

UKUKHUTHAZWA KWEZEMPILO NOKUVINJELWA KWEZIFO: NURS 209

Ukuhlola Ukukhuthaza

Ezempilo

Isihloko Sohlukunisekisa:

UPOKISI

Igama lomfundi..... Inombolo

yomfundi.....

Usuku.....

Okuzo fundw a	Yeb o	Cha	Aku nge ni
1. Bingelela bese uzethula- (phemba ubudlelwano)			
2. Yisho ukuthi omfundisayo ungubani noma umcele azisho yena (ubudlelwano)			
3. Ukubukeka kwakho. Ugqoke ngendlela efanelekile futhi uzilungise kahle (izinwele, izinzipho, ukuziphophotha, umfaniswano kuvumelane nemithetho ebekiwe)			
4. Ukuhlela indawo yokufundela: ukubeka konke ngononina -Ukuhlala (kufanelekile kwabazobamba iqhaza) -Inhlanzeko -Iziphazamiso (akukho msindo, kukhanya kahle, umoya ungena kahle)			

<p>5. Chaza inhloso yengxoxo yezempilo</p> <p>-isihloko</p> <p>-isizathu sesihloko (kungani kufanele kuxoxwe ngaso)</p> <p>-balula okuzofezwa (lokho ofisa kufezuke ekugcineni)</p>			
<p>6. Chaza okuhloswe ukuba bafundiswe</p> <p>-yenza uhlu lwabantu abafanelekile ukuthola ingxoxo ngopokisi</p> <p>-Labo abasengcupheni</p>			
<p>7. Ukwethula kokuzofundwa</p> <p>Kuqinisekisa ukuthi yonke imigomo yokufunda ngezempilo ilandelwa isifundo sonke:</p> <p>7.1 Ukukholakala [ulwazi oludluliswayo lungethenjwa, kalushintshashintshi futhi lusekelwe ngobufakazi obungokwesayensi]</p> <p>7.2 Isidingo [ingabe kungokwesidingo sezempilo esingokoqobo]</p> <p>7.3 Ukubamba iqhaza [kuvula amathuba okwamukeleka, ukuzimbandakanya nokuthatha izinqumo okuvulelekile]</p> <p>7.4 Ukukhuthaza [ukukwazi ukugcina umuntu enothando futhi ekhuthazekile ukushintsha indlelakuziphatha]</p> <p>7.5 Ukuqondakala [kusetshenziswa ulimi oluqondwa yilabo okuhloswe ukuba bafundiswe futhi lusezingeni labo]</p>			
<p>7.6 Ukugcizelela [ukuphinda umyalezo emazingeni anhlobonhlobo nangendlela ehlukelele ukuze ukhunjulwe]</p> <p>7.7 Ukufunda ngokwenza [khombisa ukuthi kwenziwa kanjani uvumele nezethameli ukuba zikwenze: ‘uma ngizwa, ngiyakhohlwa, uma ngibona, ngiyakhumbula, uma ngenza ngisuke sengazi’]</p> <p>7.8 Kokwaziwayo kuya kokungaziwa [sukela kulokho isiguli esikwaziyo kakade bese wethula lokho okusha]</p> <p>7.9 Ukubeka isibonelo [yenza izibonelo ezingokoqobo okuyamaniseka kalula nazo]</p> <p>7.10. Ubudlelwano obuhle [ikhono lokuxoxa ngokukhululeka nofundiswayo nangokuhloniphana]</p> <p>7.11 Ukwenanela [kunikeza ukwenanela okufanelekile futhi kwenzelwe ukulungisa okufanelekile kuqinisekise nokuthi ofundiswayo ukuqonda konke]</p>			
<p>8. Ukusetshenziswa kolwazi olufundisayo lokugcizelela okufundwayo, isib. amapheshana noma imiyalelo ebhalwe phansi.</p>			

9. Izejwayezi -Ziyafaneleka kwabafundiswayo (ubudala, ulimi, isiko, izinga lemfundo) -ukuzwakala kwephimbo nokuphinyiswa kwalo -ukuzethemba			
10. Ukuvula amathuba okucela imibuzo kofundiswayo.			
11. Ukuphendula imibuzo ngobuqotho			
12. Ukubuza imibuzo embalwa ukugcizelela amaphuzu amqoka.			
13. Ukubukeza amaphuzu amqoka nokuphetha ingxoxo.			
14. Ukubonga ababambiqhaza ngesikhathi sabo.			
15. Isikhathi sabiwe futhi sasetshenziswa ngokufanelekela ingxoxo			

***buza umfundi ukuthi yikuphi okugxilwe kukho, nokuthi kungukuVimbela Okuyisisekelo, Kokwenzela noma Okuphakeme.**

Kwenziwe kahle

Akwenziwanga kahle

Ukuphawula komelekeleli.....

Isiginesha kamelekeleli.....

Chickenpox

Chickenpox (varicella) is an illness that has become much less common in the U.S. due to the chickenpox vaccine. The infection and rash will go away without treatment, but because chickenpox is easily spread from person to another, a child infected with the virus should stay home until the rash is completely crusted over.



Signs and Symptoms

- red bumps that look like pimples or insect bites
- a small clear blister developing on top of the red bumps
- similar sores in the mouth
- dry crusted sores form over the blisters
- an itchy rash that usually begins on the belly, back, or face and spreads to the arms and legs and elsewhere on the body
- fever, chills
- muscle and joint pain
- headache



What to Do:

Help relieve the itchiness, fever, and discomfort by:

- adding two cups of oatmeal to a lukewarm bath
- patting (not rubbing) the body dry
- putting calamine lotion on itchy areas (**avoid using on the face, especially near the eyes, or on the genitals**)
- using diphenhydramine for severe itching
- giving the child acetaminophen as needed to help relieve pain from the sores on the skin or in the mouth (**do not give aspirin or ibuprofen**)

Seek Medical Care if the Child:

- has a severe cough or trouble breathing
- has an area of the rash that seems to be infected: red, warm to the touch, or leaking pus
- is unusually drowsy or confused
- seems very weak or ill
- is unable to keep fluids down



Think Prevention!

To help prevent chickenpox, doctors recommend that kids receive the chickenpox vaccine when they are 12 to 15 months old, and a booster shot at 4 to 6 years old. Keep the child from scratching the infected areas to avoid infection by bacteria.