phantse zonke iintsholongwane ezinobungozi. Uphando lubonise ukuba ukupheka ukutya kubushushu obungaphezu kweqondo le 70C kunceda ukuqinisekisa ukuba kukulungele ukutywa. Ukutya okufuna ingqwalasela kuquka inyama ecoliweyo, enganqunqwanga, amalungu amakhulu neenkukhu ezipheleleyo

Kutheni



Gcina ukutya kumaqondo akhuselekileyo

- Ungashiya ukutya okuvuthiweyo kubushushu begumbi ngaphezu kweyure ezimbini
- Faka ukutya okuvuthiweyo kwisibandisi kwamsinya
- Faka konke ukutya okonakala msinya kwisibandisi kwangoko
- Gcina ukutya okuphekiweyo kushushu kakhulu phambi kokuphaka (ngaphezu kwe qondo le60C)
- Sukugcina ukutya kwisibandisi ithuba elide kakhulu
- Unganyibilikisi ukutya okukhenkceziweyo kubushushu begumbi

Zanda ngokukhawuleza iintsholongwane ukuba ukutya kugcinwe kwiqondo lobushushu begumbi. Ukuba ukutya kugcinwe kwiqondo elingaphantsi kweqondo le 5C okanye kwiqondo elingaphezu kwe60C kuyacotha ukwanda kweentsholongwane okanye zingongezeleki. Ezinye ezinobungozi iintsholongwane ziyanda kumaqondo obushushu obungaphantsi kwe 5C.

Kutheni



Sebenzisa amanzi acocekileyo kunye nokutya okukrwada

- Sebenzisa amanzi acocekileyo okanye uwanyange
- Yitya ukutya okutsha okusempilweni
- Khetha ukutya okulungiswe ngokukhuselekileyo njengobisi olukhutshwe iintsholongwane
- Zihlambe iziqhamo nemifuno ngamanzi acocekileyo, ingakumbi ukuba uzakuzitya zingaphekawanga
- Ungakutyi ukutya okuphelelwe lixesha lokusetyenziswa

Ukutya okukrwada, okuquka amanzi nomkhenkce kunganazo iintsholongwane namachiza anobungozi. Amachiza anobungozi angadaleka ekutyeni okubethekileyo nokungundileyo. Ukukhetha ukutya okukrwada ngobuchule nokukuhlamba okanye ukubuxobula kungacutha ubungozi.



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