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Imibuzo: LN Sopotela

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Umhla wokuphelelwa: Awukho

Iya: KumaSekela Balawuli Jikelele, kuBalawuli aBaziiNtloko, kuBalawuli, kumaSekela Balawuli (KwaNdlunkulu nakwii-ofisi zezithili), kwiiNtloko zoLawulo noKuphathwa kwamaZiko, kuBaphathi beeSekethe, kwiiNgcali zeMfundo eziziiNtloko, kumaSekela eeNgcali zeMfundo eziziiNtloko, kwiiNtloko zamaziko emfundo nakwizikolo ezizimeleyo

Isishwankathelo esifutshane: *Injongo yale setyhula kukukhuthaza ukuba nolwazi ngesifo se-Listeriosis. Ikwanka neengcebiso nezilumkiso ngezinto ezinokubangela iimeko ze-Listeriosis*

ISihloko: lingozi zokuQhambuka kwesifo esiyi-Listeriosis nemiba ebalulekileyo emayithathelwe ingqalelo

1. Ninokuba senivile ukuba ukulandelelwa kwentsusa yokuqhambuka kwesifo i-Listeriosis kukhokelele kwa-Enterprise oyifasilithi yokuvelisa ukutya e-Polokwane, no-Rainbow ovelisa iimveliso zenkukhu eGermiston njengoko kupapashiwe nguMphathiswa wezeMpilo kuZwelonke uGqirha Aaron Motsoaledi izolo elinye. Ngokwemeko yangoku, nanjengokuba kupapashiwe nguMphathiswa wezeMpilo eNtshona Koloni uGqirha Nomafrench Mbombo, iNtshona Koloni inabantu abayi-115 abaqinisekisiweyo nabachaziweyo kwiziko i-Centre for Disease Control and Prevention (CDC) lephondo kunyaka ka-2017 nango-2018. Itotali engu-88 yabantu abafunyaniswe bosulelekile (77 ipesenti) ngabavela kwimimandla eyahlukileyo apha kwi-Cape Metro, nabantu abaswelekileyo abayi-29 (25 ipesenti) abachaziweyo ngenxa yoku.
2. Silumkisa ke ngoko abaxhamlayo kwi-National School Nutrition Programme (NSNP) nazo zonke ezinye izikolo ukuba masithathelwe ingqalelo ngokungqongqo isifo se-Listeriosis ngenxa yenani labantu abasele beswelekile ukuza kuthi ga ngoku.

3. Sicebisa izikolo ukuba zibakhuthaze abantwana nabasebenzi ukuba bakuthintele ukutya zonke iimveliso zenyama esele zilungiswe zaphekwa kwangaphambili (*all processed meat products*) ezithengiswayo nesele zilungele ukutyiwa. Lo gama sisazi ukuba ipoloni yeyona iqinisekiswa njengebangela esi sifo, kukho ingozi yokosulelana kwazo ezinye iindidi zeemveliso zenyama esele zilungiselelwe ukutyiwa kwangaphambili nokuba kukwindawo eziveliswa kuyo okanye kwezihanjiswa okanye kwezithengiswa kuyo. Oku kubangelwa kukuba intsholongwane *i-Listeria bacterium* (ebangela *i-Listeriosis*) ngaphandle kwinto efakwe kuyo imveliso (*exterior casing*) eyi-packaging yayo ipoloni inokugqithiselwa kwezinye iimveliso xa idibana nazo, nazo kuqukwa iiviyena, oonkqiyoyo (*russians*), iifrenkfatha (*frankfurters*), nezinye iisoseji kwakunye nezinye iimveliso zenyama ezibandayo ezingaphekwayo phambi kokuba zityiwe. Niyakhunjuzwa ukuba abantu abesengozini enkulu yesifo se-*Listeriosis* babandakanya:
 - 3.1 Oomama abakhulelweyo
 - 3.2 Iimveku (iintsana ezine-28 iintsuku zizelwe)
 - 3.3 Iintsana ezincinane kakhulu
 - 3.4 Abantu abadala abangaphezu kweminyaka eyi-65 ubudala.
 - 3.5 Naye nawuphi na umntu onendlela yendalo yokuzikhusela kwamajoni omzimba kwizifo ebuthathaka (ngenxa yokosulelwa yiHIV, onomhlaza, iswekile, isifo sezintso, isifo sesibindi, abantu abanee-transplants nabo bakunyango lwe-immunosuppressive therapy oluzezi ndidi: *oral corticosteroids, chemotherapy, okanye i-anti-TNF therapy kwisifo i-auto-immune disease*).
4. Ngenxa yale ngcaciso ingentla apha kubaluleke gqitha ukuba kubekwe iliso ekulungisweni nasekuphekweni kokutya kumakhitshi asezikolweni ngawo onke amaxesha. Kukwabalulekile nokuba kuthathwe amanyathelo obulumko xa kuthengwa ukutya kubathengisi abathengisa ukutya kufutshane nesikolo. Ngokunjalo, ucoceko okunxulumene nokuhlamba izandla phambi kokutya nasemva kokuya kwindlu yangasese zezona zinto zibaluleke gqitha, kwakunye nokugcina inyama ekwada nenyama ephekiweyo ngokwahlukeneyo nezinye izinto ezityiwayo. Makuqatshelwe ezi ngecebiso zilandelayo:
 - 4.1 Makuphekisiswe ukutya okukwada okuvela kwizilwanyana, okufana nenyama yenkomo, eyehagu neyenkukhu.
 - 4.2 Mayihlanjwe imifuno kanobom (ikhuhlwe ngebrashi ecocekileyo kumanzi abalekayo angasulelekanga) phambi kokuba ityiwe.
 - 4.3 Mayigcinwe inyama ephekiweyo yahlukaniswe nemifuno nasekutyeni okuphekiweyo nokusele kulungele ukutyiwa.

- 4.4 Makuthintelwe ukusetyenziswa kobisi olungaphekwanganga oluhlanziswanga okanye ukutya okwenziwe ngobisi olungahlanziswanga.
- 4.5 Mazihlanjwe izandla, iimela neezinto zokunqunqela emva kokuphatha ukutya okungaphekwanganga.
- 4.6 Makutyiwe ukutya okonakala lula nokulungele ukutyiwa ngokukhawuleza.
5. Makuqatshelwe ukuba ipinathibhata ihlala iyeyona inexabiso eliphantsi neyeyona inesondlo seprothini esikhuselekileyo yaye izithako zayo zihlala ubomi obude kakhulu xa igciniwe.
6. Sijonge ngethemba kwintsebenziswano yenu ngalo mba yaye siyanicela ngokukhulu ukuba niqhagamshelane nonesi wesikolo okanye negosa lezempilo xa kukho ingxaki.

ISAYINWE: NGU-BK SCHREUDER

INTLOKO: YESEBE LEMFUNDO

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